



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

Ohiarihko:wa - The Time of Much Ripening



July 2019



## THIS ISSUE

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

### Public Council Meeting

There will be a Public Council Meeting on Tuesday, July 2<sup>nd</sup> at the Administration Building at 7:00pm

### General Meeting

There will be a General Meeting on Saturday, July 20<sup>th</sup> at the Administration Building at 9:30am

### Attention Members:

If you are stopped by MNR authorities, please keep a record of the name and badge number of the officer, as well as the date, time, and place that you were stopped. The goal of collecting the information is to assist council in advocating for the protection of the community's rights. Please report this information to Scott Aubichon at 705-762-2354 ext. 242.

**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



# JULY 2019

| Sunday            | Monday   | Tuesday   | Wednesday  | Thursday                                       | Friday | Saturday                           |
|-------------------|--|---|--|--|--------|------------------------------------|
|                   | 1  | 2<br>Public<br>Council<br>Meeting<br>7:30PM                 | 3  | 4  | 5      | 6                                  |
| 7                 | 8<br>Community<br>Kitchen 11am   | 9   | 10<br>Crocheting 9am<br><br>Footcare/Sue<br>Siwik/Dietician<br><br>Senior Exer. 1pm<br><br>Baby & Toddler<br>Food Workshop<br>10am | 11   | 12     | 13                                 |
| 14<br>Church 11am | 15<br>Community<br>Shopping 9am<br><br>Bingo &<br>Dinner<br>(ages 19-54)<br>5:30pm | 16<br>Bingo &<br>Lunch (ages<br>54+) 11:30am                | 17   | 18<br>Island Queen<br>Cruise &<br>Lunch 8:45am | 19     | 20<br>General<br>Meeting<br>9:30am |
| 21                | 22   | 23<br>Good Food<br>Box Pick up                              | 24<br>Chair<br>Exercise 10am   | 25   | 26     | 27                                 |
| 28                | 29   | 30<br>Hearing<br>Clinic 10-4<br><br>Mocktails &<br>Apps 6pm | 31   |  |        |                                    |

## Chief and Council Updates for July 2019

Chief Philip Franks

**Indigenous Peoples Day:** A large number of community members attended the day long celebrations at the administration and community centre on June 21. It was a great turnout for everything from breakfast to live music and fireworks after dinner. There was children's entertainment as well as adult crafts, the debut of the Wahta language project video, a detailed history on Wahta and the move to Ontario. The day also featured prizes, bingo, teaching, as well as service provider information booths along the hallway.

**Education Recognition Night:** I was pleased to once again attend the annual recognition of our students as they complete yet another year. Most impressive this year is the number of students in grades JK-5..

**Capital Projects:** Council recently approved the design plans and location of six new housing units to be built at the seniors subdivision. Four will come in at just under a thousand square feet and two more just shy of 1300 square feet. These will be built at the end of the road, adjacent to the last two duplexes.

Wahta staff and some funding have been used to facilitate an engineers report on the shifting foundation walls at the church. The report is that the foundation is structurally sound and the problem due to bolts holding the building to the foundation coming loose. The fix is inexpensive as far as what was anticipated so Council will be looking for funds to take care of this.

Not so inexpensive is the project slated for next year to replace the roof at the administration center. Earlier estimated costs were conservative and the project will come in at about 1.5 million. Another roof at the former Mohawk Food Processer building has to be replaced for another \$75,000. These unexpected but necessary costs don't meet funding programs so Wahta will bear most of the cost.

**McMaster Lake:** Council has agreed to reinstate a project to put small cabins and a cook house at this site in the north end. The material was purchased some time ago and was being stored at Iroquois Cranberry Growers. Unfortunately on half the material by someone. The alternative plan is to proceed but the project will have to be scaled down to the amount of material left. This likely means just a cookhouse and camping ground in order to host programs and educational sessions.

**Economic Development Board:** The potential members of the board who oversee Wahta Mohawk business venture in the future have begun the process of looking over the legal documents and terms of reference they will operate under. The board will be comprised of William (Bill) Roberts, Linda Commandant, Cal White, and Mervin Dewasha, with myself as the fifth member to represent Council on behalf of Wahta Mohawks. We hope to very soon pass a Mohawk Council Resolution making the board members official to the Corporation.

**Annual Wahta Mohawks Audit:** The annual audit process required by Indigenous Services Canada is near completion. The audit is required to be submitted to Canada by the end of July and we will meet that target date. Normally the audit presentation to the community is held at the fall general meeting as it just misses our July annual general meeting. Once again the Finance Department have done an excellent job to have an audit ready set of financial accounting and we are not anticipating any issues.

**Return of Lands To Reserve:** Council has approved two resolutions to further this process along. The Addition to Reserves process as prescribed by Indigenous Affairs Canada is a detailed step by step process but gains are being made. Council has approved the re-survey of the lands to be returned to Wahta, as well approval of a permit to allow access to those people who have summer homes to the north on Roderick Lake will allow the process of Canada and Ontario approaching the seasonal dwellers to sign on to the document. Approval of the survey plans now will allow Ontario to begin to make shore allowance lands currently held by Townships available for negotiation to be included in the return of lands. Further work has to be completed with regard to the Ministry of Transportation and presence of the four lane highway to the north of us on our lands to be returned.

**Hunting and Fishing:** We continue to assert our right to be able to harvest on lands described in treaties going back to 1704, although the Ontario government continues try limit that freedom in many forms. At the Association of Iroquois and Allied Indians Annual General Assembly earlier in June we met with the Special Advisory to the Premier for assistance in helping Ontario understand our situation where enforcement against our members in various areas are inconsistent, and urge Ontario to recognize the early commitments that were made by the federal government. Much work has to be done yet as governments have not recognized cross treaty distinctions with Indigenous people in this area. We realize that Wahta was government established in the Anishnawbe peoples Robinson Huron Treaty area and we look forward to work with them regarding our common rights.

**Cannabis Laws :** Council is still considering approaches to having our law making processes be recognized by the federal and provincial governments. Clearly in our perspective we have the authority to enact community laws dealing in areas such as this. Once again this boils down to a taxation issue between First Nations and Ontario. Still to be considered at a local level is how and what resources it will take to enforce any Wahta laws on this issue. More information will be put forward as the process goes on.

As usual I would ask that if you as people of the Wahta Mohawks have questions or comments contact the Council office. I regret we have not yet developed the capability to live stream meetings but we are currently involved in improving that so members can be more aware from a distance.

Nia wen for reading.

## **2019 Council Weekly Meeting Summaries**

### **Council Weekly Meeting Summary – Wed April 3, 2019**

#### **In Attendance:**

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

#### **Agenda:**

**04.03.01 Development Board Selection and Discussion** – Sat March 30 met with potential Board members to discuss business ideas, experience and opportunities. April 3 met with final applicant to discuss similar issues. Chief and Council discussions on how the Board will operate, what role council will play, responsibilities, goals and milestones. Terms of reference will be required from draft copy, public meetings and community input also required.

**Next Meeting:** Wed April 17, 2019

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#### **Agenda:**

**04.17.01 MTO Annual Roads Subsidy** – BCR required to accept this year's road subsidy of \$50 000

**04.17.02 Administration Roof and Duplex Project** – Roof tendering and design underway, construction will begin in spring 2020. Administration is working with Neeghan Burnside to complete drawings, project management and architectural drawings.

**04.17.03 Disposal of Capital Assets** – Lathe and milling machine at marsh available for sale. Will post publicly as per finance asset disposal policy.

**04.17.04 Language Activator** – Approved a draft job description and budget

**04.17.05 Insurance Invoice** – Motion Required for annual Wahta Mohawks Insurance payment

**04.17.06 Aboriginal Language Initiative Final Report** – Public meeting to be held to showcase the video and audio language project. Chief's Signature required for final funding installment.

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**04.17.07 DBCFS Motion for Secondary Board Member** – Motion to accept Allana Healy as the secondary Board member of Dnaagdawenmag Binnoojiiyag Child & Family Services

**04.17.08 Development Board MCR/Motion** – Schedule a meeting with Cherie Brant to discuss a formal BCR and procedure to implement the Board and outline the responsibilities.

**Next Meeting:** May 1, 2019

**Motions:**

**04.17.05 Insurance Invoice** – Motion to pay \$47 679 for comprehensive Insurance through Mink Insurance Services financed through band funding support budget. Carried by consensus.

**04.17.07 DBCFS Motion** – Motion to accept Allana Healy as the secondary Board member of Dnaagdawenmag Binnoojiiyag Child & Family Services. Carried by consensus.

**Council Weekly Meeting Summary – Wed May 1, 2019**

**In Attendance:**

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

**Agenda:**

**05.01.01 Post-Secondary Policy** – Reviewed priority status definitions, policy priorities 1 through 4 and eligibility policy for education applicants. Final education budgets expected in late May.

**05.01.02 Conference Call Cherie Brant** – Discussed terms of reference draft, terms of approval for projects and a BCR for governance of Board including responsibilities, clarify decision making process, operating budgets, employees required and shareholder approval of investments and community consultation. Currently ongoing, working with Cherie Brant to finalize terms.

**Upcoming Travel/Meetings:**

District of Muskoka Indigenous Engagement Meeting – June 18th

IC meeting Tyendinaga on May 28th & 29th

Governance Training May 16 & 17

**Next Meeting:** Wed May 8, 2019

## **May 2019 Community Meeting Minutes**

### **Wahta Mohawks Community Meeting Minutes**

**Date: Tuesday May 7, 2019**

- I. **Present:** Chief Philip Franks, Councillor Lawrence Schell, Councillor Teresa Greasley, Councillor Strength-Fenton. Regrets Councillor Blaine Commandant
- II. **Call to Order:** The meeting was called to order at 7:08 pm.
- III. **Adoption of the Agenda:** Moved by Councillor Strength-Fenton, Seconded by Councillor Greasley, Carried.
- IV. **Adoption of Minutes of April 2, 2019:** Moved by Councillor Schell Seconded by Councillor Strength-Fenton.
- V. **Actions Arising from Minutes:** Chief Franks attended the Special Chiefs Assembly April 9. Chief Franks will sit on the Economic Development Board. The revolving fund for non-insured health benefits is now in place. May 15 is the deadline for the Cannabis survey, results will be tallied at that time.
- VI. **New Business:**
  - **MTO Roads Subsidy** – The Ministry of Transportation has allocated \$50 000 in yearly road allowance. This is a yearly fund from the MTO which provides maintenance of Wahta roads. It is used for maintenance, snow plowing and other maintenance costs.
  - **Disposal of Assets Policy** – To dispose of any Wahta assets over \$10 000 it must be approved by council, then will be public tender or auction to Wahta members first. The lathe and milling machine are available for sale, will be in an upcoming newsletter. Garage and tea house and packaging plant are available for rent and will also be in the newsletter.
  - **Moon River Flooding** - State of Emergency funding may be available for anyone affected by the flooding. Chief Franks suggested a claim be filed by any affected members and suggested that Council support these applications. It may not be applicable if it is a cottage or second home.
- VII. **Old Business/ Follow-up:**
  - **Roof Update** – Engineering firm are still working on the roof issues and cannot start until Spring 2020; more funding may be obtained in the meantime. Chief Franks



commented that there are complaints about mold in the Administration Building. The Environmental Health Officer George Korzeniecki did an air quality study and no indications of mold were detected. Discussion took place on the type of roof that should be installed.

- **ATR (Additions to Reserve) Update:** Still working on the Agreement in Principle. Currently lands must be re surveyed again with the new ATR boundaries. Other issues include the use of Grey and Rodrick Lake road use and liability, a section 28 permit is being considered. Hunt camp disposals are ongoing as well as an environmental assessment completed. Permits required from Bell Canada and Hydro. Next meeting May 29.

- **OPP Meeting** – OPP Commander will be attending. Issues exist on how they enter the community and the protocol thereafter. There are also concerns about hard drugs in the community, how the OPP are implementing the trespass bylaw and their position on cannabis sales.

- **Development Board Roles and Responsibilities**

They have met and will continue to meet regularly; Cherie Brant has drafted a BCR outlining the roles and responsibilities which will be reviewed and endorsed by Council.

- **Woodland Cultural Centre**

Woodland Cultural centre needs more money for the Save the Evidence campaign specifically for the inside of the building to replicate the history of the residential school. The Province of Ontario funded 9 million, the Board is looking for similar support from the Federal Government. Chief Franks supports the request to write a letter to the Minister of Indigenous Services.

- **Provincial Health Update**

The LHINS (Local Health Integrated Networks) will be eliminated and replaced with five groupings that will take over the LHIN areas. These will be divided into health planning teams. They must consult and engage with Indigenous communities which has yet to be done and we are unclear of how they are going to fulfill our health care needs.

## **VIII. April Motion Summary:**

**04.17.05** – Motion to pay \$47 679 for comprehensive Insurance for band services and staffing through Mink Insurance Services from band support. Carried by consensus.

**04.17.08** – Motion to appoint Allana Healey as the secondary Board member for the DBCFS Board of Directors. Carried by consensus.

**IX. Questions/Comments:**

Donna Commandant asked how she can get a death date on a headstone. Councillor Schell suggested Sanderson monuments.

Councillor Schell stated that the Iroquois Caucus is making some headway with the hunting and fishing, there are some issues with the current IC lawyer working on it, but it is still moving forward.

**X. Next Meeting Date:** Monday June 10, 2019

**XI. Adjournment**

**XII. Closing**

The Wahta Mohawk Council is inviting expressions of interest in the lease of buildings at the former Iroquois Cranberry Growers location. There are three buildings available: 20X24 Former Retail Space (electric heat) with a large parking lot, 80X60 Warehouse space (not heated) with 4-foot loading dock, and a 30X40 Workshop (propane heat) with a 14-foot garage door. IF YOU ARE INTERESTED, please contact **Randy Sonmor, Capital Assets Manager at 705-762-2354 Ext 224** or [randall.sonmor@wahtamohawks.com](mailto:randall.sonmor@wahtamohawks.com).



*Exterior of former Retail Space*



*Interior of former Retail Space*



*Exterior of Warehouse Space*



*Interior of Warehouse Space*



*Exterior of Workshop Space*

There are also several items (some pictures below) that are still available for purchase. If you are interested or want to review all items for sale, please contact Randy.



*Fortress Conveyor Metal Detector*



*Fortress Drop-Thru Metal Detector*



*Woodhouse metal Lathe with 5-foot bed*



*Canox AC/DC Stick welder with Canox 'buzz box' for Tig Welding*



*Busy-Bee Drillpress/Milling Machine*

## Reminder:

Gravel is now available to members. Effective immediately the price of gravel will be \$100.00 per load.

To purchase gravel please contact Randy Sonmor at 705-762-2354 ext. 230

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We have some remaining cranberry juice available for free to community members.

Contact Harry Byrne at 705-641-0833 for more information, and to arrange pick up.

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## GET YOUR WATER TESTED

The best time to sample your well water is when the probability of contamination is greatest. This is likely to be in early spring just after the thaw, after an extended dry spell, following heavy rains or after lengthy periods of non-use. If you live on the Territory and would like your water to be tested, please contact Evan Holmes at 705-644-9884.

# Introduction to Family Well-Being Worker

Hello,

My name is Kristen Butera and I am a new member of the family well being team here at Wahta. I grew up and did my schooling mostly in Toronto where I earned a Bachelor's Degree in Social Work from Ryerson University. My role here will be to implement programming that promotes positivity and togetherness for families and community.



If you have any suggestions for programming, I would love to hear from you. You can reach me anytime at [kristen.butera@wahtamohawks.ca](mailto:kristen.butera@wahtamohawks.ca). I look forward to getting to know all of you. Thanks for having me!

Kristen

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## Lot for Sale

Lot 5-2, Concession 5 (23.40 Acres)  
Please call Teresa DeCaire  
at 778-587-3784 for more information

## Land for Sale

- 1.88 ha off Muskoka Road 38 no driveway
- 1 ha off Muskoka Road 38 with Driveway
- Two lots 0.81 ha off Wahta Road 2, undeveloped, no hydro

For more information, please call 705-644-4227





May 31, 2019

Chief Philip Franks  
Wahta Mohawks (Mohawks of Gibson)  
2664 Muskoka Road, P.O. Box 260  
Bala, Ontario  
P0C 1A0

Dear Chief Franks,

**RE: Sixties Scoop Survivors Compensation**

We represent the Plaintiff in Marcia Brown v. Canada. This matter was finally resolved in October 2017 and the official implementation date is December 1, 2018. If you know of anyone who identifies as a survivor of the 60's Scoop, we enclose 15 blank Applications, which are to be filled out by that individual and signed in two different places and sent in to Collectiva at:

Mail: Sixties Scoop Class Action Administrator  
c/o Collectiva Class Action Services, Inc.  
200-2170 René-Lévesque Boulevard West  
Montréal, Quebec H3H 2T8

Tel: 1-844-287-4270

Fax: (514) 287-1617

Email: [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca)

They must send in this Application before August 30, 2019. Anyone who misses the deadline will not be eligible to receive compensation.

Many thanks for assisting us in this matter in locating any possible survivors as they stand to receive between \$25,000.00 to \$50,000.00 if their Applications are accepted. All we need you to do is put these Applications out in a public place or provide them to any individuals you know to believe themselves to be survivors. If you would like more copies of the Application, please let us know, or they can be downloaded from [www.sixtiesscoopsettlement.info](http://www.sixtiesscoopsettlement.info).

If you have any questions, please feel free to contact Alexandra Seaton at 416-956-5621 or Jessica Braude at 416-956-5644 or our general line at 1-866-360-5952.

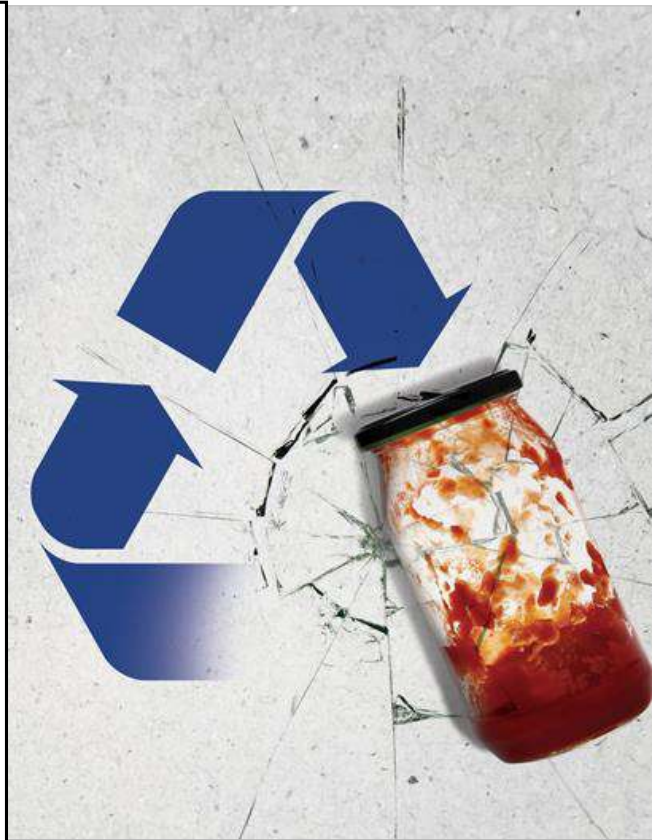
Thank you.

Ontario Sixties Scoop Class Action

**Please Note: Applications can be  
downloaded at [www.sixtiesscoopsettlement.info](http://www.sixtiesscoopsettlement.info)  
or picked up from the reception desk at the  
Administration Building.**

## Dirty containers in your recycling bin break the cycle.

Empty and rinse  
containers before putting  
them in your blue box.



## Recycle your electronics at the landfill but...

Protect your privacy!

- Wipe your media including SIM cards prior to drop off as they may have confidential information on them.
- Clear all personal data that may be on your device.
- Consult the manufacturers website or the owner's manual on what to do.



**Wahta  
Mohawks**



### ACCEPTABLE BATTERIES INCLUDE:

Alkaline, Lithium-ion (Li-ion), Nickel Cadmium (Ni-Cd), Nickel Metal Hydride (Ni-MH), Nickel Zinc (Ni-Zn), Lithium Primary, Carbon Zinc, button and coin cell batteries, laptop batteries, all rechargeable batteries, and all cellphones.

**DEPOT LOCATED AT WAHTA LANDFILL SITE**

**WEDNESDAY 5PM TO 7PM SATURDAY 9AM TO NOON**



**Wahta  
Mohawks**





# Be Bear Wise and avoid bear encounters

**Black bears live in most parts of Ontario. Knowing what to do if you encounter a bear is being Bear Wise.**

## **Avoid encounters:**


- Make noise when you move through heavily wooded areas, especially if you are near a stream or waterfall, where bears may not hear you.
- Singing, whistling or talking will alert bears to your presence, giving them a chance to avoid you.
- Keep your eyes and ears open for signs of a bear like tracks, claw marks on trees or droppings.
- DO NOT wear headphones.
- Be aware of your surroundings, especially if you are doing activities outside (i.e. hiking, jogging, cycling, gardening, berry picking or camping) where bears may not realize you are there.
- If you are out with a dog, keep it on a leash. Uncontrolled, untrained dogs may actually lead a bear to you.

## **Think about safety:**

- Carry a whistle or air horn.
- Carry and understand how to use bear spray.
- If you are in “back country” consider carrying a long-handled axe.

## **If you do spot a bear:**

- Remain calm and do not run, climb a tree or swim.
- Slowly back away while keeping the bear in sight.
- Watch the bear and wait for it to leave, if it does not leave wave your arms and make noise.
- If you are near a building or vehicle, get inside as precaution.

 /ONresources  
TTY 705-945-7641



Always call 911 in an emergency.  
Call 1-866-514-2327 to report a sighting.



# TICKS AND LYME DISEASE

## HOW TO PREVENT TICK BITES WHEN WORKING OR ENJOYING THE OUTDOORS

Ticks that carry Lyme disease live in woodlands, tall grasses and bushes. Protect yourself:

- Wear light-coloured clothing. It makes ticks easier to spot.
- Wear closed footwear and socks, a long sleeved shirt tucked into long pants. Tuck your pants into your socks.
- Use a tick repellent that has DEET or Icaridin on clothes and exposed skin (be sure to follow the manufacturer's directions).



- Search your clothes and body for ticks at least once a day, paying special attention to the groin, navel, armpits, scalp and behind ears and knees. Use a mirror to check the back of your body or have someone else check for you. Don't forget to tick-check your children.

- Take a shower as soon as you can after being outdoors to more easily find and wash off any ticks crawling on you.

- Ticks thrive in wet environments. Before washing outdoor clothing, put them in a dryer on high heat for 60 minutes to kill any ticks.



[ontario.ca/lyme](http://ontario.ca/lyme)

## HOW TO REMOVE A TICK

1. Use fine-tipped tweezers to grasp the tick as close to your skin as possible. Do not use your fingers.
2. Pull the tick straight out, gently but firmly. Don't squeeze it. Squeezing the tick can cause Lyme bacteria to be accidentally introduced into your body.
3. After removing the tick, place it in screw-top bottle and take it to your doctor or local health unit for tick identification and possible testing. Submitting a tick is to assist with the provincial surveillance program and decisions to diagnose or treat for Lyme disease should not be delayed by the wait for test results.
4. Thoroughly cleanse the bite site with rubbing alcohol and/or soap and water.



**NOTE: DO NOT BURN THE TICK OR USE NAIL POLISH, PETROLEUM JELLY OR ANOTHER SUBSTANCE. THESE METHODS MAY INJECT LYME DISEASE BACTERIA INTO THE SKIN.**

### If you have pets:

- Talk with your veterinarian about appropriate tick prevention for your pet.
- Check your pet regularly for ticks if they spend time outdoors (steps for removing a tick for your pet are the same as the steps you would follow for yourself).



## LYME DISEASE SIGNS AND SYMPTOMS CAN INCLUDE:

- FEVER
- HEADACHE
- MUSCLE AND JOINT PAINS
- SPASMS
- NUMBNESS OR TINGLING
- FACIAL PARALYSIS
- FATIGUE
- SWOLLEN GLANDS
- EXPANDING SKIN RASH  
Remember - many people never get or see a rash.



**NOTE: SYMPTOMS OF LYME DISEASE TYPICALLY OCCUR 1-2 WEEKS AFTER A BITE (BUT MAY APPEAR AS EARLY AS 3 DAYS OR AS LONG AS ONE MONTH AFTER A TICK BITE). HOWEVER, IF LYME INFECTION IS NOT RECOGNIZED AND TREATED, SYMPTOMS MAY OCCUR WEEKS TO MONTHS AFTER THE ORIGINAL BITE.**



[ontario.ca/lyme](http://ontario.ca/lyme)

## TREATING LYME DISEASE

See a health care professional as early as possible if:

- you have symptoms or
- you feel unwell in the weeks following a bite and
- you have been in an area where ticks may live and no bite is evident

Tell the health care professional about your tick bite or where you were. If you were bitten and saved the tick, bring it to your medical appointment for submission to the local public health unit by your physician or take it to public health yourself.

The earlier treatment is received the better. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.

### MORE INFORMATION

- [ONTARIO.CA/LYME](http://ONTARIO.CA/LYME)
- PUBLIC HEALTH ONTARIO – [bit.ly/1MetqFJ](http://bit.ly/1MetqFJ)
- PUBLIC HEALTH AGENCY OF CANADA – [bit.ly/1Drr1D6](http://bit.ly/1Drr1D6)



## Wahta Mohawks Person in Profile

Have you, or another Wahta Mohawks member you know, recently achieved success in your career or schooling after working with Kagita Mikam or the Education department of Wahta Mohawks? If so, we want to hear about it so we can share it with everyone!

Working with Kagita Mikam, we want to show off all the tremendous successes that happen everyday where members are striving to reach their career and educational goals and making their dreams come true!

If you think that your successes, or those of someone you know, should be featured in the newsletter then please contact Simon Sutherland at 705-762-2354 or [simon.sutherland@wahtamohawks.ca](mailto:simon.sutherland@wahtamohawks.ca) for more information.

**\*\*Submissions will be selected based on their relations to Kagita Mikam funding primarily but all submissions will be considered\*\***



## Health Services Events

**Monday, July 8<sup>th</sup>** Community Kitchen **11-12:30** Contact Christine to sign up

**Wednesday, July 10<sup>th</sup>** Crocheting class starting 9am Lunch provided Contact Sherry to sign up...

**Wednesday, July 10<sup>th</sup>** Footcare/Sue Siwik (Blood Pressure Clinic)/Lua (Dietician)

**Wednesday, July 10<sup>th</sup>** Seniors Exercise at **1pm**

**Monday, July 15<sup>th</sup>** Community Shopping Barrie Mall, food court, Walmart Bus leaves at **9am**...contact Christine or Sherry to sign up

**Monday, July 15<sup>th</sup>** Bingo and Dinner for ages 19-54 only at 5:30pm -7pm RSVP by July 11<sup>th</sup> to Sherry

**Tuesday, July 16<sup>th</sup>** Bingo and lunch for ages 55+ only at 11:30 RSVP to Christine

**Thursday, July 18<sup>th</sup>** Island Queen Cruise (Parry Sound) and Lunch for ages 55+ Bus leaves at **8:45**. Cruise is at 10am...lunch will be upon return

**Wednesday, July 24<sup>th</sup>** Chair Exercise at 10 am

**Tuesday, July 30<sup>th</sup>** Mocktails and Apps @ **6pm** **RSVP by July 23** to Kristan

### **Coming Up**

**Monday, August 26<sup>th</sup>** Bingo and Dinner **for ages 19-54 only** 5:30pm-7pm RSVP by August 16<sup>th</sup> to Sherry

**September 5<sup>th</sup>** Car Seat Clinic –@ 10:30am – RSVP to Kristan by **August 1**

# **Children's Summer Activities**

## **Children's Swimming lessons**

July 22-26

Pick up and drop off at the Cultural Centre - Mon-Thursday 9am drop off 1pm pick up, Friday 8am drop off 2pm pick up.

## **Feed your Baby and Toddler - food making workshop**

July 10<sup>th</sup> and Aug 14<sup>th</sup>

10am at the administration

## **Back to School workshop followed by Family Math Games**

Aug 14<sup>th</sup> 330-7

Dinner will be served

Contact Amy or Simon to attend

## **Wet n Wild Trip**

Must attend the Back to School workshop and or Family Math Games to attend

## **Zoo to You Meet and Greet**

10 animal showcases

Aug 29<sup>th</sup> 1:30-3:00

at the Cultural Centre

Everyone is welcome.





Lua says:

**Peppers** (In season in Ontario: JUL; AUG; SEP; OCT)

Fun Facts:

1. Green peppers become red as they ripen on the vine!
2. Peppers are sometimes called bell peppers because they can look like a bell.
3. We think of peppers as a vegetable, but they are actually a fruit because they have seeds inside.

Nutrition Facts: One raw medium sweet pepper contains 19 calories and provides an excellent source of Vitamin C and a source of folacin.

**Blueberries** (In season in Ontario: JUL; AUG; SEP):

Fun Facts:

1. Blueberries were called “star fruits” by North American Indigenous Peoples because of the five-pointed star shape that is found on the bottom end of the berry.
2. Wild Blueberries are smaller and have an intense flavour than cultivated blueberries. They grow on plants that are very low to the ground.

Nutrition Facts: Blueberries are a source of Vitamin C and fibre; one-half cup contains 41 calories.

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

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## Do you have foot/knee/hip/low back pain?

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

Specializing in orthotics, footwear, compression socks and knee braces.

All services are federally funded at no cost to the client

Booking new appointments for June 12<sup>th</sup> and July 3<sup>rd</sup>, 2019

Please call the Health Hub at 705-762-1274 to book an appointment

Thank you!

We are Excited to announce YOUR LOCAL HEARING CLINIC  
RIGHT HERE IN WAHTA. Partnered with the Wahta Health and  
Social Services Department and for now, clinic will held out of  
Administration Office. First Clinic will be held March 26, 2019  
from 10 am-4:30 pm

Do you need HEARING TEST?

Do you have or need HEARING AIDS?

Do you need Custom Swim Plugs, Custom Noise Protection,  
Home Alerting Devices or anything to do you with your EARS?

# PLIMMER

## hearing centres

[www.plimmerhearing.com](http://www.plimmerhearing.com)

CALL TODAY TO RESERVE YOUR SPOT.

1 (833) 350-1165 or (647) 350-1165

[www.plimmerhearingcentres@hotmail.com](mailto:www.plimmerhearingcentres@hotmail.com)

(Ages 4 to 18 can have screen hearing tests)

(Ages 18+ can have hearing tests and hearing aid evaluations)

**WE'VE GOT YOU COVERED:**

ALL NIHB (Indian Affairs), ALL WSIB

(Workers Safety Insurance Board)

ALL ODSP, OW (Social Services), ALL DVA (Veterans Affairs) and

ALL Private Insurance

## B'SAANIBAMAADSIWIN

### ABORIGINAL MENTAL HEALTH PROGRAM

#### Land-Based Activities & Spending Time Outdoors to Improve Mental Wellness

Brad Bowland is your Aboriginal Mental Health and Addiction worker from B'saanibamaadsiwin, a program of the Canadian Mental Health Association.

Please call your community worker for a referral and to arrange appointment times or call Brad's office directly at (705) 746-2512.

July is generally a warm and bright month with some of our longest hours of daylight, making it a good time of year to remind ourselves of the importance of spending time outdoors. Not only does time spent outdoors benefit our health and wellness, it is something that is accessible to all of us. Below you will find some examples of how you may choose to spend time outside and some ways in which it may benefit you.

“Land is and always has been fundamental for the health and cultural identity of Indigenous peoples, playing an essential role in wholistic healing and wellness” – Thunderbird Partnership Foundation

#### Land-Based & Outdoor Activities:

- Fishing, Trapping & Hunting
- Medicine Walks & Walks
- Ceremonial Activities (such as sweats, blanket ceremony & pipe ceremony)
- Camping
- Gardening
- Enjoying meals outside

#### Benefits on Mental Health:

- Increased hope, sense of belonging & sense of purpose
- Reduced depression & anxiety
- Reduced feelings of anger
- Increased energy
- Improved memory & focus
- Reduced levels of stress

#### Benefits on Physical Health:

- Reduced blood pressure
- Reduced inflammation
- Improved immune system
- Improved levels of Vitamin D
- Facilitates healthy weight management



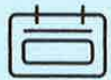


# RAAM CLINIC

## West Parry Sound Rapid Access Addiction Medicine Clinic

The Rapid Access Addiction Medicine (RAAM) Clinic is a low-barrier, culturally safe clinic for individuals 16 years of age and older who are struggling with substance use concerns; or for friends and family seeking personal support around a loved one's substance use.

Although not required, referrals are helpful and appreciated. Walk-ins are welcome.



Start Date:  
Monday May 27, 2019



Mondays: 2 PM - 6 PM  
Thursdays: 8 AM - 12 PM



West Parry Sound Health  
Centre - Ambulatory Care  
6 Albert St., Parry Sound



Check-in at Admitting

For additional information, referral forms, patient hand-outs, and brochures, please contact us:



**705-375-9900**

or call:



**705-746-4264**

and ask for a RAAM counsellor



Canadian Mental  
Health Association  
Mental Health Services

Addictions and  
Mental Health Services



West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic



Canadian Mental  
Health Association

Addictions and  
Mental Health Services

West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

WPSHC  
CARES



Phone: 705-375-9900

West Parry Sound

Fax: 705-375-9905

RAAM (Rapid Access Addiction Medicine) Clinic

## Patient Handout

*Note: Calls and Referrals answered by Moose Deer Point Nurse Practitioner Led*

### What is the RAAM Clinic?

RAAM is a low-barrier, culturally safe clinic available by Walk-in or Referral. Although not required, referrals are helpful and appreciated. It is for individuals aged 16 or older, who are looking for help with their substance use. The providers (Nurse Practitioner or Physician), have experience treating people who are struggling with their drinking or substance use, and know how difficult it can be to ask for help.

Individuals are welcome to come to the clinic even if there is uncertainty as to whether the addiction is an issue or alternatively if it is a known issue and support is desired.

### Services Provided

- Care that is culturally competent
- Assess substance use concerns (includes multisubstance use) and concurrent mental health concerns
- Initiate pharmacotherapy if indicated: *Alcohol Use Disorders, Opioid Use Disorders*
- Anticraving medication for alcohol
- Suboxone induction and stabilization
- Provide harm reduction interventions and advice
- Provide solution-focused counselling
- Provide trauma-informed care
- Make appropriate links to community partners for addiction, psychosocial and social support services
- Transition clients back to their primary care provider when stable
- Help in connecting clients to a primary care provider if needed

### Services Not Provided

- Management of acute/severe withdrawal. Clients in severe withdrawal should call 911 or present to the emergency department
- Management of acute intoxication; for alcohol Client should have their last drink the night before
- Replacement of primary care services
- Long-term psychotherapy
- Management of acute psychiatric illness
- Diagnosis, treatment, or opioid prescriptions for chronic pain
- Safe injection site services



Canadian Mental  
Health Association  
*Learning • Policy • Support*

Addictions and  
Mental Health Services

West Parry Sound Health Centre

*Rural Nurse Practitioner-Led Clinic*

WPSHC  
CARES



Page 1 of 2

### Hours of Operation

- Monday: 2:00 pm-6:00 pm
- Thursday: 8:00 am- 12:00 pm

**\*New clients are encouraged to arrive at the beginning of the clinic\***

To access RAAM, arrive at the **Admitting Department, Main Floor (3<sup>rd</sup>), WPSHC between 1:45-5:30 pm Mondays and 7:45-11:30 am Thursdays.**

### What to Bring

- OHIP card
- List of medications, including prescribed and non-prescribed. Bring in the medication bottle if possible.
- Please bring a copy of your referral form if you have one.
- **Please feel free to bring support, for example a close family member or friend.** If you are feeling anxious or hesitant about coming to the RAAM clinic, a supportive person with you may help you feel less overwhelmed and alone.

### Please Call for an Appointment (705-375-9900)

While **Walk-in appointments are welcome**, pre-booking your appointment helps us to plan for your visit, as well as helps plan your transportation (if transportation is a barrier for you coming to our clinic).

**Note: Calls and Referrals answered by Moose Deer Point Nurse Practitioner Led Clinic**

### What to Expect

- Safe, comfortable, accessible meeting space
- Provide a urine sample for drug screening at each clinic visit
- Appointments with medical staff (Nurse Practitioner or Physician), and addictions counsellors
- Detailed history, explore substance use concerns and recovery
- Regularly scheduled clinic visits based on clinical progress

**We do not provide emergency medical services, or acute/severe withdrawal detox. If you are in severe withdrawal please visit the emergency department. Please do not present intoxicated. Have your last drink the night before.**

**If you require a residential (inpatient) withdrawal management service, here are some services you may contact:**

- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

# Trauma-informed care and suicide

## What is it?

Trauma-informed care (TIC) is an approach that asks: “What happened to you?” as opposed to “What is wrong with you?” (Rosenberg, 2011).

TIC ensures people receive the care they need based on the impact of previous experiences. It is a holistic approach to care, and can both prevent the individual from experiencing further trauma as well as help them recover from previous experiences. Trauma-informed care can be used in hospitals, psychiatrist offices, rehabilitation centres, and community centres.

### WHAT CAN CAUSE TRAUMA?

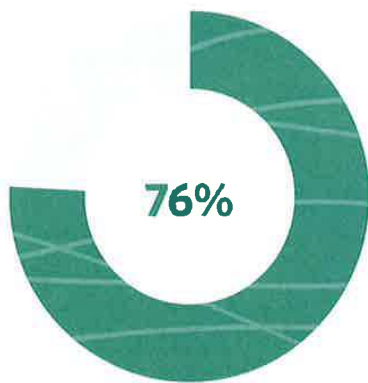
- sexual and physical abuse;
- exposure to war, suicide, murder, and accidents (Klinic, 2013).

### HOW IS TRAUMA-INFORMED CARE IMPLEMENTED?

Health Care Providers are:

- well-informed about trauma;
- empathetic;
- compassionate;
- self-aware;
- flexible; and
- able to emotionally connect to patient's trauma experience (Harris & Fallot, 2001 and Klinic, 2013).

## TRAUMA EXPOSURE



of adults will be exposed to trauma in their lifetime.

## TRAUMA EXPOSURE BY GENDER



of **men** have experienced sexual or physical violence (B.C. Ministry of Health, 2013).

# 4

## WAYS TO RECOGNIZE TRAUMA

RE-EXPERIENCING THE EVENT

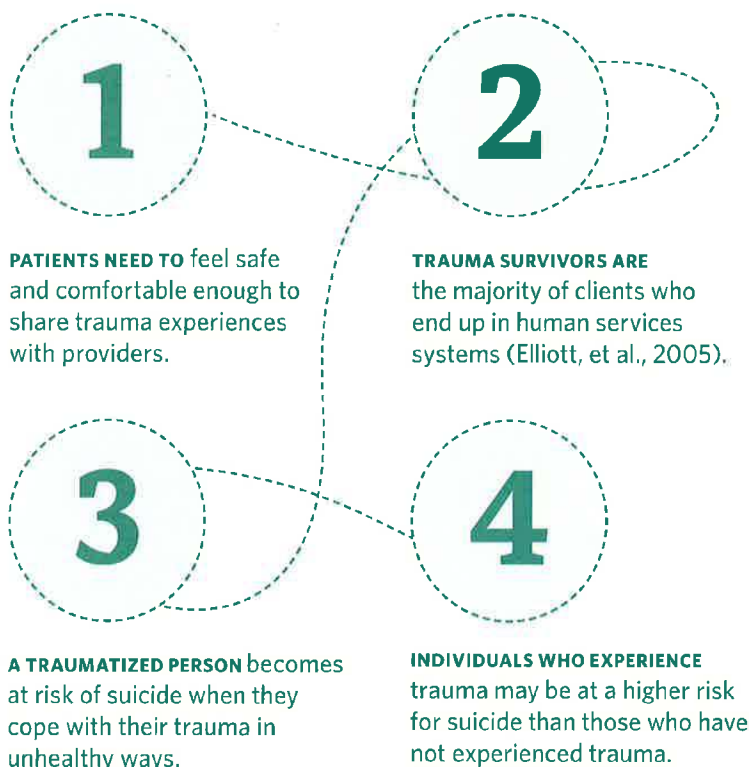
AVOIDANCE AND EMOTIONAL NUMBING

CHANGES IN SLEEPING PATTERNS

HYPERAROUSAL

(Huckshorn & Lebel, 2013)

## FOUR FACTS ABOUT TRAUMA-INFORMED CARE AND SUICIDE



**33** *The greater the trauma, the greater the risk for alcohol abuse ... drug use, depression, suicide attempts, and other negative outcomes"*  
(Rosenberg, 2011, p.428).

## SOME CANADIAN ORGANIZATIONS THAT HAVE IMPLEMENTED TIC

Sunshine Coast Health Centre in Powell River  
Centre for Addiction and Mental Health (CAMH) in Toronto  
Klinik Community Health Centre in Winnipeg

## How can we prevent trauma-based suicide?

### EDUCATION AND AWARENESS

Developing an awareness campaign can inform and educate the general public and everyone who is in contact with potential trauma victims (Olson, 2013).

### AN ASSUMPTION OF TRAUMA

The assumption that people who are suicidal have experienced personal trauma should become part of formal screening and assessment processes.

### SCREENING FOR TRAUMA

Routine trauma screening ensures that everyone is assessed for past traumatic experiences, and not only for their obvious symptoms (Olson, 2013).

### RESILIENCY CAN OFFSET THE NEGATIVE OUTCOMES OF TRAUMA

Anyone who has experienced trauma maintains one essential, positive quality: resilience.

Being resilient involves engaging with friends and family for support, and using healthy coping strategies and problem-solving skills effectively to work through difficulties (Australian Government, Department of Health and Ageing, 2008).

READ MORE AT [bit.ly/2twq65k](http://bit.ly/2twq65k)



FOR MORE INFORMATION,  
VISIT [SUICIDEINFO.CA](http://SUICIDEINFO.CA)



Financial contribution from







**June 2019**

## **Non-Insured Health Benefits (NIHB) Program Update**

### **UPCOMING CHANGES TO NIHB EYEWEAR COVERAGE**

**On June 29, 2019, NIHB will make changes to coverage of corrective eyewear (glasses and contact lenses).** These changes will make it easier to understand your coverage and will offer more choice – you will be able to use your coverage towards the purchase of any type of prescription eyewear.

These rates will be in effect for eyewear ordered on or after June 29, 2019:

|                                   |               |  |
|-----------------------------------|---------------|--|
| <b>Standard Coverage Amount</b>   | <b>\$275*</b> | For prescriptions that are less than $\pm 7.0$ (minimum prescription strength will continue to apply). This is the most common rate. |
| <b>High Index Coverage Amount</b> | <b>\$415*</b> | For prescriptions that are $\pm 7.00$ or higher.   |

*\*Clients in the Northern Territories and Atlantic region can contact their regional office for information on applicable rates.*

How often you are covered for eyewear will not change. Children 0-17 years are eligible once a year; clients 18 years and older are eligible once every two years; clients whose prescription changes a lot may be eligible for early replacement of the lenses. However, frequency periods will be changed to a calendar year basis. For example, for an adult who is eligible every two years, if you get new eyewear at any time in 2019, you will be eligible again on January 1, 2021.

There will be no change to the policy on exceptions. As was the case before, some clients will qualify for more coverage (reimbursement amount or frequency) based on their medical need.

You can contact your [NIHB regional office](#) for more information about these changes.

## **Non-Insured Health Benefits (NIHB)**

### **UPCOMING CHANGES TO NIHB EYEWEAR COVERAGE**

#### **Questions and Answers for Clients**

**1. When will the changes to eyewear coverage be in effect?**

The changes will be in effect on all eyewear ordered on or after June 29<sup>th</sup>, 2019.

**2. What are the major changes to NIHB eyewear coverage?**

The major changes are:

- The NIHB Program will provide you with a coverage amount based on your prescription. There are two coverage amounts: standard and high index.
- You can use your coverage amount towards the purchase of any type of prescription eyewear (glasses or contact lenses) you choose.
- To make it easier to remember when you qualify for new eyewear, the frequency period will be changed to a calendar year basis. The next calendar year you are eligible for new eyewear is calculated from the last calendar year you received new eyewear. For example, if you are an adult (eligible for new eyewear every two years) who received new eyewear in 2017, you would be eligible for new eyewear in 2019. If you get new eyewear at any time in 2019, you will be eligible again on January 1<sup>st</sup>, 2021. If you get new eyewear any time in 2020, you will be eligible again on January 1<sup>st</sup>, 2022.

**3. What are the new eyewear coverage amounts?**

The amount is based on your prescription:

- Most clients (lower than  $\pm 7.00$  in both eyes) will qualify for the standard coverage amount of \$275. As before, minimum prescription strength will continue to apply.
- Clients with prescriptions that are stronger ( $\pm 7.00$  or higher in at least one eye) qualify for the high index coverage amount of \$415.
- Clients who have exceptional vision care needs and may require more coverage (reimbursement amount or frequency) will continue to be considered on a case-by-case basis.

**4. What do the coverage amounts include?**

It includes all costs for one or more prescription items, such as contact lens or glasses, fitting, dispensing fees and tints. Please note that you are responsible for purchase costs

that exceed your coverage amount (Standard or High Index). For exceptions, please see Question 5.

**5. Will the NIHB program continue to cover exceptions?**

As before, some clients will continue to qualify for more coverage (reimbursement amount or frequency), based on their medical need. For exception items, a prescription and medical justification by an ophthalmologist or optometrist is required. The criteria have not changed and can be found on the NIHB website.

**6. I need new glasses now, can I get the new rate or do I have to wait?**

The new rates are effective on eyewear ordered on or after June 29<sup>th</sup>, 2019. If you submit a claim for eyewear ordered before June 29<sup>th</sup>, 2019, it will be processed using the old rates.

**7. What happens if I do not spend my entire coverage amount on my first claim?**

Any remaining balance will continue to be available to you until the end of the frequency period to use for other eyewear (for example, towards another pair of glasses). The NIHB Program will keep track of this and you can contact your regional office if you do not know your balance.

For example, if you are an adult eligible for the standard coverage amount of \$275 every two calendar years, and you use \$150 towards a pair of glasses in 2019, the NIHB Program will track that you have an unspent balance of \$125. You can use this balance until December 31<sup>st</sup>, 2020 towards the purchase of another pair of glasses or contact lenses. On December 31<sup>st</sup>, 2020, your unspent balance expires and you are eligible for new eyewear coverage on January 1<sup>st</sup>, 2021.

**8. If the coverage is now by calendar year, and I last received new glasses in 2018, when am I next eligible?**

How often you can get new eyewear will be calculated by calendar year only, not month and date. For an adult who is eligible every two years, in this case, since you last received coverage for eyewear in 2018, you will be eligible again on January 1<sup>st</sup>, 2020.

**9. Are contact lenses covered?**

You can use your coverage amount (standard or high index amount based on your prescription) towards the fitting and purchase of either glasses or contact lenses. You may qualify for contact lenses as an exception with certain prescriptions. If you qualify



for contact lenses as an exception, additional coverage may be provided towards the purchase of glasses to use as a back-up.

**10. Are repairs covered?**

As before, you will continue to qualify for minor or major repairs. The criteria have not changed and can be found on the NIHB website.

**11. Are there any changes to eye exam coverage?**

There are no changes to the eligibility criteria or frequency guidelines for eye exam coverage. However, like eyewear coverage, the frequency period will be changed to a calendar year basis.

**12. Are there any changes to the prior approval process for eye exams or corrective eyewear?**

No. As before, your optometrist submits a prior approval to the regional office to confirm eligibility for your eye exam. The prescription from your eye exam is needed to determine your eyewear coverage amount.

You may order your eyewear through your optometrist or you may choose to have eyewear made elsewhere (such as through a separate optician). If you choose to go through an optician, please let your optometrist know right away. Once you pick out your new glasses (or contact lenses), your eyewear provider submits the prior approval request to NIHB for coverage of the eyewear. Your coverage amount or balance will be applied during the prior approval process.

**13. Where can I get more information on the upcoming changes?**

For more information, you can contact your Indigenous Services Canada [NIHB regional office](#)<sup>1</sup>. We will be posting additional information to the NIHB website towards the end of June.

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<sup>1</sup> <https://www.canada.ca/en/indigenous-services-canada/corporate/contact-us-first-nations-inuit-health/non-insured-health-benefits.html>

Wahta Mohawks

# Bass Derby and Picnic

Saturday, August 3rd, 2019

Fishing at Webster Lake

Picnic/activities at the cultural centre

Everyone is invited to attend our annual fishing derby and community picnic on the civic holiday weekend. The fishing will begin at Webster Lake at 8 am and continue to 12 noon, bring a canoe/small boat or fish from shore. Then come over for a bbq at the cultural centre. Lunch will be served from 12 noon to 2 pm. Kids activities, baseball and horseshoes will begin at about 1 pm.

Parents, please ensure that children wear hats and bring lots of sun screen.

Bring a chair or not, there's plenty of lawn available.

Hope to see you there, rain or shine!



SHAWANAGA FIRST NATION

presents

# 2019 Elder's Summer Picnic

Please join us

Where: Shawanaga Landing

When: Thursday July 11th 2019



Time: 11am-4pm

Lunch: BBQ at noon

Shawanaga First Nation  
welcomes:

Anishinaabemowin Entertainer:  
**Helen Roy**

Door Prizes and Games: Euchre, Bingo, Dice

**Please contact Nicole or Cecilia at the SFN Healing  
to Register. 705-366-2378**

**SFN MEMBERS PLEASE CALL FOR RIDE IF NEEDED**



**PAST, PRESENT & FUTURE**

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**AGM &  
DESIGNATION  
CELEBRATION**

**JULY 9 & 10, 2019**

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**Serpent Mounds Park,  
221 Serpent Mounds Road, Keene, On**

**For registration please go to**

**<https://dnaagdawenmagbinnoojiiyagcelebration.eventbrite.com>**

**Formal Agenda to follow**

**For more information, please contact  
Emily Wood or Kathryn Wilson 705-295-7135**







# **Dnaagdawenmag Binnoojiiyag**

## **Child & Family Services**

517 Hiawatha Line  
Hiawatha First Nation, ON  
K9J 0E6

### **Dnaagdawenmag Binnoojiiyag Child & Family Services 2019 AGM & Designation Celebration** **Information Sheet**

#### **Location**

Serpent Mounds Park, 221 Serpent Mounds Road, Keene, Ontario. Serpent Mounds Park is home to the sacred Serpent Mounds, a First Nation historic site with evidence of occupation and use spanning more than 2000 years. It is here that archeologists discovered evidence that ancient First Nation people gathered in large settlements around the lake to camp, hunt, fish, collect freshwater mussels and harvest the abundant wild rice crops which once occupied Rice Lake. Evidence found throughout the site, identified occupation dating back to 58 B.C., and the assemblage of artifacts provides extensive information on the habitation, rituals and culture of this ancient site and represents the most complete picture of Point Peninsula life. The site clearly illustrates the long-term cultural processes and represents cultural records of early habitation closely integrated with the natural environment.

It is also here, on a high point of land overlooking Rice Lake that the nine earthen burial mounds which enclose the graves of the Point Peninsula First Nation people can be found. The largest mound, shaped like a serpent, is approximately 60 meters long and 8 meters wide, and the only one of its kind in Canada. It is from this mound that the site and Park derives its name. Surrounding the serpentine mound are eight oval or round mounds, often described as the “serpent’s eggs”. First Nation people who lived in nearby settlements built these mounds to bury their dead and revere their ancestors. This sacred place continues to hold deep cultural, historical and spiritual meaning to the Mississaugii people of this area and to First Nation people across North America. Google Map link to Serpent Mounds Park:

<https://goo.gl/maps/RVJU1xf3JeG96bd47>

#### **Registration**

Please follow the link in order to register for the various events happening on July 9 & 10. When you click on the green Register link in Eventbrite, it will give you a list of event options to choose from. Please make sure you register for all events that you wish to participate in to ensure seating and catering requirements are met.

#### **AGM & Designation Celebration**

#### **Accommodations**

For those requiring accommodations a room block has been set up at the Best Western Plus, 83 Lansdowne Street East, Peterborough. To book a room with 1 queen bed or 2 double beds please call 705-742-3454 before June 9, 2019 and reference “Dnaagdawenmag Binnoojiiyag” to receive the rate of \$118.95 + HST per room. Google Map link to hotel: <https://goo.gl/maps/vrH26Rvaf1XWnoVt9>

# DECAIRE FAMILY REUNION!

DATE: AUGUST 10, 2019 TIME: NOON

LOCATION: HALL/CULTURAL CENTRE

2343 MUSKOKA ROAD 38 (ACROSS FROM HEALTH HUB)

POTLUCK – BRING YOUR FAVORITE DISH

RSVP TO: [TERESADECAIRE@HOTMAIL.COM](mailto:TERESADECAIRE@HOTMAIL.COM) 778-587-3784

[LISA2MAK2JACK@GMAIL.COM](mailto:LISA2MAK2JACK@GMAIL.COM) 705-644-3118

PLEASE BRING BASEBALL EQUIPMENT IF YOU HAVE ANY AND PASS THIS INVITE ALONG

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## Wahta United Church

Church Service will be on  
July 14th 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

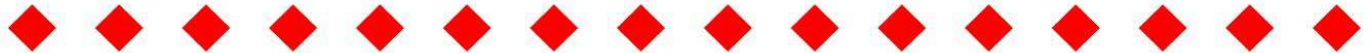


# Kagita Mikam Employment & Training

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](mailto: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.

If you would like an appointment with **Dr. Ed Connors** please call **Sherry Byrne** at 705-762-2354 ext. 250.

# Join our Newsletter Email List!

In an effort to help save paper and postage costs, we would like to email the newsletter to as many community members as possible. There are two ways to join the newsletter list.

1. Register at [www.wahtamohawks.com/member-registration](http://www.wahtamohawks.com/member-registration)
2. 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 300 newsletters sent out each month, it is a time consuming and costly procedure for staff. Electronic newsletters also make it easier to visit links provided for websites and contact information.

### When will I get the Newsletter?

You will receive the newsletter as soon as it is ready. You will not have to wait for it to be sent out in the mail.

### Do I need to be a member to receive the newsletter?

If you are the spouse or parent of a member of the community, please email us at [info@wahtamohawks.com](mailto:info@wahtamohawks.com), and let us know you would like to receive the newsletter.

### 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 the occasional communication regarding community updates.

## The Good Food Box



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 7<sup>th</sup> of each month, and they are available for pick up on the fourth Tuesday of every month

The next scheduled pick up days are July 23<sup>rd</sup>, August 27<sup>th</sup>, September 24<sup>th</sup>,

October 22<sup>nd</sup>, and November 26<sup>th</sup>

Please contact Christine or Kristan



# 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 |
| Kristen Butera     | Family Well-Being Worker          | Ext. 230 |
| 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) | Ext. 221 |
| Brittany DeCaire   | Ontario Works Administrator       | Ext. 259 |
| Sara DeCaire       | Cook/Custodian                    | 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)                      | Ext. 230 |
| Randell Sonmor     | Capital Assets Manager            | Ext. 224 |
| Simon Sutherland   | Education Assistant               | Ext. 245 |
| Cindy Thompson     | Health Services Manager           | Ext. 240 |
| Samantha Walker    | Executive Assistant/Librarian     | Ext. 272 |

## 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  
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