

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

Kentenha - The Time of Poverty



October 2019



THIS ISSUE

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

Public Council Meeting

There will be a Public Council Meeting on Tuesday, October 1st at the Administration Building at 7:30PM

General Meeting & Election Regulation Vote

The meeting will be held on Saturday October 5th at the Administration Building at 9:30AM

Snow Removal Update

Starting this winter, the pricing structure for plowing driveways will be changing to be more reflective of the actual costs to provide the service. If you are interested in having your driveway plowed this winter please contact Randy Sonmor at 705-762-2354 ext. 230 or at randell.sonmor@wahtamohawks.ca to arrange for a quote. As with previous years, the new pricing structure will not be applied to seniors' driveways.

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



OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Drumming 1:30PM CHC	2	3 Harvest Festival 3PM	4	5 General Meeting 9:30AM
6	7 Mindfulness 9AM After School Program Begins CHC	8	9 Footcare/ Blood Pressure Clinic/ Dietician	10 Community Shopping 9AM	11	12
13	14	15 Paddle Painting 6:30PM	16	17	18 Bingo & Lunch 55+ 10:30AM	19 Pumpkin Mania Family Event at Rounds Ranch 10AM
20	21 Federal Election Mindfulness 9AM Community Kitchen 11AM Bingo 19-54 5:30PM	22 Good Food Box Pick Up (Afternoon)	23 Chair Exercise & Lunch 10AM	24 St. Jacob's 7:30AM	25 Children's PA Day Halloween Party 12PM CHC	26 Women's How-To Workshop 10AM CHC
27	28	29	30 Car Seat Clinic 10:30AM CHC	31		

Council Update for October 2019

Chief Philip Franks

It is with deep regret that I write about a very sad couple of weeks here on the territory. On September 16th, the community lost Bekki DeCaire, mother of five at the age of 32 years. Seven days later we learned of the sudden passing of Ray DeCaire, age 50. Both will be very missed by friends and family, and leave a large void in our community. Condolences go out to all of the people who has been affected by the too early passing of these two community members. As per our custom, programs and meetings were postponed at the administration out of respect for the family members. Crisis workers were out and about on both occasions.

As for a regular report to the membership here are some recent developments.

General Meeting

As I mentioned before, October 5th is still slated for the quarterly general meeting. This is an important meeting as you will be hearing from our auditor on the financial statements for the 2018/19 fiscal year. Members questions regarding our financial situation and reporting are part of the agenda on that day. A proposed set of election regulations were sent to the membership recently. On October 5th, as prescribed by the current rules, a show of hands style vote will take place as to whether we adopt new regulations or stay with the current ones. Another important item that you will receive shortly is a draft set of citizenship regulations to replace our existing code. This document will require a referendum to be accepted.

EEEV Warning

Please see the Eastern Equine Encephalitis information in this newsletter. We recently had some detected by Health Canada's on-territory mosquito testing program. The important thing to remember in my mind is infected birds have been around since spring and it takes time for the mosquitos to contract the West Nile or EEE virus. In September there are generally less mosquitos, but they are more likely to carry a virus.

Other Council Business

Meeting motions for the past month are included in this newsletter as always, therefore I will leave this article at that for the now. Remember to be in contact if you need more information on any Council directions or motions. I will do a more complete information article next month.

Stay healthy and well, Niawen for reading.

2019 Council Weekly Meeting Summaries

Council Weekly Meeting Summary – Monday July 8, 2019

In Attendance:

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

Agenda:

07.08.01 Wahta Mohawk Trust Discussion – Further discussion on how to allocate the interest accrued from the Trust account and how it is to be allocated and if there are tax consequences. Council also discussed the recent Internet tower Trust application and the authority to put restrictions on the application.

Next Meeting: Wed July 17, 2019

Council Weekly Meeting Summary – Wed July 17, 2019

In Attendance:

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

Agenda:

07.17.01 Invoice for MFP Roof Repair Materials – See motion below

07.17.02 Water Feasibility Invoice – See motion below

07.17.03 Audit Report for LHINs Funding Agreement – Signatures Required for yearly request for audit of our funding agreement for Health Services.

07.17.04 Replacement of Guard Rails at Entrance to Wahta Springs Road – The guard rails are in need of repair; they have deteriorated and have become a safety issue. Only one quote provided, more quotes needed to make a decision on repair cost.

07.17.05 Brain Grimwood ICG Study Update – Brian Grimwood is working on an oral history project and looking for more ways to research the history of Wahta. Some options are to create a new history book or add to the existing history book, create a new recipe book. University of Waterloo provides budget. More information will be posted in newsletter.

- 07.17.06 ATR Section 3 Update** - Order in Council transfers all mineral rights to the Wahta Mohawks within the ATR lands. As per the condition of the land claim Wahta has all subsurface rights when it comes to mines or gravel deposits.
- 07.17.07 Internet Tower** – Deferred
- 07.17.08 Cannabis Legislation** – General discussion on the laws currently being created in other First Nation communities and the logistics of implementing Wahta’s own law and enforcement. No decisions made.
- 07.17.09 Trespass Enforcement Document Approval** – Application documents for a trespass complaint have now been added to the by-law and approved.
- 07.17.10 Election Regulation Update** - Council discussed some further additions to the proposed election regulations including adding a section on vote buying. Final changes underway to be released to the membership and voted on.
- 07.17.11 General Meeting Draft Agenda** – General meeting agenda approved as Solid Waste Planning Study, Election Regulations, Cannabis Legislation, Wahta Trust
- 07.17.12 Auditor Presentation** – KPMG presented the yearly audit. No remarkable changes. Signatures are required, then posted online.

Motions:

07.17.01 – Council approves the payment of invoice of \$30 453 for MFP roof materials. Carried by consensus.

07.17.02 – Council approves the Water Feasibility Study invoice to Neeghan Burnside for \$38 731 funded by Indigenous Services Canada. Carried by consensus.

07.17.03 – Council approves the 2018/2019 draft audit report from KPMG Accounting Services. Carried by consensus.

Next Meeting: Wed July 24, 2019

Council Weekly Meeting Summary – Wed July 24, 2019

In Attendance:

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

Agenda:

- 07.24.01 Audit Documents** – Final draft of the audit was reviewed and approved with signature pages then signed.

07.24.02 **Kilns and Piano at CHC – Capital Asset Disposal Request** - Given the kiln and pottery wheel have not been used and with no plans to use them in future programming, Council agreed to dispose of them in accordance with the Financial Policy.

Piano has some historical significance; Council requested the Senior Administrator explore the possibility of possibly conducting some restoration work on it.

07.24.03 **DBCFS Meeting – Request for Date** - Council proposed Aug 14th, 21st, or 28th.

07.24.04 **Muskoka District Indigenous Leadership Table** – Request to Host - Fall is typically busy time for programming and schedules, so Council has decided to politely decline hosting the next meeting at this time.

Next Meeting: Wed July 31, 2019

Council Weekly Meeting Summary – Wed July 31, 2019

In Attendance:

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

Agenda:

07.31.01 Federal Polling Station Wahta Location – This has been done before at Wahta, lease needs to be signed for election day October 21.

07.31.02 Request for Gravel - Camp Jackson Road - 4 loads were approved last year. Council will assess the road and revisit the request.

07.31.03 Small Communities Fund – Amendment and BCR for Extension - extended deadline for water treatment funding to complete the study

07.31.04 Indigenous Services Canada – Funding Agreement Amendment - funding amendment for general funding requested for more timely delivery.

07.31.05 Private Driveway Snow Clearing for 19/20 – Administration to investigate costs and market rate before a decision is made.

07.31.06 **Consent for work on MFP Building** – Tennant seeks permission to install Internet Service at their own cost. Request approved.

07.31.07 **Falls Law @ 10:00 am** – Consulted with Jay Herbert for a new proposed Membership Code, it was suggested to draft a new code based on a lineage approach. Visual examples should be included. Next meeting August 28.

07.31.08 **Neegan Burnside Update on Water Feasibility Study**
Indigenous Services Canada requires a water feasibility study, all options must be considered before decision on how to proceed. Currently there is no available high capacity well. Completion of study by January 2020.

Next Meeting: Wed August 14, 2019

August 2019 Community Meeting Minutes

Date: Tuesday August 6, 2019

- I. **Present:** Chief Philip Franks, Councillor Lawrence Schell, Councillor Blaine Commandant, Councillor Teresa Greasley, Councillor Strength-Fenton.
- II. **Call to Order:** The meeting was called to order at 7:02 pm.
- III. **Adoption of the Agenda:** Moved by Councillor Strength-Fenton, Seconded by Councillor Schell. Carried.
- IV. **Adoption of Minutes of July 2, 2019:** Moved by Councillor Strength-Fenton, Seconded by Councillor Schell. Carried.
- V. **Actions Arising from Minutes:** Landfill has been cleaned up. On August 19th the Chiefs Council will discuss the new proposed funding formulas.
- VI. **New Business**
 - **Radar Statistics Update** – A chart was provided that showed the speeding rates over the summer months. When the signs were in spy mode with speeds not visible the speeding did increase indicating that the signs are having a positive impact on keeping the speeds down. The dates for the chart were not clear and will be looked at in more detail. Another meeting is to be scheduled with the OPP to discuss their

speeding programs and the trespass by-law.

- **Audit Completion** – Council met with KPMG to discuss the latest audit. There are no issues other than the sign in sheets for payroll need improvement. The audit will be presented at the October 5 general meeting.

VII. Old Business/ Follow-up:

- **Water Feasibility Update** – Council met with Neeghan Burnside to discuss the latest feasibility findings. The water testing and availability is not producing favorable results so far, other options may need to be considered. Final report is due in December.
- **Roderick Lake Permit** – A Band Council Resolution was signed by Council to approve a road access permit for Roderick Lake seasonal residents. This land access will become part of the Additions to Reserve land.
- **Permission to share Hydro Appraisal** – Indigenous Services Canada has requested that Wahta share their surveys with them as part of the hydro appraisal. Council has agreed to this.
- **Membership Update** – Council met with Jay Herbert to discuss the membership code and how it can be defined through lineage as well as how the referendum regulations have been carried out historically. Next meeting is August 28.
- **Election Vote September 14, 2019** – Mail in to be sent to all members regarding the proposed changes to the election regulations. They include mail-in ballots, greater timelines, appeals process etc. Vote by show of hands as per current regulations has been scheduled.

VIII. July Motion Summary:

07.17.01 – Council approves the payment of invoice of \$30 453 for MFP roof materials. Carried by consensus.

07.17.02 – Council approves the Water Feasibility Study invoice to Neeghan Burnside for \$38 731 funded by Indigenous Services Canada. Carried by consensus.

07.17.03 – Council approves the 2018/2019 draft audit report from KPMG Accounting Services. Carried by consensus.

IX. Questions/Comments:

X. Next Meeting Date: September 3, 2019

XI. Adjournment

XII. Closing



Wahta Mohawks

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September 25th, 2019

Notification

Mosquitoes from one of the mosquito trapping locations on the Wahta Mohawk Territory have tested positive for the Eastern Equine Encephalitis Virus (EEEV). Weekly monitoring and testing will continue.

What Can I Do?

Prevent being bitten by mosquitoes!

- 1) Use insect repellent that contains DEET or other approved ingredients.
- 2) Wear long sleeves and pants when outside to protect yourself from mosquito bites.
- 3) Ensure screens on your windows and doors are in good repair to keep mosquitoes out.
- 4) Eliminate mosquito egg laying sites by emptying standing water from flower pots, buckets, barrels, and other containers. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

Eastern Equine Encephalitis Virus (EEEV)

What is EEEV and how do people become infected?

EEEV is a rare disease that is spread to humans through the bite of an infected mosquito. Disease transmission does not occur directly from person to person.

How soon do people get sick after getting bitten by an infected mosquito?

It takes 4 to 10 days after the bite of an infected mosquito to develop symptoms of EEEV.

How Common is EEEV in Humans?

EEEV is very rare. No human cases have been identified in Ontario. Human disease has occurred in rare instances in several states bordering Ontario and Quebec and EEEV has occurred occasionally in horses in Ontario and Quebec.

Transmission of EEEV?

EEEV is transmitted through the bite of an infected mosquito. Mosquitoes become infected by feeding on infected birds. Infected mosquitoes are capable of passing the virus to horses, humans or other mammals during subsequent feedings. Several species of mosquitoes can become infected with EEEV.

Symptoms of EEEV disease?

Infection with EEEV can cause a range of illnesses. Most people infected with the virus will not show symptoms or become sick; others may develop a mild flu-like illness with fever, headache, and a sore throat. In rare cases (less than 5%), infection of the central nervous system occurs. In the severe cases of EEEV infection there can be a sudden onset of headache, high fever, chills and vomiting. The illness may then progress into disorientation, seizures and a coma. Approximately a third of patients who develop WWW die.

What should I do if I think a family member might have EEEV?

Consult your healthcare provider for proper diagnosis.

For additional information, please see our website, Facebook page, or our October Newsletter.

Information packages will be available at the Harvest Festival on October 3rd.

If you have any questions, please contact Randell Sonmor at (705) 644-4228



Eastern Equine Encephalitis (EEE)

What is Eastern Equine Encephalitis?

Eastern Equine Encephalitis (EEE), sometimes called sleeping sickness or Triple E, is a rare but serious viral disease spread by infected mosquitoes.

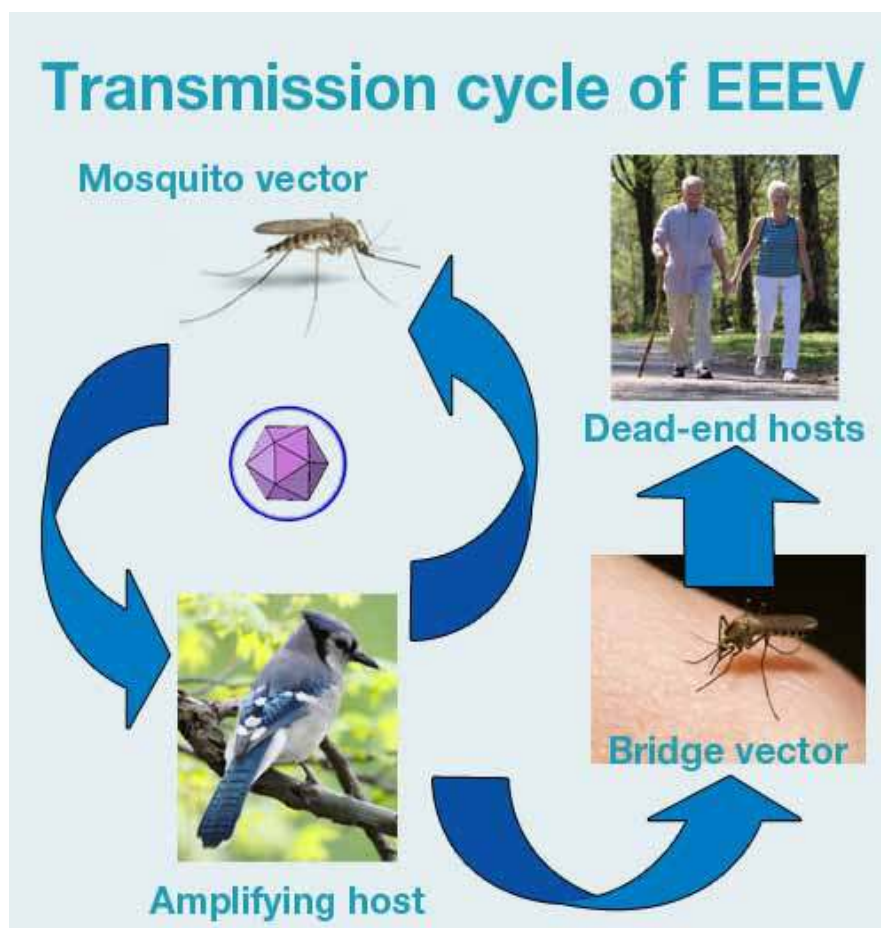
How is Eastern equine encephalitis transmitted?

The Eastern equine encephalitis virus (EEEV) can infect a wide range of hosts including mammals, birds, reptiles and amphibians. Infection occurs through the bite of an infected mosquito.

The virus itself is maintained in nature through a cycle between *Culiseta melanura* mosquitoes and birds. *Culiseta melanura* mosquitoes feed almost exclusively on birds, so they are not considered an important vector of EEEV to humans or other mammals.

Transmission of EEEV to humans requires mosquito species capable of creating a "bridge" between infected birds and uninfected mammals. Other species of mosquitoes (including *Coquilletidia perturbans*, *Aedes vexans*, *Ochlerotatus sollicitans* and *Oc. Canadensis*) become infected when they feed on infected birds. These infected mosquitoes will then occasionally feed on horses, humans and other mammals, transmitting the virus. However, humans, horses and other infected mammals do not circulate enough of the EEE virus within their blood to infect additional mosquitoes, so they are considered 'dead-end hosts'.

Transmission is most common around freshwater; hardwood swamps and coastal plains including the Great Lakes region as well as the Atlantic and Gulf



Coast states. In Ontario, EEEV has been found in horses that reside in the province or that have become infected while travelling.

Similar to West Nile virus (WNV), the amount of virus found in nature increases throughout the summer as more birds and mosquitoes become infected.

Who is at risk of becoming infected with Eastern Equine Encephalitis?

People who live in or visit woodland habitats and people who work outside or par-

ticipate in outdoor recreational activities have the highest risk of developing EEE because of greater exposure to potentially infected mosquitoes.

People of all ages are at risk for infection with the EEE virus but individuals over age 50, and younger than age 15, are at greatest risk for developing severe disease.

What are the symptoms of Eastern Equine Encephalitis?

Infection with EEE can cause a range of illnesses. Some people bitten by an infected mosquito will not develop any symptoms;

others get only a mild flu-like illness with fever, headache, and fatigue.

In rare cases, infection of the central nervous system occurs, causing sudden fever, muscle pains and a headache of increasing severity, often followed quickly by seizures and coma. Inflammation and swelling of the brain, called encephalitis, is the most dangerous complication.

Approximately 33 per cent of people who develop EEE will die from the disease. Many of those who survive suffer significant brain damage and will have mild to severe disabilities.

When do symptoms appear?

The incubation period (the amount of time before symptoms appear) is between 5-15 days after the bite of an infected mosquito.

What is the treatment for Eastern Equine Encephalitis?

There is no specific treatment for EEE. Treatment focuses on supportive therapy to lower fever and ease the pressure on the brain and spinal cord.

What can be done to prevent Eastern Equine Encephalitis?

There is no human vaccine for EEE. Similar to West Nile virus, the best way to protect yourself from EEEv is to keep mosquitoes from biting you. Horses can and should be vaccinated against EEEv and WNV.

To reduce the risk of being bitten by mosquitoes:

- Avoid areas with high mosquito populations.



- Wear light-coloured clothing, including long sleeves, pants and a hat, to cover exposed skin.
- Use mosquito repellent containing DEET. Make sure to follow the product's instructions.
- Make sure all windows and doors in your home have screens that are in good condition.
- Take extra precaution from dusk to dawn when mosquito activity is higher.

The best way to keep mosquitoes away from your home is to clean up breeding areas:

- Drain areas of any standing or stagnant water on your property.
- Remove old tires, and turn over pails, toys and wheelbarrows.
- Frequently change the water in water troughs and bird baths, at least weekly.
- Keep eaves clear to avoid trapped water.



Simcoe

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BUILDING A STRONGER COMMUNITY TOGETHER

All staff are deeply committed to building a strong and vibrant community together with the community, while also ensuring operational excellence within the administration. As we continue to work on strengthening our core services and developing a long-term strategic plan; I am asking for everyone in the community to share their insights and experiences with us.

We have invited the expertise of a third party, Future Design Lab, to help us in collecting feedback from across the entire membership. As a first step in this engagement process, the team from Future Design Lab met with staff to glean insights into current processes, programs and workflows. The team met with all staff members individually to gather anonymous feedback that was then compiled into actionable feedback. There were many suggestions made in the report that have already helped us optimize our internal structure and highlighted ways that we might improve further.

We are now excited to engage all members in this collaborative process. We want your honest opinions on what's working well, what could be improved upon and any ideas that you might have around how we might continue to better serve the community.

We will be posting an open survey this November and will be inviting members to share their feedback. Surveys will be made available both online and on paper; we will assist in facilitating in-person interviews with anyone who would like to share that way as well.

Everything you share with the Future Design Lab team will be kept completely anonymous; all feedback will be synthesized by them and compiled into one confidential report with no identifying information provided to the administration. All the information provided will provide invaluable insight into how we prioritize resources and further refine and focus our community service, infrastructure and programs.

This is a wonderful opportunity to give direct input into the administration's strategic direction and help us set measurable, long-term goals that will provide the greater community with even greater transparency into ongoing progress.

If you have any questions on this process at any point, please do not hesitate to reach out. We are looking forward to receiving your feedback and sharing all the insights early in the new year.

Niawen,



Murray Maracle

West Nile Virus Monitoring



If you see a device like the one pictured in the woods, don't disturb it. It's a mosquito trap used by the Wahta Mohawks to collect samples as part of its surveillance of West Nile Virus in the community. Traps have been set up in 4 locations, evenly spaced throughout the area. They are mostly off the beaten path in wooded areas. We do move the traps around sometimes. Traps are checked and emptied weekly.

All it takes is one mosquito bite to become infected with West Nile Virus. About one in 150 people infected will develop serious symptoms, such as high fever, headache, neck stiffness, stupor, vision loss, numbness, and paralysis. Symptoms could last several weeks, and neurological effects could be permanent. Up to 20 percent of people infected will have milder symptoms, and about 80 percent won't have any symptoms at all.



To reduce the risks of infection, the Health Canada advises eliminating mosquito breeding sites by getting rid of standing water, wearing insect repellent, avoiding the outdoors at dawn and in the early evening, and fixing screens to keep mosquitoes out of your house.

For more information please contact Evan Holmes at 705-762-2354

Address Information

Please keep your address up to date with our office. If you will be moving or have moved, please provide us with your current address, email and phone number.

We do not share your contact information with anyone.

We do send out information packages periodically and we need your input.

Thanks for keeping in touch!

Gravel Delivery Notice

Following the purchase of each gravel order, members are now requested to call Sahanatien Haulage to provide delivery instructions. Their number is 705 762 5346.



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.



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.

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

- Two 2 acre lots off Wahta Road 2
- Three lots off Muskoka Road 38

For more information, please call
705-644-4227

Elections Canada is Hiring for Positions in Wahta Mohawks for the 2019 Federal Election

Election Day Poll Workers			Training Days
DRO & PC	Deputy Returning Officer & Poll Clerk	\$271.65 \$247.50	Wed Oct 16 10am-1pm (one day only)
REG & IO	Registration Officer & Information Officer	\$16.50 \$15.00	Oct 12 1pm-4pm, Oct 14 1pm-4pm or 6pm-9pm & Oct 15 1pm-4pm or 6pm-9pm
Responsible for travel to training, will be reimbursed. Kilometers from home to 70 King William St. Huntsville + return, minus 35km. \$53.29 training. 4 hours approx.			

Training is in Huntsville, ON at 70 King William St.

Deputy Reporting Officer (Polling Day)

Make sure the polling station opens and closes on time

- Sets up the poll with the necessary supplies
- Ensures that the elector provides satisfactory proof of identity and address before voting
- Hands the ballot to the elector and indicates the instructions to follow
- Ensures that candidates' representatives follow the guidelines
- Ensures that all partisan material is removed
- Counts the ballots, completes the related forms and communicates the results to the local Elections Canada office
- Returns the ballot box and related materials to the returning officer or central poll supervisor, as instructed, at the end of voting

Poll Clerk (Polling Day)

- Assists the deputy returning officer to set up and open the polling station
- Assists the deputy returning officer to ensure that voting proceeds in an orderly fashion
- Prepares forms and maintains records
- Verifies that the elector's name appears on the list of electors and that their information matches the ID provided
- Keeps track of electors who voted, using forms and lists
- Assists with counting the ballots and with completing the related forms

Information Officer

- Helps with setting up and closing the polling place
- Directs electors to their polling station or registration desk

- Reminds electors to have their Voter Information Card and ID available and answers the elector's questions
- Directs the orderly flow of people in the central polling place
- Recognizes when an elector may need extra assistance and helps them as necessary. Including opening the door for them if the polling place is not equipped with automatic door openers
- Ensures that the polling place closes at the prescribed time and that electors who entered the polling place before the close can exercise their right to vote

Registration Officer

- Sets up the registration desk
- Ensures that the candidates' representatives follow the guidelines for observing registration
- Consults the poll key to determine electors' polling division
- Receives electors who wish to register to vote
- Explains the registration process
- Requests and verifies personal identification and residence information
- Pre-fills certificates for electors who wish to register, correct their information or have their information attested to by another elector



Apply now at **elections.ca/jobs**
Postulez maintenant à **elections.ca/emplois**

Or / Ou



Call
Téléphonez au MICHELLE CHECHOCK

705-938-8425

X
*It's Our Vote
C'est notre vote*

Thank You Summer Students!!

We were very fortunate to have had a wonderful group of students working with the Wahta Mohawks this summer! They were instrumental in the children's summer programming, public works, education department projects and infrastructure related projects that took place this summer. A big thank you to Jayden, Faith, Felicity, April and Austin!

Tewanónhstat ne Rotiksten'okón:'a Raotiwén:na

Preserving the Voice of Our Language Keepers

Aimed at preserving and celebrating our language, this project offers important history of the people of Wahta and the unique perspective of our language keepers.

Wahta Mohawks is proud to offer households of Wahta Mohawks members a complimentary copy of the DVD and accompanying text of this important project, while quantities last.

If you are interested, please see the receptionist at the Administration Building.

After November 1, a limited number of copies will also be made available to non-members of Wahta Mohawks at a cost of \$40 while supplies are available.

Seeking a Graphic Designer!

Wahta Mohawks is seeking expressions of interest from Graphic Designers for community projects. Working in concert with the Education Department this individual would be tasked with planning and hosting sessions for selected youth, sharing with them the fundamentals of graphic design.

For more information on this exciting opportunity please contact Simon Sutherland at simon.sutherland@wahtamohawks.ca or 705-762-2354 ext. 245

SAVE THE DATE!!

2019 Wahta Mohawks Career Fair

Wahta Mohawks is excited to announce that we will be hosting a Career Fair!

This is a great opportunity to explore new career and educational opportunities.

We are asking local businesses and area colleges and universities to participate by including a booth featuring their products and/or services.

Where: Wahta Mohawks Band Administration Building, 2664 Muskoka Rd. #38

When: Thursday, November 21st, 2019 from 10am- 2pm

More information to follow. Any questions can be directed to Simon Sutherland at simon.sutherland@wahtamohawks.ca or 705-762-2354 ext. 245

The Good Food Box Update

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.

**“We would like to extend out the offer of
The Good Food Box to all members living on territory, *free of charge*.
Next Scheduled pick up days are October 22nd, and November 26th
Note there will be no pickup for the month of December.
If you would like to be added to the list please contact Skye, Kristan or
Christine.”**

Health & Social Services Events

Tuesday, October 1st- Drumming (drop in) 1:30pm-2:30pm CHC

Thursday, October 3rd Harvest Festival 3pm-8pm

Monday, October 7th Mindfulness 9am-12pm

Wednesday, October 9th Footcare/Blood pressure Clinic/Dietician

Thursday, October 10th Community Shopping, Contact Christine

Tuesday, October 15th Paddle Painting 6:30pm-8:30pm, Contact Sherry

Friday, October 18th Bingo and Lunch 55+ 10:30am-1pm, Contact Christine

Monday, October 21st Mindfulness 9am-12pm

Monday, October 21st Community Kitchen 11am, Contact Christine

Monday, October 21st – Bingo 5:30pm-7pm, Contact Kristan

Wednesday, October 23rd Chair Exercise and Lunch, 10am Contact Christine

Thursday, October 24th St. Jacob's Leaving at 7:30am, Contact Sherry or Christine

Tuesday, November 12th – Harm Reduction Workshop 5:30pm-7pm

Tuesday, November 12th – Rescheduled Opioid and Naloxone Training 5:30-7pm.
Sign up by Nov 5 to Kristan.

Friday, November 15th – Dinner and a Movie - **Couples** 19-64 age group. Meeting at the Montana's in Orillia at 5pm. Rsvp to Kristan by Oct 31.

HEALTH & SOCIAL SERVICES DEPARTMENT

Would like to invite you to a

PROGRAM PLANNING SESSION

**on October 16TH, 2019
at the Administration office**

10:00am – 2:00pm (lunch included)

Agenda Items

Starting with:

Lisa Tabobondung will be here to lead a Health Transformation Community Engagement Session:

Summary of Health Transformation Community Engagement Session

Each Health Transformation engagement session will provide an overview of Health Transformation, including how it began, what Health Transformation could mean and how other First Nations transformed their health services. Then I will seek input from the participants about how they would like to see their health care services transformed. This question applies to their community, locally with service providers, accessing services from healthcare facilities and collectively/regionally across the AIAI region. The community engagement session is a community driven process.

Wahta Staff:

- Update on programs we held over the past 6 months
- Educational program ideas for the next six months
- Brainstorm: How to get men in the community engaged in programs?

Please RSVP to Sherry or Christine by October 8th

Car Seat Clinic
Oct 30th
10:30-2:30
At the cultural centre parking lot

Due to the large amount of interest, only one car seat will be given to each participating family whom have a child or children residing in their care.

For more information or to register please contact Amy at 705-762-3343 or amy.davidson@wahtamohawks.ca.

Childrens PA Day Halloween party
October 25th
12-4 at the cultural Centre

After School Program Notice
Starts October 7th, at the Cultural Centre

Mondays – Drumming and singing 3:30-5:00

Tuesdays – Swimming lessons 4:00-8:00 (9 weeks)

Sign up prior Sept 20th. Please pack your children food for the evening. If you wish to drive your children yourself, please let us know.

Wednesdays – 3:30-6:00 Hub productions

All children must be willing to participate in the activities that are scheduled for that day.

Women's How to workshop
basic handyman skill development
October 26th from 10:00- 1:00 at the Cultural Centre
Only 10 spots available!

Pumpkin Mania Family Event
At Rounds Ranch
October 19th bus leaves at 10am

Do you want to workout but find it impossible because of childcare?

Now's your chance with, child minding available during the months of October & November
Every Tuesday and Thursdays from 1-2 at the Wahta Gym.

For more information on these events or to sign up please contact Amy Davidson at 705-762-23343 ext. 201, amy.davidson@wahtamohawks.ca

PLEASE JOIN US FOR WAHTA'S FIRST



ON OCTOBER 3RD FROM 3:00PM-8:00PM AT THE
BAND HALL

Please come join us for festive activities for children and adults, drumming, workshops, vendors, traditional games, door prizes, and more!

Snacks and dinner will be provided

*If you are interested in being a vendor and selling your wares, please contact Sherry or Christine by **Sept. 26th, 2019***

sherry.bryne@wahtamohawks.ca , 705-762-2354 ext. 250

OR

christine.cox@wahtamohawks.ca , 705-762-2354 ext. 273



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



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Health Association
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West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

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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 (3rd), 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

FASD | ONE

Fetal Alcohol Spectrum Disorder
Ontario Network of Expertise

What is Fetal Alcohol Spectrum Disorder?

"Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term that describes the range of effects that can occur in an individual who was prenatally exposed to alcohol, and includes FAS. These effects can include lifelong physical, mental, behavioural difficulties, and learning disabilities.

There are currently no confirmed statistics on the number of people in Canada who have FASD, yet, prenatal alcohol exposure is considered the most common known cause of developmental disability in the western world....

...FASD is present from birth, although individuals are not usually diagnosed in infancy, but rather later in life when symptoms such as learning disabilities and challenging behaviours emerge.

The most commonly cited estimate is 9.1 per 1000 live births or roughly 1% of the population (Health Canada 2006). This is an estimated rate extrapolated from studies conducted in the United States. Based on the currently accepted prevalence rate of 1%, the annual cost of FASD in Canada has been estimated at approximately \$7.6 billion (Thanh and Jonsson, 2009).... [Prevalence]

...No two people with FASD will have the same challenges due to the wide variation of alcohol effects on brain development. They are at increased risk for mental health issues, school difficulty, addictions, and difficulties maintaining employment. Some of the more commonly seen challenges include:

Executive functioning – difficulty with judging, planning, delaying gratification, consequences, organization, impulsivity, memory

Communication – can be highly verbal, but lack comprehension skills both written and verbal

Neuromotor Defects – impaired balance and coordination

Sensory Deficits – pain, touch, heat, light

If the above are not appropriately understood and addressed, individuals with FASD are at increased risk for early school failure, involvement with the law, family disruption and homelessness..." Canada FASD Research Network Fact Sheet and What We Know About Prevalence.

Public Health Agency of Canada - Frequently asked questions

<http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/fasd-etcaf/faq/index-eng.php>

CanFASD Canada FASD Research Network - FASD Fact Sheet

<http://www.canfasd.ca/press-centre/fasd-fact-sheet/>

Lutherwood - Learn about FASD

<http://www.fasdwaterlooregion.ca/about-fasd>

Canadian Pediatric Society

Caring for Kids

Pregnancy & Babies - Fetal alcohol spectrum disorder: What you should know about drinking during pregnancy

http://www.caringforkids.cps.ca/handouts/fetal_alcohol_spectrum_disorder

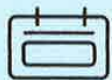


RAAM CLINIC

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
Maanishk - Parry Sound

Addictions and
Mental Health Services



West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

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

CALL TODAY TO RESERVE YOUR SPOT.

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

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

IROQUOIS CRANBERRY GROWERS

ORAL HISTORY PROJECT



This project aims to document and celebrate the history of the Iroquois Cranberry Growers and marsh, informed by the stories, knowledge and experiences of Wahta Mohawk community members.



PROGRESS

- Consultation workshops in Fall 2017 & Winter 2018 involving Wahta elders, administration, and representatives
- Life story interviews with former Iroquois Cranberry Growers employees
- Compiled archives related to cranberry marsh



NEXT STEPS

- Additional interviews and workshops with Wahta community members, including those involved with the Iroquois Cranberry Growers
- Collect additional documents (e.g., photos, newspaper articles) relating to the Iroquois Cranberry Growers
- Work with Wahta community to create a display that documents and tells the history of the Iroquois Cranberry Growers



GET INVOLVED

- Take part in an interview or workshop to share stories, photographs and other symbols / objects that you associate with the cranberry marsh. You will receive a \$50.00 honorarium for each session
- Offer ideas on how to showcase the history of the Iroquois Cranberry Growers
- Contact Bryan if you're interested in working together on the project



CONTACT

Bryan Grimwood, PhD
Associate Professor
Department of Recreation and Leisure Studies
University of Waterloo
Waterloo, ON, Canada N2L 3G1
Tel: (519) 888-4567 ext. 32612
bgrimwood@uwaterloo.ca

A Mohawk Council Resolution was passed July 26, 2017 in support of this research. The research has been reviewed and received ethics clearance from the University of Waterloo Research Ethics Committee (ORE #23054)



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

Canada



UNIVERSITY OF
WATERLOO | FACULTY OF APPLIED
HEALTH SCIENCES



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 braces.

Booking new appointments for October 16th and November 6th, 2019

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

Thank you!

DECORATIONS

Time is running out only 3 months until the Christmas Season starts.



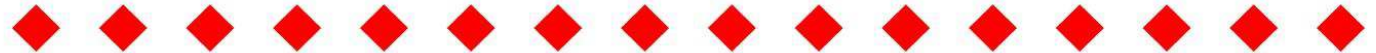
Order one of these Custom Christmas crates now to ensure you have it before the big day. Made with recycled skids/pallets. Pick your own Child's Name & Christmas Colours. The dimensions of the crate are 24" x 13 "x 7". \$35.00

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.

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
2. 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 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, 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 7th of each month, and they are available for pick up on the fourth Tuesday of every month

The next scheduled pick up days are

October 22nd and November 26th

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
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. 201
Brittany DeCaire	Ontario Works Administrator	Ext. 259
Sara DeCaire	Cook/Custodian	N/A
Skye DeCaire	Receptionist	Ext. 221
Carol Holmes	Education Services Manager	Ext. 233
Murray Maracle	Senior Administrator	Ext. 231
Kim North	Finance Clerk	Ext. 237
Karen Sahanatien	Lands and Housing Clerk	Ext. 222
Kristan Sahanatien	NNADAP	Ext. 241
Randell Sonmor	Director, Capital Assets	Ext. 224
Simon Sutherland	Edu. Assist./Employment & Training	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