

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

Enniska - The Time of Lateness



February 2020



THIS ISSUE

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

Public Council Meeting

There will be Public Council Meeting on Tuesday, February 4th at 7:00PM at the Administration Building.

General Meeting

There will be General Meeting on Saturday, February 1st at 9:30AM at the Administration Building.

The agenda includes:

- Duplex Housing Project
- Water Feasibility Study
- Housing
- Wahta Community Survey Results
- Strategic Plan
- Cannabis Law Discussion
- Membership Consultations

Qualifying Candidates Forum

A Qualifying Candidates Forum will be held on Saturday, February 15th at the Administration Building from 10:00AM to 12:00PM. All candidates must attend.

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



FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 General Meeting 9:30AM
2	3	4 Public Council Meeting 7:00PM	5 Children's Yoga/ Mindfulness 3:45PM Yoga 5PM	6	7	8
9	10 Mindfulness 9AM Healthy Living - Salad in a Jar 6PM	11 Community Shopping 9AM	12 Footcare/Sue Siwik/Healthy Heart Lunch with Brad 11:30AM Yoga 5PM	13	14	15 Qualifying Candidates Forum 10AM
16	17	18 Lap Quilt Making 9AM	19 Yoga 5PM	20	21	22
23	24 Mindfulness 9AM Reflexology 9AM-4PM	25	26 Footcare Chair Exercise 10AM Yoga 5PM	27	28	29

Chief and Council Update January 2020

Chief Philip Franks

The Wahta General Election for 2020 process has begun, nominations were held January 18. The Council will soon be winding down and no new initiatives will be implemented. That being said there is still work to be done on a variety of issues and projects that are longer term. Following are some updates, including committed projects that will carry on in the community.

Just a reminder the Indian Day School applications for compensation are now available. Wahta had a day school, listed by the federal government as operating from 1882 to 1958. Anyone who attended can submit an application for base rate compensation as it is been deemed that anyone who attended did suffer harm. Details are at indiandayschools.com there is also information available through the administration centre.

During 2020 the Wahta Administration will be undergoing improvements when the final survey report is released by the consultant who has been doing work in the community on an organizational review. Many thanks go out to the more than one hundred people who took part in the survey. This should be a good basis for administration to tailor the comments into their work, but also on the governance side it is good input for future direction.

Ongoing concerns over our hunting and fishing rights continue. While the Ontario government has been somewhat silent regarding our concerns, Councillors Commandant and Schell will travel to meet with the Robinson Huron Treaty Chiefs of the Georgian Bay and North Shore First Nations. Discussion will be a sharing of understanding on the treaty rights of theirs and our sharing of the 1701 Beaver Hunting Grounds treaty.

Recently Council and the Wahta Community Trust met to discuss and learn from our legal representatives a review of the background of the Trust Agreement and what the roles and responsibilities of each body are with regard to being caretakers of the Wahta Mohawks trust fund. Such a meeting is a good exercise in working together to ensure your funds are being utilized in the best manner.

Capital projects to be completed this year are generally run by a steering committee of experts to see completion. It is Council's role to be aware of all developments and offer advice and of course approve of plans and expenditures.

There are three duplex housing units to be erected in the Seniors Subdivision area. This project was held up partially due to lack of available general contractors. Council approved the design of prebuilt homes to be delivered this year, of course dependent on the continued available funds.

The clean drinking water and water treatment plant project is awaiting a final report which will determine the feasibility of a treatment plant, or, outline other options to bring good water to homes on the territory. Many homes continue to have substandard water quality coming from their wells.

Also, in 2020 a major project should happen to replace the roofing on the administration and community centre buildings. The twenty six year old building is beginning to suffer damage due to constant water problems dripping into the building. Other attempts to repair the issue over the years have not been successful. Council and administration should be finalizing the identification of funds to undertake the more than one million dollar roof replacement.

Regarding replacement of status cards there may be an avenue for members to personally renew their cards at a neighbouring First Nation. Councillor Strength Fenton is coordinating details with them and more information should be available soon.

Councillor Greasley is a member of the Board of Directors for Dnaagdawenmag Binnoojiiyag Child and Family Services (DBCFS). Wahta Mohawks is now in partnership with DBCFS which acquired full designation last June to serve the needs of our member children and families.

Recently she attended a two-day conference discussing such items as transition funding, financial reporting and modernization of child protection services, board governance training, reviewing policies and by-laws and health and safety monitoring to name a few.

My work at the Association of Iroquois and Allied Indians (AIAI) Chiefs Council is two-fold. The Chiefs Council acts as a Board of Directors for the operation of the organization, and equally importantly is the political voice of the six first nations. Much of our health care funding is generated at the AIAI level by flow through funding from federal and provincial governments.

Regarding the political side there is much to do in dealing with ministries and federal departments on many fronts. The Chiefs Council is constantly working with analysts to respond to the ever changing legislation coming from those governments. It has long been clear we need to stand strong with our nationhood and treaties to keep First Nations needs on the agenda with the government. Similarly, we at home have to continue to work toward a shared vision and identity to ensure we speak as one as we continue to deal with ever changing circumstances at the government level. We need to continue to make the agenda our own in unity with all of our affiliated First Nations.

Wahta Mohawks laws and bylaws status is in the air once again while the province of Ontario sorts through the revamping of the Police Services Act. The enforcement of our laws by the OPP is still on the agenda by government and political leaders however it will likely by mid summer before those articles are dealt with. This has been discouraging as we await enforcement of our protectionary bylaws on hunting, fishing, and trespass along with any new laws we may create to maintain our Indigenous rights.

These have been a few of the areas Council has been dealing with lately. As usual please be in contact if you require any more information or details on these or other matters. There should be on more update in February before the end of the Council term.

Niawen for taking the time to read this update.

2019 Council Weekly Meeting Summaries

Council Weekly Meeting Summary – Wed, November 6, 2019

In Attendance:

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

Agenda:

11.06.01 Invoice for EA Supports within Trillium Lakelands Board (For Approval) – see motion below.

11.06.02 District of Muskoka Indigenous Leadership Table – Rama on Nov 14th - Chief Franks and Councillor Commandant to attend.

11.06.03 Budget and Expense Report (Budget Numbers for Approval) – See motion below

11.06.04 Land Clearing Proposal – More information needed, deferred.

11.06.05 Development Corporation Updated Documents – It was suggested that an Economic Development Officer to be hired and once the Board is fully established that person can transfer over to take on the Boards economic development work. All corporation documents must be maintained to protect from liability.

11.06.06 Permission to Access ATR Lands – Non member request has been approved to access crossing on Additions to reserve lands in past years and can be granted again.

11.06.07 Membership Transfer Request – More information needed, deferred.

11.06.08 Iroquois Caucus 2019/20 Membership Payment – Yearly payment of \$10 000 to Iroquois Caucus approved.

11.06.09 Admin Roof Design Brief – Approval of Recommended Option - Reviewed three different options, longevity will determine the final design. Quotes still need to be obtained.

Motions:

11.06.01 – Motion to pay Trillium Lakelands District School Board approx. \$60 000 for Education Assistant supports up to March 2020. Motion carried by consensus.

11.06.03 – Motion to approve the ongoing 2019/2020 budgets as provided by the Financial Officer. Motion carried by consensus.

Next Meeting: Wed November 13, 2019

Council Weekly Meeting Summary – Wed, November 13, 2019

In Attendance:

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

Agenda:

11.13.01 MCR for Customary Care Placements – For Approval – Band Council Resolution required for customary care placement through DBCFS Dnaagdawenmag Binnoojiiyag Child and Family Services.

11.13.02 Cannabis – Discussion was held on emerging Cannabis laws in other First Nations and how they are interacting with the Government. Presentations and information sessions with First Nation consultants recommended.

11.13.03 Membership – Further Consultation on the proposed membership code is needed, next meeting is planned for December 7, 2019. Falls Law should be in attendance.

11.13.04 Strategic Plan – To be updated to reflect all changes since last issue. Schedule a date to revise the final plan to be released early 2020.

11.13.05 Travel Honorarium – Travel allowance to be additional to honorarium to be fair and consistent as reflected in the Finance Policy and to provide clear direction for finance. See motion below.

11.13.06 Meeting Request from District of Muskoka – Yearly meeting to be set up to discuss ongoing comprehensive community plans and concerns that relate to Wahta, date to be determined.

Motions:

11.13.05 – Motion to approve Chief and Council travel honorarium. Council members attending off site meetings are entitled to claim travel time in addition to the regular honorarium schedule. Motion carried by consensus.

Next Meeting: Wed November 20, 2019

Council Weekly Meeting Summary – Wed November 20, 2019

In Attendance:

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

Agenda:

11.20.01 Approval to Pay Invoice – Water Feasibility Study - Payment approved for the Water Feasibility Study of \$31,978.88 paid to Neegan Burnside approved.

11.20.02 Approval to Pay Invoice – MFP Roof Repair - Payment approved for the MFP roof repair of \$50,050, paid to GBS Contracting.

11.20.03 Request for Right of Access Across Community Held Land – In person meeting to be set up to gather more information.

11.20.04 Duplex Project Update – 3 bids received from pre-fab builders. Administration is currently evaluating them and will follow up with a recommendation to council.

11.20.05 Ontario Health Team – Discussion on the Province's process for transitioning to these Health Teams and the need for Wahta to have a strategic approach to ensure services and funds currently received are not adversely affected.

Next Meeting: Wed November 27, 2019

Council Weekly Meeting Summary –Wed November 27, 2019

In Attendance:

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

Agenda:

11.27.01 District of Muskoka Annual Update (Fred Jahn and staff)

1. The Huntsville Water Treatment Plant expansion which will have significantly better environmental outcomes for Muskoka (Marcus Firman- Director of Water and Waste Water Treatment)
2. Discussion on school bus signage – signage approved on Ragged Rapids Road.
3. Discussion on the Muskoka Safe Roads Campaign and the Muskoka Road Salt Working Committee (Mark Misko- Director of Engineering and Transportation). Wahta to share speed sign data to Ontario Provincial Police.
4. Discussion on the Muskoka Waste Strategy (Stephanie Mack - Director of Solid Waste and Environmental Services) discussed what they are doing to improve waste programs, blue bin and green bin programs, ways to reduce organic waste which is problematic. Unsupervised bin

sites to be phased out. Road salt management plan in place to monitor lakes and chloride levels.

5. Discussion on next steps and on-going dialogue - Chief Franks inquired about spraying of weeds along roadways. The sprayers were seen spraying all plants instead of spot spraying only invasive species, this will be followed up on.

11.27.02 Land Lease MCR – for signature – approved and signed.

11.27.03 Motion to Approve Funds to be Released (Surplus Funds for Year Prior) - see motion below

11.27.04 ISC FNIHB Funding Amendment – for signature – Additional funding of \$42 728 issued for current fiscal year for Health and Social Services.

11.27.05 Application for New Housing Subsidy – A new housing grant must be for new builds. A renovation subsidy is split 50/50 with the home owner. Application in question must be resubmitted.

11.27.06 District of Muskoka Consultation and Accommodation Working Group – Request from the District to join working group. More information on current topics and past minutes requested, duty to consult must be defined within group. Senior Administrator and Lands Manager to attend.

11.27.07 Holiday Office Shutdown Dates – Dec 23rd through January 3rd - Approved, specific on call staff should be identified in the event of an emergency or community concern.

11.27.08 Woodland Cultural Centre Donation – see motion below

Motions:

11.27.03 – Motion to approve \$200 000 Health and Social Services surplus funds to be released back to the Province due to staffing shortage and short lead in times. Motion carried by consensus.

11.27.08 – Motion to approve a \$1000 donation to the Woodland Cultural Centre to assist the Gift A Brick and Save the Evidence funding campaign. Motion carried by consensus

Next Meeting: Wed December 4, 2019

November 2019 Community Meeting Minutes

Wahta Mohawks Community Meeting Minutes

Date: Tuesday, December 3, 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 7:03 pm.
- III. **Adoption of the Agenda:** Moved by Councillor Schell, Seconded by Councillor Greasley. Carried.
- IV. **Adoption of Minutes of November 5, 2019:** Moved by Councillor Strength-Fenton Seconded by Councillor Schell.
- V. **November Motion Summary:**
 - 11.06.01** – Motion to pay Trillium Lakelands District School Board approx. \$60 000 for Education Assistant supports up to March 2020. Motion carried by consensus.
 - 11.06.03** – Motion to approve the ongoing 2019/2020 budgets as provided by the Financial Officer. Motion carried by consensus.
 - 11.13.05** – Motion to approve Chief and Council travel honorarium. Council members attending off site meetings are entitled to claim travel time in addition to the regular honorarium schedule. Motion carried by consensus.
 - 11.27.03** – Motion to approve \$200 000 Health and Social Services surplus funds to be released back to the Province due to staffing shortage and short lead in times. Motion carried by consensus.
 - 11.27.08** – Motion to approve a \$1000 donation to the Woodland Cultural Centre to assist the Gift A Brick and Save the Evidence funding campaign. Motion carried by consensus.
- VI. **New Business:**
 - **AIAI Withdrawal from Indigenous Diabetes Health Council** –Association of Iroquois & Allied Indians have withdrawn membership from IDHC. They were not consulting and working in the best interest of the First Nation communities. There was also concern over the Board appointments and other governance and administration issues. All services from IDHC will continue.
 - **Letter to Premiere Ford** – Omnibus *Bill 132: Better for People, Smarter for Business Act* contains many different areas of environment, land, mining, social services dealing with regulations and regulatory process. There has been inadequate

consultation from each Ministry. A letter has been sent requesting more time for review and consultation and how it may impact First Nations Inherent and Treaty Rights. Motion made below.

Motion to accept the letter sent to Premiere Ford - Chief and Council have sent a letter to the Premiere expressing concern for the insufficient consultation on *Bill 132: Better for People, Smarter for Business Act*. Motion carried by consensus.

- **Holiday Emergency Contacts** – The Administration Band Hall will be closed December 20, 2019 to January 6, 2020. Emergency numbers will be available on the website. It was suggested that the local seniors get this information delivered to them in person.

VII. Old Business/ Follow-up:

- **District of Muskoka Meeting Update** – Meeting held with council to update on Muskoka initiatives. They discussed the new water treatment plants to be built in Bracebridge and other areas of Muskoka. The school bus signage has been installed at Big Eddy Rd as requested by community members. Waste strategies were discussed, many Muskoka area unsupervised bins will be discontinued. Invasive species were also discussed and how the plants in our area are being sprayed efficiently.
- **District of Muskoka Consultation and Accommodation Working Group** – Proper consultation with First Nations is still an issue. It has been requested that the District of Muskoka inquire about what consultation is acceptable for First Nations communities in agreement with the Provincial and Federal Government.
- **January Council Meeting Date** - January 7, 2020
- **General Meeting** – Saturday Feb 1, 2020

VIII. Questions/Comments:

Discussed election dates, there was some uncertainty on the Notice of Nomination date. The nomination date is Saturday January 18, 2020.

IX. Next Meeting Date: Tuesday January 7, 2019

X. Adjournment

XI. Closing



Wahta Mohawks

2664 Muskoka Road 38, Wahta
Box 260, Bala, Ontario,
Canada, P0C 1A0
Phone 705-762-2354
Fax 705-762-2376
www.wahtamohawks.ca

NOTICE OF ELECTION

2019.11.15

Notice of Nomination

Nominations for the positions on Chief and Council will take place on Saturday, January 18, 2020 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 14h00 and 18h00 local time. If more than one nomination for a position is received, there will be a poll. Eligibility for Nominators and Nominees are contained in the Wahta Mohawks Election Rules and Regulations.

Qualifying Candidates Forum

In accordance with the Wahta Mohawks Election Rules and Regulations, a Qualifying Candidates Forum will be held on Saturday, February 15, 2020 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 10h00 and 12h00 local time. All Candidates must attend this meeting.

Mail-In-Ballot Request

If an Elector wishes, they may request a Mail-In-Ballot package by completing a Mail-In-Ballot Request Form and returning the Form to the Electoral Officer at Wahta Mohawks. A Mail-In-Ballot Request Form package with instructions will be mailed to all Electors.

Notice of Poll

In accordance with the Wahta Mohawks Election Rules and Regulations, if more than one Nominee is nominated for a position of Chief and more than four are nominated for the position of Councilor, a Poll will be conducted for the positions on Saturday, March 21, 2020 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 09h00 and 19h00 local time.

The Election process will follow the Wahta Mohawks Election Rules and Regulations approved by Show-of-hands vote on 2019.10.05.

Photo identification is required for all Electors, without exception.

For more information please call Matthew Commandant, Assistant Electoral Officer or Kelly Maracle, Electoral Officer as noted below.

For more information about the election, please contact:

Kelly Maracle
Electoral Officer
831 Lower Slash Road
Deseronto, ON
K0K 1X0

613-920-1676
Kelly@m-powerconsulting.ca

Matthew Commandant
Assistant Electoral Officer
2664 Muskoka Rd. 38, Wahta
Box 260, Bala, ON
P0C 1A0

705-762-2354 Ext. 275
Matthew.commandant@wahtamohawks.ca



Employment Opportunity

On-the-Job Training for Financial Assistant

Reporting To: Finance Manager

Overview:

This position is designed to provide training and development for a candidate interested in pursuing a career in accounting. The Financial Assistant will be responsible for purchasing duties, back-up to accounts payable and assist with various accounting tasks.

Key Duties and Responsibilities:

1) Purchasing:

- Assist developing a purchasing process
- Evaluate and facilitate approval on purchase requests and coordinate with vendors to ensure accuracy of all deliveries
- Maintain a preferred vendor list
- Manage inventory, if applicable

2) Accounting Functions

- Assist with month-end task, including reconciliations of general ledger accounts
- Back up to A/R and A/P

3) Other Related Duties:

- File and keep files up folders up to date
- Perform other job-related duties as may reasonably be required by the Finance Manager, Managers or Senior Administrator.

Skills and Knowledge Requirements:

- Ability to analyze information and attention to details
- Basic knowledge with Microsoft Office Apps
- Must be willing to continue accounting studies and obtain a CAFM designation.
- Well-developed organizational, communicative, interpersonal, time management and analytical skills
- Ability to work in a team environment

- Must be reliable and dependable, and committed to maintaining confidentiality

Other Requirements:

- Must have a valid Ontario Class "G" license and access to a vehicle

Terms of Employment:

This is a full-time one-year contract position with the possibility of becoming permanent. Hourly wage will be based on qualifications and experience.

Application:

Please submit a resume and cover letter detailing how you meet the requirements of the position to:

Attention: Joanne Contant

HR@wahtamohawks.ca
P.O. Box 260
Bala, Ontario
P0C 1A0

Phone: (705) 762-2354 ext. 227 Fax: (705) 762-2376

Deadline for applications is **February 14, 2020 at 4:00 pm**. Late applications will not be accepted.

Only those candidates selected for an interview will be contacted. The successful candidate will be required to provide an acceptable Canadian Police Information Check (CPIC) before commencing work.

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



SUMMER JOBS!!



Are you a student looking for summer employment?
Are you 15 or older?

Wahta Mohawks is offering a variety of summer positions for Indigenous youth, aged 15-30, who were in school full time during the 2019-20 school year and will be returning to school full time in the fall of 2020.

If interested in these positions, please send your resume to Simon Sutherland at simon.sutherland@wahtamohawks.ca.

If you don't have a resume and would like help creating one, please email Simon Sutherland or call 705-762-2354 ext. 245 to arrange a appointment.

South Muskoka Job Fair

Did you miss the Wahta Mohawks Career Fair in November but are still interested in exploring what career options and opportunities may be available to you?

If so, contact Simon Sutherland at 705-762-2345 or by email at simon.sutherland@wahtamohawks.ca to sign up to attend the South Muskoka Job Fair on Thursday, March 5th, 2020. Please let Simon know if you are interested in attending by February 21st, 2020

We will provide transportation to and from the event and work with anyone interested in providing pre-employment supports like resume building, interview skills, and tips for how to navigate the fair.

First Nations and Inuit Summer Work Experience Program and Skills Link Program

Through Indigenous Services Canada, applications for funding are available for First Nations youth (15-29), who have found a potential employer that may need help providing a salary for the term of the youth's work. **Applications can be submitted by the potential employer before February 20, 2020.** Applications can be found at <https://www.sac-isc.gc.ca/eng/1100100033607/1533125081187>.

For help with applications or for more information please contact Simon Sutherland at simon.sutherland@wahtamohawks.ca or 705-762-2354 ext. 245.

Labour Update from the Trillium Lakelands District School

Due to the ongoing provincial labour disruption by the Elementary Teachers Federation of Ontario (ETFO) and the Ontario Secondary School Teachers Federation (OSSTF), there are some job action items that will affect Trillium Lakelands District School Board students and their families.

- Elementary students **will not** receive term one report cards. Teachers will be providing marks to the principal without any comments. However, these marks will not be entered into report cards at this time. **Parents and guardians may contact their child's teacher if they have questions about academic achievement and well-being.**
- Secondary students **will** receive term one report cards containing marks but **no** comments. **Parents and guardians may contact teachers if they have questions about academic achievement and well-being.**
- **Parents of students with an IEPs can contact their child's school for an update on progress related to the goals contained in the IEP.**
- Elementary field trips have been cancelled. Extra-curricular activities within elementary schools during the school day may continue.
- Secondary teachers will not be replacing other teachers who need to be absent from the school due to illness or other reasons. The school board may not have sufficient secondary supply teachers to provide adequate coverage for teacher absences. For this reason, if a teacher is absent, extra-curricular activities such as sporting events and field trips, may be cancelled on the day(s) the teacher is away.

Graphic Design Workshop

Wahta Mohawks will be hosting a fundamentals of graphic design workshop for youth on March 28th, 2020 (with a possibility of additional sessions based on enrolment) These sessions will work with youth to share the fundamentals of graphic design while allowing youth to participate in a lasting project that will be shared in and out of the community.

For more information, or to register for this opportunity, please contact Simon Sutherland at simon.sutherland@wahtamohawks.ca or 705-762-2354 ext. 245.

Language Revitalization – Community Consultation

Cultural Centre
February 6th, 2020
10am-1pm
Lunch will be served at noon

The purpose of the gathering is to introduce myself and meet community members who have an interest in sharing their experiences, skills, insight, and add to the vision of a language strategy in the community. Community input is essential to a successful, strong language strategy. Your input is valuable. We will gather for lunch following the discussions.

Sarah Chaloux
Language Activator
sarah.chaloux@wahtamohawks.ca
705-762-2354 Ext. 259

Labour Market Appraisal Project

Wahta Mohawks will be engaging in a labour market appraisal focusing largely on the skilled trades. This project will concentrate on identifying members that have trades experience, licenses and certifications and those interested in working in the trades. We are hoping to get a sense of the local labour force for possible involvement in future on territory infrastructure projects.

Members should expect a phone call from the Employment & Training Coordinator over the next few weeks where you will be asked to answer a few questions about your work experiences and interest in the trades. Participation in this survey will not guarantee employment or training opportunities but lead to a better understanding of the skills and interests of members. Your participation is greatly appreciated.

Please feel free to direct any questions to Simon Sutherland at 705-762-2354 ext. 245 or to simon.sutherland@wahtamohawks.ca

Health & Social Services Events

Monday, February 10th **Mindfulness** 9-12

Tuesday, February 11th **Community Shopping** Barrie (Mall, Foodcourt, Walmart) Bus leaves administration for local pickup at 9am. Contact Christine ext. 273 to sign up.

Wednesday, February 12th **Footcare** (new person 😊) **Appointments now required!** Sue Siwik **Blood pressure clinic** (in the morning only), **Healthy Heart with Holly** (in the morning only). Please contact Christine ext. 273

Wednesday, February 12th **Lunch with Brad** 11:30-1 Please sign up with Sherry ext. 250

Tuesday, February 18th **Lap Quilt Making** 9am-12 Please sign up with Sherry ext. 250

Monday, February 24th **Reflexology** 9am-4pm **Appointments** required Contact Christine to book ext. 273 ~ The ancient Chinese practice of reflexology, a manual therapy focusing on the feet, has recently enjoyed a surge in popularity as a modern holistic therapy to relieve pain and stress. Reflexologists believe that different areas on your feet and hands correspond to other parts of your body, and massaging them stimulates your parasympathetic nervous system to heal itself.

Monday, February 24th **Mindfulness** 9-12

Wednesday, February 26th **Additional Footcare Day** **Appointments** Required Contact Christine ext. 250

Wednesday, February 26th **Chair Exercise** 10-1 Contact Christine to sign up.

Angel Tree 2019 was a large success. We had 64 children angels, and 29 senior angels. We would like to take this opportunity to thank everyone that participated. Those that created the wonderful Diamond Dotz(s) Anne Decaire and Darlene Scott, and to Stacey Decaire for the beautiful dreamcatcher rug hooking. Thank you to Lorie Fenton-Strength for her fundraising magic at selling the tickets for the fundraising items. Thank you also to Hydro One for their donation of \$1000.00 towards the Angel Tree program. And thank you to the community members and Wahta Mohawks staff that chose an angel off the tree and made this Christmas that much more special for their chosen angel. Please stay tuned for the Angel Tree fundraising opportunities and update on how the Angel Tree Program will roll out in 2020!!

Meals on Wheels is a program that we currently offer on reservation for 2 meals a week. Sara Decaire does a wonderful job of creating healthy and delicious meals. If you are 65+ and would be interested in taking a few nights off from cooking 😊 Please get in touch. Contact Christine at 705-762-2354 ext. 273 to sign up for this program.

Family Well-Being Programming

School Age Program (SAP) 2020 3:30 – 5:00, Mon – Thurs

Must be pre-registered Contact Patti 705-762-3343 x 204 or
patricia.benson@wahtamohawks.ca

Yoga Wednesdays 2020, 5:00 – 6:00, at CHC - All welcome! Any questions
contact Rubecka 705-762-3343 X 202

Children's Yoga/Mindfulness Wed Feb 5th, 3:45- 4:45 at CHC - All welcome! Any
questions contact Rubecka 705-762-3343 X 202

Caregiver and Tot Drop In Starting Tuesdays Feb 11th, 10:30 – 11:30. Contact
Danielle for any questions. 705-762-3343 X 201

Healthy Living and Life skills Classes! Feb 10th, 6:00- 8:00 10 spots only, Salad in a
Jar!

Must pre-register Contact Patti 705-762-3343 x 204 or
patricia.benson@wahtamohawks.ca

March Notices:

March Break Camp – Mar 16 – 19, 9:00 – 4:00 - Registration is required, only 25
spots available - Please RSVP by Thursday March 12th - Danielle 705-762-3343 X
201

Toronto Rock Lacrosse March 13th Sporting Event Trip – Limited Spots - pre-
register Contact Patti 705-762-3343 x 204 or patricia.benson@wahtamohawks.ca



CAREGIVER & TOT DROP IN

When: Every Tuesday Starting Feb 11th

Where: Cultural Healing Building

Time: 10:30am to 11:30am

Tea & Coffee and biscuits will be offered

Song & Stories

Tot cuddles for all.



The Family Well-being Program is very excited to offer an exciting outing to go see The Toronto Rock lacrosse team.

When: March 13th, 2020

Departure: 1pm from the CHC Building

Dinner: The Old Spaghetti Factory

Tickets are limited, to reserve your ticket call Patti at

705-762-3343 ext. 204



MARCH Break Madness

**You're Invited to the Family Well-being March Break
Madness program!**

Monday March 16TH to Thursday March 19th

Location: Cultural Healing Building

Hosted by: Family Well-being Team

Time: 9am to 4pm


Lunch & Snacks are provided

Special Guests

Registration is required, only 25 spots available

Please RSVP by Thursday March 12th

Danielle (705) 762-3343 #201



Saturday February 22nd, 2020

Starts at 8am

Ice Fishing Derby 2020

Activities Include:

- snowshoeing
- Chili Cook off with Prizes
- Horse and Sleigh rides
- Giveaways
- Games
- Ice Fishing

Hotdogs, hamburgers, fried pickerel and other delicious food will be served for lunch

Please plan on attending and please dress warm.

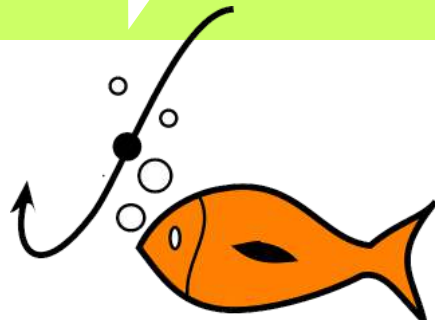
Webster Lake

Fun for the whole Family

Have a great day out on the ice

Everyone is Welcome

Hope to see you there!



Health Card – Do you still have a red and white health card???

Switching to a photo health card

If you still use a red and white health card, it's time to easily replace it with the more secure photo health card.

Doing so will help protect Ontario's health care system against potential fraud. **As of July 1, 2020, red and white health cards will no longer be accepted** as proof of Ontario Health Insurance Plan (OHIP) coverage for insured health services.

Here's what you need to do:

1. **Bring the right documents.** Bring your red and white health card and three separate documents – one from each of the following categories:
 - **proof of Canadian citizenship or OHIP-eligible immigration status**, such as a Canadian passport, Canadian birth certificate or permanent resident document
 - **proof of residency** in Ontario, such as a driver's licence
 - **proof of identity**, such as a credit card or utility bill
2. **Download, print and complete a [Health Card Re-Registration Form](#)**
 - **bring this to a ServiceOntario centre**
3. **[Visit a ServiceOntario centre near you](#)**
 - you can [book an appointment](#) at some ServiceOntario centres

If you have a valid address on file, you will receive a letter in the mail asking you to switch to a photo health card. If you get a letter, please follow the instructions in it. All red and white card holders must make the switch before July 1, 2020.

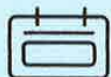


RAAM CLINIC

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

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 (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

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

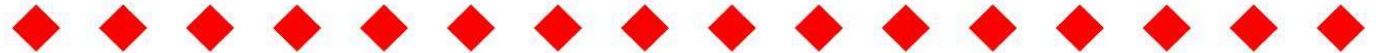
ALL Private Insurance

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 Conners** 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.

If you are interested in receiving the Good Food Box for free, sign up by the 7th of each month. They are available for pick up at the Administration Building on the fourth Tuesday of every month.

Please contact Christine or Kristan

Contact Information

Chief & Council

Chief Philip Franks	philip.franks@wahtamohawksCouncil.ca	705-528-9468
Councillor Blaine Commandant	blaine.commandant@wahtamohawksCouncil.ca	705-394-8699
Councillor Teresa Greasley	teresa.greasley@wahtamohawks.ca	705-644-9934
Councillor Lorie Strength-Fenton	lorie.fenton-strength@wahtamohawksCouncil.ca	705-774-2796
Councillor Lawrence Schell	lawrence.schell@wahtamohawksCouncil.ca	705-644-3001

Administration

705-762-2354

Scott Aubichon	Lands and Resources Coordinator	Ext. 242
Sherry Byrne	Health Services	Ext. 250
Sarah Chaloux	Language Activator	Ext. 259
Matthew Commandant	Housing Coordinator	Ext. 275
Joanne Contant	Chief Financial Officer	Ext. 227
Christine Cox	Health Services	Ext. 273
Brittany DeCaire	Ontario Works Administrator	Ext. 240
Sara DeCaire	Cook/Custodian	
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	Membership/Lands and Housing Clerk	Ext. 222
Kristan Sahanatien	NNADAP	Ext. 241
Randell Sonmor	Director of Capital Assets	Ext. 224
Simon Sutherland	Edu. Assist/Employment & Training	Ext. 245
Samantha Walker	Executive Assistant/Librarian	Ext. 272

Maintenance and 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

Cultural Healing Centre

705-762-3343

Patricia Benson	Family Well-Being Worker	Ext. 201
Amy Davidson	Health and Social Assistant	Ext. 203
Rubecka Davidson	Family Well-Being Coordinator	Ext. 202
Danielle Neelands	Family Well-Being Worker	Ext. 201

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