

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

Ennisko:wa - The Time of Much Lateness



March 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, March 3rd at 7:00PM at the Administration Building.

Notice of Poll

The Election for Council will be held on Saturday, March 21st at the Administration Building from 9:00AM to 7:00PM. Philip Franks has been acclaimed as Chief.

Status Cards

Status cards are available at Wasauksing First Nation. A date has been set for March 26th from 10:00-2:00 for seniors. Please contact Christine to book. Transportation will be available for seniors.

All other members can contact Councillor Fenton-Strength at 705-774-2796 or lore.fenton-strength@wahtamohawkscouncil.ca to arrange an appointment. Transportation can be available if needed.

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



MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Public Council Meeting 7PM Caregver & Tot Drop-in (CHC) 10:30AM	4 Yoga (CHC) 5PM	5	6	7 Hunter & Firearms Safety Class 8AM-4:30PM
8 Hunter & Firearms Safety Class 8AM-6PM	9 Community Shopping 9AM Mindfulness 9AM Community Kitchen 11AM Salad in a Jar (CHC) 6PM	10 Caregver & Tot Drop-in (CHC) 10:30AM	11 Footcare/ Blood Pressure Clinic Yoga (CHC) 5PM	12 Language Family Focus Group (CHC) 5PM	13 Toronto Rock Lacrosse (CHC) 1PM	14 Road to Freedom Tour (CHC) 10AM-4PM
15 Road to Freedom Tour (CHC) 10AM-4PM	16 No After School Program during March Break March Break Camp begins	17	18 Yoga CHC 5PM	19	20	21 Election 9AM-7PM
22	23 Mindfulness 9AM Reflexology Managaing Diabetes & Overnight Oats 10:30AM	24 Purse Making 9AM Parent Info Night (CHC) 5:30PM Card Night & Dinner 5:30PM	25 Purse Making 9AM Footcare Chair Exercise 10AM Yoga CHC 5PM	26 Barn Quilt Making Workshop 4PM	27	28 Women's How-to Workshop 9AM-2PM
29 Blue Jays Game 9AM	30	31				

CHIEF AND COUNCIL UPDATE

Chief Philip Franks

Wahta Mohawks is now in the election period, an extended one from past years due to the new election regulations that were enacted. Nominations were on February 15 with voting to take place March 21. Also new is the mail in ballot procedure, instructions were sent to all members prior to Christmas.

As I was acclaimed to the position of Chief, I would like thank all those who have offered support in the work we do, and look forward to serving Wahta Mohawks for the next three years. After a new council is elected in March there will be work to do. I expect Council will review strategic plans for the next five years and confirm those plans. Most importantly attention must be given to the results of the community survey report that has been released where members voiced their concerns on the direction of Wahta's future, as well as how the administration meets the concerns.

In addition, we need to consider and reconfirm our affiliations with our political ties, the Iroquois Caucus, Association of Iroquois and Allied Indians, as well as non political organizations such as the Woodland Cultural Centre.

These are serious times as we move forward to deal with legislation after legislation from Federal and Provincial governments that affect our ways today and in the future. I am optimistic we will be able to engage on the political end of council business in order to bring more education to our membership on matters that will guide decisions we make.

Most importantly as we have watched protests and blockades spring up across the country, there have to be more than words as the governments speak of reconciliation. That should involve true consultation with Indigenous people across this country on all matters. Consultation is not one sided, it has to include engagement and end with free, informed, consent. The Wet'suwet'en experience brings to light that Indigenous people are not yet considered at the same level when it comes to corporations and government. Ending disagreements with the use of police or military force should not happen. The events we see such as protests and blockades are merely symptoms of the overall relationship between Indigenous people and governments being too one sided.

As we enter into a new election term at Wahta we have to consider these events. Although we are not under post confederation treaties, we do have the duty to protect Indigenous inherent rights as well as our own rights, not just those created by legislation. Our harvesting, hunting and fishing rights in Ontario is a prime example.

I was not able to attend the recent annual fishing derby held here as I was pre-booked at an important executive meeting at the Woodland Cultural Centre. I was pleased it was another successful event as usual. Along with the activities we also saw a pair of OPP officers attend. This was the result of a meeting two days before where council met with senior level personnel to discuss the service level in this community. Part of that discussion was about how OPP used to

attend functions and speak with children and adults as participants, showing that they do more than when they have to come here to keep the peace or act as enforcement at critical times.

Recent activities of the Council have been more maintenance than policy setting as it is a standard practice to wait for a new council this close to an election before starting larger new initiatives. To that end some of the work has been focussed on a variety of things. We are looking at the Health Hub agreement with the local family health team to update and then renew the agreement. Currently in order to have the hub located here we donate the use of the building and handle half the maintenance costs. The building also serves as home to our small gym located downstairs.

There are administration issues to deal with at this time of year as new funding arrangements need to be looked over and signed. The finance department also puts forward the annual budget for the coming fiscal year that requires Council approval.

Capital projects are still underway as we are looking to finalize funding and contracts for new housing units at the seniors' subdivision, examine alternative ways to ensure clean drinking water, and the replacement of the roof of the administration building.

We continue to press forward with the Additions to Reserves process to finalize getting our lands back to reserve status after one hundred and two years and counting. It is a slow bureaucratic process, but it is moving forward.

In the next few months Council will need to work with administration on the study for improved structure of services. This is the reason for the community service study that was undertaken recently. Council will help community and administration in setting a vision for the community so that all our efforts go toward fulfilling that vision. Increased awareness in our history, our traditions, and our language are a good example of services to provide if our vision is to maintain this as a strong safe Mohawk community.

I would like to extend best wishes for all those who have made the choice to run for elected office at Wahta. I look forward to working on all of the considerations I have mentioned above, and more. To do this we should strive to having more events, more lines of communication, and act proactively in order to create and reinforce strong foundations for Wahta Mohawks to move forward into the future.

Niawen for reading this article.

2019 Council Weekly Meeting Summaries

Council Weekly Meeting Summary – Wed December 4, 2019

In Attendance:

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

Agenda:

12.04.01 CORDA MCR - for approval and signature – Funding application approved for \$35 000 to fund and outdoor learning pavilion for added educational and recreational use.

12.04.02 – Membership Transfer Request – A Band Council Resolution has been requested to approve a membership transfer.

12.04.03 – Request for Right of Access Across Community Held Land Meeting – A small parcel of land has been requested for access and/or purchase. A survey has been requested along with some historical documentation of past band owned land transfers and road allowance to members.

Next Meeting: Wed December 11, 2019

Council Weekly Meeting Summary – Wed December 11, 2019

In Attendance:

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

Agenda:

12.11.01 Melanie Debassige, Executive Director of Ontario First Nations Technical Services Corp - Melanie Debassige attended from The Ontario First Nations Technical Services Corporation discussed the five year strategic plan restructuring regarding the overall mandate, funding and policies. They would like to improve communication with First Nation communities and develop community plans that are specific to each community needs. Services include engineering, environmental, water and wastewater solutions.

12.11.02 Request for Appeal of Membership Decision - Request for appeal of membership transfer denied based on the current code there is no marriage or lineage to Wahta Mohawks.

12.11.03 Proposed Lot Boundaries and Pricing - More discussion on proposed lot sale, boundaries and pricing. Member is seeking a 2.5 acre of land to adjoin his land to the service road. A survey is currently underway. Chief Franks will post information in the upcoming

newsletter to inform the membership of the request. A land use policy was discussed and how this can be developed.

12.11.04 AIAI Letter of Agreement – Mental Health and Addictions Training - One time funding of \$7716 for various Mental Health and Addictions Training programs.

12.11.05 MCR Approving Transfer of Membership - Band Council Resolution signed approving membership from a membership transfer request.

Next Meeting: To be determined due to holidays.

January 2020 Community Meeting Minutes

Date: Tuesday January 7, 2020

- 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 7:03 pm.
- III. **Adoption of the Agenda:** Moved by Councillor Strength-Fenton, Seconded by Councillor Commandant. Carried.
- IV. **Adoption of Minutes of December 3, 2019:** Moved by Councillor Strength-Fenton Seconded by Councillor Schell. Carried.
- V. **December 2019 Motion Summary:**
Motion to accept the letter sent to Premiere Ford (Tuesday, December 3, 2019 – Public Council Meeting) - 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.
- VI. **New Business:**
 - **By-law Update** – The Trespass By-law has been discussed with OPP, no response on their final position yet. According to OPP there is no mechanism to support First Nation By-laws through the Police Services Act and may not be upheld through the court system. AIAI is working with the Attorney General of Ontario to advocate for the implementation of By-laws on reserve.
 - **Land Sale** – Survey to be completed for 2 acre land sale to adjoin CP land to service road. No known environmental impact, land policy to be drafted for consistent policy on all land sale and purchases.

- **Muskoka Discovery Centre** – The discovery centre would like to include an Indigenous exhibit and is looking for input on Wahta Mohawk and surrounding area history. Notice to be included in newsletter.
- **Chronic Waste Disease** – This disease is affecting White Tail Deer and may affect Ontario populations. The current laws allow for the Ministry to act quickly but may also limit Indigenous harvesters. No consultations to date.
- **Ontario Tobacco Consultation** – The government is once again looking to consult with public health resources and First Nation communities. Preliminary letter sent to Wahta, no further information or follow up to date from Ministry.

VII. Old Business/ Follow-up:

- **Ontario First Nations Technical Services Update** – Council met with OFNTS to discuss services offered such as engineering, environmental, water and wastewater solutions. They are currently assisting in the dump study and clean water project. They also discussed the five year strategic plan restructuring regarding the overall mandate, funding and policies.
- **Trust/Council Meeting Date** – Trust and Council to meet to discuss roles and responsibilities and financial overview. January 18, 2020 to be confirmed. Discussions held on acquiring the original signed document, a copy may be obtained through the original lawyers or Provincial/Federal Government. Chief Franks stated to council that he set up a tentative date with the Finance Dept. on February 4 to discuss Council policies and how they can be separated from employee policy.
- **General Meeting Saturday February 1, 2020** – Agenda items to include First Nation Market Housing Fund, Wahta Trust, Strategic Plan, Community Initiative Survey results.

VIII. Questions/Comments:

Leah Stock asked if there has been any movement on the cannabis law. Councillor commandant mentioned that the Provincial licensing has been expanded upon more so recently. Councillor Strength-Fenton stated that she has been working on it and mentioned that we do not have enforcement or land policy to support a cannabis law at this time, more consultation and legal advice is needed to draft a law.

Ellen Franks how long the new internet towers have been up, Chief Franks said they have only been up a week or two and they are for the exclusive use of the Administration Building and Cultural Centre for improved internet access with exclusive use of broadband capacity.

IX. Next Meeting Date: Tuesday February 4, 2020

X. Adjournment

XI. Closing

2020/2021 Tobacco Allocation

The Ministry of Finance has provided Wahta Mohawks with the 2020/21 Statement of Allocation of Tobacco. If you are a new retailer that did not have an allocation in 2019/20, please contact Samantha Walker by **March 13th, 2020** at samantha.walker@wahtamohawks.ca or (705) 762-2354 ext. 272 in order to become an authorized retailer.

In this years First Nation Reserve Retailer Authorization, the ministry is reminding authorized reserve retailers of their requirements as retail dealers. These include, among others, the requirement to:

- Keep books and records to support all tax-exempt sales of all tobacco products
- Sell allocation cigarettes only to First Nation consumers
- Not sell or transfer their allotment of allocation cigarettes, and
- Sell only from their retail premises

Isaiah Sahanatien's Outfit is shown at Woodland Cultural Centre



"Isaiah Sahanatien was a three-time elected Chief of the Wahta Mohawks (then the Mohawks of Gibson). His terms of office were December 1930, May 1934, and January 1937. Remembered as a kind man, Isaiah, with his booming voice, was also the Minister of the Church in Wahta. In his role as ambassador and representative for the Wahta Mohawks he donned this outfit, which has been livingly passed down through generations of his descendants.

2015.26.1-.3

Courtesy of the Roberts Family"

Woodland Cultural Centre 2020

Isaiah Sahanatien came as a child to Wahta from Oka when this reserve was first established in 1881. He lived a full life here until he passed away at the age of 95 years.



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
POC 1A0

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



2020 ELECTION NOTICE

On February 15, 2020 the Qualifying Candidates Meeting was held in accordance with the Wahta Mohawks Election Rules and Regulations 2019.

Philip Franks was acclaimed for the office of Chief. The following is a list of candidates for the position of Councillor for the Wahta Mohawks Election March 21, 2020. There are four (4) positions to be filled.

COMMANDANT, Blaine

GREASLEY, Teresa

HAY, Shirley

MENDES, Colleen

SCHELL, Lawrence

STRENGTH-FENTON, Lorie

The polls will be held on March 21, 2020 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 09h00 and 19h00 local time.

All ballots which have been requested have been mailed. Should you wish to request a ballot, please return your Vote-By-Mail Ballot Application Form as soon as possible. If you require a form or have not received your ballot by Monday, February 24, 2020 please contact Kelly Maracle, Electoral Officer or Matthew Commandant as seen below.

For a copy of the Wahta Mohawks Rules and Regulations, they are available on the website, www.wahtamohawks.com

Contact Information:

Kelly kelly@m-powerconsulting.ca

613-920-1676

Matthew matthew.commandant@wahtamohawks.ca

705-762-2354 Ext. 275

The following pages have been submitted by Candidates. All Candidates were advised that under the *Wahta Election Rules and Regulation* they were permitted one page in the Wahta Newsletter. Not all Candidates chose to do this.

Blaine Commandant

Sekon, Greetings, Hello

I have accepted my nomination for the position of councillor in the upcoming election for Wahta Mohawks to be held on March 21, 2019.

Over the past almost 30 years I have been honored to serve Wahta as a Councillor and as Chief. While the community has advanced significantly over this time there is still much work to be done.

I have gained a lot of experience doing this and participated on many boards and committees, both regionally and nationally. I believe this experience benefits both me and the community.

The final resolution to our land claim is still outstanding and needs to be completed to have our lands repatriated. Economic development along with land use policies guided by community input are other areas we need to address.

Ongoing lobbying for the resources required for education, health and social needs including our culture and language will continue to be an important part of council activities.

Treaty rights with a focus on our hunting, fishing and gathering activities are of great interest to me and we have initiated discussions with the Robinson-Huron communities to develop mutually beneficial relations.

Another area of urgent concern is securing an appropriate policing arrangement for the community. The development of by-laws without enforcement does not serve our needs and we need to ensure that the safety of our citizens and their property is secure. The O.P.P. are reluctant to enforce our laws due to complications that result from jurisdictional issues. Council needs to find an acceptable solution that protects our rights.

There are many other areas that will require experienced decision making on an on-going basis and I would enjoy the opportunity to continue in this role. I would appreciate your support in the upcoming election and will do my best for Wahta..

All the best, Blaine Commandant

My name is Teresa Greasley, I have lived here in Wahta for 12 years now but been part of this community for as long as I can remember. I live with my husband and two amazing children. This is my 2nd term on council, I have continued to gain more insight and perspective into how the community can continue to grow.

Most of my work this term was focused on the membership code, community unity talks, Board of Directors work, the election code and some council administrative work. I have also served on the Dnaagdawenmag Binnoojiiyag Child and Family Services Board now for almost 3 years which promotes Indigenous based family support.

The Election code was successfully passed in October and is now finally inclusive to the entire membership through mail in voting, it also eliminated discrimination, implemented a fair and impartial appeals section and improved the process overall.

I hope to continue to work on the Citizenship code, the issue of blood quantum is a complicated issue. If a new code eliminates blood quantum and adapts a lineage approach then we must at the same time define who we are as Mohawk people, out of respect for our history and our ancestors. A strong Mohawk identity is an important part of new Citizenship code and requires more consultation and input.

The current Citizenship code also includes a residency section, discussions need to take place on how we oversee tenants in this community. It should also address and recognize the contributions of spouses; a healthy community considers all of its residents.

In terms of infrastructure I believe the community of Wahta needs a Recreation centre that supports physical education and cultural programming. I hope to make this a priority. The financial statements (available online) make it clear that it is affordable and sustainable.

Finally, I believe there is a need for more policy. In order to establish trust people must know what to expect of their council members. Some examples of policy might include councils' roles and responsibilities, code of conduct, revised conflict of interest, land use policy and dispute resolution.

All council members should operate within acceptable and consistent policy parameters that citizens can rely on to understand how and why decisions are made by council as a whole or individually.

The number of women on council continues to be under represented in male dominated mohawk communities. One of my goals is to help women in particular feel more empowered, respected and support a stronger voice that was originally defined through history by our own unique matriarchal society. I hope I can do my part in making that happen and helping Wahta continue to grow.



Sego skennen kowa. My name is Shirley Hay and I am Turtle Clan. My grandparents were Lawrence and Leona Strength and my mother was Elizabeth Hay. I have lived on the Wahta Mohawk Territory since 1996 and was a former band administrator and a member of Wahta Council from 2002 to 2014. I've been employed for 12 years in the criminal justice system and have been a Gladue Writer with Aboriginal Legal Services for the past five years.

I have a passion for Indigenous justice, law, and rights, and have made great strides assisting Indigenous people through the Criminal Justice System. I am a registered Native Social Services worker with the Ontario College of Social Workers. In 2017, I was awarded the Leading Women Award for building communities, outstanding leadership, volunteerism and advocacy for Simcoe County awarded by the Government of Ontario.

I would like to represent the citizens of Wahta Mohawks and work towards the advancement and empowerment of our people. I believe everyone has a voice and it is up to the leadership to ensure those voices are heard – and through the development of a young people's and elder's council would ensure their viewpoints are part of the council decision making. Community engagement is paramount and needs to be at the forefront in determining Wahta's path forward as a Nation.

I would like to see a council portfolio system to ensure there is dedicated representation on areas such as: education, employment and training, finance, culture, community security, economic development, child welfare, housing, water, health and wellness, maintenance, environment and conservation, and communication. I believe in higher education to promote the growth and capacity of the individual, community and Nation. I would like to see improved service delivery to our community members especially for our seniors that is reflective of Wahta's unique community needs, priorities, and traditions.

We are facing many issues in our community that require strong focused leadership and critical thinking. I strongly believe in a governance system that is accountable, transparent, and responsible to its citizens. We need to develop our own Wahta Mohawk laws in areas of land stewardship and conservation, land use, cannabis law, matrimonial property law, to name a few. I believe in our inherent right to self-government with the ability to manage and control our own Mohawk affairs -- through self-sufficiency and the development of a stable economy and land base.

I want to lead in a direction where we as Onkwehonwe people can learn and grow. I truly believe the most important foundation to building a healthy community and Nation is in the healing and recovery of one's own self and as Onkwehonwe our unique connection and relationship to the land. Niawen kowa.

Contact information: Shirley Hay Facebook; shay@getnetgo.ca; 705-644-1914.



She:kon, my name is “Katsisaraken”(white flower) Colleen Mendes (Commandant). I am Bear Clan, and a feather carrier. For those of you who don't know me let me tell you a little about myself. I am a proud mother of three adult children, one who is living on her own and two which I am happy to say still live at home with me. I currently work in an Indigenous child welfare agency. My focus is working with families who are struggling and in need of services and supports that I ensure they get access to.

I worked for Wahta Mohawks for approximately 8 years. I was the Indigenous Healthy Babies Healthy Children, Native Child Welfare, and Community Wellness Worker that provided wholistic programing to children, their families and community. One element to this position was supporting our children and their families that were involved with the Children's Aid Society. Helping them to navigate the mainstream system. I did a lot of programming surrounding language and culture with the children of Wahta including summer language and culture camps. To me, language and culture is important, not only for our children but our families as well.

During my employment with Wahta I was the Jordan's Principal navigator, to provide support and services to those in need. I sat on the HSAB (Health and Social Advisory Board for AIAI). I sat on the APAC (the advisory committee for B'saanibmaadsiwin aboriginal mental health). I also sat on the Board of Directors for Dnaagdawenmag Binnoojiiyag Child & Family Services. I am currently the Coordinator to the Trust board. I have worn many hats during my time with Wahta and continue my dedication via the Trust. It is with this experience that I feel confident running for Council. Knowing I am educated in your front lines, working with our people, making them stronger and dedicated to their future.

Our population is aging...having members of my own family residing here and growing older I am aware of what our future needs will be as our elder group grows in numbers. It is a great concern of the community. The middle age group is always forgotten and known for not engaging. I want this to change. It is my hope to bring community consultation, transparency and governance that is reflective of the community needs and requirements. Every member should be heard, every member should have a voice. I am here to put the community first.

True North STRENGTH and Free

Sago, I'm a Proud Mohawk woman who is honoured to sit on council and represent your community.

Born in Alberta, Lorie Evelyn Dorothy Strength, the oldest of four.

Parents Stewart & Lillian Strength (Jackson)

Grandfather, William Strength, Grandmother Dorothy Strength (Commandant)

Great Grandfather Peter Strength from Oka, Quebec

A small start of my family tree.

Married 33 years to Andy, my best friend. Blessed with two wonderful children Kyle &

Kelsey, Son in law Curt, Step Grandson Austin and Granddaughter River

Own a small family ran business NORTH of Wahta.

Love ice fishing and CFL football. TRUE No #1 Fan of Toronto Argonauts.

Three years ago, I jumped at the chance to sit on council, to be more involved and find out what is missing in our community. I live off the territory, fortunately I can attend programs, council and community events. A community survey has been done, my goal is to take the direction of the responses and make sure that actions are done. I would like to see more members attend our community events, and if anyone has suggestions or ideas please let me know.

Accomplishments:

Active Council member

Governance Training-Certificate

Mental Health Training-Certificate

Volunteer at community events

Trust Board - Wahta Mohawks

Woodlands Cultural Centre-Board member

AIAI & IC Conferences

Health & Wellness Conference

I am FREE of an agenda, however these are a few of my desires to establish in our community.....

Language, Water, Membership, Land Policy, Youth Council, Cannabis, Education.

All issues are important to me, I need your support to complete these and all other important matters, for the better of the whole community and for you the member.

Please support me.



WAHTA MOHAWKS Employment Opportunity

Job Title: Kanien'kéha Language Instructor

Program Department: Education

Initiative: Kanien'kéha Language Revitalization

Location: Wahta Mohawks

Position Summary:

Working in collaboration with the Language Activator under the Department of Education to provide Kanien'kéha Language Instruction for the various programs to meet the needs of community members seeking language learning opportunities. This position will satisfy the immediate short-term needs of a language instructor to meet the objectives of the Kanien'kéha Language Revitalization plan in Wahta. Potential to renew and extend contract based on funding availability.

Primary Duties & Responsibilities:

- Provide Kanien'kéha language instruction to adult community learners in a weekly class setting both daytime and an evening opportunity
- Provide Kanien'kéha language instruction to youth during a weekly after school language lesson
- Provide Kanien'kéha language lessons to Wahta Mohawks Band Administration staff, and Chief and Council
- Create a language environment that is positive and flexible with learners from multiple age groups, language levels, and learning abilities.
- Work from existing established Novice Level curriculum while expanding and growing the curriculum to more advanced needs.

Knowledge and Skills:

- Must be a proficient speaker in Kanien'kéha Language
- Must be flexible to adapt to the members needs as they present themselves
- Must be flexible to accommodate the irregular hours needed for programming
- Must provide a criminal reference check and vulnerable sector screening
- A strong foundation in Onkwehon:we culture, traditions and customs
- Have a valid Ontario Class "G" license and access to a vehicle
- Be willing to work collaboratively with the Elders and First Speakers of the Wahta Mohawk community

Contract Terms:

This is a short-term, part-time contract beginning immediately until the end of May 2020 with the potential for renewal based on funding approval and instructor availability. 8 – 16 hours a week. Hourly wage and travel coverage will be based on needs, qualifications, and experience.

Application:

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

Attention: HR Joanne Contant

P.O. Box 260

Bala, ON

POC1A0

Phone: 705-762-2354 ext.227

Fax: 705-762-2376

Email: joanne.contant@wahtamohawks.ca

Submission deadline **March 15th, 2020 at 4:00pm** . Late applications will not be accepted. Please submit applications as soon as possible to accommodate short timeline and immediate start.

You will be contacted if you are successfully selected for an interview.

Thank you in advance for you interest.



My Records, My Choice

If you made an IAP or ADR claim for compensation for residential school abuse, there are records of your claim. You now have the opportunity to choose what happens to those records after your claim is finished.

The choice is yours

- Your records from the Independent Assessment Process (IAP) or the Alternative Dispute Resolution process (ADR) are confidential.
- To keep them confidential, you don't need to do anything.
- If you do nothing, your records will be automatically destroyed on September 19, 2027.
- Until September 19, 2027 you can get a copy of your records for yourself or to share with anyone you choose.
- If you choose, you can preserve your records for history, education, and research at the National Centre for Truth and Reconciliation (NCTR).

Which records are being kept?

- Your application form
- The voice recording of your testimony
- The printed record (transcript) of your testimony
- The decision on your claim

Can I get a copy of my own records?

Yes. To get a copy of your application form, the transcript of your testimony, and your decision, call IAP Information toll free at **1-877-635-2648**. Or email **IAPRecords_DocumentsSAPI@irsad-sapi.gc.ca**.

Information that identifies other people will be blocked out, to protect their privacy.

It can take several months to receive a copy of your records.

Preserving the history of residential schools

The National Centre for Truth and Reconciliation (NCTR) has been created to preserve the history of Canada's residential school system. It is hosted at the University of Manitoba. It is the permanent home for the records of the Truth and Reconciliation Commission (TRC).

The NCTR invites those who made a claim in the IAP or ADR to add their records to its collection. These records will be available forever, to researchers and others who want to learn about the history and impact of Canada's Indian residential schools.

Information that identifies other people will be

blocked out, to respect everyone's privacy.

If you choose to preserve your records with the NCTR, send your completed consent form to the IAP Secretariat and your records will be securely sent to the NCTR.

To get a consent form, call IAP Information toll free at **1-877-635-2648** or download the form from **www.MyRecordsMyChoice.ca**.

How would my records be used at the NCTR?

If you choose to preserve your records at the NCTR you may choose either restricted access or open access. "Restricted" means that your name and other information that identifies you is kept confidential. "Open" means that you could be publicly identified.

Can I get help?

Yes. Resolution Health Support Workers (RHSWs) can answer your questions and help you with forms. To find an RHSW in your area, call one of the toll-free information lines below, or ask at your band office.

To learn more

- **IAP Information**
toll free: 1-877-635-2648
email: MyRecordsMyChoice@irsad-sapi.gc.ca
online: <http://www.MyRecordsMyChoice.ca>
- **Assembly of First Nations**
toll free: 1-833-212-2688
email: iapdesk@afn.ca
online: www.afn.ca
- **Inuit Representatives:**
Contact for the Inuvialuit:
phone: 1-867-777-7018
email: ggruben@inuvialuit.com
online: <http://www.irc.inuvialuit.com/>

Contact for Makivik:
toll free: 1-800-369-7052
electronic communications can be submitted at:
<http://www.makivik.org/contact/>
online: <http://www.makivik.org>
- **National Centre for Truth and Reconciliation (NCTR)**
toll free: 1-855-415-4534
email: NCTRrecords@umanitoba.ca
online: www.NCTR.ca

If you are feeling pain or distress because of your residential school experiences please call the free 24-hour **Residential Schools Crisis line: 1-866-925-4419**

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

Kanien'kéha Language Revitalization

Family Focus Group

March 12, 2020

5pm – 8pm

CHC – Old Band Hall

Food served first at 5pm meeting at 6pm

An opportunity for families, caregivers, or parents to contribute to the language programming development. Please come out and share what activities, language lessons, or immersion opportunities your family is interested participating in, and your vision for the future of Kanien'kéha language in Wahta.

Please RSVP for numbers to sarah.chaloux@wahtamohawks.ca

Community Language Speakers

Kanien'kéha Language Teachers, Elders, and Speakers are still needed to help facilitate language learning. Please reach out to me if you have an interest in working with learners.

Sarah Chaloux

sarah.chaloux@wahtamohawks.ca

705-706-2354 ext. 259



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 by March 31st, 2020

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 an appointment.

Education Department

Parent Information Night

The Education Department would like to invite interested parents and caregivers to join us for a Parent Information Night on **Tuesday, March 24th from 5:30-7:00** at the Cultural and Healing Centre.

This evening will feature demonstrations of teaching resources that can be used at home to support students learning and information regarding the recent Labour situation at the school board.

Light refreshments will be served, and childcare will be provided.

Hope to see you there!

Wahta Mohawks Business Directory

Wahta Mohawks is looking to develop a business directory to help local businesses market their products and services and to inform members of what services are available in their community.

If you own and operate a business on the territory of the Wahta Mohawks and would like to be included in this directory please contact Simon Sutherland at simon.sutherland@wahtamohawks.ca or 705-762-2354 ext. 245 to share the details of your business. You will be asked to provide the name of your business, the type of services provided, the business location and contact details.

POST SECONDARY EDUCATION PROGRAM

For those who are interested in applying for post-secondary funding please contact Carol Holmes at carol.holmes@wahtamohawks.ca. Eligible applicants must possess a Status Card, as our funders are Indigenous Services Canada and their criteria is to fund students with Indian Status. We are in the process of purchasing a database software solution with application forms included. At this time, we are creating a list of those requiring an application form. Once we have the software, (I anticipate this to be completed by Mid March) an application will be emailed to those who have inquired. Thank you for your patience with this process.

As always current students funded through the post- secondary program must submit their transcripts upon completion of each term. Niawen.

The application deadline is May 01, 2020.

WAHTA MOHAWKS LANGUAGE ACTIVITIES

As you have read in previous newsletters Sarah Chaloux has been hired on a contract to create opportunities for language learning. She invited community for a gathering to share and discuss language programming. She has posted an advertisement for an instructor to begin teaching/sharing language skills. We know the community wants language programming and we hope that there is some interest from those who have language skills to teach/share with others.

THE DREAMCATCHER CHARITABLE FOUNDATION

The Dreamcatcher Fund is a National philanthropic organization who provides financial grants for Aboriginal people across the Country. Funding opportunities are categorized into four areas: Education, Arts and Culture, Sport and Recreation and Health and Medical.

The Foundation recognizes that Education is the primary responsibility of the Federal Government /Chief and Council and may “provide limited assistance under unique circumstances”. Applications are accepted mid-July for September start and Mid October for January start dates. <https://www.dcfund.ca/site/about-dreamcatcher-charitable-fun>



Association of Iroquois and Allied Indians

2020 ANNUAL HEALTH SCHOLARSHIP

2 Scholarships - \$1000.00 each



AIAI

The Association of Iroquois and Allied Indians (AIAI) is a Political Territorial Organization (PTO) established in 1969, to represent their seven member First Nation communities at all levels of government. AIAI represents approximately 20,000 Status First Nation people from Batchewana First Nation, Caldwell First Nation, Eelunaapéewii Lahkéewiit (Delaware Nation), Oneida Nation of the Thames, Wahta Mohawks, Hiawatha First Nation, and Mohawks of the Bay of Quinte (Tyendinaga).

PURPOSE

The AIAI Health Scholarship Award was created in 1989 to promote and recognize First Nations excellence in a Health or Traditional Healing post-secondary program. Ultimately, we strive to increase the number of First Nations people entering into a health profession as their career goal. The successful applicants (2) will receive the \$1000 Health Scholarship and honourable recognition by AIAI's Grand Chief at the 2020 Annual General Assembly.



SCHOLARSHIP CRITERIA

- All applicants must be of First Nation heritage and be a registered band member with one of the seven (7) AIAI member Nations - Batchewana, Caldwell, Eelunaapéewii Lahkéewiit (Delaware), Hiawatha, Oneida, Mohawks of the Bay of Quinte (Tyendinaga), and Wahta Mohawks.
- Applicants can only accept this scholarship as a **ONE TIME** recipient.
- Applicants must be enrolled as a full-time student in a Health related or Traditional Healing post-secondary program for the 2019/2020 academic school year.

Applications must include the following:

- A **SELF PROFILE** describing why you are deserving of such a scholarship.
- Transcripts displaying your current academics
- One (1) letter of support from your current program advisor, school counselor, or professor/instructor, etc.
- One (1) letter of support from your Administration Office confirming that you are a registered First Nations member of your community.

AIAI Health Scholarship APPLICATION DEADLINE:

APRIL 24, 2020 at 4:30 P.M.

NOTE: Any applications received after the deadline will not be considered.

REMINDER: include your contact information: *i.e. Return address, email, and phone number.*

SUBMIT YOUR APPLICATION TO THE ATTENTION OF:

Suzanne Nicholas, Health and Wellness Coordinator

Association of Iroquois & Allied Indians

387 Princess Ave. London, ON N6B 2A7

Phone: (519) 434-2761 Fax: (519) 675-1053

Email: snicholas@aiai.on.ca

LEAD.

LEADERSHIP, ENTREPRENEURSHIP, AND DESIGN-THINKING



**Are you an Indigenous student in grade 11-12
with an amazing idea?**

We have a program designed especially for you!

**Stay in Waterloo while discovering new experience at a
Design-Thinking themed conference rooted in
Entrepreneurship, Education, and Culture.
Attend various hands-on workshops, visit GOOGLE,
and pitch your idea. Prizes to be won!**

For more information or to apply, contact:

**May 11-15,
2020
(May 10th is
travel day)**

wisc@uwaterloo.ca

or

519-885-1460 ext. 25209

Application form link: <https://uwaterloo.ca/stpauls/lead-indigenous-camp>



**Shatitsirotha
Waterloo Indigenous
STUDENT CENTRE**



**ST. PAUL'S
UNIVERSITY COLLEGE**



**Okwaho
EQUAL SOURCE**

Google™

Health & Social Service Events

Community Shopping – **Monday March 9th** vehicle leaves admin 9am call Christine to sign up (Barrie)

Mindfulness – **Monday, March 9th & 23rd** - 9:00am – noon

Community Kitchen – **Monday March 9th** 11am -12:30

Footcare and Blood pressure clinic – **Wednesday, March 11th** call Christine for an appointment *please note Holly (the Dietician) will not be in*

Purse Making 9am – 3:30pm **March 24 and March 25** – Call Sherry or Kristan to sign up

Card Night and Dinner – **March 24** – 5:30pm – 7:00pm Call Christine or Kristan to sign

Reflexology – **Monday, March 23rd** – Contact Kristan to sign up for an appointment

Footcare second day – **Wednesday, March 25th** Call Christine for an appointment

Chair Exercise – **Wednesday, March 25th** Call Christine to sign up.

Barn Quilt Making Workshop – **March 26** – 4pm – 7pm Call Kristan to sign up

Blue Jays Game – **March 29th** – leaving admin at 9am Call Kristan to sign up.

Family Well-Being Programs

School Age Program(SAP) **3:30 – 5:00, Mon – Thurs** *NOT RUNNING DURING MARCH BREAK!*

This month registrants will be participating in Kids yoga and mindfulness! Hub Productions Theatre Camp will begin on the 25th for all Program participants! **Must be pre-registered** Contact Patti

Yoga - **Wednesdays 2020, 5:00 – 6:00**, at CHC - All welcome! Any questions contact Rubecka Ext. 202

Caregiver and Tot Drop In - **Tuesdays , 10:30 – 11:30. NOT RUNNING DURING MARCH BREAK.** No Program March 31st. Contact Danielle for any questions. 705-762-3343 X 201

Hunter Safety and Firearms Safety Class - **March 7th 8-4:30 and 8th 8:00 – 6:00** **Must be pre-registered** Contact Danielle 705-762-3343 X 201

Healthy Living and Life skills Classes! **March 9th, 6:00- 8:00** 10 spots only, Salad in a Jar! **March 23rd, 10:30-am** 10 spots only, Managing Diabetes and Overnight Oats! **Must pre-register** Contact Patti

Road To Freedom Tour – **March 14th and 15th 10:00-4:00.**

2 Day Career training in the film and YouTube Industry. Ages 10 and up! **Must pre-register** Contact Patti

March Break Camp – **Mar 16 – 19, 9:00 – 4:00 - Registration is closed.**

Toronto Rock Lacrosse **March_13th** Sporting Event Trip – A few spots Left! - pre-register Contact Patti

Women's How To! Lets Build a Table! **March 28th 9:00 – 2:00 - Must pre-register** Contact Amy

Student Nutrition Pick Up - **March 31 - April 01!** All student related families now to pick up at the CHC.



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

ROAD TO FREEDOM TOUR:

2 Day Career Training in the Film & Youtube industry!

Day 1

FILM MAKING

LAUGHTER
CONFIDENCE BUILDING
TEAM WORK
CAREER OPPORTUNITIES

ACTING FOR CAMERA
HOW TO WRITE A SCENE
HOW TO FILM A SCENE
THEATER PERFORMANCE

HEALTH & WELLNESS

HEALING SOLUTIONS:
THE POWER OF BREATH
TEACHINGS OF BALANCE
AND EXPRESSION

SOLUTIONS FOR
OVERCOMING:
ADDICTIONS
ANXIETY
LOW SELF ESTEEM ISSUES

Day 2

Photography

CREATIVE OUTLET
NEW FOUND HOBBIE
CAREER OPPORTUNITIES
INSTAGRAM GROWTH

*How to take
professional photos
Framing & Angles
Editing*

You Tube

CREATIVE EXPRESSION
NEW FOUND HOBBIE
CAREER OPPORTUNITIES
STORY TELLING

HOW TO:
START YOUR
YOUTUBE CHANNEL
VLOGGING
GROWING YOUR CHANNEL

Access for First Nations individuals to the Non-Insured Health Benefits Program

As you may know, through the Non-insured Health Benefits (NIHB) Program, eligible clients may access a range of health related benefits including medications, dental benefits, medical supplies and equipment, vision care, mental health counselling and transportation to medical appointments. To be eligible for NIHB Program benefits, a First Nations person must be registered under the *Indian Act* with Aboriginal Affairs and Northern Development Canada (AANDC).

A report on "Access to Health Services for Remote First Nations Communities," tabled as part of the spring 2015 report of the Auditor General of Canada, identified that some First Nations individuals had not registered and therefore may not be able to access benefits under the NIHB Program.

In order to allow parents time to register their children, infants up to the age of one may access NIHB benefits under a parent who is NIHB eligible. However, after the child's first birthday, registration is required to ensure continued eligibility for NIHB benefits.

Registering is an individual choice; however, Indigenous Services Canada wants to raise awareness of the importance of registration to ensure access to benefits under the NIHB Program.

Health facilities can be a convenient place where interested parents can get information about the registration process. These application forms are available on the Internet at:

<https://www.aadnc-aandc.gc.ca/eng/1100100032776/1100100032782> or
<https://www.aadnc-aandc.gc.ca/fra/1100100032776/1100100032782>.

The brochure, "Are you eligible?" is also a useful resource. It can be found at:

<https://www.aadnc-aandc.gc.ca/eng/1100100032472/1100100032473> or
<https://www.aadnc-aandc.gc.ca/fra/1100100032472/1100100032473>.

Please Contact Amy Davidson if you have any questions regarding the Non-Insured Health Benefits Program or contact Indigenous Services Canada, Ontario Region client line for NIHB questions at 1-800-640-0642.

Ice Fishing Derby 2020

It was beautiful winter day and we had an amazing turnout this year. Thanks to all who came out and participated.

And the fish derby winners are:



Congratulations to Jane Strength, Cecilia Sahanatien and Ollie Scott who captured this year's hardware. Well done!

And for the chili cookoff. The winners are:

1st Prize – Angela Gray

2nd Prize – Terry Decaire

3rd Prize – Patsy Decaire



Thanks to our public works and maintenance department for making the rink on the lake, the kids really enjoyed it. And for getting all of the outside and inside area ready. Special thanks to Penney Sahanatien for cooking the pickerel. It was delicious as always. And to Shirley Sahanatien for baking and donating the cupcakes. It just sealed the deal for lunch. Thanks so much!

Hope to see everyone again next year 😊



December 2019

Pharmacy benefit information

New coverage of anti-inflammatory creams

The NIHB program now covers anti-inflammatory creams or gels prepared ('compounded') by a pharmacist. This coverage is for cream or gel mixtures that contain the medications diclofenac or ketoprofen in concentrations of 3-10%, sometimes combined with lidocaine powder. These products may be prescribed for joint or muscle pain due to an injury or chronic condition. NIHB will cover up to 100 grams per month.

Reminder: coverage for smoking cessation treatments

Smoking cessation therapies are used to help people quit smoking. NIHB clients are eligible in a 12-month period for coverage of:

- up to 36 boxes of patches (7 patches per box)
- one 12-week course of as-needed treatment, like:
 - gums
 - lozenges
 - inhalers
 - spray
- one 3-month course of Zyban
- one 3-month course of Champix

Some people need more than one form of treatment at a time to control cravings. NIHB will cover these products when used together, or separately. Please talk to your health care provider about the right product, or combination of products that is best for you.

November 2019

Pharmacy benefit information

New formulary for nutrition products

On October 1, 2019, the NIHB program added a special formulary for clients with a medical need for nutrition products such as thickening agents, infant formulas and nutritional supplements. Products are listed for infants, children and adults.

The Nutrition Products Formulary is available in [Appendix I of the Drug Benefit List](#). These products are listed as limited use (prior approval required). If you have a prescription for a medically necessary nutrition product, your pharmacist can contact the NIHB Drug Exception Centre at 1-800-580-0950 to request approval for coverage.

Increased coverage of test strips and lancets for clients using insulin

On October 1, 2019, coverage for blood glucose test strips and lancets increased to 8 per day of each item for clients who manage their diabetes with insulin.

New coverage for Ozempic

NIHB has listed Ozempic as an open benefit. Ozempic is covered in combination with metformin for the treatment of type 2 diabetes.

New coverage for lidocaine ointment

Lidocaine 5% ointment is now covered as an open benefit. NIHB covers up to 35 grams per month with a prescription. Lidocaine ointment is used to reduce pain or itching caused by skin irritations such as insect bites, poison ivy, minor cuts or burns.

Coverage status change for zinc

Elemental zinc is now covered as an open benefit. It may be prescribed to patients to support wound care related to a chronic condition, such as type 2 diabetes.

Medical Supplies and Equipment (MS&E) information

New MS&E benefit coverage

The NIHB Program has added the following new MS&E benefits. These are limited use benefits (prior approval required):

- standing frames, positioning seats and portable ceiling lifts and tracks
- FM systems (a type of assistive hearing device)
- voice restoration equipment & accessories
- electric breast pumps when required for certain medical conditions, to a maximum price of \$275

Change in coverage for select MS&E items

On September 9, 2019, the NIHB program increased coverage for mastectomy bras and gender-affirming bras to 3 per year.

On November 18, 2019, laryngectomy products were added as open benefits. Also, coverage for Heat Moisture Exchangers (HMEs) increased to 1 per day (open benefit). HME devices are used to make breathing easier following a laryngectomy or a tracheostomy.

New recognized prescribers for MS&E benefits

Nurse practitioners are now recognized by the NIHB program as prescribers of limb and body orthotics and prosthetic devices.

Speech-language pathologists have been added as recognized prescribers for laryngectomy supplies and for certain voice restoration equipment and accessories.

Hearing reassessment for children and youth with hearing devices

On November 18, 2019, the NIHB program increased coverage to allow for more frequent hearing reassessments for children and youth under 18 years of age with hearing devices:

The first year a client under 18 has a hearing device, they are entitled to 4 reassessments.

The second year a client under 18 has a hearing device, they are entitled to 2 reassessments.

After 2 years, clients under 18 with hearing devices are entitled to one hearing reassessment per year.

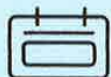


RAAM CLINIC

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

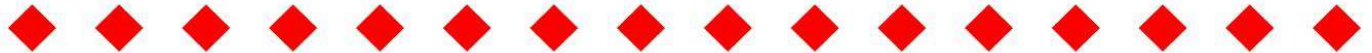
ALL Private Insurance

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 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.

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. 204
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