

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

Ohiari:ha - The Ripening Time



June 2020



Photo Credit: Carol Holmes

THIS ISSUE

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

Election Rescheduled

The Election for Council will be held on Saturday June 6th, 2020 and will run from 9:00am to 7:00pm at the Administration Building.

Detailed information on the safeguards in place can be found inside.

If you have any questions regarding the process, please contact Matthew or Kelly as soon as possible. You will find their contact information inside.

Community Buildings Closed

The Administration Building, Cultural Healing Centre, and Gym are closed for the time being in order to help prevent the spread of COVID-19. We will continue to reassess the situation and reopen when it is safe to do so. You will find updates on the [website](#) and [Facebook](#) page. The Landfill will remain open during its normal schedule. If you have any questions about the status of the closures, please call 705-762-2354.

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



CHIEF AND COUNCIL UPDATE

Chief Philip Franks

This being the third week of May, it would have been expected that the number of COVID-19 cases discovered each day would have been lower. Unfortunately for Ontario the cases are not dropping much. In Simcoe Muskoka the same holds true causing concern for public health. While businesses continue to open, it is most important to not let down our guard regarding our personal safety. As always, limit your trips to public places, practice hand washing and sanitizing if you are out, and now it is highly recommended that you wear a face mask if you have to be where you cannot separate yourself from those other than your immediate household members. As the weather continues to become more seasonal more people will be wanting to be out and about.

Council continues to meet by telephone on a weekly basis to deal with a varied number of issues.

Water: Completion of the feasibility study with recommendations on safe drinking water is expected soon. The general recommendation by the team is that a treatment plant for part of the community is not the best way to go. Recommendations will be put forward on how to install treatment in all the homes that require it. As far as the administration building goes, the water there has been on a boil water advisory for years. Council just approved a contract to a firm that will install a new treatment system with three stations that will supply reverse osmosis water. One of those will have public access for anyone wanting to fill jugs in the meantime. Work is expected to be performed in June.

New Duplexes: Non-essential construction is now allowed in Ontario, so the contractor will begin building the order for three duplex units. Delivery should be by the fall.

New Community Centre Roof: Construction can begin on this project also, and work will be carried out over the summer and into the fall.

Retail: Council moved on May 13th to allow business to open again with all the protection methods in place being highly recommended. Businesses have erected plexiglass panes to protect their employees and are practicing sanitization, as well as limiting customers to two persons at one time. The situation will be monitored, and should we experience elevated cases, they could be asked to temporarily close again.

Programs: Council agreed to recommendations to open the community garden with safety considerations so people can start preparing for the growing season. In addition, public works renovated the walking track with new gravel.

Policing: We continue to work with the OPP regarding policing in community, as well as working on the implementation of enforcement of our by laws. Of particular concern are the reports of the number of vehicles at odd hours on our backroads and parking lots that are likely non local. Council has requested more vigilance from the OPP regarding this.

River Camp Ground: Unfortunately a similar situation may be occurring at the old park and bubble house area. Council has had to take the step to close that road once again. Members who will practice no trace camping meaning no litter, noise control, and most importantly fire safety can always contact the administration and make arrangements to gain access to the area.

Governance Due to COVID-19: A Mohawk Council Resolution was approved to file with Indigenous Services Canada that outlines the reasons for the delayed 2020 general election at Wahta. The date is soon coming, June 6. Many First Nations have had to postpone their elections at this time and in response the federal government passed legislation allowing for this as there was no considerations in the current legislation.

Additions to Reserves: During the pandemic we are still working on the process to have our lands returned to reserve status by telephone conferencing. One of the next steps at the end of May is to begin working out details with Hydro One regarding the drafting and implementation of permits that will cover their assets that have been placed on those lands. A great number of steps continue to exist such as shoreline setbacks, snowmobile trail permits, Ministry of Transportation and highway 400, cottage access permits, and completion of the removal of old hunt camps from the lands. We continue with regular meetings to work toward this end.

AIAI Chiefs Council: I continue to meet in my role with AIAI Chiefs. Unfortunately, last week the council did confirm that the annual elders conference will not take place this year and is set back to August 2021 in the interest of safety for our elders. This gathering is always more than 100 delegates. In other areas the Chiefs Council continues to monitor the business end of the association regarding finances and audits, discuss updates from policy advisors with the organization, and are considering new legislation such as the new gun control ban.

Other Activities: In my role I am also representing council on the Emergency Control Group for Wahta, the Iroquois Caucus, and the AIAI Health and Social Advisory board. While we are disadvantaged by the pandemic we are still carrying on all of this work through regularly scheduled teleconferences and email follow ups.

During this period of Covid-19 we here and at many First Nations have come across many situations that were never taken into account because of a pandemic. The whole experience is new but through constant communications I think we have been able to overcome the obstacles. Once again, a shout out to the staff at Wahta for adapting and doing their best to provide community services. I cannot always cover all the developments in these short monthly messages but please don't hesitate to be in touch with concerns or the need for more information.

Nia:wen once again and everyone please take care of yourselves.

Congratulations to Stephanie Decaire, one of two winners of the Association of Iroquois and Allied Indians Health Scholarship Award 2020. Details at AIAI website.

2020 Council Weekly Meeting Summaries

Council Weekly Meeting Summary – Date: Wed Mar 11, 2020

In Attendance:

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

03.11.01 LHIN 20/21 Agreement – For Signature – Local Health Integrated Network annual funding agreement extended for three (3) months to prepare for Ontario transition away from the Local Health Integration Networks, requires signature.

03.11.02 Land Sale Next Steps – Survey has been approved and registered. Cheque issued to Wahta Mohawks for \$20 000 to be submitted to general funds. Band council resolution to be drafted.

03.11.03 Duplex Project – Administration would like to know how many bedrooms will be in each unit, it was decided that there will be 1 three bedroom and 2 two bedrooms, work is ongoing.

03.11.04 ISC Funding Agreement –The 5 Year core Indigenous Services Agreement amount for 20/21 is \$1,268,149.71 this covers education, economic development and housing requires signature.

03.11.05 Lease Renewal Process – The yearly lease for Team Boats is almost up, this needs more review and has been deferred. Councilor Strength-Fenton declared a conflict.

03.11.06 20/21 Budget – Final budgets reviewed and approved, see motion below.

03.11.07 Finance Policy Amendments – Changes added to the financial policy include more detailed time intervals for calculating Chief and Council honourarium (time allotments broken down 0-3 hours, 3-5 hours and over 5 hours of work). Travel to include covering Hwy toll payments. Only one signature required for honourarium approvals. See motion below.

03.11.08 Post-Secondary Living Allowance – Chief and Council support the Education policy which allows for \$1000 living allowance per calendar month while attending school only.

03.11.09 Post-Secondary Policy – Proposed Revisions – Chief and Council to read through the suggested education policy changes, deferred. Chief Franks declared a conflict.

03.11.10 Admin Roof Project Approval of Recommended Contract Award - Chief and Council have accepted the recommendation to hire Can Sky roofing to do the Administration Building roof in the amount of \$803 450 as funded by Indigenous Services Canada. See motion.

03.11.11 Tea House Lease – Approval of Proposed Rent Amount - The rental rate chart indicates \$500/month plus utilities or \$800/month including parking lot. Needs further review and final approval.

03.11.12 MCR for LEDSP Application – Signature and council resolution required for funding for Additions to reserve project and associated legal fees for \$37,580.00.

Motions:

03.11.06 – Budgets - Motion to pass the 2020/2021 Wahta Mohawk Budgets as submitted by the Financial Officer is approved. Carried by consensus.

03.11.07 Finance Policy Amendments – Motion to approve changes to the financial policy. This includes more detailed time intervals for calculating Chief and Council honourariums (time allotments broken down 0-3 hours, 3-5 hours and over 5 hours of work). Travel to include covering Hwy toll payments. Only one signature required for honourarium approvals. Carried by consensus.

03.11.10 Admin Roof Project Approval – Motion to approve Can Sky Roofing contract for \$803 450 as funded by Indigenous Services Canada and Wahta Mohawks Trust. Carried by consensus.

Next Meeting: To be determined

Council Weekly Meeting Summary – Wed Apr 29, 2020

In Attendance:

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

04.29.01 General Update - The final version of the Administration Update Report is complete and will be released online.

04.29.02 Approval to Pay Invoice – Site Prep at Duplex Site Approval to pay invoice for \$75,360 for work completed at the duplex site as per the contract agreed to with Sahanatien's Hauling.

04.29.03 Proposed Costing Increase for Duplex Project - Council not in favour of the proposed amendments which would include the addition of shutters, air conditioning units, and additional shelving in place of a dish washer. Council has asked administration to look at the costs associated with including dish washers and other options for providing air conditioning.

04.29.04 Gravel Hauling – Gravel hauling has been approved to continue during pandemic.

04.29.05 Gravel Request – Cottage Portion of Wahta Road #2 Non member cottagers can purchase gravel at market pricing.

04.29.06 MCR for Administration Roof Project Approval for an MCR to support the Administration Minor Capital Application for work associated with the Administration Building's roof.

04.29.07 Water Feasibility Study - Update to Council on the progress being made on completion of the study. Final recommendations to be presented once more exploratory work completed with Indigenous Services on costing commitments for some of the possible options in the study.

04.29.08 Foot Care Continuation – Foot care is temporarily cancelled until further notice. Health staff will identify and monitor high priority patients.

Next Meeting: To be determined as per Wahta Mohawks State of Emergency. Chief and Council are meeting via conference call as required.

Council Weekly Meeting Summary – Wed May 6, 2020

In Attendance:

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

05.06.01 General Update – Wood will be offered to members at no charge. Administration roof project on hold due to pandemic until the Province is allowing construction projects to resume. Site prep is continuing for uncovering terrain for housing site, nothing remarkable found. Wahta Rd 2 – Questions have arisen for road allowances for off territory cottagers, there is nothing specific regarding this in settlement agreement. The specific obligations of this issue need to be investigated.

The temporary premium for employees coming into the building or working within the community on a regular basis has now been lifted. Once services are returned Administration will be looking at new health procedures including screening tools, masks, and other requirements as per Health Canada and the labour board.

05.06.02 Motion to Pay Annual Insurance Premiums – See motion below.

05.06.03 MCR Election Date Change – The election has been rescheduled to June 6 as per the decision of the Electoral Officers. A Mohawk Council Resolution needs to be drafted and signed; wording has been drafted for review.

05.06.04 MCR Minor Capital Application wording for approval – Support for Minor Capital Application for further funding for Administration roof. A Mohawk Council Resolution needs to be drafted and signed; wording has been drafted for review. See motion below.

05.06.05 ISC Amendment #0002 – Amendment adds \$500 for water/wastewater training and testing for water treatment facilities in band hall. See motion below.

05.06.06 Community Garden Guidelines - Review and approval of guidelines developed by Emergency Control Group for required social distancing and safety measures at community garden. Guidelines to be visibly posted.

Motions:

05.06.02 Annual Insurance Premiums Motion – Motion to pay Mink insurance the annual renewal of \$53 625 this year which includes auto, liability, legal, equipment, property. Carried by consensus.

05.06.04 MCR Minor Capital Application – Motion to Support the for Minor Capital Application for the Administration Building roof. Carried by consensus.

05.06.05 ISC Amendment #0002 – Motion to approve amendment for funding agreement #1819-ON-000014 A0009 for \$500 for water/wastewater staff training. Carried by consensus.

Council Weekly Meeting Summary – Wed May 20, 2020

In Attendance:

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

05.20.01 Neegan Burnside Water Feasibility - Approval to Pay Invoice and award contract. See motions below.

05.20.02 Plan for footcare continuation – Discussion on criteria to restart footcare. Work will be held in the same location with appointment times staggered. Screening area is set up at entrance, clients will be provided with personal protection and service provider will change personal protection wear after each client.

05.20.03 Final MCR Draft of Governance (Election) – The final wording for the election date change has been provided and approved. Signing is required by Chief and Council.

05.20.04 OPP in Wahta – There is some concern that the OPP is sitting at businesses making customers feel uncomfortable. Chief Franks mentioned that they were asked to patrol the area

after complaints of suspicious vehicles. Chief Franks will contact the Aboriginal liaison Officer for an update.

05.20.06 MCR for Administration Roof Project – A resolution is required to have them start the Administration roof project in June 2020, resolution requires Chief and Council signatures.

05.20.07 Boat Launch Re-Opening- All boat launches on territory to be reopened for the season.

Motions:

05.20.01 Neegan Burnside Water Feasibility Study - Motion to approve Neegahn Burnside invoice # 300043976.0000 – 11 for \$25,690.92 and #300043976.0000 - 12 for \$8,879.03 covered by Indigenous Services Canada. Carried by consensus.

05.20.01B Neegan Burnside Water Feasibility – Motion to approve the recommendation of Neegahn Burnside to award the contract to Industrial Water Technologies for the Administration Building Water Treatment System Upgrade with the lowest quote at \$50,301 funded by Indigenous Services Canada. Carried by consensus.

A Note Regarding Minutes:

Due to the stay at home orders Chief and Council have not met weekly at the Administration Building since March 11, 2020. Conference calls have taken place as required, many of those calls were to discuss the pandemic issues at hand and the changing needs of our community. When required agendas unrelated to the pandemic have been provided by Administration and those summaries are included above.

The last monthly public meeting was held on Tuesday March 3, 2020, monthly council meetings normally held at the Administration building will not resume until the pandemic is over and it is safe to return to the building. We continue to publish all minutes and agendas as they are available.

Please see the **April 2020 Administration Update** at www.wahtamohawks.com for a full update on the various steps taken by the Administration to provide the necessary supports to the community. We appreciate your patience during this challenging time.

Stay healthy and safe,
Chief and Council



2020 ELECTION NOTICE

ELECTION DAY

JUNE 6, 2020 from 9 a.m. to 7 p.m.

2664 Muskoka Road, Wahta Mohawk Territory

Nya:wen ko:wa to all those who voted by mail-in ballot to ensure that we are all doing our part to limit the spread of COVID-19

PLEASE READ BELOW FOR MORE INFORMATION ON CHANGES FOR ELECTION DAY DUE TO THE COVID-19 PANDEMIC!

We want to thank you all in your patience as we had to make changes in the election day and are now making some much needed changes to the election process. These changes are with the safety of all electors and staff in mind. We would like to thank you in advance for your cooperation with these changes!

On election day there will be signs posted that will advise how you should drive up to the entrance in your vehicle. There will be no public washrooms on election day and only one elector will be permitted in the premise at each time. Each elector will be required to sanitize upon entry and upon showing of identification will be given a sanitized pencil and ballot. You will then proceed to the voting station to mark your ballot and bring this ballot back to the staff. You will demonstrate that the EO's initials are on the ballot and will then place the ballot into the ballot box and promptly leave the building so that the contact areas can be sanitized, and the next elector can come in. We realize that this is going to increase wait times, and again, we thank you, in advance, for your patience. The count will commence right after the close of the polls.

We are asking that you mind all warnings from Public Health, which include, safe distancing and where possible, having only those from your own household in your own vehicle. If you would like to wear a mask, please do so, however, we are asking that you sanitize your hands as opposed to wearing gloves.

If you have any questions about election day, please contact:

Kelly Maracle
831 Lower Slash Road,
Deseronto, ON K0K 1X0
kelly@m-powerconsulting.ca
613-920-1676

Matthew Commandant
2664 Muskoka Rd. 38 Wahta
Box 260, Bala, ON POC 1A0
matthew.commandant@wahtamohawks.ca
705-762-2354 Ext. 275

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)

For more information, please call Teresa DeCaire at 778-587-3784

Land for Sale

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

For more information, please call 705-644-4227

Land for Sale

Various locations
Call 705-762-0013 for more information

Wahta Community Cleanup

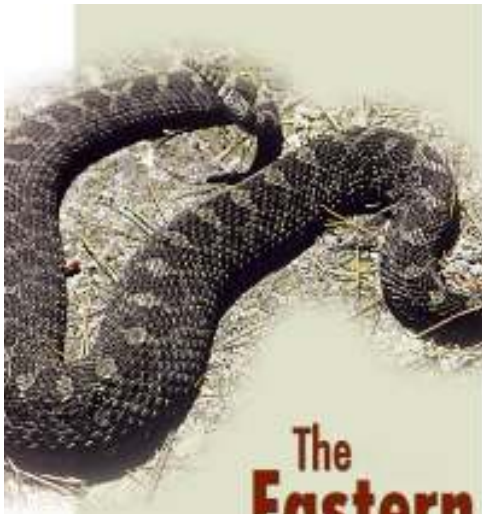
When: Thursday, June 4

Time: 10:00 – 2:00pm

Due to the Covid 19 shut down we were unable to do an earth day event at Wahta this year.

We are requesting the community's assistance in doing a roadside clean up, on Thursday, June 4th. Wahta Mohawks will be delivering gloves and garbage bags from 8:00am – 10:00am to each participating household on territory (items will be left on your doorstep). If you would like to participate, please contact Amy Davidson at amy.davidson@wahtamohawks.ca or 705-205-5181

On June 4th from 10-2 we request participating community members collect garbage along the roadway near their home. Full bags can be left on the side of the road for Wahta staff to collect in the afternoon of June 4th. Participating community members will receive a small token giveaway for your participation in this event. We encourage all members to participate. Please use extreme caution while collecting and use personal protective equipment while keeping in mind social distancing practices while out on this day.



The Eastern Massasauga Rattlesnake



Ontario's only venomous snake, the Eastern Massasauga Rattlesnake is a unique and fascinating reptile. Many people will never get to see a massasauga because of the snake's behaviour. They are non-aggressive and will avoid people. They rely on their colouration and remaining still to stay hidden. The rattle may be used as a warning if someone moves too close.

... A Threatened Species

The Eastern Massasauga Rattlesnake once had a much wider distribution in Southern Ontario than it does today. Persecution, habitat fragmentation and loss have resulted in their decline. This threatened species is protected by both Provincial and Federal legislation. Massasauga rattlesnakes are a unique component of Ontario's natural heritage. By being aware of your surroundings and following some precautions, you can safely share habitat with the Eastern Massasauga Rattlesnake.

Identifying Ontario's Eastern Massasauga Rattlesnake

Learn to identify Ontario snakes, and to distinguish the Eastern Massasauga Rattlesnake from other snakes. Teach your children and visitors how to identify the massasauga. Ask children to tell an adult if they see a snake. The message is not meant to scare them, but to make them aware.



What To Look For

Colour

Brownish grey to dark grey background with dark saddle-shaped blotches on the back with several rows of alternating blotches on the side. Blotches are edged in white. Belly is dark.



Shape

Heavy-bodied snake. Head is diamond shaped with white stripes along jaw. Neck is narrow in contrast to wide head and body. Stubby tail has a brown, segmented rattle.



Eyes

Vertical (cat-like) pupils. Heat sensitive pits are located between eye and nostril. If you can see this you are probably too close! Try using binoculars to see these features.

Length 47 - 76 cm

www.massasauga.ca

Snake Safety Tips



DO NOT
pick up snakes or
other wild animals.

DO NOT
harass, chase, or
threaten a snake.

Canada



Parks
Canada

Parcs
Canada

1. Wear protective footwear (such as hiking boots that cover the ankle) and long, loose fitting pants, especially when hiking at night or in open rocky areas, through brush or long grass.
2. Use a flashlight when traveling at night.
3. Always watch where you are putting your feet and hands. Poke around gently with a stick before reaching into brush, under rocks, or into dark places where snakes may be hiding.
4. Keep pets on leashes; curious pets are more likely to encounter a snake than people.
5. If you hear a rattlesnake, **STAY CALM!** Stop walking, and then determine the snake's location. Slowly move away from the snake and give it room to also move away. Enjoy the unique encounter but observe it from a distance and try not to disturb the snake.

If a Snakebite Does Occur

1. Do not panic. Remain calm. Remember that the person may have been bitten but no venom injected.
2. Call emergency services to request transportation to the hospital. If possible, carry the patient or assist them in reducing activity. Ensure they are laying down while waiting for transportation. Remaining calm and inactive will slow the circulation of venom through the body.
3. Wash and cleanse the wound.
4. Remove any jewellery from the bitten limb in case of swelling.
5. Loosely splint the limb to reduce movement.
6. Always seek medical attention.

Never apply a tourniquet, ice, cut the bite area or apply suction. Never try to catch or kill the snake; this is unnecessary, dangerous, and illegal due to its protected status.

PLEASE TAKE NOTE!

The massasauga rattlesnake's striking distance is limited to 1/2 its body length. The fangs and venom glands of the Eastern Massasauga Rattlesnake are quite small. The fangs are not likely to penetrate leather-hiking boots or loose clothing. If a rattlesnake does bite, there is a 25% chance that no venom is injected. In many other instances, only a small quantity of venom may be injected.

Keep the danger of snakebite in perspective. There have only been two fatalities in Ontario linked to snakebite. These fatalities occurred over 40 years ago, and in both cases, neither person received appropriate medical attention.

For more information: www.massasauga.ca

Wahta Mohawks Year End Celebration for Students

The Education Department is thrilled to share that we will be continuing the tradition of celebrating our pre-school, elementary and secondary students with a yearend celebration, despite the limitations presented by COVID-19.

This year's event will feature a drive by parade, messaging from schools, a slide show, small tokens of appreciation and a celebratory boxed dinner to enjoy in your home. This year this event will be held on **Thursday, June 25th, 2020.**

We encourage all those families that are interested in participating, whether living on or off the Territory, to register.

When registering please provide the following information:

1. The name, age and grade completed of students.
2. The name of your child's teacher and the school they attend.
3. Photos from the school year that you would like to have included in the slide show.
4. We are asking all interested families that do not live on Territory to also provide the location of a house on the territory that they can be at for the drive by parade and for drop of dinner.
5. The number of adults (parents or caregivers only), the number of students and any dietary restrictions.

Please register **before Wednesday, June 3rd, 2020** by emailing Simon Sutherland at simon.sutherland@wahtamohawks.ca or by leaving a message at 705-762-2354 ext. 245.

Person in Profile

So happy to share that **Stephanie DeCaire** has been awarded the 2020-21 AIAI Health Scholarship!

Stephanie has been a residential counsellor at a group home for youth for 16 years and now is currently enrolled in the Social Service Worker program through a partnership with First Nation Training Institute and Canadore College. She is just finishing her first year and is excited about starting in on her second and final year of the program. She returned to school a little later than some and is thrilled with how it's going so far. Stephanie's goal is to provide culturally centred holistic care for First Nations.

I am grateful to be a recipient of the 2020 Association of Iroquois and Allied Indians Annual Health Scholarship. This award allows her to continue to be a positive role model for her own children and community. Congratulations Stephanie!



building brighter futures

Bursaries, Scholarships, and Awards



Support for
Indigenous
Students

Indspire helps thousands of Indigenous students complete their education. We can help you too!

Each of us has a unique potential to achieve, and for First Nations, Inuit and Métis students, Indspire is here to help make that happen through financial assistance.

Deadlines

All Post-Secondary Education Programs (full-time studies in a post-secondary education program)

- February 1
- August 1
- November 1

Apprenticeships, Skilled Trades and Technology Incentives Program

- February 1
- August 1
- November 1

*Deadlines may change or additional deadlines may be added. Please visit indspire.ca regularly or sign up to receive updates by email.

Eligibility

- Canadian Indigenous person
- Enrolled in an accredited institution such as
 - An accredited education program
 - Trades or trade-related training

Types of Financial Assistance

Scholarships – based on academic merit;

Bursaries – based on financial need;

Awards – based on both academic merit and financial need; and

Incentives – encourages students to stay in school



How much could I receive?

Each application is reviewed individually, and the amount disbursed depends on the assessed financial needs of the applicant, the number of applicants, and the availability of funds. Historically, amounts have ranged from \$1,000 to \$30,000.

Can I re-apply if my application was successful?

You do not need to re-apply. Should funding become available, Indspire staff will follow up with you.

Thank you to our generous supporters!



Bill and Penny
Eakin

Estate of Norma
Panaro Dietz



Rick George
Family



indspire.ca/apply

education@indspire.ca | 1.855.INDSPIRE (463.7747) x253

Summer Safety Contest



On Wahta Mohawks Sharing is Caring Facebook page, find the summer safety article, read it, share it and post an interesting fact from the article. A random winner will be chosen on June 30th.

Let us get motivated!

Summer weight loss challenge

Sign up by June 15th

Starting the first week of July participants will submit their weight once a week by emailing to Amy Davidson at amy.davidson@wahtamohawks.ca, call or text, 705-205 5181. Your submissions will remain confidential and not be shared. At the end of August, a winner will be randomly chosen.

Contact Amy Davidson to sign up at amy.davidson@wahtamohawks.ca, call or text, 705-205-5181

Kids Program

Sign up by June 15th

Children wishing to participate will receive a tree to plant. Starting the first week of July, participants will do a brief write up to, Amy Davidson, at amy.davidson@wahtamohawks.ca, and let us know how their plant is doing/growing, measure it with a ruler and submit their write up each week. At the end of August, a winner will be randomly chosen between all that participate for a mystery prize.

Contact Amy Davidson to sign up at amy.davidson@wahtamohawks.ca, call or text, 705-205-5181

Family Well-Being Update

- Registered Psychotherapist, Elke Scholz is available to work with adults, families, children and youth needing support or assistance. She is here for Wahta during this crisis period and is available to work with everyone in the future through one on one appointments, family sessions and creative art therapies. Elke lives in Bracebridge and be contacted at 1-705-646-2300, 1-888-522-8770, escholz@vianet.ca, or at www.elkescholz.com. Many insurance plans along with NIHB (Non-Insured Health Benefits for First Nations) cover the costs of her services.
- Anxiety Warrior Workshop June 9th, 2020, 4:40 – 5:30 Registered Psychotherapist, and Author Elke Scholz will be doing an online Group Therapy Presentation via Zoom. The focus of the presentations would be “Strategies to manage and/or lessen anxiety/stress. As part of the Zoom meeting participants can type in questions for Elke. Please refer to the Sharing is Caring Page for information on how to connect, or contact Rubecka.
- Do you miss YOGA with Sarah Beaton? We have heard that there may be interest in starting yoga back with Sarah Beaton online! If so, let us know! If there is enough interested participants, we will bring her back! Please contact Rubecka.
- Food Security for off territory members. If you feel you could use some assistance with food security during The Covid-19 -- Pandemic please contact Danielle with your full updated contact information. danielle.neelands@wahtamohawks.ca 705-330-1875
- Jordan’s Principle Navigator work continues through the pandemic. Any families needing assistance with requests and appeals can continue to work with Danielle Neelands at danielle.neelands@wahtamohawks.ca.
- Our Band Representative services are continuing as we work alongside Dnaagdawenmag Binnoojiiyag Child and Family Services. Our focus is on prevention-based measures, family well-being services and supporting ongoing cases. Any Wahta families in need of assistance, please contact Rubecka to determine what resources and supports are currently available.
- Indigenous Healthy Babies Healthy Children - is being revitalized for our Wahta families by providing the best opportunities for healthy development for children from 0 - 6 years of age. The program would involve supports for preparing for parenting, prenatal and postpartum. Supports could include, home/hospital visits, traditional teachings, assessments/referrals and participant based group activities and workshops. Utilising the supports of IHBHC is voluntary and services rolled out during the Covid-19 crisis are modified. Please contact Rubecka to be a part of this wonderful program!
- Rubecka Davidson – rubecka.davidson@wahtamohawks.ca 705-644-4969

Good Food Box

Northern Produce will be delivering Good Food Boxes to everyone who is signed up.

June 2nd – Families with children

June 9th – Seniors/Adults

June 16th – Families with Children

June 23rd – Everyone.

June 30th - Families with Children



If you have not signed up and are interested in receiving the Good Food Box, and you live on reserve, please email Kristan at kristan.sahanatien@wahtamohawks.ca. You can also contact our receptionist Skye at 705-762-2354, and she will give Kristan the message.

Update on Mental Health Services

B'saanibaamaadsiwin Aboriginal Mental Health's office is closed until April 6th tentatively, and they are discouraging face to face interactions. Their crisis on-call service remains intact for anyone who calls, and a worker will be available to speak to 24/7.

Referrals can still be made over the phone. An intake worker will call back to arrange an intake appointment, also over the phone. If a crisis referral comes in, it will be given directly to the crisis worker on-call that day.

Contact Information:

Office Phone: 705-746-2512

Toll Free Phone: 1-866-829-7049

Crisis Phone: 1-888-893-8333

Dr. Connors is providing counselling services over the telephone under NIHB for status members. The days he is doing his counselling are Mondays and Fridays. Please call his office at 705-329-0400.

Attention Elders

As per the recommendation from the Health/Social Advisory Board and with the approval of the AIAI Chiefs Council, please be advised that the ***2020 AIAI Elders Gathering will be postponed***. The Elders Gathering will be held in August 2021 and the Oneida Nation will remain as the host. We understand the importance of the knowledge that our Elders hold, and we will be seeking innovative ways to keep in touch with the Elders in order to receive any feedback and input. Further information and details will be shared with the member Nations as we figure out how to move forward during these uncertain times. We appreciate your understanding in this matter.

ASK SUE!!!

Hi, my name is Sue Siwik and I am the Community Health Nurse for Wahta Mohawks.

I have been asked to answer questions from the children of Wahta MT about Covid 19.

If you have any questions for me, I will be happy to try and answer them. **Remember no question is too small or silly, we all learn from one another.**

In case you do not know me, I have prepared a short introduction.

I have been a RN (Registered Nurse) for 38 years and for the past 21 years I have been working as a CHN (Community Health Nurse) My main office is in Parry Sound and I travel to five Indigenous or FN communities to work, these include; Wahta Mohawks, Moose Deer Point FN, Wasauksing FN, Shawanaga FN and Magnetawan FN. Nursing is a wonderful career, and I love being an Indigenous nurse. When I am working in Wahta, some people call me their Mohawk nurse, because I am a member at Tyendinaga MT. When I am working in other communities some people call me their Ojibwe nurse because my grandmother was from Curve Lake FN, so I have Ojibwe background as well as Mohawk. My grandmother Melba is the person who inspired me to become a nurse, she was a healer and people in the community would come to visit her when they needed her help and she would give them medicine, sometimes her medicine was her words or her prayers. Her mother Bella was the midwife at Curve Lake for many years. My mother encouraged me to get my education, she knew how important it was. So, I come from a line of strong Indigenous women.

I am also a mother of three children: Melanie, Sarah and Andrew and a very proud grandmother of two boys Sammy and Emmett, ages 8 and 5 years.

Boys can be nurses too, my husband Stan was a nurse for many years and now he is retired.

Nia:weh, Miigwech and thank you!



5 boys and 5 girls...lets hear your questions!! Please send in pics with your questions and look for your answers and your pictures in the July newsletter!! What questions do you have right now???

Sue said any questions are great!! Can't wait to hear from you!

Contact Amy @ amy.davidson@wahtamohawks.ca or 705-205-5181

“Covid Crazies”

During this time of unknowingness. When we go out briefly to accomplish a task. Bring our masks, our hand sanitizers, avoiding people, and doing everything we are supposed to be doing to get through this unprecedented times....do you have a funny story? Something that has happened to you? That you would never do normally?

If you have a story to tell, one to share, that will increase our happiness and make us laugh...please email Christine or call 705-762-2354 and she will return your call.



Covid crazies ... a lady returns from running to the post office. She has done everything she can to make this trip during Covid-19 quick and effective. As little contact with people as possible. She places her coat and purse on her dining room table and has a seat on her couch and proceeds to place a call. She dials the number and can't figure out why there isn't a dial tone....also the tv seems to be going crazy...simply because she is dialing on the REMOTE CONTROL....must be the “Covid Crazies”

Covid crazies....a young woman places an online order for curbside pick up at Canadian Tire...this is the first time she has been out since it all began...and the world seems different. Anxiety and worry is a normal feeling right now. She opens her trunk and the worker puts in her order. Everything has gone smooth. She drives away and then hears a dragging sound from below her vehicle. Oh no what could that be?? Will she need a tow-truck? How does one get transported to the garage?? With the tow-truck driver?? So many worries...she gets out of the vehicle, still in the parking lot to see if she can see the problem. Another woman who is waiting for her order yells...Just back up...it should pop right out...pop right out (insert eyes bulging here) PYLON you ran over a Pylon....did not even see it...must be the “Covid Crazies”



Mallard Duck

37 species- largest amount in one day 300+(!)

Canada Goose

Turkey Vulture

Hummingbird

Blue Heron

Bufflehead
Duck

Bird



Purple Finch

Red Tail Hawk

Loons

Nuthatch

Program is continuing. Thank you to those participating!!!

Other Species Spotted:

Baby Turtles
Fox
Squirrels
Chipmunks
Bats
Otter
Muskrat

YELLOW GOLDFINCH



June
2020



B'SAANIBAMAADSIWIN ABORIGINAL MENTAL HEALTH PROGRAM

Achieving Balance While Isolating

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

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

With the current health situation, many of our normal routines and daily activities are changing. Naturally this can be unsettling, and we can find that the things we usually did to look after our well-being have become difficult. Whether you are working from home, or in some form of physical isolation, it can be helpful to organise a daily routine that involves a balance between activities that:

- give you a sense of **achievement**,
- help you feel **close and connected** with others and
- activities that you can do just for **pleasure**.

Keep these three things in mind to help achieve balance day to day

Achievement

We feel good when we have achieved or accomplished something, so it's helpful to include activities each day that give you a sense of achievement. For example, doing some housework, decorating, gardening, a work task, cooking a new recipe, completing an exercise routine, or completing 'life admin' such as paying a bill.

Closeness / Connection

We are social animals, so we need and naturally crave closeness and connection with other people. With the current health crisis many of us may be physically isolated or distant from others, so it's important that we consider creative ways to connect in order that we don't become socially isolated and lonely. How can you continue to connect with family and friends and have social time in a virtual way? Perhaps using social media, phone and video calls you could set up shared online activities.

Pleasure

When we are struggling with anxiety and worry, we can lose touch with things that used to give us pleasure. Plan to do some activities each day that are pleasurable and make you feel joyful. For example, reading a good book, watching a comedy, dancing or singing to your favourite songs, taking a relaxing bath, or eating your favourite food.

Coronavirus Disease 2019 (COVID-19)

Frequently Asked Questions

General

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact the nursing station/health center, your health care provider, Telehealth (1-877-797-0000) or your local public health unit.

When should people clean their hands?

- Before and after preparing food
- Before and after eating
- After using the toilet or changing a diaper
- Before and after using a mask or gloves
- After getting rid of waste or handling contaminated laundry
- Whenever hands look dirty

What is the best way to clean high-touch surfaces?

- High-touch areas (such as toilets, tables and door handles) and electronics (phones, computers) should be disinfected daily.
- Can use store bought disinfectant, or if not available, can use a diluted bleach solution (1 part bleach to 9 parts water) to disinfect high-touch areas. Can use 70% alcohol (alcohol prep wipes) to disinfect high-touch electronics.
- Disinfectants can kill the virus making it no longer possible to infect people.

What is the best way to practice hand washing?

- Best with water and plain soap. Wash for at least 20 seconds.
- If soap and water are not available, hands can be cleaned with an alcohol-based sanitizer that contains at least 60% alcohol.
 - Ensure that all surfaces of the hands are covered (e.g. front and back of hands as well as between fingers) and rub them together until they feel dry. For visibly soiled hands, remove soiling with a wipe first, followed by use of alcohol-based hand sanitizer.



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Is there a specific treatment for COVID-19?

- At this time, there is no specific treatment for COVID-19.
- The isolating person should rest, eat nutritious food, stay hydrated with fluids like water, and manage their symptoms.

Can people with COVID-19 stay at home?

- Most people who develop COVID-19 will have mild illness and not require care in a hospital.
- People who do not require hospital-level care can stay at home as long as isolation and appropriate monitoring can be provided.

Can mothers continue breastfeeding?

- Yes. Considering the benefits of breastfeeding and the insignificant role of breast milk in transmission of other respiratory viruses, breastfeeding can continue.
- If the breastfeeding mother is ill with COVID-19, she should wear a medical or procedural mask when near the baby, practice respiratory etiquette, and perform hand hygiene before and after close contact with the baby.

Who should avoid providing care?

- Household members with conditions that put them at greater risk of complications of COVID-19 such as people with underlying chronic or immunocompromising conditions or elders should not provide care for the isolating person if possible.

What can I do if it is not possible to limit contact with others in home?

- People in the home may all decide to isolate together (that is all stay home and follow the advice for people who are self-isolating).
- If there is additional accommodation available, these people could decide to stay somewhere else until the self-isolating person is well.

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for
at least 15 seconds

1

Wet hands with
warm water.

2

Apply soap.

3

Lather soap and rub
hands palm to palm.

4

Rub in between and
around fingers.

5

Rub back of each hand
with palm of other hand.

6

Rub fingertips of each
hand in opposite palm.

7

Rub each thumb clasped
in opposite hand.

8

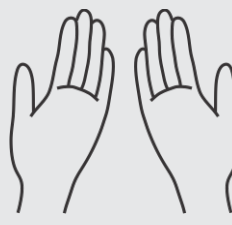
Rinse thoroughly under
running water.

9

Pat hands dry with
paper towel.

10

Turn off water
using paper towel.

11

Your hands are now
clean.

How to use hand sanitizer



Rub hands for
at least 15 seconds

1



Apply 1 to 2 pumps
of product to palms
of dry hands.

2



Rub hands together,
palm to palm.

3



Rub in between and
around fingers.

4



Rub back of each hand
with palm of other
hand.

5



Rub fingertips of each
hand in opposite palm.

6



Rub each thumb
clasped in opposite
hand.

7



Rub hands until
product is dry. Do not
use paper towels.

8



Once dry, your hands
are clean.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

The information in this document is current as of March 16, 2020.

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Ontario 

Coronavirus Disease 2019 (COVID-19)

How to self-isolate

(for anyone being asked to stay home)

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact the nursing station/health center, your health care provider, Telehealth (1-877-797-0000) or your local public health unit.

Stay home

- Do not go to work, school or other public places.
- Do not use taxis or share car rides.
- Your health care provider, public health unit or community leadership will tell you when it is safe to leave your home.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from elders and people with chronic medical conditions like high blood pressure, a history of heart attack or stroke, diabetes, lung problems or immune system problems.



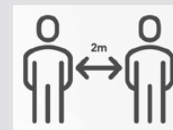
Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow and open windows if possible



Keep distance

- If you are in a room with other people, keep a distance of one to two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



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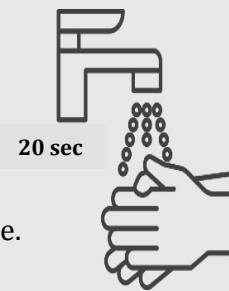
Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket, wash your hands.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Avoid touching your eyes, nose and mouth unless you have just washed your hands with soap.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- You can continue to use tap water under a Boil Water Advisory (BWAs) for handwashing and personal hygiene



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.



How to treat yourself

- If you need to take pain relief, ask your health care provider.
- It is still recommended to get your flu shot if you haven't already.

Stay informed

You can access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

Coronavirus Disease 2019 (COVID-19)

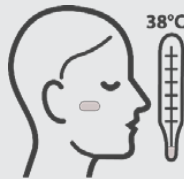
How to self-quarantine

(for people who are investigating if they are ill)

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact the nursing station/health centre, your health care provider, Telehealth (1-877-797-0000) or your local public health unit.

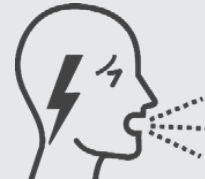
Monitor for symptoms for 14 days if you have travelled outside of Canada or you have been in close contact with someone with symptoms of COVID-19



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid public spaces and places where you cannot easily be 1 to 2 meters apart from others.

What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your nursing station/health center or health care provider.
- To self-isolate you will need:
 - Instructions on how to self-isolate
 - Supply of procedure/surgical masks (enough for 14 days)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using taxis or sharing rides. If unavoidable, wear a mask and sit in the backseat.

Stay informed

You can access up to date information on COVID-19 on the Ontario Ministry of Health's website:

ontario.ca/coronavirus

Adapted from the Public Health Ontario – COVID-19: How to self-isolate fact sheet
The information in this document is current as of March 23, 2020



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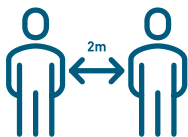
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SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

What does Social Distancing mean?



This means making changes in your everyday routines in order to minimize close contact with others, including:

- ▶ avoiding crowded places and non-essential gatherings
- ▶ avoiding common greetings, such as handshakes
- ▶ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ▶ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

Here's how you can practice social distancing:



- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ stay home as much as possible, including for meals and entertainment
- ▶ shop or take public transportation during off-peak hours
- ▶ conduct virtual meetings
- ▶ host virtual playdates for your kids
- ▶ use technology to keep in touch with friends and family



If possible,

- ▶ use food delivery services or online shopping
- ▶ exercise at home or outside
- ▶ work from home



Remember to:

- ▶ wash your hands often for at least 20 seconds and avoid touching your face
- ▶ cough or sneeze into the bend of your arm
- ▶ avoid touching surfaces people touch often



If you're concerned you may have COVID-19:

- ▶ separate yourself from others as soon as you have symptoms
- ▶ if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- ▶ stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- ▶ call ahead to a health care provider if you are ill and seeking medical attention

FOR MORE INFORMATION:

@ canada.ca/coronavirus

1-833-784-4397



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

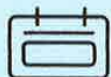


RAAM CLINIC

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:

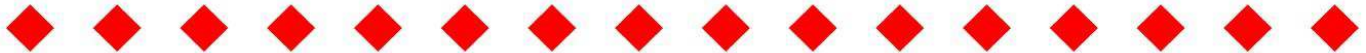
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

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.

Wahta Mohawks Business Directory

<u>Business Name</u>	<u>Phone Number</u>	<u>Website</u>	<u>Services Offered</u>
Bala Auto Detailing	(705) 641-1263	www.Balaaautodetailing.com	Full-service auto detailing
First Nations Liquidation	(705) 762-0101	https://www.facebook.com/FirstNationLiquidation	convenience/gifts/fireworks/house wares
Handy Man Dan	(705) 706-2710		repair/maintenance/construction/property management
Mrs. H's Fish & Chips	(705) 762-4262	mrshsfishandchips.ca/	Restaurant
Muskoka Rural Electric	(705) 762-3440	www.muskokaruralelectric.com	Licensed Electricians
Poseidon Plumbing	(705) 801-6164	www.godofwater.ca	Full-Service Plumber
Sahanatien Haulage	(705) 762-5346	https://lshaulage.com/	Site development/roads and driveways/ septic systems/landscaping and landscaping supplies/material delivery
Team Boats	1 855-770-8326	www.teamboats.ca	Custom Aluminum Boats
Wahta Station	(705) 762-2195	thewahtastation.com/	Convenience/grocery
Wahta Springs	1 800-593-0127	www.wahtasprings.com	Water Bottling
What-a-Convenience	(705) 762-1923	https://www.facebook.com/whatabakery/	Gas Bar/bakery/Gifts
Womb Rising	(705) 323-5599	www.wombrising.com	Birth Services

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, and contact details.

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

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