

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

Seskeha - The Time of Freshness



August 2020



THIS ISSUE

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

COVID-19 Testing Available

Testing will be at the Cultural Centre on August 17th, 2020. To book an appointment, call Sue Siwik by cell at 705-346-1308 or in the office at 705-746-5807. More information inside.

Ontario Power Generation Notice

2020 Fall maintenance activities planned for Ragged Rapids and Big Eddy Generating Stations may result in water level fluctuations. See inside for more information.

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



WAHTA COUNCIL UPDATE

Chief Philip Franks

We are now four and a half months into the precautions we have been taking due to the COVID-19 pandemic. As Ontario is now relaxing its restrictions in many areas, and the summer population is in our area, things are beginning to gradually go back to where we were. There are many lessons we can take from the experience of the pandemic, but the most important one is that we must be on guard to protect our health and those around us. This is not a time to become free and easy with our lifestyles, it will be some time yet before a vaccine is found to be tested and true.

Throughout the past few months watching the progress of the virus in hopes we can meet again for public meetings and social events, I must say the measures taken by Canada and Ontario seem to have lessened the damage compared to our neighbour to the south. Once again gratitude goes out to all those people who have been following the rules, and especially for the patience of our elders who have probably given up the most. Mandatory mask usage in public places declared by the health unit has proven to be a great assistance in getting us where we are. Going forward we must remember those basic precautions including social distancing and cleaning our hands when out until the pandemic is eliminated.

Council Business:

During July Council did begin to meet in person again following the required protocol including temperature checks, hand sanitizing, seating placed far apart, and mandatory face masks.

Considerations were given to our existing relations with other organizations.

Council by motion at the end of July is withdrawing from the Iroquois Caucus. This decision came based on membership fees and expenses vs. benefits received.

Council will continue partnerships and memberships with the Association of Iroquois and Allied Indians and by extension Chiefs of Ontario and the Assembly of First Nations, and the Woodland Cultural Centre. Continued relations with Child and Family Services and other provincial and district organizations will also occur.

The strategic planning included a session with Future Design School who were contracted to undergo a membership based review and organization study on the administration and programs. This report should be completed after the summer and will include a governance section based on what members have indicated to be priorities. In the meantime, Council continues to work toward Council priorities and action plans including the refining of policy for Council operations. Next week a review of Council roles, responsibilities, and procedure policies will take place to create a draft for consideration.

A more complete Council agenda on governance issues will be available soon. One of the difficulties is not being able to meet the membership to have discussions on larger issues affecting our future as Wahta Mohawks. We will work with these timelines in the Council strategic planning as we see how Covid-19 plays out.

The issue of the Citizenship Code changes is coming back up also in August. A draft had been created based on a survey completed last year. Major changes will be moving away from blood quantum. Also strongly being looked at is removing the Residency section from this code and creating a set of stand alone residency rules.

As usual, and safe to say with more frequency, this years trespass issues have increased in the areas of camping, parking, and fishing on the territory. This could be due to more people leaving the city to find weekend places to camp. Wahta by-laws or Mohawk laws are still in flux when it comes down to enforcement and processing through the court system. Discussion is turning toward our own enforcement once again as we continue to be caught up in a provincial review of the policing act and OPP on First Nations non-implementation of our by-laws. Improvements may have to occur with certain areas being designated to bring more certainty in keeping non-members from the intrusions that have been occurring.

As a side note for those in our membership who are using the third island on Gibson Lake (Picnic Island), please remember to respect the conservation rules and keep the island in good shape. We have been dealing for a long time with weekend campers that have no regard for the environment so we need to set the example.

Council has continued to work alongside the administration where needed. The capital projects such as the water study, landfill study, new housing units, and administration roof have been ongoing. The new housing units and the roof project will be completed by fall. Please note that the new roof will be different. The red material due to Covid-19 is not available so the closest earth tone look will be a darker brown as opposed to the only other available color which is grey.

We have been in contact with Ontario Power Generation regarding their spraying practices specifically at the Big Eddy generating station. They have been killing vegetation along the dike upstream of the intakes and there is concern about the use of herbicides close to the water. Council is looking for pre-notification regarding such practices and there will be more discussions upcoming.

Once again the above are just highlights of Council activities. And once again please relay any questions or concerns to Council or myself.

Nia:wen for reading, have a good safe rest of the summer.



Wahta Mohawks Council Meeting Minutes

Date: Wed July 2, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lawrence Schell

Councillor Lori Fenton-Strength

Councillor Teresa Greasley

In Attendance:

Murray Maracle, Senior Administrator

Request to Locate Business Garbage and Recycling Bins at Landfill

Request made by a community business to inquire into the possibility of locating their garbage and recycling bins at the community landfill. The request was made due to safety concerns with the presence of bears around the bins at the business's location. The Administration has confirmed that room can be made for approximately 10 bins at the landfill to accommodate the request. Council set a price of \$500 a year for businesses to have their bins on site at the landfill to cover the costs of plowing and maintaining the site around the bins. Council also directed the Administration to reach out to two other community businesses who would also have food waste and possibly similar safety concerns at their businesses to let them know of the possibility of having bins at the landfill as well.

Unauthorized Parking Issues in the Community

Council discussed the issue of unauthorized parking occurring within the Territory despite posted signage prohibiting this in specific areas. The Administrator provided an update on the ongoing discussion with Falls Law on a recommended approach to enforcement of the issue. Work with Falls Law on an approach to enforcement will continue.

Landfill Closure on Holidays

Council asked the Administrator to ensure the Capital Assets department has the landfill either opened on holidays or that an alternative day is selected to have the landfill open when its normal hours fall on a holiday.

MCR Transferring Lot 13-9 Concession 11

Council approved and signed the MCR which approves the transfer of the lot to Leonard Montour based on a previously agreed to sale of the land.

Appointment of Ontario Works Administrator

Council approved and signed an MCR appointing Skye Decaire Ontario Works Administrator. The MCR is a required document for the provincial funder, and the appointment will be temporary until such time the position is posted and hired for.

Cottage Road Association Request

An individual from the Cottage Road Association has reached out to seek permission from Council for the Association to lay recycled asphalt on portions of the cottage road off Wahta Road 2. Certain sections of the cottage road are not holding up well to heavy rain, and as such, the Association is looking to reinforce those areas with recycled asphalt at its own expense. Council approved the request and asked the Administrator to communicate the approval to the contact from the Cottage Road Association.

Encroachment at Duplex Site

Administrator briefed Council on an encroachment issue at the duplex site. The contractor conducting the site clearing work somehow managed to clear approximately .34 of an acre of member held land adjacent to the site. It is unclear how this occurred as site plans and maps of the site were provided to the contractor prior to the work commencing. Discussions are ongoing with the landowners impacted to determine a resolution to the inadvertent clearing of their land. Work also continues to determine what caused the contractor to clear land outside the project site.

Additions to Reserve

Council has a discussion on the status of this work and the challenges being faced in securing a timely conclusion to the process. Council will invite the Administration's lead on this process, Scott Aubichon, to Council's weekly meeting next week to further discuss the process and milestones achieved to date. Council will also discuss a plan for ensuring the government is moving as expediently as possible to ensure this process is brought to a timelier conclusion.

Request to Fish in Wahta

Members of another community have requested permission to fish within Wahta. Council discussed the request and determined that permission will not be granted at this time. Council feels more work is required to determine clear parameters around who should be given permission and when to ensure requests are handled in a consistent manner moving forward.

Communication Protocols with the OPP

A recent incident in the community requiring a response from the OPP has raised concerns for Council that previously followed communication protocols with the OPP are not being consistently applied. The lack of information communicated to Council regarding the recent event and concerns created in the community as result of the information gap highlights the need to ensure the OPP are communicating with Council in a consistent and timely manner when events occur in the community. The Chief will reach out to Inspector Burton, Detachment Commander for the OPP's Bracebridge Detachment, to discuss Council's concerns and the need to ensure communication protocols are clearly known and adhered to by the OPP.

Issue of Vehicles Stored on Road Allowances

A concern has been brought to Council's attention concerning vehicles being stored along road allowances in the community. The Administrator informed Council that the issue was brought to its attention as well and that a letter has gone out to the owner of the vehicles requesting their removal by the end of July. The vehicles to create numerous safety issues so the Administration will work with the owner to ensure they are removed in a timely manner.

Internet Service to the Community

It appears quite likely that the upcoming school year will include a portion of online learning for elementary and secondary students in the community. Council discussed its concerned that not every family in the community has access to internet and that this could have detrimental impacts on students moving forward. Council has directed the Administrator reach out to the Administration's current provider to determine what would need to be done to possibly expand and offer the service from the tower built to service the Administration Building and Cultural Healing Centre.

Review of Council's Budget and Investment Accounts

Council has asked the Administrator to arrange a review of two separate financial items. Council would like to review its financial expenditures from the previous fiscal year in order to assist in assessing its current year budget. Council is also concerned how the community investments accounts are performing given the impact the current pandemic has had on the markets. As such, Council would also like to review the status and performance of community's investment accounts.



Wahta Mohawks Council Meeting Minutes

Date: Wed July 8, 2020

Time: 10:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lawrence Schell

Councillor Lori Fenton-Strength

Councillor Teresa Greasley

In Attendance:

Murray Maracle, Senior Administrator

Scott Aubichon, Lands and Resources Coordinator

Samantha Walker, Council Executive Assistant

Discussion on Additions To Reserve (ATR) Process

Scott Aubichon provided an update on the current status of the ATR process. Work is underway on the drafting and approval of several required permits for external groups as identified in the original Settlement Agreement. Required land surveys have been completed and approved by Council, however wording changes on the surveys themselves have been discussed and made between the provincial and federal governments. The wording changes were simply made so that the documents comply with the technical filing requirements of each level of government. Scott will share a summary of the wording changes made with Council so that a decision can be made as to whether Council feels an additional Resolution is needed for the surveys given this change. The provincial government is also continuing its work in conducting an environmental assessment of existing hunt camps on the ATR lands to facilitate their procurement process to have them removed. Philip will prepare motions for the next meeting regarding the McMaster Lake survey.

Approval of MCR's – Land Leases

Council approved and signed a number of Resolutions related to Land Leases in the community.

Local Health Integration Network (LHIN) - Funding Agreement Extension For Signature

Murray informed Council that the originally signed LHIN Funding Agreement has been extended to March 31st, 2020. The original agreement was to run until the end of June at which time a new agreement would be provided incorporating provincial changes to work involving the

dissolution of the LHIN's. Due to the pandemic, these changes have been delayed by the provincial government and as such an amendment has been provided to extend the agreement until the end of March 2021.

Motion 1:

Moved by Lori and seconded by Lawrence to approve the Chief and Murray to sign the LHIN agreement extension to March 31st, 2021.

Royal Homes Invoice – Approval to Pay

Motion 2:

Moved by Blaine and seconded by Lawrence to pay the Royal Homes invoice of \$413,302 for the first of three duplexes currently being constructed and primarily funded through Indigenous Services Canada's On-Reserve Immediate Housing Needs Fund.

Picnic Island – OPP Response to Incident and Future Permit System

Chief Franks provided an update on the Picnic Island Incident and started a discussion on possible solutions. Council discussed how it is Wahta's responsibility to keep the island environmentally sound and about the possibility of a stricter approach, similar to Rama's in Port Carling for use of the island involving permits. As of now, Chief Franks will put out a message in the newsletter to all members as well as to the local cottage association to keep the island environmentally sound and to avoid the use of fireworks, littering, etc.

Mandatory Masks in Public Spaces – Health Unit Order

Council discussed the mandatory mask order issued by the Simcoe Muskoka Health Unit beginning July 13th. Council supports the Health Unit's direction on making masks mandatory and recommends that Wahta follow similar guidelines. Chief and Council will provide a statement to the community that masks and face coverings be mandatory inside public spaces in the community in manner consistent with the Health Unit's order.

Falls Law Response to Membership

Council discussed having a follow up meeting with Jay Herbert from Falls Law to discuss the draft Citizenship Code. Chief Franks has also been discussing parking bylaws with Murray and will bring this up in the meeting with Jay. Council proposed the Chief arrange a meeting with Jay for July 22nd.



Wahta Mohawks Council Meeting Minutes

Date: Wed July 15, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Lori Fenton-Strength

Councillor Teresa Greasley

Councillor Lawrence Schell

Regrets:

Councillor Blaine Commandant

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Sarah Prevette, Future Design School

Funding Agreement - 2020-2021 Indigenous Healing and Wellness Strategy (IHWS)

Council reviewed the Memorandum of Agreement from the Association of Iroquois and Allied Indians (AIAI) for \$192,258.77 of funding in relation to the IHWS Funded Programs. Council approved the agreement and it was signed by the Chief.

Funding Agreement - Cannabis Education and Awareness Project Funding

Council reviewed the Cannabis Education and Awareness Project Funding Agreement sent by the AIAI in the amount of \$92,000. It was approved by Council and signed by the Chief.

Sarah's Presentation & Discussion on Strategic Plan Draft

Sarah Prevette from Future Design School presented the draft community plan to Council. She summarized last year's survey findings on community needs and how that was incorporated into the draft plan. Chief and Council then discussed priorities, action items and deliverables and made updates to the draft plan.



Wahta Mohawks Council Meeting Minutes

Date: Wed July 22, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lawrence Schell

Councillor Lori Fenton-Strength

Councillor Teresa Greasley

In Attendance:

Jay Herbert, Falls Law

Samantha Walker, Council Executive Assistant

Discussion with Jay Herbert from Falls Law

Council met with legal counsel Jay Herbert from Falls Law to discuss and seek advice on a number of ongoing issues including the draft citizenship code and Trespass by-law.



Notice: 2020 Fall Maintenance activities planned for Ragged Rapids & Big Eddy Generating Stations may result in water level fluctuations

In September and October, Ontario Power Generation will be performing station and underwater maintenance activities at Ragged Rapids Generating Station (GS) and Big Eddy GS. During the work, the stations will not be operating (also called an outage).

MAINTENANCE/OUTAGES WILL OCCUR DURING THE FOLLOWING TIMES:

Ragged Rapids: September 15 to 25

Big Eddy: October 5 to 23

What will this look like?

During the Ragged Rapids outage, property owners and users of the river could see fluctuations in river levels and flows. OPG will attempt to minimize variations to the river system. You are unlikely to notice any changes during the Big Eddy outage.

Why is the outage planned for September and October?

The outage is scheduled during this time to avoid prime recreation use in the summer and before water flows increase in the fall.

Both outages will not affect power or emergency access.

As always, and particularly during these outages, OPG reminds everyone to **Stay Clear and Stay Safe** of hydroelectric dams and stations – please obey all warning signs!



For more information contact:
Jennifer Grossi, Stakeholder Relations
Mobile: 905-641-5366
jennifer.grossi@opg.com

opg.com

ONTARIO **POWER**
GENERATION



NOTICE

Hydro One will be performing Inspection and maintenance on the transmission lines on Wahta Mohawks Territory including Certificate of Possession and leased lands in July & August. Please contact myself or Dan White of Hydro One if you have further inquiries.

Scott Aubichon

Lands & Resources

scott.aubichon@wahtamohawks.ca

705-762-2354 Ext 242

Dan White

Customer Service Supervisor

Dan.white@hydroone.com

519-643-6674

Call for Members – AIAI Youth Council

Wahta Mohawks is seeking an individual interested in advocating and addressing the issues that impact Indigenous youth in the community for appointment to the AIAI Youth Council for one term (2 years).

Those interested must meet the following criteria:

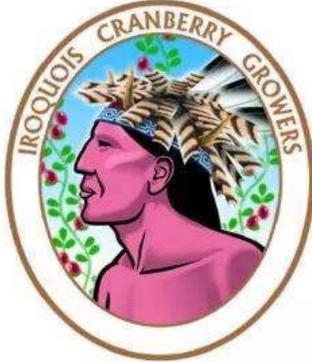
- Between 14-29 years of age;
- Be available to attend meetings and or training opportunities as required;
- Update Wahta Mohawks on initiatives and work being done from the AIAI Youth Council.

Interested applicants should indicate their interest in writing to Human Resources **no later than August 31, 2020 at 4:30pm.**

Joanne Contant, CFO and Human Resources
Wahta Mohawks, PO Box 260, Bala, ON, P0C1A0
joanne.contant@wahtamohawks.ca

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 Mohawks
COVID-19
Testing Event – August 17 2020**

**TESTING IS MONDAY, AUGUST 17 AT THE CULTURAL HEALING CENTER
2343 MUSKOKA ROAD 38 IN WAHTA**

This event is by appointment only. Testing is available to any individual who is free of COVID-19 symptoms and will be performed by Community Paramedics who are trained to do so. ALL APPOINTMENTS MUST BE BOOKED BY AUGUST 13TH.

If you have any of the following symptoms, testing at this event is not appropriate for you. Call your primary care physician or nurse practitioner to seek advice about your symptoms. If you do not have a primary care physician or nurse practitioner, call the Muskoka COVID-19 assessment center phone line at 1-888-383-7009. Symptoms include:

- Fever
- New onset of cough
- Worsening chronic cough
- Shortness of breath
- Difficulty breathing
- Sore throat
- Difficulty swallowing
- Decrease or loss of sense of taste or smell
- Chills
- Headaches
- Unexplained fatigue/malaise/muscle aches
- Nausea/vomiting, diarrhea, abdominal pain
- Pink eye
- Runny nose or nasal congestion without other known cause.

If the person is 70 years of age or older, symptoms may include:

- Delirium
- Unexplained or increased number of falls
- Acute functional decline
- Worsening of chronic conditions.

We need the following information to set up your COVID-19 test appointment:

- First and last name
- Date of birth
- Health care number
- Address and phone number
- Name of your primary care physician or nurse practitioner.



**Wahta Mohawks
COVID-19
Testing Event – August 17 2020**

Here is what you can expect when you arrive at your test appointment.

To protect ourselves and others and to limit the spread of COVID-19, please abide by the following:

- Bring identification to your appointment and bring your own mask/face covering.
- You will see a Community Paramedic vehicle will parked in the parking lot and a tent will be set up beside the vehicle.
- Enter the parking lot and follow directional signs.
- **Remain in your vehicle until you are notified to leave your vehicle and enter the testing tent** – individuals will be called one at a time to enter the tent (if an individual needs to be accompanied due to mobility issues, the accompanying person will need to follow the same protocols as the person being testing – e.g. mask, sanitize hands, etc.).
- Put on your mask/face covering before leaving your vehicle and leave it on unless you are asked to remove it.
- Upon entering the tent area you will be asked to sanitize your hands using hand sanitizer and then to show your identification.
- Please do not bring coats, cell phones, purses, bags, food, or drink into the tent area.
- When the test is completed, return to your vehicle. Do not remove your mask/face covering. After you leave the area dispose of your mask/face covering properly, away from the testing location.
- Signs will be posted in the parking lot area of the testing location – please follow instructions as posted as well as the instructions of the Community Paramedics.

Test Results

- Your primary care physician or nurse practitioner will receive your test results in 5 to 7 days.
- You can obtain your results from your primary care physician or nurse practitioner. Community Paramedics will not have access to your test results.
- You can also obtain your results through an online Ontario Health portal. You will receive information on how to access this portal at your appointment.

In-home testing for individuals not able to attend the testing site due to mobility issues, can be arranged.

**If you would like to be tested for COVID 19 at this event please call the
Community Health Nurse, Sue Siwik to book your appointment.**

**Screening for COVID 19 will be done and collection of personal health information will
be taken at this time.**

Cell # 705-346-1308 Office # 705-746-5807

Education Update

Covid-19 and Impacts on the return to School 2020-2021

At this time there is so much uncertainty about school plans for the Fall 2020, and parents are feeling anxious about the uncertainty that lies ahead with only five weeks until the school year begins.

School Boards will announce their plans hopefully by end of July or the first week of August. The three options they have to choose from is (a) schools open full time (b) schools open with a hybrid approach (in classroom combined with Learn at Home) (c) full time Learn at Home program.

We are looking at options to support our students in community, and once more information is revealed we will have a better understanding of our needs in community. Our department will be contacting our parents soon to gather specific information once the TLDSB School Board plan for Fall is announced.

Education Agreement with Trillium Lakelands District School Board

Wahta Mohawks is in the process of updating our existing agreement with TLDSB and we hope to have a new agreement in place by September. We have taken into consideration issues that have been shared in the past as we enter a new agreement with a focus on better communication, and improved transparency and accountability.



TLDSB Social Entrepreneurship Program

July 20-24, 2020 & August 17-21, 2020

Trillium Lakelands District School Board is excited to announce an opportunity for all students grade 4-12 who identify as Indigenous, to participate in a Social Entrepreneurship Program this summer!



This experience is designed to provide participants with the tools and methods to identify opportunities within their Indigenous community they feel passionate about taking initiative in and work to design solutions that have positive impact for others.

Through a fun, engaging and culturally responsive process - participants will learn the same tools and methods that are used inside of the world's most successful companies to design new products and services and have an opportunity to infuse cultural knowledge, understanding and practice into the entire program.



This program will be offered for two separate weeks this summer:

July 20-24, 2020

- Grade 4-8
- Grade 9-12

August 17-21, 2020

- Grade 4-8
- Grade 9-12

This program will be a mix of online and outdoor activities to allow for flexibility and mentorship throughout the week! The program will have synchronous sessions daily via an online portal.



Participants who complete the program will receive an Official Certificate from Future Design School as well as a Certificate from Trillium Lakelands District School Board.

KEY TAKEAWAYS FROM THE PROGRAM:

- ✓ Learn Design Thinking Strategy
- ✓ Create and Pitch Your Idea
- ✓ Build Solutions to Real World Challenges and Opportunities Within your Indigenous Community

Join us for one or both weeks!

To register or for information about the Kindergarten - Grade 3 program on August 10-14, please contact Holly Groome: Holly.Groome@tldsbc.on.ca



YOUNG ENTREPRENEURSHIP PROGRAM COMPLETES **FIRST WEEK**

Over the week of July 20-24, several students from across the TLDSB region participated in daily activities via our virtual platform. Participants each identified a challenge or opportunity that they saw in their community that they felt personally connected. These challenges were rooted in the understanding that we are the caretakers of Mother Earth and we each have a commitment to making sure we live harmoniously and in balance of all things.

Each morning, participants joined together for a traditional opening led by one of our Elders or Indigenous mentors. From there, our entrepreneurs in training were introduced each day to a new piece of the design process, to support them as they designed ideas and solutions to their chosen challenges.

Our Elders and Knowledge Keepers shared teachings about environmental stewardship, empathy & active listening, giving & receiving feedback, the importance of storytelling, the four elements, among others. Our entrepreneurs then applied their understanding as they set out to understand their topic, learn about others' experiences, design and build out their ideas.

We had several participants from Wahta who each contributed to an amazing week by showing up each day, sharing their ideas, supporting others and engaging in an incredible opportunity to use their voices and help others!

These entrepreneurs tackled issues such as the impact of 2 stroke motors on our lakes, creating inclusive spaces, tidy their communities, rethinking dumps, mental wellness and teens as well as rebuilding our communities through connection!

There were so many incredible ideas and we cannot wait to see how these young entrepreneurs continue to use their voices and share their incredible ideas with others!

We have another week that is open for registration for anyone else in grades 4-12 who is interested! Contact Holly Groome Holly.groome@tldsbc.on.ca or one of our staff in the education department carol.holmes@wahtamohawks.ca simon.sutherland@wahtamohawks.ca for more information.

Mohawk Institute Virtual Tour Now Available Online to Support the Save the Evidence Campaign:

(Brantford/Six Nations, ON) - **The Woodland Cultural Centre presents two screenings of the Mohawk Institute Residential School Virtual Tour in August as a fundraiser for the Save the Evidence fundraising campaign.**

The Mohawk Institute Indian Residential School operated in Brantford, Ontario from 1828 to 1970. It served as a boarding school for First Nations children from Six Nations, as well as other communities throughout Ontario and Quebec. It served as a key tool in the effort to assimilate First Nations children into European Christian society, and sever the continuity of culture from parent to child.

The virtual tour video was created with local production company Thru the RedDoor, and it follows the guide, Lorrie Gallant, as she gives a tour of the former Mohawk Institute Indian Residential School. During the video Lorrie provides the history of the institution over its 140 year history. Viewers will get to see the different rooms in the school, from the girls' and boys' dormitories, the cafeteria, laundry room, and other rooms throughout the building, as well as hear interviews from five Survivors of the Mohawk Institute.

The fundraising events will go towards completing the final Phase 3 of the Save the Evidence campaign. Our community overwhelmingly wanted to repair the building – to Save the Evidence of what happened there during this dark chapter in Canadian history and to ensure this history is never forgotten. All ticket sales help us to realize this nationally important project.

Due to the sell out attendance at the July screening of this event, Woodland Cultural Centre has added two more screening dates in August. Tickets can be purchased on our website at www.woodlandculturalcentre.ca/events

“Preserving memory and delivering education hopefully will result in a broader understanding and lessons learned.” - Anonymous Donor

Details for Public Virtual Tour of the Mohawk Institute Residential School:

Event Information: August 5 & 19, 2020 at 7pm
Tickets – \$10 donation to Save the Evidence
Virtual Tour Length – 45 minutes
*** 80 people per screening ***

Buy Tickets Online: <https://woodlandculturalcentre.ca/events/>

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Media Contact:
Layla Black
Marketing Coordinator
marketing@woodlandculturalcentre.ca
519-756-2650



WOODLAND
CULTURAL CENTRE

MOHAWK INSTITUTE RESIDENTIAL SCHOOL VIRTUAL TOUR

NOW ONLINE
CHECK OUR WEBSITE
WOODLANDCULTURALCENTRE.CA



Health & Social Services Programming

Pizza and Baking Kits For Children and Youth

We have two different kits available to children and youth. Each kit comes with a recipe and all the ingredients needed to make your own pizza, or the ingredients to bake some sweet treats. When registering, please indicate if you are signing up for the pizza kit, baking kit, or both!

Please register with Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca

Deadline to register is: August 14, 2020.

Paint Night

Paint Night with Let the Cat Go Art Studio Tuesday August 25th @ 6pm. Registered participants will be sent a zoom link prior to the painting workshop. A kit with all the necessary supplies will be made available to each registered participant.

Please register with Kristan Sahanatien by August 14, 2020.

kristan.sahanatien@wahtamohawks.ca

Once registration closes, we will be in contact with those who have signed up.

Zoom Workshop with Creator's Garden

September 8th at 12pm-2pm.

Understanding Awaadiziwin (knowledge) and its role in achieving Bimaadiziwin (life)

We will spend time learning and story-telling about issues/diseases related to Mental Health and Addictions: Anxiety and Depression. We will learn how the disease works and why it persists. This will cover the identification of cultural components as unique human gifts necessary for life: Plant medicines, fasting, cold-shock, heat-shock, long form endurance exercise bacteria and sleep all make us as a species special.

We will focus on understanding the plant medicine and its mechanism, how it works. With us all at a solid understanding of this knowledge (**awaadiziwin**) and how it is required to achieve life itself (**bimaadiziwin**) the conversation then, necessarily focuses on the unique human ability to engage in reciprocal relationships with medicines themselves, and our roles and responsibilities to Aki, the land.

To register for the workshop, please email kristan.sahanatien@wahtamohawks.ca. Participants will be sent a zoom link prior to the workshop.

Share and Care with Brad Bowland

This program is replacing lunch with Brad until we can get back together as a group.

We will be developing Mental Health packages for you to review at home. The two topics that we will start with are grief and trauma due to Covid 19. If you are interested in receiving this information please email me at sherry.byrne@wahtamohawks.ca or call 705-762-2354 ext:250 and leave a message and I will return your call.

Men's Activity

Men are also feeling stressed out and anxiety during this time of uncertainty and need supports and activities that create balance in their lives. This is a program that will provide you with some tips for men for a healthy wellbeing. Along with this information you will be provided with a hand on activities/hobby for men to do at home. If you are interested or would like more information please contact me at sherry.byrne@wahtamohawks.ca

Crafts for Women

Are you crafty and would like to receive a new project to do at home to help combat boredom during Covid. I'm looking into some craft ideas to develop some new skills and knowledge, if you are interested please let me know either by email sherry.byrne@wahtamohawks.ca or call 705-762-2354 ext:250 and leave me a message.

Drum Group

Are you interested in participating within a drum group for fun! Getting together to share our songs with each other having a great time singing and drumming together. This is a good way to relieve stress and anxiety. We are not at that stage to be able to together yet, but we could start to practice at home or within our own social bubble. When we are given the red light that we can come together we will be ready to go! If this is of interest to you please email me at sherry.byrne@wahtamohawks.ca or call 705-762-2354 ext:250 and leave me a message.

Bounce Back

(Canadian Mental Health Association Ontario Resource)

This is a video resource to help you feel better and learn to tackle depression, anxiety and stress.

"This self-help system in the video has helped many people struggling with low mood, worry, and stress. You'll learn how to solve problems, build confidence, and start thinking in helpful ways instead of negative ways."

“BounceBack is **not a crisis service, psychotherapy or counselling**, but a life-skills program that participants work with to develop coping techniques so they can overcome challenges now or in the future. “

If you are interested in receiving a DVD or would like more information , please email me at sherry.byrne@wahtamohawks.ca or call 705-762-2354 ext:250 and leave me a message. (Additional information is included within this newsletter, please watch for it)

Completed Diamond Dotz



Roses by the Window



Sunflower China Vase

Two very beautiful pieces, well done ladies!

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](tel:1-705-646-2300), [1-888-522-8770](tel: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 August 4th and 18th 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. <https://zoom.us/j/98663135584> or call in at [1-647-374-4685](tel:1-647-374-4685). You can also refer to the Sharing is Caring Page on Facebook for information on how to connect, or contact Rubecka.

YOGA with Sarah Beaton ! We will be having Yoga through Microsoft Teams every Wednesday at 5pm! Please contact Rubecka with your email address for the online invite!

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](tel: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 - provides 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@wahtamohawks.ca or [705-644-4969](tel:705-644-4969)

Good Food Box

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



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

Homemade Tomato Sauce In Your Kitchen



Tomato season is coming up and what better way to enjoy them than with your own tomato sauce. Program is open to community members. Please sign up for the program by August 21st. All ingredients and jars will be supplied along with the recipe. Photos of completed project is appreciated and will be included in the

newsletter with your permission. Please call 705-762-2354 and leave a message or call or email Sara 705-801-5300 or s.decaire93@gmail.com to sign up.

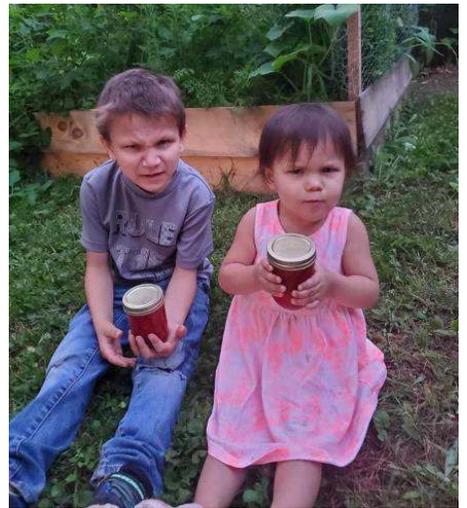
Let's Make a Fruit Cake



Let's get creative and make our own fresh fruit cake! Program is open to families with school age children. Please sign up by August 7th to participate. All ingredients will be supplied and a picture with your own featured creation can be emailed to be put in the newsletter. Please call 705-762-2354 and leave a message or

call or email Sara 705-801-5300 or s.decaire93@gmail.com to register.

Jam Making!!



August
2020



B'SAANIBAMAADSIWIN
ABORIGINAL MENTAL HEALTH PROGRAM

Bounce Back Program

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.

During this challenging time there has been a definitive increase in feelings and symptoms of stress, anxiety and depression in the population in general. There have also been more barriers in place in receiving and providing service since the restrictions placed on people and agencies during the pandemic. Please see the attached summary of CMHA's Bounce Back program and feel free to access this service on your own if you feel it could benefit you or a family member.

In the coming weeks your health and social service department and B'saanibamaadswin will attempt to coordinate the use of the accessible online videos and provided DVD's of the Bounce Back program and pair them with a teleconference learning or possibly a face to face workshop (if things improve) for a deeper dive into the topic with some more in depth strategies and discussion with me and/or possibly a special guest.

We hope this helps with the transition back to more of what we are used to in Wahta and is the beginning of us being able to come together, at least virtually for now, a little more often.

I am looking forward to hearing and seeing you all in the coming weeks.





Feeling low? Stressed? Anxious?

BounceBack® can help!

BounceBack®: Reclaim your health is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. It offers two forms of help.

1 Telephone coaching and workbooks

A referral is required to participate. Your family doctor or nurse practitioner can provide you with a referral. Alternatively, you can self-refer. To access the referral form, visit: bouncebackontario.ca

BounceBack is a guided self-help program in which a coach supports you in working through a series of workbooks.

- The program involves three to six telephone coaching sessions, which you can do from the comfort of your home.
- Your coach is there to help you develop new skills, keep you motivated, and monitor how you're doing.
- You and your coach will select from among 20 workbook topics that are best suited to your current needs. Some popular workbooks are: Being assertive; Changing extreme and unhelpful thinking; Overcoming sleep problems.
- Telephone coaching and workbooks are available in multiple languages.

2 BounceBack Today online videos

No referral is necessary. You can start watching our online video series today! Visit: bouncebackvideo.ca and enter access code: **bbtodayon**

BounceBack Today videos offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living.

The videos are available in English, French, Mandarin, Cantonese, Punjabi, Arabic, and Farsi.

Health and Social Services Resources

Muskoka Women's Shelters and Services

There are two shelters in Muskoka for abused women (with or without children): **Muskoka Interval House** (MIH) in Bracebridge, 1-800-461-1740 or 705-645-4461 and **Chrysalis** in Huntsville, 1-866-789-8488 or 705-789-8488.

Safe, short-term shelter * 24 hour phone support/ 24 hour staffing * child and youth programming * outreach support * support groups * assistance with navigating the legal system * accompaniment and advocacy * safety planning * risk assessment * practical needs assistance

Assaulted Women's Helpline

With assistance in English and up to 154 other languages

GTA: 416-863-0511

TTY: 416-364-8762

Toll-Free: 1-866-863-0511

Toll-Free TTY: 1-866-863-7868

Rogers, Fido, Bell & Telus: #SAFE (#7233)

Muskoka/Parry Sound Sexual Assault Services

Muskoka District Office

29 Manitoba St., Suite # 1, Bracebridge, ON P1L 1S4

Phone: (705) 646-2122 or

1-877-406-1268

Fax: (705) 645-7839

Parry Sound District Office

7 William Street, Suite # 3,

Parry Sound, ON P2A 1V2

Phone: (705) 774-9083 or

1-877-851-6662

Fax: (705) 774-9728

COVID-19, ALCOHOL and CANNABIS USE



There are increased risks associated with alcohol and cannabis use during the COVID-19 pandemic.

WHAT YOU SHOULD KNOW

Alcohol, cannabis use and the immune system:



Excessive or high-risk cannabis and alcohol use* can weaken your immune system and make you more susceptible to COVID-19 and other illness.

The conditions around COVID-19 may lead people to increase alcohol and cannabis use due to:



Feeling stress and anxiety from the pandemic and economic downturn



Feelings of social isolation and loneliness due to physical distancing



Blurring of daily and weekly routines because of the closing of non-essential workplaces



More alcohol and cannabis in the home from stockpiling

*For more information on reducing risk, see **Canada's Low-Risk Alcohol Drinking Guidelines** and **Canada's Lower-Risk Cannabis Use Guidelines**.

If you are seeking support for substance use visit, www.ccsa.ca/addictions-treatment-helplines-canada

Canadian Centre on Substance Use and Addiction (2020). *COVID-19 and cannabis smoking and vaping: Four things you should know*. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction.

Simet, S. M., & Sisson, J. H. (2015). *Alcohol's effects on lung health and immunity*. *Alcohol Research: Current Reviews*, 37(2), 199.

Szabo, G., & Saha, B. (2015). *Alcohol's effect on host defense*. *Alcohol Research: Current Reviews*, 37(2), 159.

Sinha, R. (2008). *Chronic stress, drug use, and vulnerability to addiction*. *Annals of the New York Academy of Sciences*, 1141, 105.

Andersen, S. L. (2019). *Stress, sensitive periods, and substance abuse*. *Neurobiology of stress*, 10, 100140.

Leigh-Hunt, N., Bagguley, D., Bash, K., Turner, V., Turnbull, S., Valtorta, N., & Caan, W. (2017). *An overview of systematic reviews on the public health consequences of social isolation and loneliness*. *Public Health*, 152, 157-171.

Paradis, C., Demers, A., Picard, E., & Graham, K. (2009). *The importance of drinking frequency in evaluating individuals' drinking patterns: Implications for the development of national drinking guidelines*. *Addiction*, 104(7), 1179-1184.



Canadian Centre
on Substance Use
and Addiction

For more information visit

www.ccsa.ca/Impacts-COVID-19-Substance-Use

Tobacco use and COVID-19

Information for people who smoke

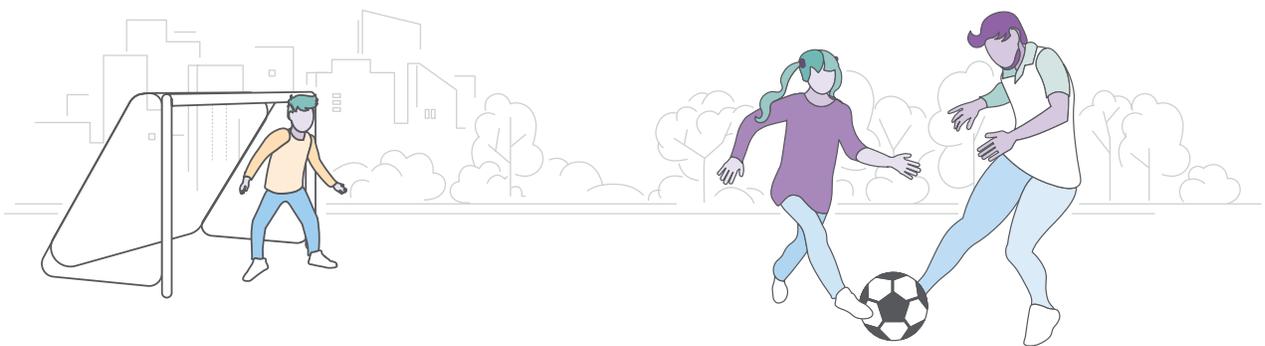
As the COVID-19 pandemic continues, it is important to understand the role that smoking may play in catching and passing on the virus. Although more research is needed, this resource is based on the latest evidence as of March 2020. It also includes tips and resources for quitting or reducing smoking during the pandemic.

How does smoking affect the risk of getting COVID-19?

- COVID-19 affects your lungs, chest and other parts of your breathing system. When you inhale cigarette smoke, chemicals damage your lungs and weaken your immune response. This can cause viruses to enter your lungs more easily and increase your chance of getting respiratory infections, such as COVID-19.
- The action of moving cigarettes from your hand to your mouth, as well as sharing cigarettes with others, can also increase your risk of catching and transmitting COVID-19.

Do smokers have worse symptoms of COVID-19?

- Current and past smokers are more likely than other people to have severe symptoms of COVID-19, such as pneumonia.
- Current and past smokers are also at a higher risk than others of needing admission to the ICU and mechanical ventilation, and are at a higher risk of death.
- Exposure to second-hand smoke can cause damage to the heart and lungs, which could increase the risk of more serious symptoms of COVID-19 for those around you.



CV26a / 05-13-2020

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19

camh

Vaping and COVID-19

Information for people who use e-cigarettes

As of March 2020, there is no evidence that vaping directly increases the risk of getting COVID-19. However, it is important to consider how you can best manage your health and prevent spreading the virus to others. If you currently use e-cigarettes, think about your reasons for vaping and whether quitting might benefit you. This resource gives information on the risks associated with e-cigarettes, and tips for quitting or reducing vaping during the pandemic.

How might vaping affect the risk of getting COVID-19?

- Ingredients in e-cigarettes and cannabis vape products can damage your lungs and may make it harder for your immune system to fight infections.
- COVID-19 starts by infecting the lungs, so researchers believe that vaping may increase the risk of more serious symptoms if you get the virus. More research is needed to confirm this.
- Many e-cigarette users previously smoked and may already have respiratory conditions, including chronic obstructive pulmonary disease (COPD). These people have a higher risk than others of having more severe COVID-19 symptoms if they are infected.



How can I manage my vaping during the pandemic?

You may feel a strong urge to vape right now, to help you cope with feelings of stress, loneliness and boredom. Here are some tips for quitting or managing vaping:

- If you currently vape to help you quit smoking cigarettes, don't stop if you think you will start smoking again. The health risks of cigarettes are greater than those of vaping.
- If you both smoke and vape, or are vaping to quit smoking, try to quit cigarettes. Never vape and smoke at the same time because this will increase your exposure to harmful chemicals.

CV266b / 05-13-2020

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19

camh

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for at least 15 seconds

1



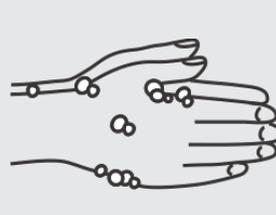
Wet hands with warm water.

2



Apply soap.

3



Lather soap and rub hands palm to palm.

4



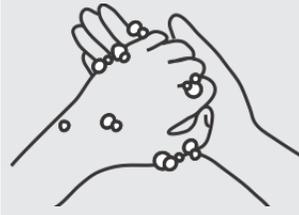
Rub in between and around fingers.

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



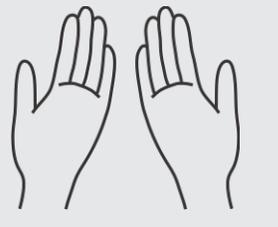
Pat hands dry with paper towel.

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.

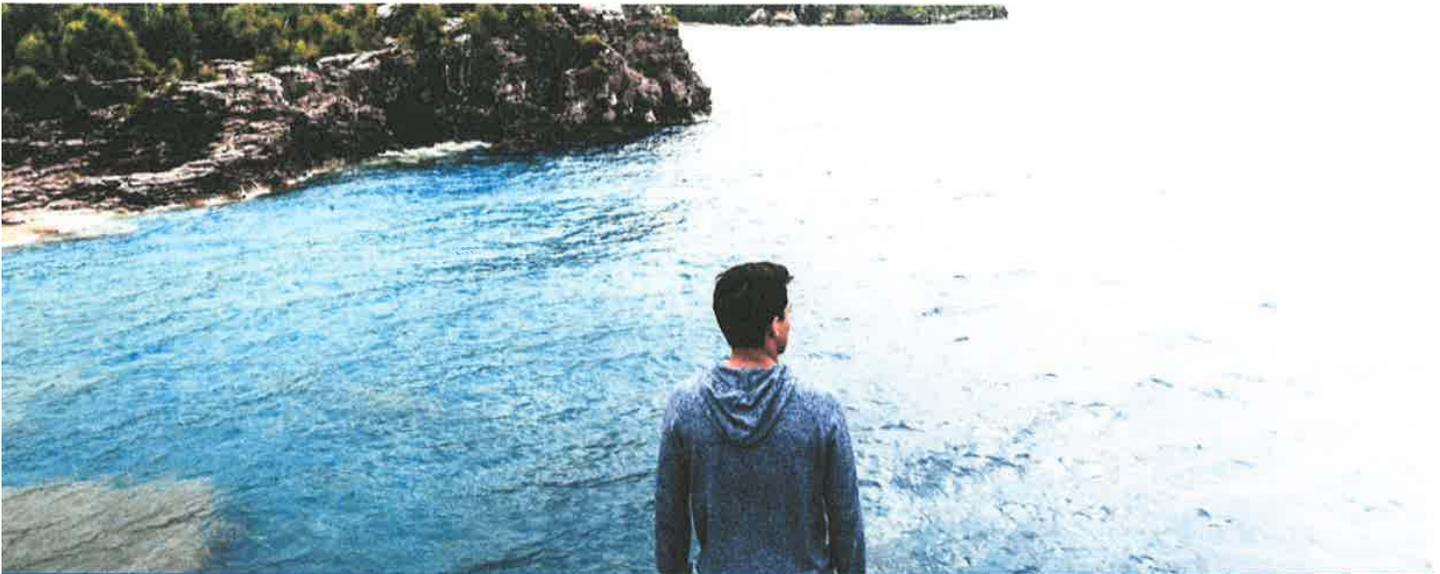
Sources:

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 

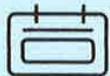


RAAM CLINIC

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
Muskoka - Parry Sound

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. Living. Growing.

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:

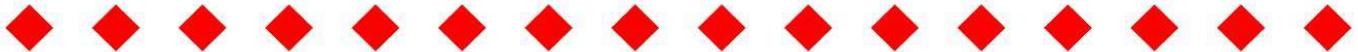
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

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>
Commandant Towing & Recovery	705-205-1418	https://commandanttow.ca/services	Automobile towing and recovery
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
Wahta Towing & Recovery	(416) 420-1691	https://www.facebook.com/Wahta-Towing-and-Recovery-1872268606412292/	Automobile towing & recovery
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
Courtnei DeCaire	Financial Assistant	Ext. 201
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
	Ontario Works Administrator	Ext. 240

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