

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

Seskehko:wa - The Time of Much Freshness



September 2020



THIS ISSUE

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

Orange Shirt Day

Orange Shirt Day will be on Wednesday September 30th. In lieu of T-Shirts, we will be displaying signs in our driveways. See inside for more information.

Vehicles for Sale

Wahta Mohawks is selling their Jeep Grand Cherokee and Chevrolet Traverse. If you are interested, please see inside for information on how to place a bid.

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

It looks like that is about it for summer this year, school is just around the corner. Of course we will continue to face challenges for the rest of this year due to the COVID-19 pandemic. As activities start to resume we have to remember the incidence of the virus can easily climb again. I know we get tired of hearing these warnings but judging by actions of some people who seem to be oblivious to social distancing warnings, we should not stop protecting ourselves and others so soon.

Wahta Council will not meet August 26th or September 2nd. A short recess is being called for the end of summer partly due to council members who have commitments to attend to. The next scheduled meeting will be Wednesday September 9th. As far as community meetings go there is no indication at this time we will be able to gather soon but will work toward how these meetings can be achieved in a safe way when the time comes.

On the following pages we have included minutes from meetings that have occurred weekly. Please don't hesitate to contact Chief and Council for any more information on any of the items.

Recently Council met with our auditing firm by video conference to examine the 2019-2020 financial statements. As usual we received favourable audit showing funds during the year were managed properly and that Wahta still presents a strong financial standing. Council accepted the draft financial statements and the same were submitted to Indigenous Services Canada as required. Well done to our finance department, Senior Administrator, and the rest of the administration.

Over the course of the last few months we have not had the opportunity to engage with the membership as normal. Meanwhile a number of initiatives have continued to progress. I suspect we will have a very busy fall and start to winter as members of Wahta. There is the report that the membership provided input into, the community goals as facilitated by Future Design School. The Citizenship Code is up for consultation, and more and more there are incidents relating to trespass, residency, and land usage that have required certain interventions. There are specific activities coming up which will require members input on a number of other issues that will help shape programs and services not just on territory but also dealing with the Ontario health system. Transformations in government continue to occur while we have been locked down and those need to be learned about and addressed.

This is a fairly short report this month but be assured that we continue to follow activities of concern as they relate Wahta. I am hoping to significantly increase communications to members as there is much to be discussed and acted on.

Please continue to stay well and Nia:wen for reading.



Wahta Mohawks Council Meeting Minutes

Date: Wed July 29, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lawrence Schell

Councillor Lorie Fenton-Strength

Councillor Teresa Greasley

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Hydro One Contracts – Duplex Connections

Six Hydro One contracts were signed by all members of Chief and Council, as well as the Senior Administrator, for the work required by Hydro One to connect power to the individual units in the new duplexes.

Indigenous Services Canada Funding Agreement Amendment – Post Secondary Pandemic Funds

Motion 1:

Moved by Blaine and seconded by Lawrence to approve Council signing Amendment #0003 to Wahta's 2020-21 Indigenous Services Canada funding agreement, which will provide \$65,600.73 in Post Secondary Pandemic Funding.

Approval of MCR – Roof Project Trust Proposal

Council approved and signed a Resolution supporting the Community Trust Application for the Administration Building roof repair project.

Administration Roof Project – Discussion on Proposed Colour Change

Murray provided an update to Council regarding the metal roof supplier's unexpected shortage of the red steel roofing material and presented alternate options. Chief and Council agreed to proceed with installing a brown coloured steel roof to ensure project finishes on time.

Addition to Reserve (ATR)

Chief Franks provided a summary of the discussion that was held in July with Scott Aubichon on the Additions to Reserve process. Discussion was held on the Section 28 permit needing to be finalized and presented to the residents on Roderick Lake. The permit will set out the terms for their continued use and access to the trail located on Addition to Reserve lands. Council agreed to the recommendation from the ATR team to proceed with the current draft permit discussed and to accept the associated fee recommended through the land valuation report on the trail.

Motion 2:

Moved by Lawrence and seconded by Lorie that Council accepts the draft permit for Roderick Lake with the addition of an annual \$420 permit fee for each resident.

Big Eddy Spraying

Council discussed the spraying of herbicide by Ontario Power Generation along the Big Eddy channel. Murray will contact OPG to express concerns about spraying and the lack of notice from OPG regarding the spraying.

Iroquois Caucus

Council discussed Wahta's affiliation with the Iroquois Caucus. The discussion focused on the annual costs to Wahta in order to participate in the Caucus and whether there was enough benefit to the community in continuing to incur the costs.

Motion 3:

Moved by Lawrence and seconded by Lorie that Council provide notice to the Iroquois Caucus that the Wahta Mohawks will be ending its affiliation with the Caucus.



Wahta Mohawks Council Meeting Minutes

Date: Wed August 5, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lawrence Schell

Councillor Lorie Fenton-Strength

Councillor Teresa Greasley

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Royal Homes Invoice – Approval to Pay

Murray provided an update on the housing progress and shared that it is on track to be completed in October.

Motion 1:

Moved by Blaine and seconded by Lorie to pay the Royal Homes invoice of \$300,355 for the second of three duplexes currently being constructed and primarily funded through Indigenous Services Canada's On-Reserve Immediate Housing Needs Fund.

ISC Funding Amendment

Council reviewed Indigenous Services Canada funding agreement Amendment #0002 in the amount of \$5,000 for Water Wastewater Operating Training. Council approved the Amendment and it was signed by Chief Franks and all members of Council.

Trillium Lakelands District School Board Draft Letter

Council reviewed the draft letter to be sent to Wesley Hahn, Director of Education for Trillium Lakelands District School Board. The letter requests information and engagement with Wahta

on the Board's plans for the upcoming school year. The letter was approved by Council and signed by Chief Franks.

Discussion on Membership & Policies

Council discussed several policies that they will be working on over the next year. Council has also decided to remove the residency portion from the draft Membership Code with the intent to create a separate residency policy in the future.

Purchasing of Laptops

Motion 2:

Moved by Blaine and seconded by Teresa to purchase four laptops for use by Members of Council.



Wahta Mohawks Council Meeting Minutes

Date: Wed August 12, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Fenton-Strength

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Community Connectivity - MCR to Support ICON Proposal

Council discussed the Ministry of Infrastructure's available funding to support internet connectivity and agreed to have Point to Point Communications submit an application for the funding on Wahta's behalf. An MCR to support this decision was signed by Chief Franks, as well as Councillor Commandant, Councillor Greasley, and Councillor Strength-Fenton. More funding opportunities will be sought to support this initiative.

Financial Update - Overview of Expenditures to end of June 2020

Murray presented an update on the current fiscal year expenditures up to the end of June and answered questions brought forward by Chief and Council. Overall budgets are on track to be somewhat under spent, with challenges related to normal programming activities being disrupted due to the pandemic being a key reason for this. Some budgets within Public Works and Maintenance were slightly higher than projected for this point of the year due primarily to some unexpected equipment maintenance costs up front at the start of the fiscal year.

Duplex Project - Scope Change Request Re: Septic

Council discussed a recommendation from staff regarding a proposed redesign of the septic systems for the two smaller duplexes. The redesign would supply each unit in both duplexes with a dedicated system with slightly increased capacity. The long-term benefits of installing separate septic systems for each unit in the two-bedroom duplexes would be to provide increased capacity for each unit and minimize disruptions for each unit should one system require maintenance.

Motion 1:

Moved by Lorie and seconded by Teresa to accept the recommendation to change the design of the septic systems of each two-bedroom duplex to accommodate a higher sustained maximum occupancy for each unit at an additional cost of \$12,900.00.



Employment Opportunity

ONTARIO WORKS CASEWORKER

Permanent – Full-time (37.5 hours a week)

Reporting To: Health and Social Director

Overview:

Reporting to the Health and Social Director, the Ontario Works Caseworker is responsible for administering both the Ontario Works and Medical Transportation programs. This position will also support the overall health and wellness of the community by participating and contributing to other community-based programming as needed.

Key Duties and Responsibilities:

- Working directly with applicants for the purposes of completing all forms required to process requests for assistance.
- Explaining to applicants their rights and obligations under all applicable regulations.
- Making appropriate referrals to help clients obtain available and applicable supports.
- Understand and apply all applicable legislation, regulations, department policies, and government guidelines in administering available supports.
- Consulting with supervisors in situations where procedures are not established.
- Promptly assisting applicants who qualify for financial assistance.
- Promptly notifying and explaining to all applicant any issues identified with their eligibility for supports.
- Deliver department program services which include:
 - Assessing client's employability, job readiness and other needs.
 - Directing client towards achievable goals.
 - Obtaining consensus with client towards an effective action plan.
 - Referring client for other appropriate services and/or benefits.
- Develop and maintain good working relationships with staff, clients, the public, and all external partners.
- Work with community residents to provide financial supports where applicable under the Medical Transportation Program.
- Assist and contribute to delivery of other community-based programming supporting the overall health and wellbeing of the community as requested by your direct supervisor.
- Complete all activity based reporting required by the direct supervisor and program funders.
- Comply with all internal office procedures and policies.
- Attend staff meetings as required.
- Participate in team activities as requested by direct supervisor.

Skills and Knowledge Requirements:

- Experience delivering Ontario Works supports; or relevant education and/or training in the delivery of social services.
- Well-developed organizational, communicative, interpersonal, time management and analytical skills.
- High level of initiative and self-direction.
- Ability to work in a team environment.
- Must be reliable, dependable, and committed to maintaining confidentiality.
- Non-judgmental and positive approach to all service users.
- Self-awareness of own limiting factors that may impact job performance

Other Requirements:

- Must be able to work flexible hours when needed for community programming purposes.
- Must have a valid Ontario Class "G" license and access to a vehicle.

Terms of Employment:

This is a full-time position beginning immediately. Hourly wage will be based on qualifications and experience.

Application:

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

Email: HR@wahtamohawks.ca

Mail: P.O. Box 260
Bala, Ontario
P0C 1A0

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

Deadline for applications **September 4th, 2020 at 4:00 pm**. Late applications will not be accepted.

All qualified candidates are encouraged to apply, however, members of the Wahta Mohawks and Indigenous applicants will be given priority and are asked to self-identify. Only those candidates selected for an interview will be contacted. The successful candidate will be required to provide an acceptable Canadian Police Information Check (CPIC) before commencing work.

If there are any questions or to view the vehicle, contact Berry Berwick on his cell at 705 641-0722




Wahta Mohawks

Box 260 BALA ON
Canada P0C 1A0
Phone 705-762-2354
Fax 705-762-2376
www.wahtamohawks.ca

VEHICLE for SALE

ITEM DESCRIPTION	Chevrolet Traverse, Year 2012 Mileage 159532 km Vin# 1GNKVEED2CJ350335
CONDITIONS	As is, where is. Comes with two sets of tires (summer and winter) on rims.
PURCHASE METHOD	Sealed Bid on a Minimum Reserve Bid basis.
DEADLINE for RECEIVING BIDS.	September 30, 2020.
BID TO BE MAILED TO:	Berry Berwick Public Works Supervisor Traverse Bid Wahta Mohawks Box 260 BALA ON P0C 1A0
QUESTIONS	If there are any questions or to view the vehicle, contact Berry at 705 641-0722





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](https://www.opg.com)

ONTARIO**POWER**
GENERATION

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

Land Wanted

Band member looking
to purchase waterfront
property on lake
Gibson.

Please contact Chantell.
289-440-2464

Education & School Age Program Update

As the summer is coming to an end we can be grateful for the beautiful days of sunshine. Gardens flourished and wild plants and medicines continued to provide us with all that we need.

Schools will open in the next couple of weeks and some children will return to the classroom either at school or in their home. You can expect information from your school about safety protocols if you have not already received such information.

To assist with the required personal protective equipment, we have purchased “Covid-19 safety kit for students”. Once you receive this kit, please read the instructions included. Please spend the time to teach your child how to wear a mask properly and how to wash their hands effectively. All students must use hand sanitizer on the bus, entering and exiting the classroom, so it is important as colder weather comes that you ensure they are using hand cream after cleaning their hands. Please make this part of their nightly routine before going to bed to reduce the risk of their hands becoming too dry and cracking which can cause greater risk for the virus to remain on their skin. These kits will be distributed to the nominal roll students; those students residing on the Territory. Students who are not on Territory can also access these kits. Please contact Rubecka Davidson at 705-644-4969 to indicate your interest and she will offer dates and times for “curbside pick- up” at the cultural centre. You will be required to sign a form as proof that you received your kit.

At the August 12, 2020 Emergency Control Group meeting, members consisting of Sue Siwik Community Public Health Nurse with FNIHB, George Korzeniecki Environmental Public Health Officer, Chief Philip Franks, Senior Administrator Murray Maracle, and 8 members of the Wahta Mohawks Employee Team, made a decision about the **Wahta Mohawks School Age Program**. The decision to postpone the program, and re-evaluate in December, was based on the uncertainty of potential Covid-19 outbreak this fall and the need to reduce the number of cohorts the students will be exposed to. A variety of at home programs and activities will be offered during this time, so please refer to your newsletter for updates.

Wahta Mohawks and Hammond’s Transportation are in contact together to offer student transportation again this year to Glen Orchard School. Once classroom lists are completed a seating plan will be established and sent to both the school and Hammond’s Transportation. We know who is returning to the classroom and who is learning from home. Because we need to space students accordingly and we have a larger bus this year, we cannot offer transportation as an alternative stop to any students who are not residents on Territory.

We wish all students a safe return to the classroom and please continue to encourage social distancing, appropriate mask wearing and the importance of proper hand washing.

TLDSB Social Entrepreneurship Program

Week 2 Summary

August brought with it another opportunity for students in grades 4-12 to participate in another week of the Social Entrepreneurship Program. This program was designed in partnership with Future Design School. TLDSB and Wahta Mohawks as well as Elders and Knowledge Keepers from other First Nations communities.

Wahta was very well represented during the week not only in numbers, but also with the engagement of our young entrepreneurs, commitment to their ideas and the way they supported each other, creating a welcoming and uplifting sense of community!

Throughout the week each participant identified a particular challenge or opportunity for improvement that they saw within their community, be that their school community, Wahta or even the global community.

They learned a framework called the design process, to understand the issue, develop empathy for the people impacted and learned tools to generate many potential solutions. Through this process they sought out feedback for ongoing iteration that they used to refine their ideas and prototypes, before pitching them at the end of the week.

With so many incredible ideas built, we thought we would share some of those challenges the participants chose and what was designed! We hope that all of the students will share their ideas with others and maybe even present them again as potential viable opportunities for the community to pursue.

Sierra, a youth passionate about wildlife recognized that the levels of pollution continue to rise in our waters, on land and in the air. To help combat this, Sierra pointed out that many of the technologies that entertain us could be put to good use and imagined how we might be able to use a drone through a game based app to clean up our environment. What was unique about her idea was that the drone would look like a duck, so it could roam in all 3 areas easily.

Katie recognized through the pandemic, that there was a need to support parents with young children to find enough time for literacy development. She created a platform where older students like her could record reading books

aloud. These recordings would then be used in an app that is designed specifically for children in primary grades. Children could select their books and follow along as their favourite animated character read with them.

Willow, another environmental enthusiast, has noticed that there are many communities that could look a little more inviting. Recognizing that not everyone may have the time or tools to take care of their properties or the greater community, she envisioned using bots that could be rented to carry out specific tasks such as grass cutting, picking up litter, and watering plants, but ensuring that this was done in an environmentally friendly way.

Jace chose an issue he is very passionate about but also one that is close to home. After seeing the trash at the Wahta dump and asking visit after visit why it is that way, he decided to focus on developing a solution for this problem. He imagined tackling this challenge from a number of different angles, including partnering with nearby communities to schedule pick ups of garbage and recycling, but also focusing on educating and inspiring community households on how to recycle properly through fun activities, take home materials and scheduled reminders during this transition. This could be a much needed solution to a timely community issue!

Kaylin has developed an incredible experience that not only engages people of all ages in reconnecting with the land, but also provides opportunities for language and traditional knowledge to be learned. As someone who believes that more of us, especially children and youth should be outdoors learning about plants, Kaylin thought that leveraging space around us like trails, parks and school yards would be a great place to begin to learn. Through plaques and eventually an app, Kaylin wants to inspire people to inquire or share their knowledge by taking photos, naming plants in Indigenous languages as well as English, etc. and sharing the traditional uses. While there are many components of this solution, we hope Kaylin will present her ideas to the community to build the first installment of this idea.

We hope to see these ideas and many ones being identified, designed and built by the Wahta youth. The passion and enthusiasm for contributing to the community they have demonstrated between the 2 weeks in this program this summer, combined with their optimism and creativity is an incredible asset as we move forward as a community.

Get ready for BACK TO SCHOOL ONLINE



Are your children going to school online this fall?

Do you want to better understand how teachers communicate with your child using Google Classroom?

Would you like to help your kids with Google Docs, Sheets or Slides?

Contact North | Contact Nord can help you find online courses and tutorials that offer support for returning to school for both you and your children.

Ask us how to register for online courses like these – in addition to more than 18,000 online options for skills development, workplace training, high school, college or university – all with local support, in your community.

For more information, please call your Contact North | Contact Nord Online Learning Recruitment Officer, **Robin Brushey**, at **1-855-699-6330** or e-mail **muskokahaliburton@contactnorth.ca**.

Get your degree, diploma or certificate or upgrade your skills online without leaving your community.

Student Information Hotline: 1-877-999-9149

Ontario 

Contact North | Contact Nord is funded by the Government of Ontario

      **STUDYONLINE.CA**



WOODLAND
CULTURAL CENTRE

Woodland Cultural Centre to host virtual Orange Shirt Day events for schools and families at home.

(Brantford/Six Nations, ON) - **Woodland Cultural Centre will be hosting multiple days of virtual Orange Shirt Day events for both the classroom and also families at home from Sept 29 - Oct 4.**

What is Orange Shirt Day?

Orange Shirt Day (September 30th) is a day when we honour the Indigenous children who were sent away to Residential Schools in Canada and learn more about the history of these schools. It has become a National Campaign to raise awareness and provide education about Residential Schools in Canada.

Last year Woodland Cultural Centre invited over 400 guests for the Survivors Gathering, and over 150 students came to the centre for an educational experience on Orange Shirt Day. Unfortunately, this year the programming will have to be modified due to our current COVID procedures.

Education is still our primary focus, and the Orange Shirt Day campaign stands for an important lesson we must all understand and acknowledge. This year our events will be happening virtually through the use of ZOOM. We will have multiple days available for schools and organizations, and also several public sessions for families who are at home yet still want to participate.

Program Overview:

Appropriate for grades 6+

- *Introduction by Woodland Cultural Centre Education Coordinator (15 minutes)*
- *Virtual Tour of the Mohawk Institute Residential School (45 minutes)*
- *Survivor Speaker Testimonials (20 minutes)*
- *Q & A session (30 minutes)*
- *Teachers' Resource package including activities to prepare your class for participation, follow up activities and further list of resources to for use with students and as background*

"This is a must see for everyone! Extremely well done and we should all know everything about this unforgivable part of Canadian history." - Virtual Tour Feedback Survey

Orange Shirts available for pre-order before the event <http://woodlandculturalcentre.com/orange-shirts-online>

For booking information please contact:

Melissa Mt. Pleasant at administration@woodlandculturalcentre.ca

- 30 -

Media Contact:

Layla Black

Marketing Coordinator

marketing@woodlandculturalcentre.ca

184 MOHAWK ST. BRANTFORD, ON. N3S 2X2
WOODLANDCULTURALCENTRE.CA
519-759-2650

Health and Social Programming & Resources

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

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.

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.

Save the Date: October 4th, 2020 National Day of Action for Missing and Murdered Indigenous women & girls event. More information to follow.

Quotes:

- You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know." — **A.A. Milne**
- "When it rains, look for rainbows; when it's dark, look for stars." — **Oscar Wilde**

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

Indian Taco Kits For Children and Youth

Each kit comes with a recipe and all the ingredients needed to make your own Indian Tacos. Participants are required to send a photo of their completed meal.

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

Deadline to register is: September 14th, 2020.

Youth Survey

We are seeking input from Youth ages 11-18 for ideas of what you want to see for upcoming programming. If you are interested in completing a survey, please email Kristan Sahanatien – Kristan.sahanatien@wahtamohawks.ca

Family Well-Being Update

Yoga with Sarah

LIVE at the CHC Tennis Courts or via ZOOM (bring your own gear , as there is no admittance in the building) Contact Rubecka to get on the email list for current updates!

<https://zoom.us/j/98204343132>

Anxiety Strategies

Join Elke Scholz on Zoom this month on Sept 22nd at 4:40pm; <https://zoom.us/j/98663135584>

View our last session here on youtube - <https://youtu.be/tWcv9yMK09M>

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.

Every Child Matters

**September 30th has been declared Orange Shirt Day
Annually in recognition of the harm residential
schools did to children. Educate people about
residential schools and fight racism and bullying.**

Watch Phyllis Webstad's message here:

<https://youtu.be/E3vUqro1kAk>

**This year in Lieu of Orange Shirts, we will be displaying signs
in our yard for awareness! Please contact Rubecka by Sept 18th
to arrange for pick up.**

Pumpkin Pie for Thanksgiving



What's better than pumpkin pie?

Pumpkin Pie from scratch!

I have fond memories of making pastry with my
grandma and will share her recipe with you.

Program is open to families with school age children.

If you are interested in making your own for the
Holiday please contact Sara DeCaire at (705)801-5300
or sara.decaire@wahtamohawks.ca

Sign up date September 18th

A photo submission for your participation can be
emailed

Calling Crafty Young Musicians!



Everything is included, so that a great time is had by all. Each kit comes with a carefully selected piece of rawhide (shape traced out to be cut), grommets, needles, sinew, maple wood handle and wool to stuff and shape the rattle.

If you are school age child who likes to be crafty and also enjoys music this is for you. Please contact Sara DeCaire at (705) 801-5300 or s.decaire93@gmail.com if you would like to sign up.

Spaces limited to 20. 1 rattle per family.

Sign up deadline September 11, 2020

A photo is asked to be sent in with your finished product to be put in the newsletter with your permission.

STROLLERSIZE

PARENT & BABY WALKING GROUP

START: Wednesday September 9

FROM: 10- 11AM

I will be hosting a fun meet up every Wednesday starting September 9th. It is a great way to get some exercise and fresh air with your wee one.

Strollersize is a guided walk around Bala, finishing with some light stretching. It will incorporate soft movements to help strengthen and stabilize your back and core while you stroll and enjoy the outdoors.

Meet: Royal Canadian Legion

Please contact me if you have any questions,

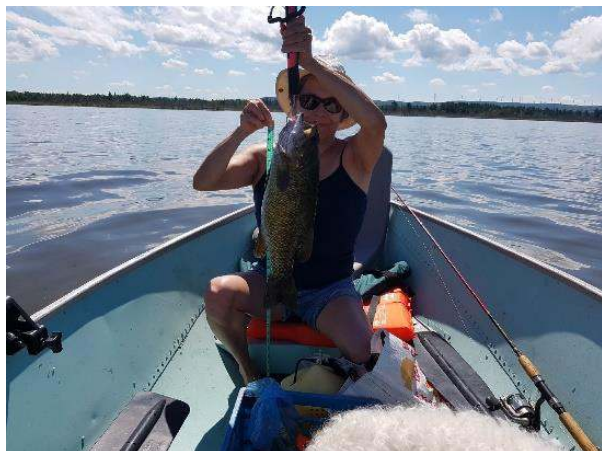
Danielle Neelands

Family Well-being worker & Jordan's Principle Navigator

Danielle.neelands@wahtamohawks.ca

Bass Derby 2020 Results

It was a beautiful day for fishing and even a pandemic couldn't keep us from fishing. We had great participation this year.



Congratulation to Ellen Franks who won the women's division with a 19 inch bass.

Congratulations to Jesse Strength who won the men's division with a 19 inch bass.



Congratulations to Aidan Strength who won the youth division with a 17 inch bass.



Congratulations to Dan DeCaire and Kevin Falconer who won their own mini horseshoe tournament with friends and family within their social bubble.

Just want to thank all who participated. It was a successful day in a very unusual time.

Hope to see everyone next year!





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.

DO YOU NEED MORE HELP?

Contact a community organization like the Canadian Mental Health Association to learn more about support and resources in your area.

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

Visit the CMHA website at www.cmha.ca today.



**Canadian Mental
Health Association**
Mental health for all

Development of this brochure
generously supported by



© 2014 56310-05/14

MENTAL ILLNESSES

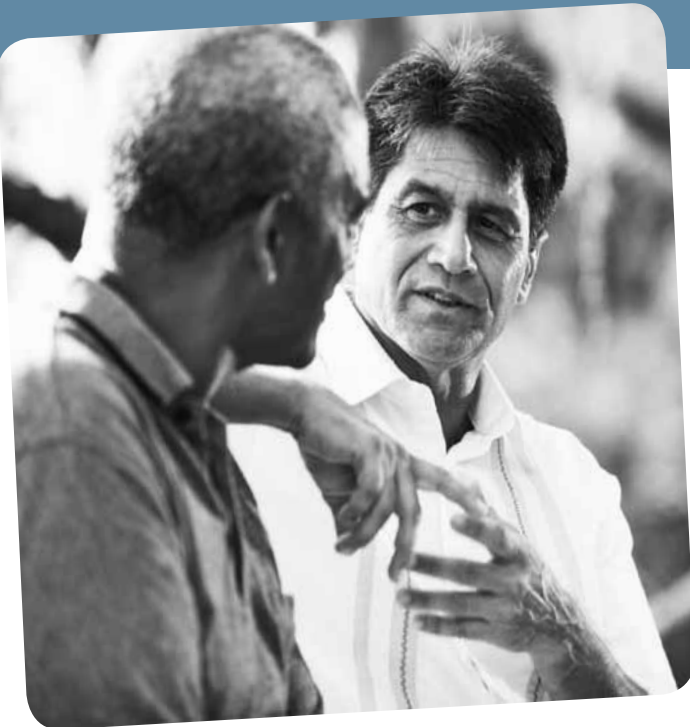


**Canadian Mental
Health Association**
Mental health for all

www.cmha.ca

HOW CAN I MAKE A DIFFERENCE IN MY COMMUNITY?

Mental illness affects everyone. People who experience a mental illness may face challenges in their communities. Capable workers may not find good employment. Housing may come with restrictions or may be limited by inadequate income. Many challenges around living with a mental illness have to do with unfair attitudes and discrimination. You can make a difference by advocating for people who experience mental illnesses. Let leaders and policy-makers know that your community includes everyone, and support organizations that work to give everyone a voice.



DO YOU NEED MORE HELP?

Contact a community organization like the Canadian Mental Health Association to learn more about support and resources in your area.

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

Visit the CMHA website at www.cmha.ca today.



**Canadian Mental
Health Association**
Mental health for all

Development of this brochure
generously supported by



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

© Canadian Centre on Substance Use and Addiction 2020

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.

CV26b / 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

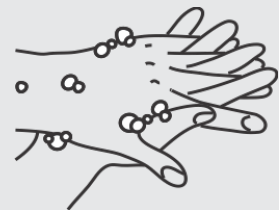
Wet hands with
warm water.

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
clapsed 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.

©Queen's Printer for Ontario, 2020

Ontario 

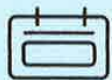


RAAM CLINIC

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
Maanishk - 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 • 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:

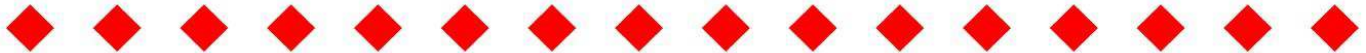
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

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 Conners** 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@wahtamohawksCouncil.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