

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

Tsothohrha - The Time of Cold



December 2020



THIS ISSUE

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

Attention

The Administration will be closed for the Holidays on December 24th at 12:00pm and reopening January 4th, 2021. If there is an emergency please call the appropriate department head. For Public Works & Maintenance, contact Randy Sonmor at 705-644-4228. For Health & Social, contact Joanne Contant at 705-641-9624. For Education, contact Carol Holmes at 705-641-1548. For any other emergencies, contact Murray Maracle at 705-330-9863.

Community Buildings Closed

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

Are you thinking about building or renovating? Contact Karen or Matthew for help with the various Housing Programs, Subsidy Programs & Mortgage Programs that are available. 705-762-2354

karen.sahanatien@wahtamohawks.ca
matthew.commandant@wahtamohawks.ca



Chief and Council Update

Chief Philip Franks

The year 2020 is drawing to a close, and unfortunately the state of affairs with COVID-19 is going to make the Christmas holiday season yet again a disappointment, as we cannot do the things we have been used to. We all know what has to be done, and for all our you who are making yourselves and others around you safe, much appreciation goes out to you. It is very discouraging that segments of the population especially in larger centres are not doing their part.

Council has been continuing to meet to deal with issues once again by virtual meetings over the internet. Earlier in the month, all Council and two senior managers took part in the Association of Iroquois and Allied Indians Annual General Meeting for three days over Zoom. Again, another first for the fifty-year-old organization.

One of the issues that members have remarked on is the presence of hunters from other communities coming for the annual hunting season. I would remind everyone again due to COVID-19 it is simply not wise to travel from community to community. On the larger issue of Wahta conservation, this is another engagement that must take place as soon as we are able to put that together.

The long standing issue with the boil water advisory at the Community and Administration is coming to a close. The use of the water there for drinking and cooking not been permitted for many years. New equipment has been installed after a lengthy process with Indigenous Services Canada and the water is now fit for consumption according to drinking water standards. On-going testing and maintenance will be performed by public works. There will be a water filling station on the outside of the building for those who do not use their household water for drinking. For the rest of the community we are awaiting technical recommendations on what can be done to provide safe drinking water in homes. That report should be considered soon.

Three of the six new rental units on the territory have received approved applications for tenancy. In review of the process Council has requested an immediate review of the rental housing policy to clear up a couple of areas. This is a fairly new policy and some issues were identified. The goal is to be as accommodating as possible while respecting routine rental arrangements, and in some cases tied in with the residency rules for the community.

Along the same vein, the proposed Citizenship Code will be up for discussion and comment. The residency section was removed from that document so a specific stand alone residency code can be produced and adopted by the membership.

The Additions to Reserves process continues on a monthly basis. The team is working on getting permits created, issued, and signed by those who need to cross the returned area of the reserve, and for infrastructure with Bell Canada, Hydro One, and the 400 Highway. Progress seems slow but there are many details to work on in accordance with the Land Claim Settlement agreement.

Council deals routinely with higher level administrative issues, contract and funding agreements that require endorsing, approvals of expenditure that go beyond the spending limit policy placed on the Senior Administrator, updates from administration of a host of issues whether it service delivery or issuance of new contracts in the area of public works. Sometimes land disputes come to play. Please remember if you are going to sell or transfer properties you should contact the Administration land personnel for assistance in making sure all your legal issues are covered.

I continue to meet by phone or computer with other political bodies such as the AIAI Chiefs Council on a number of issues where we work to stay on top of all new or older legislation passed down from the governments may affect us. In addition there is involvement with the First Nation Sovereignty Wealth Fund where Ontario First Nations had purchased a large amount share of Hydro One stock, and the First Nation Limited Partnership, the body responsible for distribution of Ontario Lottery and Gaming funds to First Nations. We also are still engaged with the Woodland Cultural Centre, the Wahta Community Trust, and Child and Family services board at the Council level.

We have been following the COVID-19 situation and public health advisories. To date Council has not considered another shut down of businesses, but is focusing on improving safety protocols. This is a fluid situation and could change at any time given the rise in cases in the area of Simcoe Muskoka.

One of our biggest challenges going forward will be to create a system of engagement with the membership given the circumstances. There is much to be done in areas of governance that require your input. This has been a very frustrating year in that there is that disconnect where we cannot have general meetings in person or monthly meetings. We will work to overcome that using improved methods. The pandemic cannot put us on a total halt because obviously it is taking far longer to get over than we imagined back in March.

In all areas, the Wahta Administration has been working to provide as many services as possible during this time with what they have and not being able to work in person. Public Works, Health and Social, Education, Ontario Works, Finance, Lands and membership, have all adapted and are managing stay on top of all the changes that come along. Much appreciation to them for stepping up to the plate.

Council wishes to extend Seasons Greetings to all. We hope everyone enjoys the best that can be for Christmas and the New Year. Please take care of yourselves as we can look forward to a great improvement next year.



Wahta Mohawks Council Meeting Minutes

Date: Wed October 28th, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Michele Altman Hopkins, Candidate for AIAI Deputy Grand Chief

Adoption of Agenda & Minutes

Motion 1:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to adopt the October 28th agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the minutes from October 21st 2020.

ALL IN FAVOUR

CARRIED

MCR for Land Allotment on Lyla Lane

Council approved and signed an MCR to transfer land on Lyla Lane to a community member. This transfer was missed following the 2017 lottery.

MCR for AGA Voting Delegates

Council signed a previously approved MCR to provide the Association of Iroquois and Allied Indians with the list of voting delegates for the AIAI Annual General Assembly.

Ministry of Education Funding Agreement

Council discussed the funding agreement which would provide \$84,625 for child and family programs. They discussed current and potential future programs that would use this funding and approved the funding agreement.

Moton 3:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to accept the Ministry of Education funding of \$84,625 for First Nation Child and Family Programs.

ALL IN FAVOUR

CARRIED

Neegan Burnside Roof Repair Change Order Request

Due to the roof project length being extended, Neegan Burnside has put in a change order to increase the costs of their consulting services. Murray had a discussion with Neegan Burnside at the request of Council and they explained that due to unforeseen circumstances and the extended length of the project, they would require an additional \$42,950. They also noted that if the project did finish sooner than the expected 36 weeks, they would refund \$1,950 for each unused week.

Motion 4:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to accept the roof project change order to provide Neegan Burnside with an additional \$42,950 and to allow Murray Maracle to sign on their behalf.

ALL IN FAVOUR

CARRIED

Council Position and Request for BCR to Support Cannabis Sales

A community member is looking to sell cannabis and wants a BCR from Council to show support. Council does not currently have a position on cannabis sales, as discussions are still ongoing.

Discussion with Michele Altman Hopkins – Candidate for Deputy Grand Chief

Candidate Michele Altman Hopkins attended the Council meeting to introduce herself as one of the candidates running for the AIAI Deputy Grand Chief position and to provide some information on her background and platform prior to the election the following week during the Annual General Assembly.

Parry Sound Friendship Centre Request for Support

The Parry Sound Friendship Centre has requested Wahta Mohawks' support on a funding application being sent to the Government of Canada. The funding would be directed towards a sport based program facilitated through the Parry Sound Friendship Centre to service members in First Nation communities and would run from April 2021 to March 2022. Council would like to know how the funding would be used and how it would affect the community before providing their support.



Wahta Mohawks Council Meeting Minutes

Date: Wed November 12th, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Adoption of Agenda & Minutes

Motion 1:

Moved by consensus to adopt the November 12th agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the minutes from October 28th, 2020.

ALL IN FAVOUR

CARRIED

Trillium Lakelands District School Board Invoice – Approval to Pay

Council reviewed and approved the payment of \$85,816.55 to TLDSB for tuition from April to June 2020 for students on the Nominal Roll.

Motion 3:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the payment of Invoice #12307 in the amount of \$85,816.55 to Trillium Lakes District School Board.

ALL IN FAVOUR

CARRIED

Winter Road Maintenance

Council received two requests from members to plow roads leading to their properties. Council agreed to add the service road off of Iroquois Cranberry Growers Drive to its regular route, but declined to add the seasonal road portion of Lyla Lane.

Seguin Township Official Plan Consultation Request

Council discussed a request from Seguin Township for Wahta to participate in providing input on the Township's Official Plan update. Council does not wish to formally engage in the process at this point but would like to ensure it is able should future issues arise. As such, Council directed Murray to draft a letter in response for Council's review and approval.

Administration Holiday Shutdown

Murray inquired whether Council was willing to approve a holiday shutdown of the offices for December of this year. Council has once again agreed to do so and directed the Administration office close at noon on December 24th and reopen January 4th. The Administration will work to ensure essential services are continued over the shutdown.

Resiliency of Indigenous Economies in Action

Lorie attended a virtual meeting held by AFOA Canada (Aboriginal Financial Officers Association) and provided a summary to Council. Some of the main points made were that First Nations Lands Departments should be formally trained and have knowledge of lands management legislation, managers should take part in professional development related to operating businesses, knowledge should be shared with the youth, and to invest and use trust money and return that money once you can get a return on your investments rather than use bank loans.

COVID-19 Discussion

Council discussed the increasing numbers of COVID-19 cases in Ontario and discussed the potential of another shutdown based on the advice of the Emergency Control Group. Council will continue to rely on the advice of the Wahta Mohawk's Emergency Control Group and has asked Murray to work with the Control Group to put out updated messaging to businesses on reserve and community members. The updated message is to stress the importance of social distancing, masks, sanitization, controlling social bubbles and ensuring everyone follows all protocols. With everyone doing their part, Council is hopeful future protection measures can be avoided in the community.

Rosseau Lake College Donation

Rosseau Lake College has established the Robert Carreau Memorial Fund in order to help fund a four-season trail system in honour of Robert Carreau, Head of School, who tragically lost his life when he was struck by a car while out on his daily morning run. Donations will support efforts to make improvements to the RLC trail and heritage site along the trail system. In recognition and appreciation of the positive impact the school has had on members who have attended, Council agreed to donate \$500 to the fund.

Motion 4:

Moved by consensus to donate \$500 to Rosseau Lake College's Robert Carreau Memorial Fund in honour of Robert Carreau, Head of School.

ALL IN FAVOUR

CARRIED



Wahta Mohawks Council Meeting Minutes

Date: Wed November 20th, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Adoption of Agenda & Minutes

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to adopt the November 20th agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to approve the minutes from November 12th, 2020.

ALL IN FAVOUR

CARRIED

Duplex Application Review

Council reviewed the assessment of the housing applicants and discussed whether to accept the recommendations made. The Administration received a total of 11 rental applications in response to the advertisement of the soon to be available duplex units. Based on the criteria in the Wahta Housing Policy, the Capital Assets Department assessed the eligibility of each application. Each eligible application was then awarded points based on predetermined criteria to rank each applicant. Council agrees to accept the recommendation to award occupancy to three of the applicants thus far but call for an immediate review of the Housing Policy to address issues highlighted during this initial intake of applicants.

Motion 3:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to accept the recommendations of the Housing Committee to select tenants to occupy three of the units and to begin an immediate review of the housing policy to address issues highlighted during the tenant applicant review process.

ALL IN FAVOUR

CARRIED

Additions To Reserve Update

ATR meetings are continuing, and the next meeting will be held the week of November 23rd. Murray and Scott Aubichon had a call with Indigenous Services Canada and a Bell representative to discuss the ATR permit requirements. Given a permit needs to also be

developed for Bell assets on reserve, the question arose of whether to draft separate permits or just one for the Bell assets on ATR and reserve lands. Murray recommends that one permit be used, if that option does not delay any payments Bell may need to make Wahta for assets situated on reserve lands. Bell is to complete work on inventorying all their assets on ATR and reserve lands as this will need to be done to complete the permitting process. Murray and Scott will discuss the issue further with Indigenous Services and await the results of the inventorying process to present a final recommendation to Council. Another ATR call is scheduled on this specific matter for December 2nd, Murray will provide another update following that discussion.

Letter of Approval to sell Gasoline on Reserve

A new business on reserve has requested a letter of support or BCR from Council to complete their application to the province to provide exemptions under the Gasoline Tax Act. Council has asked Murray to work with the business to secure proof that their fuel pumps and tanks have been installed in a manner that meets safety standards for the industry before providing a letter of support.

COVID-19 Update

Council discussed the current situation and trends regarding the pandemic and agree that it is likely continue into the summer next year. Given this, Council would like to continue discussions on a regular basis and follow any recommended changes from local and provincial health authorities closely. Council will also continue to take advice from the Wahta Emergency Control Group and have asked the Emergency Control Group to work on new messaging for businesses, community members and staff. Council has asked messaging celebrate efforts taken by all so far and to reinforce the continued adherence to all protocols and safety measures during this second wave of the virus.

Wahta Housing Subsidies

Wahta Mohawks offers subsidies for New Construction and Renovations. We also have a subsidy for Water and Sanitation.

- **New Construction Housing subsidies are limited to a maximum of \$26,300.00 each.**
- **Renovation subsidies are available to a maximum of \$26,300.00 on a 50/50 cost sharing basis.**



We have only two of these subsidies available each year so it would mean two housing subsidies, or one housing subsidy and renovation subsidies totaling \$26,300.00 etc.

We also offer a Water and Sanitation subsidy of \$15,000.00 available for two new homes or to assist with the replacement of a well, pump, water system or for septic system renovation.

Accepting Applications for the New Rental Units

The Administration is pleased to announce that applications for the six rental units (four two-bedroom units and two three bedroom units) in the three new duplexes are now being accepted. Each unit comes with five main appliances (refrigerator, oven, dishwasher, washer and dryer).

As with the existing rental units, tenants are responsible for payment of all utilities (propane and electricity) and telephone/TV/Internet service.

We are targeting mid-November to have all the units ready for occupancy.

The rental rate for the two-bedroom unit is \$900/month and for the three-bedroom unit is \$1000/month. A deposit of \$500 is required and will be returned when the unit is vacated if there are no damages beyond normal wear.

As per Wahta Mohawk's Housing Policy, to be **eligible** to apply for a rental unit a person must meet the following eligibility requirements:

- a) Only Members qualify to apply for a Unit
- b) The rental unit must be the primary residence of the Applicant
- c) A Member must be at least eighteen (18) years of age, with the exception of a sixteen (16) or seventeen (17) year old Member who can demonstrate that he or she has withdrawn from parental control.
- d) Applicants must provide evidence of sufficient income to support rental payments and utilities (pay stubs, training allowance, shelter allowance, letter from social services). Applicants who are in Arrears (any account) with Wahta Mohawks will not be considered for housing until the Arrears are paid in full.
- e) Existing Tenants may become eligible to apply for a new allocation in cases where there is overcrowding. Overcrowding refers to a situation where Household Composition exceeds the Canadian National Occupancy Standard.

Pets are not permitted in the rental units.

The Administration's Housing Department will assess all applications based on the criteria set out in Wahta Mohawks Housing Policy.


To obtain an application form, please contact Karen Sahanatien at 705 394 5134 or email karen.sahanatien@wahtamohawks.ca



**Wahta Mohawks
Housing Program**

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.



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	Land for Sale	Land for Sale	Land Wanted	Land Wanted
Lot 5-2 Concession 5 (23.40 Acres)	2 acres adjacent to Musk. Rd. 38 with driveway	Various locations	Band member looking to purchase waterfront property on lake Gibson.	Band member looking for land.
For more information, please call Teresa DeCaire at 778-587-3784	5 Acres adjacent to Musk. Rd. 38 with no driveway	Call 705-762-0013 for more information	Please contact Chantell. 289-440-2464	Please call Diane at 518-827-5207
	80+ acres with bush lot and waterfront			
	For more info, please call 705-644-4227			

Flu Shot Clinic

We are planning on hosting a flu clinic in Wahta

If you are interested please get in touch with Sherry Byrne

At 705-762-2354 ext. 250 or sherry.byrne@wahtamohawks.ca

The flu shot is your best defence

The flu shot is recommended for everyone 6 months and older. It is:

- **Safe** (including for kids and if you are pregnant or breastfeeding)
- **Free**
- Available from your doctor or nurse practitioner and at participating **pharmacies** and **local public health units** across the province
- Proven to **reduce the number of doctor visits**, hospitalizations and deaths related to the flue
- **Different each year** because the virus changes frequently – so you need to get it every fall

Flu season typically runs from **late fall to early spring**.

You should get a flue shot as soon as possible because it takes two weeks to take effect.

Who is most at risk

Complications from the flu can include serious conditions, like pneumonia or heart attacks and, in some cases, death. Flu causes about 12,200 hospitalizations and 3,500 deaths in Canada each year.

Some people are more vulnerable to complications and hospitalizations from the flu:

- **Babies** under 6 months old are too young to get the flu shot, but they will get some protections if their parent got the flu shot while they were pregnant
- **Children under 5 years of age**, because their immune systems are developing, and their airways are small and more easily blocked
- **People 65 years and older**, because their immune systems are weaker and they are more likely to have an underlying condition that increases their risk
- **Pregnant people**, because their immune system, heart and lungs change – especially later in pregnancy – making them more likely to get seriously ill from the flu
- **People with underlying health conditions**, such as asthma, heart disease or diabetes

From <https://www.ontario.ca/page/flu-facts>

Health and Social Programming & Resources

Drum Bag Kit Workshop



This is a workshop that we will work together, helping each other as women to make this drum bag. Everything included (with detailed instructions) to make you own moose leather drum bag. We will have very clear instructions (video also available) to help us.

This program will take place at the CHC, limited space is available due to covid.

Date and time will be provided after registration date is closed and we receive the kits.

Please email Sherry at sherry.byrne@wahtamohawks.ca or call by December 15th 2020.

Wendy Hill

2hr zoom workshop on Women's Roles and Responsibilities

Date & Time: January 2021 - To determined after registration date has been closed.

Please email Sherry at sherry.byrne@wahtamohawks.ca or call by December 15th 2020.

Walking for your Health

Join us weekly on Mondays & Friday mornings. We will be meeting at the CHC walking path. Dress warm and come on out! RSVP Kristan Sahanatien at Kristan.sahanatien@wahtamohawks.ca or Sherry Byrne at sherry.byrne@wahtamohawks.ca

Community Snowmen Making Contest



Its that time of year, SNOW is coming!!

It must be made with really snow and outside. Choose a name for your snowmen.

One entry per household.

Send us a picture that your snowmen, be creative!

Date: ends February 1st, 2021

Send pictures to sherry.byrne@wahtamohawks.ca

Covid and Boredom

(Women & Men)

If you are interest in receiving a word find /word search book and/or craft/hobby kit. Examples: (paint by number, rug hooking, model car/truck...)

to help reduce boredom in the up coming months,

please email Sherry at

sherry.byrne@wahtamohawks.ca by December 15th, 2020.

Beef Barley Soup at Home



*Rich and hearty homestyle **Beef Barley Soup!** Made with tender chunks of beef roast, nutritious whole grain barley, fresh veggies and a deliciously seasoned broth. A soup that's sure to warm the soul on chilly days!*

Each kit comes with a recipe and the ingredients needed to make your own Butternut Squash soup. Participants are required to send a photo of their creation.

Please Register with Sherry Byrne at sherry.byrne@wahtamohawks.ca or Sara DeCaire at sara.decaire@wahtamohawks.ca

Deadline to register for this program is December 13, 2020

Freezer Meal Workshop

Join us for an online freezer meal prep workshop on Zoom - December 16th @ 10am. Registered participants will receive all the ingredients to prep the meals.

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

Deadline to register is December 7th, 2020.

Dreamcatcher Kits

Registered participants will receive all the needed materials to create their own dreamcatcher. This would be a great project to complete over the holidays!

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

Deadline to register is December 7th, 2020.

Ambulance Payment Assistance

Attention: If you have used an Ambulance to West Parry Sound Health Centre (Parry Sound Hospital)

When you receive your bill please get in contact with:

Patricia Austin, M.O.A.

Financial Services Clerk

West Parry Sound Health Centre

6 Albert Street, Parry Sound P2A 3A4

Phone: (705) 746-4540 ext 4112

email: paustin@wpshc.com

www.wpshc.com



Patricia can, with the status number that you provide, send the bill to FNIHB for payment directly!

If any questions arise please contact Christine for assistance.

if you live elsewhere and have to use an ambulance get in touch with that hospital's finance department and see if this can be arranged for you

Jane Burning Sessions

Jane offers training that incorporates traditional values and spiritual principles. A holistic consultant is conscious of the inter-connectedness of our minds, bodies and spirits.

Her training is vastly unique as it includes private consultations with your agency/organization to suit your needs. After the initial consultation, Jane includes any spiritual insight or guidance she receives from meditation and will develop an agenda for your training.

What: We would like to offer these six sessions to community members.

How: Virtual Series

When: To be determined

Creators of The New Earth

Session 1 Introduction : Setting up guidelines and creating a sacred space for one another to share and be heard. The format in which I ran this group is sharing and processing the first half hour - hour and teaching the second hour. Each week there is homework and an opportunity to reflect on what the weeks teaching was about.

Session 2 Understanding Trauma; This session allows us to take a look at what is happening in our world today and how are we the human race managing the change. What is it that we carry within that either inhibits us or allows us to be in our center. We will learn of the traumatized brain and how it effects us today with the world changes.

Session 3 Connecting and Grounding; This session is about understanding when we are triggered and reacting rather than responding to situations. We will learn and practice grounding to keep us connected to our bodies and our sacred bundle within.

Session 4 The Process of Letting Go; This session we will look at the doorways between life and death. We will explore our fears of death and how we can be in a place of non-duality and connected with our source energy. We will explore what keeps us disconnected and what tends to happen when we are in a place of disconnection.

Session 5 Transcendence; This session we will look at how do we begin to embrace our own internal darkness; feel, resolve, transform and transcend our own pain. We will learn what it means to know the absolute truth and how we can become self healers.

Session 6 Moving Forward; This is a closing session. We will explore any unfinished business and ensure everyone gets a chance to do a healthy closure

If you would be interested in attending these sessions please call to register with Sherry Byrne at sherry.byrne@wahtamohawks.ca or call 705-238-2871. Sessions will start in January 2021.

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.

For help or information about gambling supports in Ontario

Call ConnexOntario: 1-866-531-2600

For help or information about gambling, gaming and technology use treatment at CAMH

Call Access CAMH: 416-535-8501, press 2

Problem gambling is not just about losing money. Gambling problems can affect a person's whole life. Gambling is a problem when it:

- gets in the way of work, school or other activities
- harms the person's mental or physical health
- hurts the person financially
- damages the person's reputation
- causes problems with family or friends.

Not all people who gamble excessively are alike, nor are the problems they face. People with gambling problems are found in all age groups, income groups, cultures and jobs. Some people develop gambling problems suddenly, others over many years.

Free treatment, including counselling, is available to anyone in Ontario affected by gambling. This includes family members. Counselling can help people understand why they gamble, so they can stop, cut down or change their gambling. It can also help repair hurt feelings and regain trust with family members.

In most areas, an agency that offers specialized counselling for problem gambling is available close to home. In addition, telephone counselling and a self-help guide are also available. Credit and debt counselling services, family counselling and other resources may also be helpful. The Ontario Problem Gambling Helpline can link people to the support and resources they need. It is open 24 hours a day.

Adapted from problemgambling.ca © 2010 Centre for Addiction and Mental Health

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

Wahta Health Hub

Hepatitis A Outbreak in Muskoka

Hepatitis A is a liver infection caused by a virus. It is easily transmitted from person to person and can be spread when people who have the virus contaminate food, drinks, surfaces and every day objects. The vaccine is effective at preventing symptoms and spreading the virus to family, friends, colleagues.

In order to protect and prevent the spread of hepatitis A in Muskoka and in our community we have a limited supply of hepatitis A vaccine for people whom do not have any private health benefits and have never previously had the vaccine (Twinrix/Havrix).

It may be beneficial for the community members that run a business, (food, retail) and have exposure to a wide range of customers from all over Muskoka to be vaccinated.

Please call the Wahta Health Hub and book an appointment if you wish to have the vaccine (705) 762-1274.

Shoes and Orthotics

Visit Zach, the onsite pedorthist at the Wahta Health Hub.

Specializing in orthotics, footwear, compression socks and braces Diabetics or those with a family history are now eligible for footwear coverage Booking new appointments for October 28th, November 18th and December 9th, 2020 Please call Zach at 705-796-0050 to book an appointment

Thank you!





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.

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

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Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for
at least 15 seconds

1

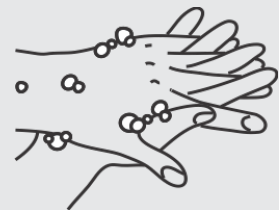
Wet hands with
warm water.

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

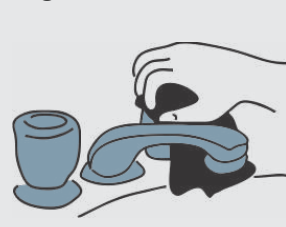
Rub each thumb clasped
in opposite hand.

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 

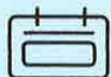


RAAM CLINIC

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
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
Leading. Policy. Change.

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:

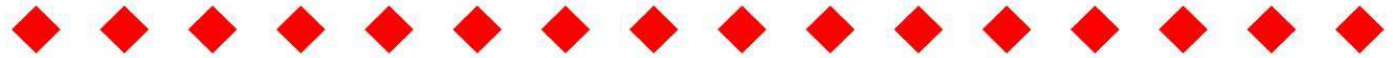
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

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 Jo-Anne Green at joanne@kagitamikam.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 Carol Holmes at carol.holmes@wahtamohawks.ca or 705-762-2354 ext. 233 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

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
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