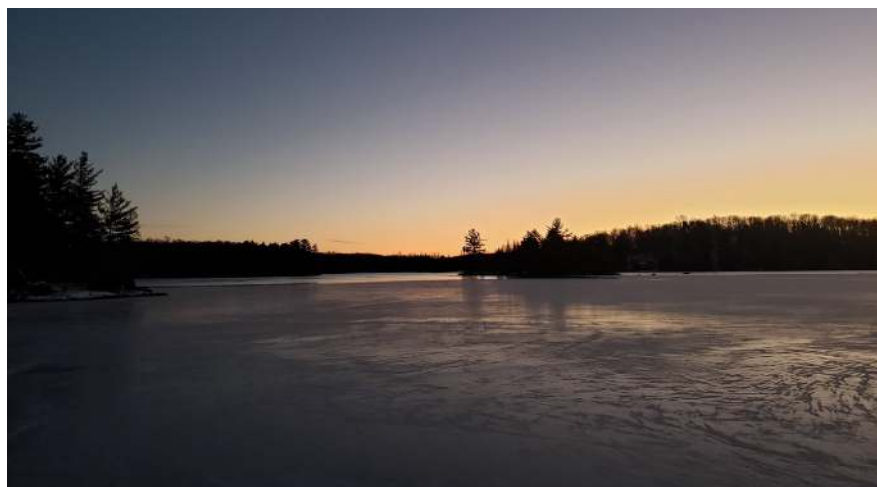


# Orihwase'shón:'a ne Wahta Rontenro Raotirihwá:ke

Tsothorkowa - The Big Cold



January 2021



## 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





## Wahta Mohawks Council Meeting Minutes

Date: Wed November 25<sup>th</sup>, 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

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### Adoption of Agenda & Minutes

#### Motion 1:

**Moved by Blaine Commandant and seconded by Teresa Greasley to adopt the November 25<sup>th</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

#### Motion 2:

**Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the minutes from November 20<sup>th</sup>, 2020.**

**ALL IN FAVOUR**

**CARRIED**

### Triplex Tenant Approval

Council was presented with a recommendation from the Capital Assets Department with regards to filling an upcoming vacancy in the triplex. The recommended applicant was approved by Council as they were assessed the highest ranking off all applicants received to date for any such vacancy.

### Seguin Township Plan Review – Draft Response Letter

Chief and Council reviewed the draft letter provided by Murray Maracle in response to a request from Seguin Township's consultants regarding engagement in the Township's Official

Plan Review. The letter points out the lack of engagement on the Township's part historically with Wahta and the need for the Township to formally commit to meaningful engagement consistent with the principles in the United Nations Declaration on the Rights of Indigenous People. While Council does not see a pressing need to actively participate in the process at this time, the draft letter does request information sharing moving forward so that Wahta can continually assess the process and identified any future concerns that may arise requiring the Township's attention. The letter was approved and signed by Chief Philip Franks and sent to the township's consulting company.

#### Gravenhurst Library Land Acknowledgement

The Gravenhurst Public Library reached out to the Education Department to seek input on the land acknowledgment statement they plan to read at the beginning of each of their board meetings. Council reviewed the draft statement from the library and also compared it to the one currently used by the Trillium Lakeland District School Board, as that is one Wahta has had an opportunity to comment on in the past. Council recommended that Gravenhurst Public Library blend some of the wording from the School Board's statement in order to provide a more fulsome inclusion of the community's connection to this area.

#### Hunting on Territory

Community members have expressed concern to Council with non-members hunting on the Territory. Council will work to seek further community input on the issue in order to develop a collective approach on how to address these concerns moving forward.

#### Ragged Rapids Road Speeding Concerns

Community members have brought forward safety concerns with respect to speeding and the general condition of Ragged Rapids Road and have asked for Council to address the issue. Murray informed Council that he has already asked Capital Assets Manager, Randell Sonmor, to plan an evaluation of all the roads in the community. The evaluation will assess roads against provincial standards to ensure there is consistency in the way community roads are maintained and constructed. Complicating the issue is the fact that the main portion of Ragged Rapids Road is owned and maintained by Ontario Power Generation. Council has also asked the Administration to seek further input from all community members who live off Ragged Rapids Road in order to better understand the concerns of all residents.

#### Honey Harbour Interpretive Plaque

Honey Harbour is creating a plaque on the history of their community and have asked Council to review the write-up that they plan to use. Besides being more of a story regarding the origin

of the naming of Honey Harbour then a historical accounting of the area, Council did note that the write up was completely devoid of any mention of Mohawks in its account.

#### Canada Census Participation

Statistics Canada is looking for First Nation communities to participate in the Canadian Census. It is ultimately up to individuals in the community if they would like to participate. Chief Franks wants members to be aware that Statistics Canada owns the data and can use it how they please. At this point, Wahta Mohawks will not commit to anything, but Chief Franks has asked Statistics Canada to provide comprehensive information on the census, along with its purpose and uses so that information can be shared with the community.



## **Wahta Mohawks Council Meeting Minutes**

**Date: Wed December 2<sup>nd</sup>, 2020**

**Time: 9:30 am**

#### **Those Present:**

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lorie Strength-Fenton

#### **In Attendance:**

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

#### **Regrets:**

Teresa Greasley

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#### Adoption of Agenda

#### **Motion 1:**

**Moved by consensus to adopt the December 2<sup>nd</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

## Before & After School Program Report 2020

### **Motion 2:**

**Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to have Chief Franks sign the Trillium Lakelands District School Board's "Before and After School Program Report" for 2020.**

**ALL IN FAVOUR**

**CARRIED**

### Update on Water Feasibility Study

Administration staff are working to finalize the Water Feasibility Study funded by Indigenous Services Canada to finalize the recommendations and secure Council support for those recommendations. Work taken to date to verify the recommendation in the draft report includes discussions with Indigenous Services Canada staff to determine the amount of funding for operations and maintenance available for the options studied in the report and a deeper look into the elements identified in the study that would make a communal water system not feasible in the community. Now that this work is coming to a close, the Administration will look at preparing a response to the study for Council's approval that reinforces the continued obligations Canada has to the community on this issue.

### Letter Regarding Recommendation to Lift Water Advisory

The Administration Building's new water treatment system, funded by Indigenous Services Canada, has now been completed. With the water testing from the system now coming back as acceptable for consumption, the federal Environmental Health Officer is recommending that the water advisory be lifted for that building. Murray will inquire into the next steps of this recommendation and whether Council must approve. If so, this response will be coordinated with the response being developed for the Water Feasibility Study.

### Housing Policy Proposed Amendments

Murray briefly presented a few proposed changes to the Housing Policy regarding issues identified by staff during the initial intake process implemented for the new duplexes. The document sent to Council did not signal the changes made so Murray will go back to see why the track changes version of the document was not able to be seen by Council. Once the issue is corrected then formal approval of the amendments will be sought at that time.

### McMaster Lake Committee

Carol Holmes has been working on finding ways to utilize the land surrounding McMaster Lake to increase access to land-based learning. She has taken steps to form a committee to help develop a vision on what could be done with the property and would like a Council

representative. Council agrees that they would like to see the committee's Terms of Reference to fully understand the parameters and goals of the committee.

#### Woodland Cultural Centre Unspent Wahta Funds

In the past, Wahta provided approximately \$7000 to the Woodland Cultural Centre to put together a health-related product for the community. The money was not used and the Woodland Cultural Centre would like to know what Council would like them to do with it. The Chief recommends that they provide Wahta with a product, rather than donate it or have the money returned.

#### Internal Policy Capacity and Process Discussion

Council discussed the need for increased capacity in policy development and are looking at different ways to achieve this. Currently, the Wahta Administration does not have the internal capacity to sufficiently take on any significant policy development work. Council will continue to explore options to address this need though any number of options such as hiring a short-term contract worker or bringing an advisor on temporarily. Discussion will continue to fully scope the capacity required and best approach to addressing it.



## **Wahta Mohawks Council Meeting Minutes**

**Date: Wed December 9<sup>th</sup>, 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

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#### Adoption of Agenda & Minutes

#### **Motion 1:**

**Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to adopt the December 9<sup>th</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

**Motion 2:**

**Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the minutes from November 25<sup>th</sup> and December 2<sup>nd</sup>, 2020.**

**ALL IN FAVOUR**

**CARRIED**

Can-Sky Roofing Invoice – Approval to Pay

Murray updated Council on the current status of the Administration Building following the completion of the first phase of the roofing project. Given the extent of the water damage repaired, there is some concern that the construction may have caused potentially harmful particles to drop from the ceiling into the offices and common spaces. Maintenance staff are currently cleaning offices, but there may be a need to hire a professional cleaner to ensure that all potentially harmful particles are removed before staff and community members return to the building. An air quality test has been conducted, results are expected in approximately a week or so.

**Motion 3:**

**Moved by Teresa Greasley and seconded by Blaine Commandant to approve the payment of the November 2020 Can-Sky Roofing invoice of \$97,398.76 for the work carried out at the Administration Building.**

**ALL IN FAVOUR**

**CARRIED**

Trillium Lakelands District School Board Invoice – Approval to Pay

**Motion 4:**

**Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the payment of the Trillium Lakelands District School Board invoice of \$ 192,379.60 for the September 2020 to March 2021 provincial tuition.**

**ALL IN FAVOUR**

**CARRIED**

McMaster Lake Survey MCR – For Approval

**Motion 5:**

**Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to approve and sign a Mohawk Band Resolution stating that Wahta has reviewed the McMaster Lake survey prepared by T.A. Bunker Surveying Ltd. and finds the plan satisfactory and approve the recording, filing or depositing of the plan in the appropriate registry.**

**ALL IN FAVOUR**

**CARRIED**

#### Housing Policy Proposed Amendments

Council discussed proposed amendments to the Housing Policy. While the proposed amendments aim to address a few of the issues identified with the initial intake of tenant applications, Council agreed the policy itself needs to be re-examined to simplify it as it is overly complicated. Murray recommends discussing what the fundamental roles and responsibilities of the Administration and Council should be with Housing as a start and to then build out revisions from there. Council will continue to examine the proposed revisions and revisit a discussion on the policy during its meeting scheduled for December 23<sup>rd</sup>.

#### Support Letter for New Community Gas Station

Council discussed the information provided from the owner and has requested the Administration secure more information on what the current regulatory framework for gas stations is on reserve. Murray will reach out to Ontario First Nations Technical Services to see if they can provide some guidance on this so Council has information on the safe operation of such businesses on reserve.



## **Wahta Mohawks Council Meeting Minutes**

**Date: Wed December 16<sup>th</sup>, 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

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### Adoption of Agenda & Minutes

#### **Motion 1:**

**Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to adopt the December 16<sup>th</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

#### **Motion 2:**

**Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the minutes from December 9<sup>th</sup>, 2020.**

**ALL IN FAVOUR**

**CARRIED**

### Can-Sky Roofing Invoice – Approval to Pay

#### **Motion 3:**

**Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the payment of Can-Sky Roofing invoices #4940 of \$68,224.32 and #4985 of \$55,820.48 for the work carried out at the Administration Building.**

**ALL IN FAVOUR**

**CARRIED**

### Endorsement for Classroom Teaching

Through the monthly newsletter, the Administration has advertised the opportunity to members of sharing cultural teachings in local schools. Richard Hay has recently come forward as being interested in visiting classrooms to speak. The Trillium Lakelands District School Board's Indigenous Education Committee requires endorsement from the community's leadership before any Speakers can be brought into classrooms. The School Board's Indigenous Education Consultant and Education Services Manager Carol Holmes having met with Richard are recommending a letter be provided to the school board from Council endorsing his involvement in cultural teachings. Council agreed with the recommendation and Chief Franks will sign the letter of support once it is prepared.

### Language Champions Program

Through the Education Partnership Program, the Association of Iroquois and Allied Indians have submitted a proposal to the Ministry of Education on behalf of the Wahta Mohawks. The proposal was based on work supporting Wahta's Language Revitalization Strategy, a document

created by Ryan Decaire and supported by Council. Education Services Manager Carol Holmes, and Language Activator Sarah Chaloux, along with Trillium Lakelands School Board Superintendent and Indigenous Education Consultant, attended a virtual meeting to learn more about the Mohawk language software Can8. This software allows students to learn virtually with the support of a teacher and has the proven capability of producing fluent speakers. The Education department has proposed this software be implemented in partnership with the Trillium Lakelands School Board for use in the schools. Wahta Mohawks would purchase the software with funding available through the Language Champions Program and the School Board would purchase all the required licenses for students as well as interested community members. A formal agreement will be developed setting out the details of the partnership, which will also include an option for making access to the platform available for members as well. Council is supportive of the proposed partnership and the Administration will begin work implementing it once the funding is officially confirmed, which should be very shortly.

#### Request for Support in Constructing an Access Road

Council discussed a request from a member to financially support the construction of an access road through community lands off Ragged Rapids Road. The road would provide access to a lot currently not having road access. Council agreed they cannot financially support the construction of the road as it would only serve to provide access to the individually owned lot at this time. Council will further discuss options for permitting the member to potentially use the land to construct an access road at their own cost.

#### McMaster Lake Committee

Councillor Strength-Fenton provided Council with an update following a meeting with the newly formed McMaster Lake Committee. She informed Council that the committee discussed goals and potential plans for the area. The Committee is preparing a draft of the terms of reference for Council's review.

#### External Issues

Chief Franks provided updates to Council on some external issues. Council agreed to set up a meeting in January with Scott Aitchison, current MPP of Muskoka, to allow him to discuss his current platform and to provide Council an opportunity to share community concerns. Council also agreed to support the Mayor of Muskoka Lakes efforts to urge the Premier of Ontario to revisit the Muskoka River Management Plan.

#### Discussion on Policies

Murray has nearly completed draft governance policies on the roles and responsibilities of Council, Members of Council, and the Chief. These will be the first ones to be completed and

reviewed as part of a larger effort to completing a comprehensive policy book to include those on council meeting procedures, a code of conduct, and community recourse options for policy violations. The Administration's Human Resource Management policy has also been reviewed by an employment lawyer, with those suggested revisions along with others currently being looked at by the Senior Administration Team.

**Meeting Adjourned by Consensus at 12:00pm**

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### **Wahta Housing Subsidies**

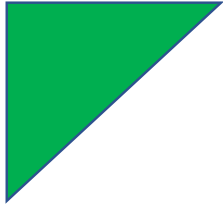
**Wahta Mohawks offers subsidies for New Construction and Renovations. We also have a subsidy for Water and Sanitation.**

- **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.**

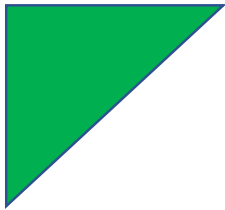


## **Information for the Community**

As Simcoe-Muskoka has moved into the more serious Red Level, the Emergency Control Group, on behalf of Council, is asking that all to redouble efforts at keeping ourselves, our family, and the community safe. By following the guidelines below, you can help keep everyone safe. We know it is the same message, but it is important to follow the information provided by the Health Department. Everyone has done a good job so far, but we must remain vigilant.

### **In General**

- The fewer people you have contact with the lower the risk of exposure to COVID-19.
- Remember that just because you know someone, even if they are family, it does not reduce the risk of transmitting COVID-19.
- Trips outside of the home should only be for *essential* reasons (work, school, groceries/pharmacy, health care, assisting vulnerable individuals, or exercise and physical activity).
- Do not visit any other households or allow visitors in your homes. If you live alone, you can have close contact with only one other household.
- *Everyone* should avoid social gatherings.
- If you work, do so remotely, where possible.



# Protect Yourself & Those Around You

**COVID-19**



Avoid close contact with people - keep at least 6 ft away



Clean and disinfect frequently touched objects and surfaces



Avoid touching your eyes, nose & mouth unless you have just cleaned your hands



Wash your hands often and thoroughly with soap and warm water



Stay home from school or work when you are sick



Use alcohol based hand sanitizer with at least 60% alcohol



Cover your cough or sneeze



No need to wear a mask if you are well & not caring for someone who has COVID-19



## Wahta Mohawks Emergency Preparedness

### Self-Help Advice - Winter Power Failures

Most Canadian home-heating systems are dependent upon electric power to operate furnace, forced-air circulation and thermostat controls. Power supply interruptions can last from a few hours to several days and are often caused by freezing rain or sleet storms which damage power lines and equipment. An extended power failure during winter months and subsequent loss of heating can result in cold, damp homes, severe living conditions and damage to walls, floors and plumbing.

The consequences of power and heating failure in sub-zero weather can be reduced in two ways: homeowners can protect their homes against frost damage before leaving it for a warmer location, or they can take precautions by having an emergency standby heating system which will permit continued occupancy throughout the emergency.

#### Advance precautions

If you have a fireplace, keep a good supply of fuel on hand.

Install a standby stove or heater which does not require electricity, and if necessary, make sure it is vented. One way of doing this is by connecting it to an unused flue. Use only fuel-burning heaters certified by the Canadian Standards Association or Canadian Gas Association.

If the standby heating unit will use the normal house oil or gas supply, have it connected with shut-off valves by a competent service technician from the fuel supplier.

Have flashlights, lanterns, candles and matches or other emergency lighting devices stored in a handy place.

Check with your local power supply authority before arranging for installation of emergency generators for furnaces, appliances or lighting.

Many radio and television stations can operate using emergency power.

Have a battery-powered radio and spare batteries to keep you informed.

#### If there is power failure

Check to see whether your home is the only one affected; if so, notify your local electric supply authority.

Turn on your battery-powered radio for local information.

Don't panic. Remember that even in very cold weather, a house with doors and windows closed will not become too cold for comfort for several hours.

If you have a standby heating unit, turn it on before the house gets too cold. If the unit must be vented to the same chimney flue as the furnace, switch the furnace off before disconnecting the furnace flue.

A house can be damaged by low temperatures, but the major threat is to the plumbing system. If a standby heating system is used, check to see that no part of the plumbing system can freeze.

If all or part of the house must be abandoned, protect it by taking the following precautions:

Turn off the main electric switch.

Turn off the water main where it enters the house. Protect the valve, inlet pipe, and meter or pump with blankets or insulation material.



## Wahta Mohawks Emergency Preparedness

Drain the water from your plumbing system. Starting at the top of the house, open all taps and flush toilets several times. Go to the basement and open the drain valve. Drain your hot water tank by attaching a hose to the tank drain valve and running it to the basement floor drain.

Do not worry about small amounts of water trapped in horizontal pipes.

Add a small amount of glycol or antifreeze to water left in the toilet bowl or sink or bathtub traps. This will prevent it from freezing and damaging the system.

Listen to a battery-operated or car radio for more detailed local advice and instructions.

### **After the power returns.**

Switch on the main electric switch.

Replace the furnace flue (if removed) and turn off the fuel to the standby heating unit.

Turn on the water supply. Close lowest valves first and allow air to escape from upper taps.

Make sure that the hot water heater is filled with water before turning on power.

Rinse out dishwasher and washing machine if necessary.

Warm house slightly above normal temperature for a few hours to allow it to dry thoroughly.

If the power failure has been lengthy, check food supplies in refrigerators, freezers and cupboards for signs of spoilage. If a freezer door has been kept closed, food should stay frozen 24 to 48 hours.



**If you have an emergency dial**

**911**

**POLICE FIRE AMBULANCE**



**WITHOUT POWER? CALL OUR 24/7 OUTAGE  
HOTLINE AT 1-800-434-1235  
OR REPORT AN OUTAGE ONLINE**



**Wahta Mohawks Emergency Number**

**If you need to contact Wahta Mohawks  
after hours or in an emergency, please call**

**1-866-282-9527**

## 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](mailto: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.

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### 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.

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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			

## **Trust Newsletter Update**

### **2020 Approved Projects**

Administration Building Roof Repairs

### **Policy Work**

Meeting Procedures

Roles and Responsibilities of the Chair

Application Form for Projects

Application Score Sheet

Memorandum of Understanding Between Trust and Band Council

Coordinator to Trust Performance Evaluation

### **Investment Portfolio**

Current value of investment \$10,567,714.00

The Wahta Mohawks Community Trust is seeking proposals from Wahta Mohawk citizens and or Chief and Council interested in seeking financial support for community-based initiatives. (*Project submissions from Chief and Council must be accompanied by a Wahta Mohawks Council resolution*).

In accordance with the Trust Agreement, we are mandated to issue a call for proposals at the year-end. In addition to this call for proposals, the Trust will accept proposals throughout the year.

**Community-based initiatives proposed in partnership with the Wahta Mohawks Council can include, but are not limited to:**

- Land acquisition/land improvements
- Capital improvements and infrastructure
- Environmental enhancement
- Cost-shared program initiatives not covered by other government funds
- Culture, language and traditional programs not covered by other government fund
- Capital and equipment costs if located on territory
- Education

**Eligibility of Applicants**

- Must be a citizen of the Wahta Mohawks
- Wahta Mohawks Chief and Council
- Must be of Mohawk ancestry
- Demonstration of need (e.g. other avenues of funding have been tried and exhausted)
- Individuals or groups

**Proposal Requirements**

- A completed application form will be submitted to the Wahta Mohawks Community Trust by December 31, 2016.

**\*\*\*Proposal Application Forms are available on the Wahta Mohawks Website and at the Administration Office\*\*\***



## **WÁHTA MOHAWK COMMUNITY TRUST - JOB POSTING**

### **WÁHTA MOHAWK TRUST COORDINATOR – CASUAL/PART TIME**

The **Wáhta Mohawk Community Trust** was created following the signing of a land claim agreement in 2005 which included financial compensation. The funds were placed in Trust which is governed by a Trust Agreement overseen by five Trustees, three elected by the community and two appointed by the Wáhta Mohawk Council. The Trust accepts proposals and funds projects which will benefit the Wáhta Mohawk people. The Trust is a separate legal entity from the Wáhta Mohawk Council.

**Job Description:** Coordinator - The Wáhta Mohawk Trust Coordinator facilitates the work of the Wáhta Mohawk Community Trust by implementing administrative measures such as recording and preparing meeting minutes, maintaining files and records, advising Trustees, attending and preparing for meetings of the Trust, and assisting in the implementation of policies, procedures, and decisions made by the Trust. On a day-to-day basis, the Coordinator will be the primary point of contact for administrative matters and will report to the Chair of the Trust. The Coordinator will work from time to time with the financial staff of the Wáhta Mohawks, the Trust Investment Manager, and the Trust Auditor to enable efficient administration of the Trust. The position requires an average of 10-15 hours per month.

**Job Requirements and Qualifications:** The Coordinator is expected to have good writing skills and basic computer skills in order to maintain minutes of meetings and prepare correspondence. The successful applicant must have the ability to do basic bookkeeping and maintain the filing system. The Trust expects professional communications and respect for confidentiality. The successful applicant must be available evenings and weekends. A college degree or equivalent experience is required.

#### **How to Apply:**

Applications may be submitted in person or received by mail no later than January 29th, 2021 to

**WÁHTA MOHAWK COMMUNITY TRUST  
WÁHTA MOHAWK TERRITORY  
P.O. BOX 260,  
BALA, ONTARIO  
P0C 1A0**

Applications and questions will also be accepted by e-mail at [admin@wahtamohawkstrust.org](mailto:admin@wahtamohawkstrust.org)

# Education Update

The New Year is quickly coming upon us, and we hope to have a new employee fill the void in employment and training within the education department in January. During this period of transition, Kagita Mikam offered the support of another employment counsellor, Joanne Green from the Peterborough area, to assist our members with purchase of training needs. This support was most welcomed. We look forward to having a full Education team to continue serving the needs of Wahta Mohawks.

**The Land based Learning Committee** met on December 10, 2020. The committee discussed potential possibilities, land use policy, and the importance of communication between committee, council and community. The committee is currently working on a Mission and values statement along with goals and objectives. **The next meeting is scheduled for January 7 at 6 p.m.** New committee members are welcome to join; please contact Carol Holmes at [carol.holmes@wahtamohawks.ca](mailto:carol.holmes@wahtamohawks.ca).

The **next Parent/Principal virtual meeting** is scheduled for **January 19 at 7 p.m.** Niawen kowa to those parents who attended our last meeting. If there are any agenda items anyone would like to add for the next meeting please contact Carol.

Earlier in the month the Ontario government announced **additional financial support for families** facing new education- related expenses during the Covid-19 pandemic. This is additional money to the announcement earlier in the year. This is a simple on line application and can be found on the Ontario.ca - support for Learners web page. Parents and guardians will receive a one-time payment of \$200.00 for each child up to age 12 or \$250.00 for each child or youth up to age 21 with special needs. **The application process closes January 15, 2021.**

We wish everyone a safe and happy holiday, and we expect great things to come in 2021.

# Health and Social Programming & Resources

## **HIV/AIDS Workshop with Joe P. from Creator's Garden**

Date TBD, workshop will be online with Zoom. Please register with Kristan Sahanatien – [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) Registered participants will be contacted with the workshop date and zoom link. Deadline to register is January 11<sup>th</sup>, 2021

## **Harm Reduction and Naloxone Training**

Date TBD, workshop will be online with Zoom. Please register with Kristan Sahanatien – [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) Registered participants will be contacted with the workshop date and zoom link. Deadline to register is January 11<sup>th</sup>, 2021

## **P.A Day Bingo – Children and Youth**

Tuesday February 2<sup>nd</sup> @ 10:00am – Zoom. Please Register with Kristan Sahanatien – [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) Deadline to register is January 11<sup>th</sup>, 2021

## **Zoom Bingo**

Date TBD. Please register with Kristan Sahanatien [Kristan.sahanatien@wahtamohawks.ca](mailto:Kristan.sahanatien@wahtamohawks.ca) Deadline to register is January 11<sup>th</sup>, 2021.

## **Book Club – Braiding Sweetgrass**

Date TBD. Book club will be meeting on Zoom to discuss the book. Interested participants please contact Kristan Sahanatien – [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) Deadline to register is January 11<sup>th</sup>, 2021.

## **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](mailto:sherry.byrne@wahtamohawks.ca) or call 705-238-2871. Sessions will start in January 2021.

## **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](http://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

# 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](mailto:sara.decaire@wahtamohawks.ca). You can also contact our receptionist Skye at 705-762-2354, and she will give Sara the message.

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## 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.

**Saturday February 13th, 2021**

**Starts at 8am**

# Ice Fishing Derby 2021

*Great prizes for those who participate.*

*If you wish to participate you must sign up by contacting  
[karen.sahanatien@wahtamohawks.ca](mailto:karen.sahanatien@wahtamohawks.ca)  
by January 29th.*

*Due to the pandemic the annual ice fishing derby wont be held as usual.  
This year people can ice fish at any location on February 13th from 8am to 4pm.*

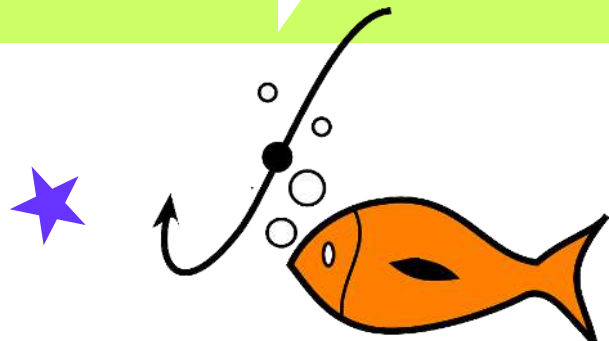
*If you catch a pike, please take a picture with you and your fish with a measuring device and send to  
[karen.sahanatien@wahtamohawks.ca](mailto:karen.sahanatien@wahtamohawks.ca)  
Please plan on participating and please remember to social distance.  
Stay safe everyone!*

*Ice Fish at any location*

*Fun for the whole  
Family*

*Categories for women, men  
and youth*

*Pictures maybe used in the  
Wahta newsletter and  
facebook page*



## 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](mailto:paustin@wpshc.com)

[www.wpshc.com](http://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 hospitals finance department and see if this can be arranged for 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](http://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](http://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](http://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](http://www.ccsa.ca/Impacts-COVID-19-Substance-Use)

© Canadian Centre on Substance Use and Addiction 2020

## 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**

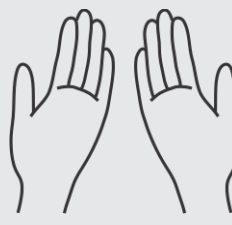
Rinse thoroughly under  
running water.

**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 



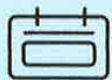


# RAAM CLINIC

## 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

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 (3<sup>rd</sup>), 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:**

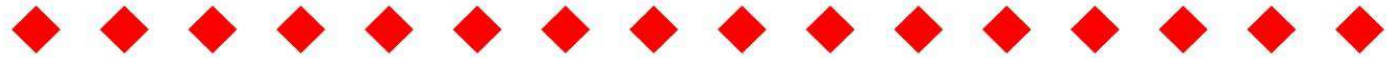
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

# 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](mailto: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

<b><u>Business Name</u></b>	<b><u>Phone Number</u></b>	<b><u>Website</u></b>	<b><u>Services Offered</u></b>
Commandant Towing & Recovery	705-205-1418	<a href="https://commandanttow.ca/services">https://commandanttow.ca/services</a>	Automobile towing and recovery
First Nations Liquidation	(705) 762-0101	<a href="https://www.facebook.com/FirstNationLiquidation">https://www.facebook.com/FirstNationLiquidation</a>	convenience/gifts/fireworks/house wares
Handy Man Dan	(705) 706-2710		repair/maintenance/construction/property management
Mrs. H's Fish & Chips	(705) 762-4262	<a href="http://mrshsfishandchips.ca/">mrshsfishandchips.ca/</a>	Restaurant
Muskoka Rural Electric	(705) 762-3440	<a href="http://www.muskokaruralelectric.com">www.muskokaruralelectric.com</a>	Licensed Electricians
Poseidon Plumbing	(705) 801-6164	<a href="http://www.godofwater.ca">www.godofwater.ca</a>	Full-Service Plumber
Sahanatien Haulage	(705) 762-5346	<a href="https://lshaulage.com/">https://lshaulage.com/</a>	Site development/roads and driveways/ septic systems/landscaping and landscaping supplies/material delivery
Team Boats	1 855-770-8326	<a href="http://www.teamboats.ca">www.teamboats.ca</a>	Custom Aluminum Boats
Wahta Station	(705) 762-2195	<a href="http://thewahtastation.com/">thewahtastation.com/</a>	Convenience/grocery
Wahta Springs	1 800-593-0127	<a href="http://www.wahtasprings.com">www.wahtasprings.com</a>	Water Bottling
Wahta Towing & Recovery	(416) 420-1691	<a href="https://www.facebook.com/Wahta-Towing-and-Recovery-1872268606412292/">https://www.facebook.com/Wahta-Towing-and-Recovery-1872268606412292/</a>	Automobile towing & recovery
What-a-Convenience	(705) 762-1923	<a href="https://www.facebook.com/whatabakery/">https://www.facebook.com/whatabakery/</a>	Gas Bar/bakery/Gifts
Womb Rising	(705) 323-5599	<a href="http://www.wombrising.com">www.wombrising.com</a>	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](mailto: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