

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

Enniska - The Time of Lateness



February 2021



THIS ISSUE

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

Ice Fishing Derby

The annual Ice Fishing Derby will be held on Saturday February 13th, from 8:00am to 4:00pm. Due to the pandemic the fishing derby will not be held as usual. This year people can fish at any location and send in a photo with you and your fish with a measuring device to Karen Sahanatien at karen.sahanatien@wahtamohawks.ca. Please plan to participate with your family and please remember to social distance!

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

Happy New Year everyone. 2020 ended but 2021 starts with the same problem dealing with COVID-19. Recently it was decided to release online that there were two incidences of positive COVID-19 cases on the territory. The reasoning was to help us realize just how insidious the disease is and that it can sneak in if we let our guard down.

I realize a number of people were concerned and wanted to know who the people are. It doesn't work that way, people have rights to their privacy if they wish. The last thing Council and the Administration will do is to divulge any personal information of our members. I do not think anyone would want that if the information pertained to themselves.

The biggest takeaway from this should be that while you are out doing essential things in public you must assume anyone you encounter is COVID-19 positive. This means staying within your immediate family unit, drastically limiting your normal travel, avoiding getting too close, wearing a good protective mask, and using sanitizer. Regarding the above-mentioned cases, public health personnel have done contact tracing and people have self-isolated.

Council By-Election

There will be a bi-election held for the vacant council member position in the coming months. Council is looking to secure a date with the Electoral Officer. Under our new regulations the time span for the elections is quite a bit longer from nomination to voting day. Once we have set the date things will begin to happen. Council is also looking at how a candidate forum might occur. We are looking at a company or individual who has the technology to be able to host an online forum, whether that be simple as the candidate presenting themselves and their views or better yet being able to have an interactive question and answer period. More information will emerge but for now the estimated date for the election will be mid-May of this year.

Community Engagement

Although COVID-19 has slowed progress, the document "2020 Wahta Mohawk Community Goals" has now been received by Council and will be discussed at the next online Council session. The document is a result of a well-participated community engagement survey carried out some time ago. Within this strategic planning framework the key areas of focus are Internal Operations, Community, Health, Education, Economic Development, Public Works, Culture, and Nation Building. Following a review and finalization of the document, it will be sent out to all members. Unfortunately we cannot have group sessions to discuss the contents, however we are still looking into companies that can assist on how we all can connect using the virtual platforms. Member meetings must continue, we had been doing well, and this may be the new method of doing so.

Policy

Council has been working on revising and creating policies from the governance end of matters. Initially we are dealing with Roles and Responsibilities of Council as a whole, as individual council members, and those of the Chief. A key part of this will be revising Council's Code of Conduct.

Documenting and clearing up the Governance portion of Wahta will be beneficial to the new member being elected this spring.

Other policy areas have been dealing with housing, rental processes and rental agreements. With the new units that just opened and administration going through the exercise of accepting applications it was noticed there are a few areas that could be improved upon to ensure a fair and manageable process.

Also, in the sights for early 2021 is completing a final draft of a revised Citizenship Code and creation of a separate Residency Code regarding non members of Wahta.

Sometimes we run across a situation where there is not a policy and confusion can arise as to how to deal with it. Council will work on policy and procedure on how to deal with private sector donations to the community. This will ensure credit is given where it is due by using an organized approach to fund raising when required.

As we still deal with the Additions To Reserves process working to have our lands back according the land claim settlement agreement, some consideration should be given to land use on the territory. To achieve this, Council will also be looking at methods of being able to consult with you, the membership, to gain input on a variety of land matters. How we as a community see the use of the returned lands is important, and just as important is how we are looking at the land we currently have with a view for future developments. How we access and treat the land, and still welcome business and or perhaps various industries is an area to be dealt with this year.

McMaster Lake

Toward the above- mentioned land planning, a working group of members have been meeting and discussing possibilities regarding this land to be returned to Wahta. A long held idea has been to utilize it as an outdoor learning space, perhaps with a walking trail. An idea that grew from a virtual student's science summer camp was to illustrate areas of natural interest with signs explaining the significance of certain items. There are many possibilities, we look forward to seeing a document from the group outlining what their goals are and how they will operate to achieve those.

COVID-19 Vaccine

The Simcoe-Muskoka Public Health Unit is looking to provide a vaccination clinic for the vulnerable population of Wahta residents as soon as the supply of vaccines becomes available. Vulnerable people are those who are of the senior population and those with health issues. The Emergency Control group is working on the details.

We hope that 2021 will be a productive year for Chief and Council, despite the inconvenience of lock downs due to COVID-19. We continue to be available for questions and concerns. I might add that if you try to phone, please leave a message if there is no answer. Niawen.



Wahta Mohawks Council Meeting Minutes

Date: Wed December 23rd, 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 Blaine Commandant and seconded by Lorie Strength-Fenton to adopt the December 23rd agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Lorie Strength-Fenton seconded by Teresa Greasley to approve the minutes from December 16th, 2020.

ALL IN FAVOUR

CARRIED

Discussion on COVID-19 Lockdown

Council discussed the Ontario lockdown and how it should be handled on the Territory. Council agreed to continue to follow the advice and directives of both the Provincial Government and the local Health Unit and will continue to follow the situation closely. As of now, Council feels only 1-2 people should be inside a retail business as long as a 2-metre distance can be maintained. If the situation worsens, Council may have to consider having businesses on reserve temporarily close to ensure the safety of the community.

Snowmobile Trail Surveys

Council reviewed and discussed the snowmobile surveys. These surveys were completed for the purpose of depositing them, which would allow the federal crown to secure the title and complete the ATR transfer. They do not require a formal motion or resolution. Council is currently waiting for a completed draft of the permit for approval. Council will continue this discussion in January once they can view a large sized hard copy of the surveys and final draft of the permit.

Access Road Construction Request

A community member would like to construct an access road on community held land off of Ragged Rapids Road in order to provide access to privately held property. Council would like Scott Aubichon, Lands and Resources Coordinator to provide them with options and his recommendation on how a community member could access property through band owned land. Discussions will continue in January once Council is presented with options.

Mohawk Food Processors Closure Process

In order to formally request the federal government to officially dissolve the Mohawk Food Processors entity, its final tax returns must be signed and submitted. Councillor Commandant is still listed as a director of the corporation and as such can sign the necessary documents to complete this. Council approved this process, Murray will provide Councillor Commandant with the necessary forms and will return them to KPMG once signed.

Draft Governance Policies

Murray has sent out drafts of three specific roles and responsibilities governance policies for Council's review. Council would like more time for review and will continue to discuss these policies and other potential policies to accompany these over the next few meetings.

Letter of Support from Rama First Nation for Women's Shelter

Rama First Nation has asked for a letter of support to build a 6-8 bed shelter for women with the intention to grow. It would allow women from other First Nations. Council agrees that the shelter should expand to include men. Chief Franks will write a letter and provide it to council for review.

Bi-Election Date

Council discussed the potential Bi-Election date. Murray is currently trying to get in contact with Kelly Maracle who acted as Electoral Officer during the previous Chief & Council Election. Once an Electoral Officer is acquired, planning can begin, and a date will be announced to the community.

Moved by adjourn by consensus at 12:15pm



Wahta Mohawks Council Meeting Minutes

Date: Wed January 6, 2021

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 Blaine Commandant and seconded by Lorie Strength-Fenton to adopt the January 6th agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Lorie Strength-Fenton seconded by Blaine Commandant to approve the minutes from December 23rd, 2020.

ALL IN FAVOUR

CARRIED

Access Road Request

Lands and Resources Coordinator Scott Aubichon attended the meeting to discuss options with Council on how to potentially provide a community member with ability to construct an access road on community lands to access a member held lot. Scott suggested that an MCR be created designating the existing road on the community held lot as a right of way and to have it registered with the Indian Lands Registry Office. The road would remain as Wahta's, but community members would have access to the road up until it intersected with the member held. Scott suggests that once the lot is officially transferred, Council could agree to allow access over the community held lot to allow access to the lot in question, which would

guarantee access to the member. Scott has agreed to draft an MCR on providing access to the community held lot for Council to consider.

Additions to Reserve Update

Scott Aubichon provided an update on the Additions to Reserve process. Roderick Lake access letters are going out shortly. The hunt camps have been audited and Council should be provided an update on what needs to happen with them and when. The Bell permit is drafted, however Bell is currently doing an inventory of their infrastructure on reserve, so it is not complete. A draft has been provided by Hydro One on their permit, but it also still requires some work.

Traffic on Iroquois Cranberry Drive

Chief Franks believes there will be a traffic issue in the summer months on Iroquois Cranberry Drive and wants to see if there is something that can be done to effectively direct traffic. The Wahta Springs Trail is parallel to the ramp exiting the highway which could cause some confusion. Chief Franks would like to know if the District of Muskoka could provide assistance with designing traffic controlling measures in the area in question. Scott Aubichon will look at which territory belongs to Wahta, and which part of the road belongs to the Ministry of Transportation to see if they can help. Scott will also consult with a contact from the District of Muskoka.

Return of Funds – Language Champions

Wahta has a surplus of \$36,451 from the Language Champions program from last fiscal year and the Association of Iroquois and Allied Indians requires the funds be sent back. It was noted however that the funding amount to be sent back will be included in this fiscal year's funding for the program in addition to the funding already committed to Wahta under the program this year.

Motion 3:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the return of Language Champions Program unspent funds to AIAI in the amount of \$36,451.

ALL IN FAVOUR

CARRIED

AIAI COVID-19 Funding – Mental Health and Addictions

The Association of Iroquois and Allied Indians has offered Wahta approximately \$72,000 of COVID-19 Relief Funding for Mental Health and Addictions Enhancements. The funding is required to be used by March 31st and is specifically targeted to areas that will be difficult for

Wahta to utilize at this time. The challenge is that Wahta has already received an excess amount of funding in Mental Health and Addictions this fiscal year that the Administration is attempting to expend by March 31st. Murray will contact Susan Nicolas from AIAI to discuss and explain Wahta's challenge in accepting and expending the funding in question.

Bi-Election Discussion

Electoral Officer Kelly Maracle has confirmed her ability to act as Electoral Officer for the upcoming bi-election and proposed a tentative timeline for the election. Council is unsure if the planning could be completed in time to hit the proposed targeted dates as a lot of additional planning has to go into using a virtual platform for the candidates meeting and to ensure all other COVID-19 related precautions are implemented for the vote. Council agreed to look at an election date for May this year to ensure that they have time to plan. More information will be gathered on virtual platforms and external companies who could help facilitate this before setting a specific date in May.

Governance Council Policies

Council discussed draft policies on Council's roles and responsibilities. More work needs to be taken on these policies outside of the regular Council Meetings, so Council has agreed to meet weekly on Tuesday mornings to work solely on these policies.

Moved by adjourn by consensus at 11:30am



Wahta Mohawks Council Meeting Minutes

Date: Wed January 13, 2021

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 January 13th agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Blaine Commandant seconded by Lorie Strength-Fenton to approve the minutes from January 6th, 2021.

ALL IN FAVOUR

CARRIED

Business Arising

Scott Aubichon reached out to the District of Muskoka to inquire about the potential traffic issue on Iroquois Growers Drive. The District was hesitant to provide assistance as they are unsure who has jurisdiction over certain parts of the road. They provided a contact from the Ministry of Transportation.

Murry has reached out to Electoral Officer, Kelly Maracle, to see if she knows of anyone that could help host a virtual town hall meeting, as we do not currently have the expertise and equipment to coordinate this internally.

Trillium Lakelands District School Board Invoice

Trillium Lakelands District School Board has provided Wahta with an invoice for a tuition adjustment for seven students that were added after the initial invoice was paid.

Motion 3:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the payment of the Trillium Lakelands District School Board invoice of \$55,781.60 for the September 2020 to March 2021 provincial tuition of the seven students added.

ALL IN FAVOUR

CARRIED

District of Muskoka Transportation Service

Randell Sonmor, Director of Capital Assets, joined the council meeting to present a briefing note on a new transportation service in Muskoka. The District of Muskoka approached Wahta with a special project they are implementing that will establish numerous bus routes across the area. The project is funded by the Government of Ontario and will run until at least March of 2023. One of these routes will run through Muskoka Road 38 so the District has reach out to inquire if Wahta would be interested in having a bus stop in the community. This route will involve roundtrips from Midland to Bracebridge and will make stops in Bala and Gravenhurst. Wahta can decide to join the service at any time without a financial obligation. Council has some concerns about COVID-19 safety and joining this service at this time as people are still being told to stay home whenever possible. Council is interested in establishing as bus stop on the community as part of this service, but not at this time. Council would like to see some of the specific issues worked out around the location of a potential stop and for the COVID-19 pandemic to improve greatly before considering joining this service.

Review of Applications for Renovations, Infrastructure for New Houses, & Water and Sanitation Subsidy

Randell Sonmor, Director of Capital Assets, presented a new proposed process of accepting and assessing applications for the renovations, new housing grant and water and sanitation subsidy. Currently, Wahta receives applications throughout the year which results in the funding essentially being distributed on a first come basis. The revised process is meant to address this concern by ensuring those who may need the funding most are getting it. In the new process there would be a submission deadline in the Spring, so that applications can be reviewed, and a priority ranking can be established. Randell plans to finalize the policy for Council approval and advertise in the newsletter that the process is changing.

Update on COVID-19 Vaccination Distribution

AIAI put together a call to discuss the vaccination rollout with representatives of Indigenous Services Canada, and the Deputy Minister of Indigenous Affairs, Shawn Batisse. They believe the rollout will begin in April beginning with people in congregate living situations and elders and eventually to all members on the territory.

Moved by adjourn by consensus at 11:30am



Wahta Mohawks Council Meeting Minutes

Date: Wed January 20, 2021

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:

Councillor Teresa Greasley

Adoption of Agenda & Minutes

Motion 1:

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

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Blaine Commandant seconded by Lorie Strength-Fenton to approve the minutes from January 13th, 2021.

ALL IN FAVOUR

CARRIED

Ontario Works Designation

A new employee has recently been hired to assume the Ontario Works Administer role. The Ministry of Children, Community and Social Services will need an MCR designating them as the new Ontario Works Administrator for Wahta Mohawks. A draft MCR will be brought forward for the next Council meeting review and approval.

Fuel Retailer Regulations

Ontario First Nations Technical Services Corporation has provided Murray with a document on fuel safety, that includes information on what legal requirements there are on fuel retailers. Murray will send the information to the new business on reserve seeking Council approval to find out if the requirements in the document provided are being met.

Additions to Reserve HONI Permit Discussion

Lands and Resources Coordinator Scott Aubichon attended the Council Meeting to discuss the Hydro One Networks Inc. (HONI) draft permit. HONI has requested a follow up meeting to discuss the payment terms that are to be included in the permit, the terms of the permit, and to confirm a survey has been completed. Scott will ask HONI for a detailed agenda for the meeting so Council can be prepared, and he will also send the addendum and draft permit to legal counsel to make sure Council is made aware of any potential issues that may arise.

Proposed Lease Premises Alterations

Councillor Strength-Fenton declared a conflict and removed herself from the discussion and final decision. Team Boats is looking to alter the premises of the workshop building they are leasing at the marsh to provide more working space for their business. Council agrees that Team Boats can alter the workshop to provide more working space if they agree to leave the plumbing rough ins as is so it can be easily restored back to how it was.

LaForme Letter on Class Action Lawsuit

There is currently a class action lawsuit on unsafe drinking water on First Nation Reservations, and the OKT Law wants to know if Wahta would like to participate. The messaging in the letter was somewhat unclear, and Chief Franks will respond to see if he can get more information.

AIAI Senior's Survey

Chief Franks brought up the Health and Social Advisory Board's ongoing project that has provided money to communities to collect data from seniors in the form of a survey. Wahta Mohawks has not yet provided them the raw data they require, and Murray stated that he will follow up with Christine Cox to see what progress has been made.

AIAI Chief's Council Report

Chief Franks attended a virtual Association of Indigenous and Allied Indians Chief's Council Meeting on January 19th, where a variety of topics were discussed. AIAI is looking to revamp the 1965 Children Welfare Agreement. There is also talk of potential federal funding being made available to communities to build capacity to take on their own child welfare systems. They are working on an updated strategic plan and have hired a consultant to assist. A GST hotline is

being set up so First Nations people can report when they were mistreated when doing point of sale tax exemptions. The Tobacco Taskforce is planning to meet with the Minister of Finance to discuss concerns and see what response they are met with. There is an inter-nation trade protocol that is based on a set of principles that Wahta Mohawks has not joined at this time. It is not binding, and they are hoping to have the last few communities join as soon as possible.

Moved by adjourn by consensus at 11:00am

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.

Revisions to the Housing, Renovations and Water & Sanitation Subsidy Application Process

The Administration would like to inform community members that we are working on improving the current application process.

The most significant changes are:


- Applicants are being asked to submit their applications by May 15.
- All applications will be assessed at the same time to ensure that projects are prioritized as there is only a set amount of funds that Indigenous Services Canada provides each year for these subsidies.

More details will follow in the coming weeks.

If you have questions, please call Randell Sonmor, Director of Capital Assets, at 705 644 4228.

Gravel Delivery Notice

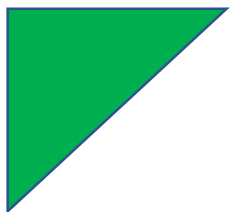
Following the purchase of each gravel order, members are now requested to call Sahanatien Haulage to provide delivery instructions. Their number is 705 762 5346.



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			



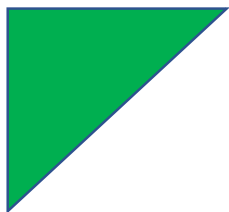
COVID-19 Self-Isolation When Returning from a Trip

Returning from a Trip

When returning from a trip out of province, or trips from other zones where the infection rate is similar or higher or trips abroad, it is good practice to self-isolate to protect your family and your community. Below are some guidelines for those returning from trips.

Stay Home

- Do not go to school or work or to an early childhood or daycare centre, or any other public place, such as a store.
- If your children did not make the trip, they can attend their daycare or school if they have no symptoms of COVID-19 and have received no isolation directions.
- If you have no one that can help you by picking up your groceries and medications, have your supermarket and pharmacy orders delivered and stay at least two metres away from the delivery person.
- Allow no visitors in your home unless essential (care providers)
- If you live with other people who did not travel:
 - *If possible, remain alone in your own room in the house.*
 - *Avoid contact with others in the home. Keep a distance of at least 2 metres between yourself and others. Cover your nose and mouth with a face mask*
 - *If possible, eat and sleep alone in a single room of the home.*
 - *If possible, use a bathroom reserved for you alone. Otherwise, disinfect after each use*
 - *Air out the house and your room often by opening a window even slightly, weather permitting.*
- Maintain this regime for 14 days or get tested
- If you develop symptoms complete a COVID-19 Self-Assessment, Contact Telehealth Ontario at 1-866-797-0000 and follow their direction.
- Some people are asymptomatic and never develop any symptoms of COVID-19, so the 14 day quarantine is the time that they could spread the virus if they have it and are asymptomatic – Self-Isolation is critical in these cases.

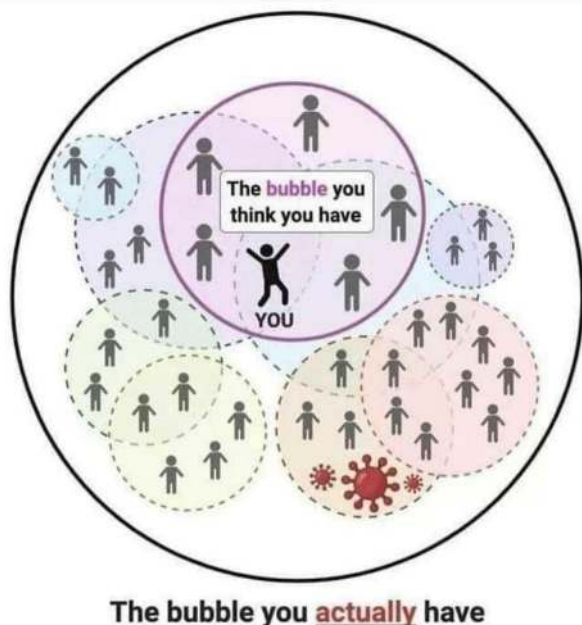


COVID-19 Self-Isolation When Returning from a Trip

Understanding Self-isolation

The idea behind self-isolation is breaking the chain of infection. By not interacting with people outside of your household bubble, you limit the possibility of catching the virus (or passing it along if someone in your bubble has the virus). Often your household bubble is bigger than you think (see diagram below). When you return to the community, you may unknowingly be carrying the virus. Because of this, it is critical that you self-isolate for 14 days. Over this time, if you have the virus, it will manifest itself with symptoms.

Protect yourself Protect your family Protect your community



The COVID-19 App

Together, let's limit the spread of COVID-19. COVID Alert is an additional tool to protect yourself and your loved ones. COVID Alert helps us break the cycle of infection. The app can let other app users know of possible exposures before any symptoms appear. That way, we can take care of ourselves and protect our communities. Please use the QR code to get to the download page with downloads for either Android or iOS.



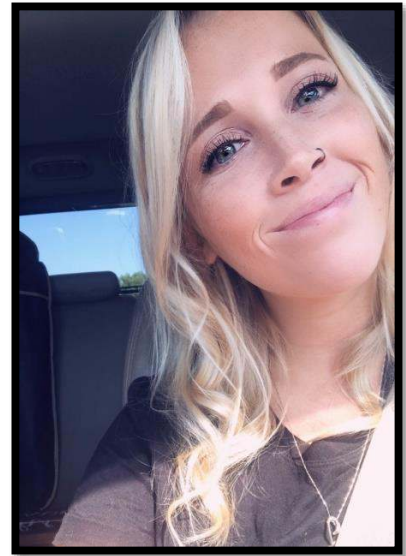
New Employee Introductions

Hi! My name is Kathleen White, and I am thrilled to be a part of the Wahta Mohawks team!

I am the Ontario Works Administrator, and my role is to work directly with applicants for the purpose of completing all forms and documentation required to process requests for assistance.

I am also responsible for the Medical Transportation program, and I am the Navigator for Jordan's Principle. I am here fully prepared to help you and your families!

As a born and raised Muskoka girl, I can appreciate how beautiful our area is, and how lucky I am to be a permanent, year-round resident. I have lived in big cities such as Ottawa and Niagara, but always found myself wanting to return to my roots. I attended Algonquin College for Child and Youth Work, and Georgian College for Social Service Work. I am certified in First Aid/CPR, Mental Health First Aid, and Dual Diagnosis'.



I come to Wahta Mohawks with more than 5 years prior experience in social services, where my role was supporting individuals with developmental disabilities/dual diagnosis' in their homes and around their community. I have enjoyed many opportunities supporting individuals to identify and reach their goals.

I also have experience caring for children from newborn-age 12, in a variety of settings such as: community childcare centres, after school programs, nannyng, babysitting, and summer camps.

Growing up in Muskoka has provided me with many opportunities to meet and get to know some residents of Wahta. I truly value the knowledge and information I have received and look forward to learning more from all of you!

I can be reached at kathleen.white@wahtamohawks.ca



Kalen Westby graduated from Brock University in St. Catharines, Ontario. She focused on education, dramatic arts, history and became an OCT certified teacher. Since then, she has followed her passion for education by working for three years as a full-time high school teacher in Sandy Lake, an isolated fly in reserve in Northern Ontario. Since leaving Sandy Lake, Kalen has continued to expand her experience by working as an Education Youth Counsellor for youth in conflict with the Criminal Justice System. Outside of her professional life, she loves the outdoors and you can often find her camping, hiking, snowmobiling and spending time with her dog named Bear.

Kalen enjoys new opportunities and has leapt at the chance to relocate from her hometown of Peterborough to begin working as the Education Services Assistant with the Wahta Mohawks. She is excited for all the experiences that she will gain living in the Muskoka area, and is happy to make it her home.

You can reach Kalen at kalen.westby@wahtamohawks.ca



MASK UP

If you are dropping off supplies to loved ones Mask Up.

In answering your door, even if it is family or friends, Mask Up.

ANYONE could have the virus, with or without symptoms. Wearing a mask and washing your hands after answering the door or after you receive a parcel can help stop transmission.



District of Muskoka's New Transportation Service

We have been approached by the District of Muskoka regarding their initiative to establish several bus routes within the District. One of these routes will be from Midland, along the Muskoka Road 38, with stops in Bala, Gravenhurst and Bracebridge. In addition, the service will offer 'flex stops' where a rider could request a pickup/drop off along the route.

The District has asked if Wahta would like to have a bus stop at a designated location within the community. Council has carefully considered their offer and generally support the concept. However, due to the health risks of traveling during this period of increasing COVID cases it has been decided not to participate at this time in the service being offered. We will continue to monitor the situation and consider the establishment of a bus stop for this new service once conditions improve to the point where the service could be safely implemented in the community.



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**

Education

2021 begins with some new challenges as students and parents adapt to synchronous and asynchronous on-line learning. Our parents are contending with children who are expected to be in the virtual classroom meeting at scheduled times left to complete independent work afterward. Attendance is taken daily. Students have multiple teachers; physical education is still offered to students and this may mean a different teacher is leading this class. It is expected that students attend these learning sessions. Sometimes internet connections are a problem and students are disconnected from the group. Other times, log in links do not work properly. Students often need help from the parent or grandparent at home to complete the work. When there are multiple children at home all with classroom meeting commitments one can only understand how stressful this is on our parents. Extended family support is necessary. You may not be able to physically help in the home and there are other ways to show support. Words of encouragement and understanding, delivering a prepared dinner at the doorstep, offering to read to children at night before bed over the phone or through a face time call are a few examples. We hope our parents are taking some time for a little self care. This is important.

Our post secondary application process begins for the next round of applicants. If you wish to apply please at this site <https://wahta.dadavan.com/student/pseapplication.jsp>

As a reminder all returning applicants must reapply for the upcoming terms.

A post secondary policy review is underway. A revised policy will be available to all applicants.

Staff at Wahta Mohawks will participate in Cultural Competency Training, a four hour training session delivered virtually over two days. This training is also being delivered the next day to the Trustees and Senior staff of Trillium Lakelands District School Board. We look forward to these opportunities with additional training to follow.

Language Activation

We are excited about upcoming projects that will include the development of a Kanien'kéha Language and Land-Based Learning App. This will include the recording of first and fluent speakers from community and land-based learning activities and knowledge. This app will be available free for all to explore. We look forward to sharing more as this develops.

We are also in the process of providing Online Language Classes that are very comprehensive with years of curriculum developed for successful language acquisition. These classes will be available for adults and youth and the enrolled student will be able to work through the curriculum for years as it will follow your progress. If you are interested, please email sarah.chaloux@wahtamohawks.ca to assist with collecting numbers of interested members.

We will be hiring a Kanien'kéha Language Teacher to assist with these language projects. Please check <http://www.wahtamohawks.com/employment/> for upcoming job posting.

Update from the Land Based Learning Committee

The Land-based Learning Committee has come together as a result of community identifying land based learning through the community survey. Wahta Mohawks administration expressed an interest in exploring some ideas from our youth and identified a desire to respond and make this a priority.

A call out to community to become involved occurred in November and December via the Wahta newsletter. Members came forward and the first meeting occurred on December 10, 2020.

To date the committee has met twice. A draft Mission and Values statement, Goals and Objectives are in progress and will be presented to Council and community for consent in the near future.

The committee members consist of: Sarah Chaloux, Kaylin Cooper, Ryan DeCaire, Lori Strength-Fenton, Rachel Franks, Carol Holmes, Christopher Stock, and Kara Wanoth. The committee members all share a common mindset about the importance of our connection to the land and have a common vision of restoration and reclamation of traditional knowledge for our future generations.

In lieu of a physical gathering/s with community at this time, the committee is discussing alternative methods to connect with community for consultation and consent as we move forward in further developing the goals and objectives and identifying opportunities.

Looking for upcoming opportunities to get involved!



WAHTA MOHAWKS COVID-19 VACCINATION PROGRAM

Wahta is planning a vaccination program for the SARS-CoV-2 virus that causes COVID-19.

While the initial emphasis will be on vulnerable people in the community, we do eventually expect there to be enough vaccine for the whole community as well as members living in the surrounding area. We are working with the Simcoe-Muskoka District Health Unit to undertake this project, as the Health Unit will be supplying the vaccine. We do not have a date for this clinic now, but we need to be prepared when the time comes.

We are calling locally to provide information and to collect names of those interested in being vaccinated. If you want to be included in our list, and have not been called, please contact us at the number below. Following the Health Unit's guidelines, people should not travel from one region to another.

If you have any questions or want to register for the clinic, please call or email Christine at 705-762-2354 Ext. 273 or christine.cox@wahtamohawks.ca

Health and Social Programming & Resources

Child and Youth Programs

Youth Whittling Ages 12+

Supplies will be provided

Program runs over zoom

February 3, 10, 17, 24

Starting at 4:30pm

10 spots available

Sign up by emailing

amy.davidson@wahtamohawks.ca

Children's Story Telling

February and March Thursday nights at

7pm over zoom

Contact Amy for the link at

amy.davidson@wahtamohawks.ca

Children's Group Animation Club

Ages 11+

Every Monday in February and March over zoom

Starting at 6pm

10 spots available

Contact Amy for the link at

amy.davidson@wahtamohawks.ca

Youth Calligraphy

Supplies will be provided

Program runs over Zoom

March 3, 10, 17, 24, 31

Starting at 4:30pm

10 spots available

Sign up by emailing

amy.davidson@wahtamohawks.ca

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.

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

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.

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
by January 29th.*

Due to the pandemic the annual ice fishing derby won't be held as usual. This year people can ice fish at any location on February 13th from 8am to 4pm.

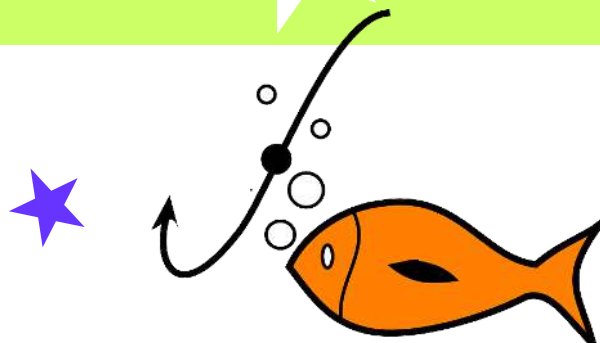
*If you catch a pike, please take a picture with you and your fish with a measuring device and send to
karen.sahanatien@wahtamohawks.ca
Please plan on participating and please remember to social distance.
Stay safe everyone!*

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

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

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

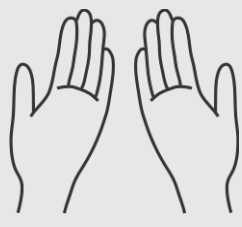
Rinse thoroughly under
running water.

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
clapsed in opposite
hand.

7



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

8



Once dry, your hands
are clean.

Sources:

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

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

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Ontario 

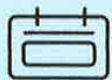


RAAM CLINIC

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
Muskegon - Parry Sound

Addictions and
Mental Health Services



West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic



Canadian Mental
Health Association

Addictions and
Mental Health Services

West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

WPSHC
CARES



Phone: 705-375-9900

West Parry Sound

Fax: 705-375-9905

RAAM (Rapid Access Addiction Medicine) Clinic

Patient Handout

Note: Calls and Referrals answered by Moose Deer Point Nurse Practitioner Led

What is the RAAM Clinic?

RAAM is a low-barrier, culturally safe clinic available by Walk-in or Referral. Although not required, referrals are helpful and appreciated. It is for individuals aged 16 or older, who are looking for help with their substance use. The providers (Nurse Practitioner or Physician), have experience treating people who are struggling with their drinking or substance use, and know how difficult it can be to ask for help.

Individuals are welcome to come to the clinic even if there is uncertainty as to whether the addiction is an issue or alternatively if it is a known issue and support is desired.

Services Provided

- Care that is culturally competent
- Assess substance use concerns (includes multisubstance use) and concurrent mental health concerns
- Initiate pharmacotherapy if indicated: *Alcohol Use Disorders, Opioid Use Disorders*
- Anticraving medication for alcohol
- Suboxone induction and stabilization
- Provide harm reduction interventions and advice
- Provide solution-focused counselling
- Provide trauma-informed care
- Make appropriate links to community partners for addiction, psychosocial and social support services
- Transition clients back to their primary care provider when stable
- Help in connecting clients to a primary care provider if needed

Services Not Provided

- Management of acute/severe withdrawal. Clients in severe withdrawal should call 911 or present to the emergency department
- Management of acute intoxication; for alcohol Client should have their last drink the night before
- Replacement of primary care services
- Long-term psychotherapy
- Management of acute psychiatric illness
- Diagnosis, treatment, or opioid prescriptions for chronic pain
- Safe injection site services



Canadian Mental
Health Association
Learning. Policy. Support.

Addictions and
Mental Health Services

West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

WPSHC
CARES



Page 1 of 2

Hours of Operation

- Monday: 2:00 pm-6:00 pm
- Thursday: 8:00 am- 12:00 pm

New clients are encouraged to arrive at the beginning of the clinic

To access RAAM, arrive at the **Admitting Department, Main Floor (3rd), WPSHC between 1:45-5:30 pm Mondays and 7:45-11:30 am Thursdays.**

What to Bring

- OHIP card
- List of medications, including prescribed and non-prescribed. Bring in the medication bottle if possible.
- Please bring a copy of your referral form if you have one.
- **Please feel free to bring support, for example a close family member or friend.** If you are feeling anxious or hesitant about coming to the RAAM clinic, a supportive person with you may help you feel less overwhelmed and alone.

Please Call for an Appointment (705-375-9900)

While **Walk-in appointments are welcome**, pre-booking your appointment helps us to plan for your visit, as well as helps plan your transportation (if transportation is a barrier for you coming to our clinic).

Note: Calls and Referrals answered by Moose Deer Point Nurse Practitioner Led Clinic

What to Expect

- Safe, comfortable, accessible meeting space
- Provide a urine sample for drug screening at each clinic visit
- Appointments with medical staff (Nurse Practitioner or Physician), and addictions counsellors
- Detailed history, explore substance use concerns and recovery
- Regularly scheduled clinic visits based on clinical progress

We do not provide emergency medical services, or acute/severe withdrawal detox. If you are in severe withdrawal please visit the emergency department. Please do not present intoxicated. Have your last drink the night before.

If you require a residential (inpatient) withdrawal management service, here are some services you may contact:

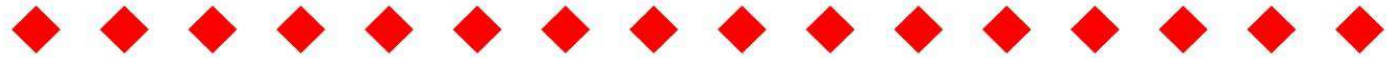
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

Kagita Mikam Employment & Training

Intake applications are ongoing for Kagita Mikam Employment & Training Programs. If you are unemployed, underemployed or out of school and would like to receive training to get back into the workforce then support is available upon meeting the criteria and funding availability.



Programs available through Kagita Mikam are: Purchase of Training, Targeted Wage Subsidy, Mobility Assistance, Youth Work Experience, Employment Assistance Supports and Self Employment Assistance. Funding for training is for 1 year only. Members of Wahta Mohawks without status are eligible for funding. A Letter from Wahta Mohawks stating that you have membership must be provided. Members with status must provide status number and membership letter. For more information on the program please contact 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 Manager	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
Kalen Westby	Education/Employment Services Assistant	Ext. 245
Kathleen White	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

Please Feel Free to Call with any Questions or Concerns

Administration Office Hours:

Monday through Thursday, 8:00 am-4:30pm

Fridays 8:00 am-2:00pm