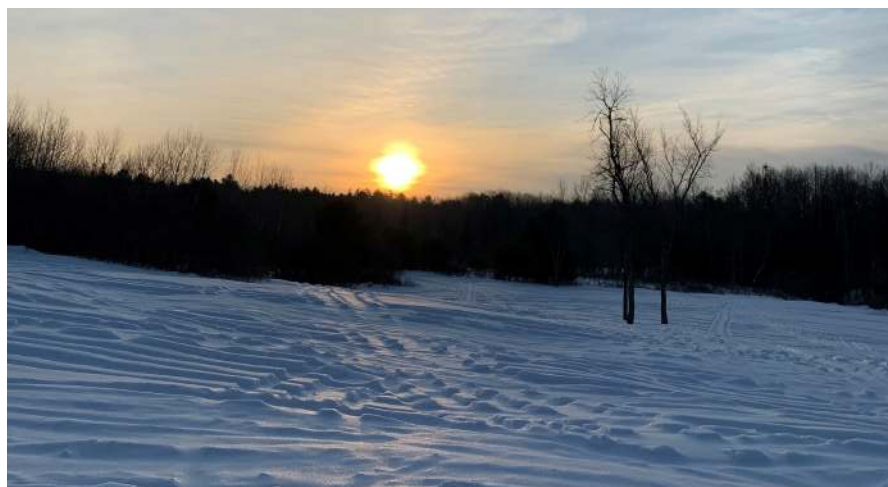


Orihwase'shón:'a ne Wahta Rontenro Raotirihwá:ke

Ennisko:wa - The Time of Much Lateness



March 2021



THIS ISSUE

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

Notice of Bi-Election

The nominations will take place on Saturday March 27th at the Administration Building between 2pm and 6pm. The final poll will take place on Saturday May 29th at the Administration Building between 9am and 7pm. Please see inside for more information and contact information for Electoral Officer Kelly Maracle and Assistant Electoral Officer Matthew Commandant

Community Buildings Closed

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

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

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



CHIEF AND COUNCIL UPDATE

Chief Philip Franks

We are now almost a year into the disruption of our lives due to the COVID-19 pandemic. As bleak as it has been there are now signs of some light ahead as the vaccination rollout in this province has begun. Recently more than 140 people were vaccinated at the Administration Building.

The priorities of the province have been health care workers, and residents of long term care centers first. After that the Indigenous population of the province are considered. There are clinics being done or planned for in all of the Public Health Unit districts in the province. They are still making good progress in northern Ontario First Nation communities and are tackling the North East zone of the province. Each health unit is working on their own schedule so we are very grateful for the organization and consideration of the Simcoe-Muskoka Public Health Unit.

Following that, vaccinations of the off-reserve population of Indigenous people are ramping up. Locally there are two clinic sites established in Muskoka to start with the elderly and the Indigenous population (non Indigenous spouses as well), or those who missed the community clinic we had. This is all good news as we have not had much of that to date.

By-Election

The dates are set for a spring bi-election to fill the vacancy created by the passing of Councillor Lawrence Schell. The nomination meeting will be March 27, the qualifying candidates meeting will be April 24, and the election will fall on May 29. These dates are in accordance with the new election regulations adopted last year. Our electoral officer Kelly Maracle has by now sent the notification out to the electorate. Mail in ballots will be utilized once again. Due to COVID-19 it is not clear how the qualifying meeting will look but we are trying to organize a web based viewing of the proceedings. I look forward to seeing interest from our membership to consider becoming a part of the Wahta Mohawk Council.

Ongoing Matters

Council recently have been looking at material prepared by Future Design School regarding the results of a community consultation from last year which looks to implement a strategic plan and new outlooks for the administration of Wahta. Service delivery and internal operations are considered along with planning priorities as described by participants of the survey. Managers will have been briefed and staff at large during the first week in March. The strategic plan and operational considerations should provide a marked improvement in accountability and direct service delivery throughout the organizations.

Council considered a brief brought by Capital Assets Manager Randell Sonmor and approved the inclusion in next year's budget to tender a Roads Assessment Study to provide a roadmap

for improving the state of the community sideroads. Again, this was one of the priorities outlined in the community consultation.

Capital Assets also brought forward a proposal to tender for new furnaces for the administration building. Breakdowns have been occurring with the large furnaces located on top of the administration building. These heat plants will be expensive (> \$300,000) but the cost is necessary. The building currently has no heat going to large areas including the main hall. The building and furnaces went into service 25 years ago. It is hoped to have replacements installed this spring prior to the completion of the roof replacement in that area of the roof.

Consideration is being given to snow removal from our roads and Council will be weighing the cost of continuing to operate a truck and plow given that a new snow plough is now looking inevitable, vs options to tender the task of clearing roads to an independent company. As our assets age the cost to the budget has been growing with the need for new equipment in all areas and we continue to try mitigate the long term costs while delivering quality service to the community.

Council will be having an annual meeting by internet with child and family services this month to get an update on how the agency is operating to meet the needs of the community and area. This update provides the Council with the opportunity to voice any concerns they may have regarding service delivery if any.

The ongoing work on creating or reviewing governance policy continues. Council's relationship with the administration, conduct, roles and responsibilities, are all part of the review. New policies will be adopted where necessary. We continue to regard the suggestions and concerns provided by the membership in the community consultation regarding community safety, service provision, and future directions of governance and the lands, although the pandemic has slowed many of the usual public meetings community meetings.

Chief and Council continue to work with our political organizations and other agencies to keep abreast of the changing environment created through Canada and Ontario legislations.

Something I noticed lately in the local news, and this most likely applies all over, is the increase in phone or email scams that are still happening. It has been said before but probably worth mentioning again. Scammers are after your money and will pretend to be an official from the government or a finance institution. If you question them, they will likely become aggressive trying to bully you into doing what they are asking. Simply, real government or police will not just call you on the phone and tell say you owe money to them. They will contact you by mail. If you get a call you find suspicious, just hang up. They are very tricky, do not give any personal information whatsoever, they are likely in another country and cannot harm you.

As usual please do not hesitate to call or email for clarification on any matters Council is dealing with, service delivery items can be addressed by the administration at the main number.

Niawen for reading and taking interest.



Wahta Mohawks Council Meeting Minutes

Date: Wed January 27th, 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 27th agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Blaine Commandant seconded by Lorie Strength-Fenton to approve the minutes from January 27th, 2021.

ALL IN FAVOUR

CARRIED

Ontario Works Designation

A Mohawk Council Resolution has been approved designating Kathleen White as the new Ontario Works Administrator for the Wahta Mohawks. This designation will be filed with the Ministry of Children, Community and Social Services.

ID Outdoor Proposed Third Electronic Sign

ID Outdoors has proposed a third electronic sign on Highway 400 near the Twelve Mile Bay exit. Council wants to further consider the location and several other issues, including the ongoing Additions to Reserve process, prior to considering such a decision.

Improving Connectivity for Ontario Proposal

Murray provided a quick update to Council on the status of the proposal. It has successfully made it through the initial stages and is continuing to be assessed through the later stages of the process. One of the issues Council will need to begin to consider in anticipation of the proposal being successful is how they would like the internet to be distributed to the community. Council has asked Murray to go back to our partner on the proposal, Point to Point Communications, to scope out various options of how this could possibly look along with associated costs and considerations.

DBCFS Permission for Knowledge Keeper

Dnaagdawenmag Binnoojiiyag Child and Family Services requires permission from Council to allow two community members to act as knowledge keepers. Council would like to know more information on what this role entails before providing their permission. Further discussions will be held at the next meeting.

Future Design School – Community Presentation on Strategic Plan

A final draft of the strategic plan has been provided to Council for review. The plan has been designed around the survey that was completed by the community in December 2019. This plan will inform members of the strategic goals and activities that the Administration and Council will be working towards over the next few years. Once Council has finalized and approved the plan, it will be shared with the community.

Moved by adjourn by consensus at 11:15am



Wahta Mohawks Council Meeting Minutes

Date: Wed February 3rd, 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

Motion 1:

Moved by Teresa Greasley and seconded by Blaine Commandant to adopt the January 27th agenda.

ALL IN FAVOUR

CARRIED

Customary Care Agreement

Council reviewed and approved a draft Resolution accepting a customary care arrangement recommendation from Dnaagdawenmag Binnoojiiyag Child and Family Services and Wahta's Band Representative. Council will sign the Resolution with a copy going to Dnaagdawenmag Binnoojiiyag Child and Family Services.

Gas Retailer Approval Letter

Murray has reviewed the information on gas retailer regulations provided by Ontario First Nations Technical Services and does not see any gaps in compliance when compared to the technical information provided by the business. Council will proceed with writing a support letter for the retailer to support their application under the Gasoline Tax Act.

COVID-19 Vaccine Roll-Out

There are currently a lot of unknowns regarding the vaccination roll out on First Nations. Indigenous Affairs sent out an email asking for data from Wahta Mohawks. Murray responded

asking for more transparency about why they are collecting the information and if they are communicating this information to the local health units. Murray and A/Director of Health and Social Services Christine Cox will be meeting with the Deputy Minister on February 4th to discuss the matrix and the Ministry's intended use of it. Furthermore, the Simcoe Muskoka District Health Unit has created a regional vaccine taskforce and have invited Murray and Christine to sit on a meeting on February 3rd.

To ensure the Administration is prepared to move as quickly as possible once the availability of vaccines is known, staff have also been reaching out to community members to determine who is interested in receiving the vaccine and to begin collecting basic information for the intake form required.

DBCFS Meeting Date

Murray has set up a meeting for Council with Amber Crowe Executive Director of Dnaagdawenmag Binnoojiyag Child and Family Services for March 10th. There is no current agenda, but Murray will ask for a copy of the presentation in advance for Council's review.

Council COVID-19 Supports

Murray informed Council that a small portion of funding has been made available to support staff and Council with the expenses that have arisen from working remotely such as internet overage fees, personal cell phone use, office furniture, supportive technology, etc. The funding is for this fiscal year and will be applied retroactively.

Future Design School – Strategic Plan Presentation

A final draft of the strategic plan has been provided to Council for review. After some discussion, Council agrees by consensus to approve the final draft. Murray will work on its distribution to the community.

Family Day Office Closure

Council agreed to approve the closure of the Administration Office on Family Day, February 15th, 2021.

Microsoft Applications Training

Murray informed Council that Georgian College will be providing staff training on Microsoft Applications and inquired about whether they would be interested in participating. These sessions will focus on Word, Excel, and Outlook and will be made available to all staff and Council. Murray will pass along Council's interest to Joanne who is coordinating the sessions.

Moved by consensus by adjourn at 11:30am



Wahta Mohawks

2664 Muskoka Road 38, Wahta
Box 260, Bala, Ontario,
Canada, P0C 1A0
Phone 705-762-2354
Fax 705-762-2376
www.wahtamohawks.ca

NOTICE OF BI-ELECTION

February 25, 2021

Notice of Nomination

Nominations for one position for a Councillor will take place on Saturday, March 27, 2021 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 14h00 and 18h00 local time. Eligibility for Nominators and Nominees are contained in the *Wahta Mohawks Election Rules and Regulations*, which is available online at www.wahtamohawks.com.

Qualifying Candidates Forum

In accordance with the *Wahta Mohawks Election Rules and Regulations S. VIII*, a Qualifying Candidates Forum will be held on Saturday, April 24, 2021 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 10h00 and 12h00 local time. **All candidates must attend this meeting.**

Mail-In Ballot Requests

If an Elector wishes, they may request a mail-in ballot by returning the *Vote-By-Mail Ballot Application Form*. Please return this form to either the Electoral Officer or Assistant Electoral Officer **as soon as possible** (contact information below). Mail-In Ballot Packages will be mailed out on or after Monday, April 26, 2021.

Notice of Poll

In accordance with the *Wahta Mohawks Election Rules and Regulations*, if more than one Nominee is nominated for the position of councillor in this bi-election, a poll will be conducted on Saturday, May 29, 2021 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 09h00 and 19h00 local time. The Election process will follow the *Wahta Mohawks Election Rules and Regulations* approved by a show of hands vote on 2019.10.05

Photo identification is required for all Electors, without exception. COVID-19 safety protocols will be in place during all in person meetings.

For more information or if you have any questions, please contact:

Kelly Maracle
Electoral Officer
831 Lower Slash Road
Deseronto, ON
K0K 1X0
613-920-1676
kelly@m-powerconsulting.ca

Matthew Commandant
Assistant Electoral Officer
2664 Muskoka Rd. 38, Wahta
Box 260, Bala, ON
P0C 1A0
705-762-2354 Ext 275
matthew.commandant@wahtamohawks.ca

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.

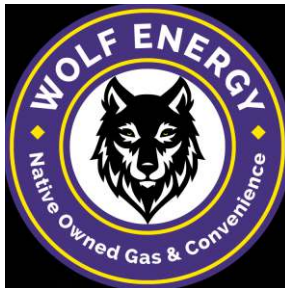
If you have questions, please call Randell Sonmor, Director of Capital Assets, at 705 644 4228.

Labour Market Appraisal Project

Wahta Mohawks will be engaging in a labour market appraisal focusing largely on the skilled trades. This will be a continuation of the project that some may remember from last year. This project will concentrate on identifying members that have trades experience, licenses and certifications and those interested in working in the trades. We are hoping to get a sense of the local labour force for possible involvement in future on territory infrastructure projects.

Members should expect a phone call from Kalen Westby, the Employment & Training Coordinator over the next few weeks where you will be asked to answer a few questions about your work experiences and interest in the trades. Participation in this survey will not guarantee employment or training opportunities but lead to a better understanding of the skills and interests of members. Your participation is greatly appreciated.

To contact the Employment and Training Coordinator for assistance regarding resume and interview preparation, job searching skills, or training please call 705 644-3001 or email kalen.westby@wahtamohawks.ca




Wolf Energy is Hiring

If interested, please contact Leonard Montour
at leonardjmontour@hotmail.com

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.

Land for Sale

2 acres adjacent to Musk. Rd. 38 with driveway

5 Acres adjacent to Musk. Rd. 38 with no driveway

80+ acres with bush lot and waterfront

For more info, please call 705-644-4227

Land for Sale

Various locations

Call 705-762-0013 for more information

Land Wanted

Band member looking to purchase waterfront property on lake Gibson.

Please contact Chantell.
289-440-2464

Land Wanted

Band member interested in purchasing a building lot along the river. If you own one of these lots and would consider selling it, we're most interested in speaking with you. We may also be interested in other lots not on the river. Please contact Diane at 226-332-2352

2020/2021 Tobacco Allocation

The Ministry of Finance has provided Wahta Mohawks with the 2020/21 Statement of Allocation of Tobacco. If you are a new retailer that did not have an allocation in 2019/20, please contact Samantha Walker by **March 12th, 2021** at samantha.walker@wahtamohawks.ca in order to become an authorized retailer.

In this years First Nation Reserve Retailer Authorization, the ministry is reminding authorized reserve retailers of their requirements as retail dealers. These include, among others, the requirement to:

- Keep books and records to support all tax-exempt sales of all tobacco products
- Sell allocation cigarettes only to First Nation consumers
- Not sell or transfer their allotment of allocation cigarettes, and
- Sell only from their retail premises



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.





So if you have been out shopping lately, you may have seen different versions of what some stores are doing. Initially there was a panic, long lines, someone standing at the door applying strict rules, hand sanitizer so you could not get into them without almost a full body scan it seemed. *Nowadays this has gone slightly astray it appears. They have replaced some people with a push top hand sanitizer, lack of signage in some, and staff sometimes not completely wiping down shopping carts.*

Needless to say, that with these variants and the higher transmission ability of them, it is even more clear that you and the community members need to take action to ensure that you are safe, so make sure you do the following before you head out.

1. Check to see you have a mask. Keep an extra in your jacket, purse, car as going home or entering without one is a no no, and could result in unwanted remarks from complete strangers. In fact, keep a clean disposable one in a separate ziplock bag for those elders that may forgot theirs. An Act of Kindness will make you feel good.
2. Have some disinfectant wipes that you can get in small packages to wipe down the handles of the shopping carts. Remember you may know where your hands have been, but not the other guy/lady. Dispose of properly. I have seen too many discarded masks and stuff in parking lots, and right beside garbage containers.
3. Do your own self assessment. Is it a head cold, allergies, or covid-19 symptoms? Think back to previous days and where you were. Is it a necessary trip or just need to get out? If you were in contact with someone who wasn't well or your feeling well, stay home and see if someone else can get that item you definitely need such as prescriptions, food, pet food, etc.....
4. Time of day. Shopping trends are sometimes put on the website for the stores you may frequent, so if possible look at them to see if extremely busy and therefore many more potential people there that may have been exposed. Choose early or late depending on needs and number of items you will be picking up. To prevent useless trips, phone them to see when they close if after 4 pm. Their website may say later but they may not have updated their times.
5. Anticipate lockdowns or restrictions. If you heard from reliable sources that your region will be going into lockdown, purchase the major items so that you will not have to go back sooner.
6. Watch the news, relay information as to hotspots, avoid major travel to other First Nations that may have cases. If you have to go, then call ahead to see what is happening.
7. Don't start rumours with names of persons that are positive. The nurses are most likely aware of them but this could lead to being shunned by others. Provide support, provide friendship, provide sound advice, not some whacky idea off of Facebook, Pinterest, or other countries solutions that have not been verified.
8. **Vaccinations are not cures.** They reduce the symptoms, reduce number of cases most likely. They are few and far between. If you have received a vaccination shot or two, feel lucky that are now part of the solution, many of us have not yet and probably won't for a long time based on priorities. *Respect everyone out there, wear a mask, wash your hands, physically distance.*

Thank you for all for your efforts in protecting our 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.

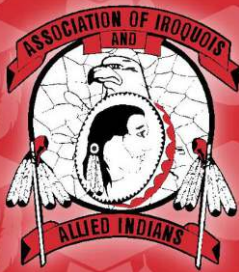
Pets are not permitted in the rental units.

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**



Association of Iroquois and Allied Indians

2021 Annual Health Scholarship

2 - Scholarships \$1,500 each



AIAI

The Association of Iroquois and Allied Indians (AIAI) is a Political Territorial Organization (PTO) established in 1969, to represent their seven member First Nation communities at all levels of government. AIAI represents approximately 20,000 Status First Nation people from Batchewana First Nation, Caldwell First Nation, Eelūnaapéewi Lahnkéewit (Delaware Nation), Oneida Nation of the Thames, Wahta Mohawks, Hiawatha First Nation and Mohawks of the Bay of Quinte (Tyendinaga)

PURPOSE

The AIAI Health Scholarship Award was created in 1989 to promote and recognize First Nations excellence in a Health or Traditional Healing post secondary program. Ultimately, we strive to increase the number of First Nations people entering into a health profession as their career goal. The successful applicants (2) will receive the \$1,500 Health Scholarship and honourable recognition by AIAI's Grand Chief at the 2021 Annual General Assembly

SCHOLARSHIP CRITERIA

- All applicants must be a registered band member with one of the seven (7) AIAI member Nations - Batchewana, Caldwell, Eelūnaapéewi Lahnkéewit (Delaware), Hiawatha, Oneida, Mohawks of the Bay of Quinte (Tyendinaga), and Wahta Mohawks.
- Applicants can only accept this Scholarship as a **ONE TIME** recipient.
- Applicants must be enrolled as a full-time student in a Health related or Traditional Healing post-secondary program for the 2020/2021 academic school year.



Applications must include the following:

- A **SELF PROFILE** describing why you are deserving of such a scholarship.
- Transcripts displaying your current academics.
- One (1) letter of support from your current program advisor, school counselor, or professor/instructor, etc.
- One (1) letter of support from your Administration Office confirming that you are a registered First Nation member of your community.

AIAI Health Scholarship APPLICATION DEADLINE:

April 23rd, 2021 at 4:30 P.M.

NOTE: Any Applications received after the deadline will not be considered.

REMINDER: Include your contact information: *i.e. Return address, email, and phone number*

SUBMIT YOUR APPLICATION TO THE ATTENTION OF:

Suzanne Nicholas, Health & Wellness Manager
Association of Iroquois & Allied Indians
387 Princess Ave. London, ON N6B 2A7
Phone: (519) 434-2761 Fax: (519) 675-1053
Email: snicholas@aiai.on.ca



AIAI

The Association of Iroquois and Allied Indians (AIAI) is a Political Territorial Organization (PTO) established in 1969, to represent their seven member First Nation communities at all levels of government. AIAI represents approximately 20,000 Status First Nation people from Batchewana First Nation, Caldwell First Nation, Eelūnaapéewi Lahkéewiit (Delaware Nation), Oneida Nation of the Thames, Wahta Mohawks, Hiawatha First Nation and Mohawks of the Bay of Quinte (Tyendinaga)

PURPOSE

The AIAI Lois Cornelius Scholarship Award was created to promote and recognize First Nations excellence in Education and to honour the memory of AIAI Elder Lois Cornelius. Lois was a passionate lifelong advocate for education and the language. She worked diligently to assist the youth as she firmly believed they could accomplish anything they set their mind to. The successful applicant will receive a \$1,500 Education Scholarship and honourable recognition by AIAI's Grand Chief at the 2021 Annual General Assembly.

SCHOLARSHIP CRITERIA

- All applicants must be a registered band member with one of the seven (7) AIAI member Nations - Batchewana, Caldwell, Eelūnaapéewi Lahkéewiit (Delaware), Hiawatha, Oneida, Mohawks of the Bay of Quinte (Tyendinaga), and Wahta Mohawks.
- Applicants can only accept this Scholarship as a **ONE TIME** recipient.
- Applicants must be enrolled as a returning full-time post-secondary student for the 2020/2021 academic school year.



Applications must include the following:

- A **SELF PROFILE** essay demonstrating overcoming obstacles, what is your current academic program and why you should receive the scholarship. (500 words max)
- One (1) letter of support from your current program advisor, school counselor, or professor/instructor, etc.
- One (1) letter of support from your Administration Office confirming that you are a registered First Nation member of your community.

Lois Cornelius Scholarship APPLICATION DEADLINE:

April 23rd, 2021 at 4:30 P.M.

NOTE: Any Applications received after the deadline will not be considered.

REMINDER: Include your contact information: *i.e. Return address, email, and phone number*

FOR MORE INFORMATION OR TO SUBMIT YOUR APPLICATION TO THE ATTENTION OF:

Kyla Stonefish, Education Manager
Association of Iroquois & Allied Indians
387 Princess Ave, London, ONT, N6B 2A7
Phone: 519-434-2761
Fax: 519-675 1053

Email: kstonefish@aiai.on.ca

Website: www.aiai.on.ca

Health and Social Programming & Resources

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

March 29th – 12:30-2:30pm, workshop will be online with Zoom. Please register with Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca Registered participants will be contacted with the zoom link. Deadline to register is March 22nd, 2021. Participants who previously registered will not need to reregister.

Watercolour Paint Night with Let the Cat Go

Date TBD, workshop will be online with Zoom. Please register with Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca Registered participants will be contacted with the workshop date and zoom link. Deadline to register is March 8th, 2021

Mail Order Mystery – Children and Youth

Mail Order Mystery is a mystery "experience" for kids that unfolds over six weeks. Each story unfolds through a series of mailings, *(Due to Covid 19 shipping delays you will receive all the mailings in one box)* The child gets letters from the characters in the mystery and each letter also contains objects related to the mystery (keys, locks, maps and so on). There are codes to crack, clues to solve, red herrings and double-crossing characters - all part of an ongoing story that resolves in the final envelope which includes an artifact or collection of keepsakes that are part of the mystery's resolution. Please Register with Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca Deadline to register is March 8th, 2021. When registering, please leave the child/youth's name, age, and mailing address.

Zoom Bingo

Date TBD. Please register with Kristan Sahanatien kristan.sahanatien@wahtamohawks.ca Deadline to register is March 8th, 2021.

Simple Sewing Project Kits – Children/Youth

Each kit comes with all the supplies you need. Workshop will be done online on zoom. Parent assistance may be required depending on the child/youth's level of experience. Interested participants please contact Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca Deadline to register is March 8th, 2021.

Cooking to Decolonize Workshop

With Chef Rich Francis

Cooking To Decolonize is a new interactive and thought provoking workshop series designed by a Chef Rich Francis.

Join in on the First Nations chef journey of culture, tradition and self awareness through Indigenous foods, food systems, food sovereignty and food security with the sole purpose of dismantling colonial food systems and cultural assimilation. Rich Francis Cuisine has a mission to address diabetes, obesity and even global warming using one simple entity- Indigenous foods.

This workshop is offered via **Zoom**. Specified time and date to follow

If you are interested in taking part in **On line** workshop please contact Sara via email sara.decaire@wahtamohawks.ca or by phone at (705)8015300

Spaces limited to 20.

Sign up deadline March 12th



COOKING TO DECOLONIZE WITH CHEF RICH FRANCIS

- Implement our beautiful ancestral foods back into our diets
- Learn cooking techniques not taught in culinary school
- Identification through indigenous foods and food systems
- Land based teaching
- Leadership skills

Contact: richfranciscuisine@gmail.com
for program information

"It's not that things were ever lost, just forgotten. Indigenous foods are ingrained in us, through food memories and food DNA. We can tap into this through connecting to the land and our mind, body and spirit. This is who we are as indigenous peoples of turtle island" -Rich Francis

Dehydrator Workshop



Have you ever wanted to try dehydrating your own food? Well here is your chance. We are offering a 4 part workshop from home where you will receive a dehydrator, recipes and ingredients for 4 different items. Dehydrating is excellent for preserving foods at a low enough temperature that it doesn't kill off all the beneficial enzymes and nutrients

If you are interested in participating in this workshop please contact Sara Decaire either by phone at (705) 801-5300 or by email

sara.decaire@wahtamohawks.ca by March 12th. Full participation of each workshop mandatory. Survey and Photo submission also required. Program to commence end of March. Spaces limited to 20

Family Well-Being Programming

Traditional Medicine Skill Sharing Group – Skill sharing in making tinctures, syrups, balms, etc. Sign up with Rubecka to get in on the March Session.

Yoga – Every Wednesday from 5:30 – 6:30. Sign up with Rubecka

Food Security – If you are off Territory dealing with stressors related to Food Insecurity please contact Rubecka.

Bedtime Stories – Mondays 7:00pm – Join in anytime, please contact Amy for information.

Please contact the noted staff directly to ensure program availability and or any requirements.

Rubecka Davidson
rubecka.davidson@wahtamohawks.ca
705-644-4969

Amy Davidson
amy.davidson@wahtamohawks.ca
705-205-5181

Health and Social Services Update on Programs:

Winners of the snowman making contest



Merry McSparkles!

Made by Ariel Strength



Bucket head

Made by the DeCaire kids



Wahta Quilting Program

Baby blanket quilted by

Darlene Scott

2021 Ice Fishing Derby

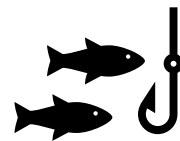


You had to be a brave and dedicated fisherman to go out and fish at our annual ice fishing derby on Saturday February 13th. It was sunny but about -20 without the windchill.

Unfortunately we did not catch any fish but had a great day out on the lake.

Thanks to all who braved the cold conditions and participated.

Hope to see everyone next year!





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.



B'SAANIBAMAASIWIN

ABORIGINAL MENTAL HEALTH PROGRAM

60 James Street Suite 201, Parry Sound; (705) 746-2512

Agency, self and family referrals accepted

24 Hour Crisis Support

March

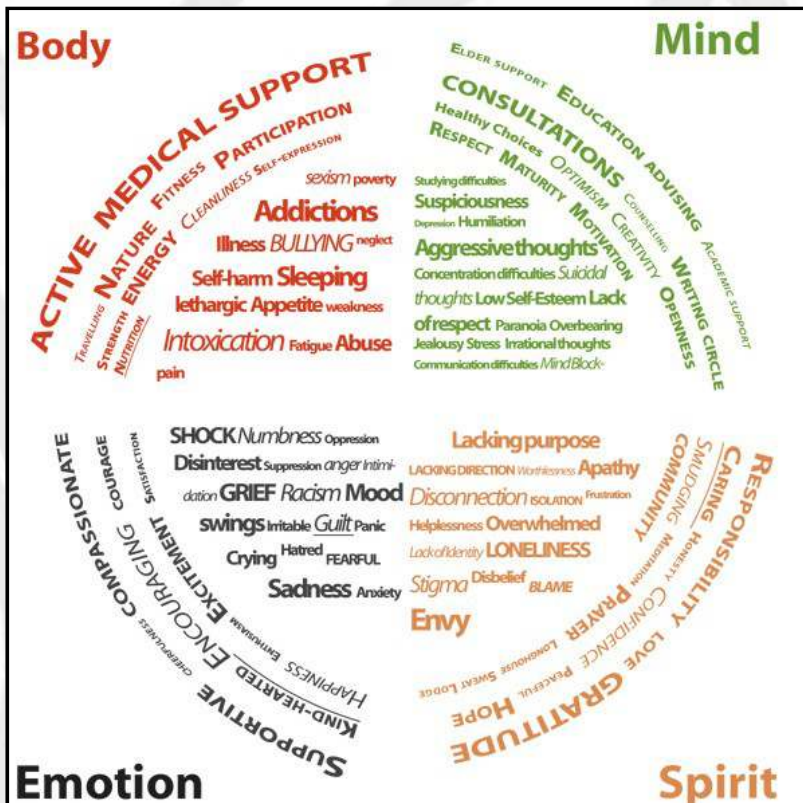
2021

Balance and Well-being

During the month of March we begin to feel warmer temperatures, heat from the sun and new life emerge with the beginning of the seasons changing. It creates an opportunity to reflect on our current state and work on bringing balance back to our lives. Mother's Earth's medicine, maple syrup, reminds us all how important balance is, as it balances our blood and heals within.

We can utilize the Medicine Wheel to visualize our physical, emotional, mental and spiritual wellbeing to help attain our full potential. The Wheel reminds us to acknowledge and accept responsibility for our behaviours and to be accountable to our families, communities, society, including past and future generations. It provides an opportunity to create a checklist or plan for our journey to well-being and balance.

Take time to self-reflect on all aspects of your life, acknowledge strengths and weaknesses, and make a plan to adjust to a balance and harmonious life. In the wheel provided, on the inside, it gives examples of behaviours that may be hindering your balance, and the outer circle provides examples of healthy and positive alternatives that support balanced well-being.



<https://brocku.ca/mental-health/wellness/holistic/>



Full Moon: March 28th

Next Full Moon: April 26th

OJIBWE — ZIISBAKDOKE GIIZAS (Sugar Moon) : as the maple sap begins to run, we learn of one of the main medicines given to the anishnaabe which balances our blood and heals us. During this time, we are encouraged to balance our lives as we would our blood sugar levels.

CREE — MIKISIWIPISIM (Eagle Moon) : when the eagle returns

HAUDENOSAUNEE — Ratiwé:ras (Thunder Dance) : First week in April to welcome back the thunderers.

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.

TB Elimination

Tuberculosis: General Information

What is TB?

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment.

What are the Symptoms of TB?

The general symptoms of TB disease include feelings of sickness or weakness, weight loss, fever, and night sweats. The symptoms of TB disease of the lungs also include coughing, chest pain, and the coughing up of blood. Symptoms of TB disease in other parts of the body depend on the area affected.

How is TB Spread?

TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the air containing these TB germs can become infected; this is called latent TB infection.

What is the Difference Between Latent TB Infection and TB Disease?

People with latent TB infection have TB germs in their bodies, but they are not sick because the germs are not active. These people do not have symptoms of TB disease, and they cannot spread the germs to others. However, they may develop TB disease in the future. They are often prescribed treatment to prevent them from developing TB disease.

People with TB disease are sick from TB germs that are active, meaning that they are multiplying and destroying tissue in their body. They usually have

symptoms of TB disease. People with TB disease of the lungs or throat are capable of spreading germs to others. They are prescribed drugs that can treat TB disease.

What Should I Do If I Have Spent Time with Someone with Latent TB Infection?

A person with latent TB infection cannot spread germs to other people. You do not need to be tested if you have spent time with someone with latent TB infection. However, if you have spent time with someone with TB disease or someone with symptoms of TB, you should be tested.

What Should I Do if I Have Been Exposed to Someone with TB Disease?

People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers. If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.

How Do You Get Tested for TB?

There are tests that can be used to help detect TB infection: a skin test or TB blood tests. The Mantoux tuberculin skin test is performed by injecting a small amount of fluid (called tuberculin) into the skin in the lower part of the arm. A person given the tuberculin skin test must return within 48 to 72 hours to have a trained health care worker look for a reaction on the arm. The TB blood tests measures how the patient's immune system reacts to the germs that cause TB.

(Page 1 of 2)

What Does a Positive Test for TB Infection Mean?

A positive test for TB infection only tells that a person has been infected with TB germs. It does not tell whether or not the person has progressed to TB disease. Other tests, such as a chest x-ray and a sample of sputum, are needed to see whether the person has TB disease.

What is Bacille Calmette–Guérin (BCG)?

BCG is a vaccine for TB disease. BCG is used in many countries, but it is not generally recommended in the United States. BCG vaccination does not completely prevent people from getting TB. It may also cause a false positive tuberculin skin test. However, persons who have been vaccinated with BCG can be given a tuberculin skin test or TB blood test.

Why is Latent TB Infection Treated?

If you have latent TB infection but not TB disease, your doctor may want you to take a drug to kill the TB germs and prevent you from developing TB disease. The decision about taking treatment for latent infection will be based on your chances of developing TB disease. Some people are more likely than others to develop TB disease once they have TB infection. This includes people with HIV infection, people who were recently exposed to someone with TB disease, and people with certain medical conditions.

How is TB Disease Treated?

TB disease can be treated by taking several drugs for 6 to 12 months. It is very important that people who have TB disease finish the medicine, and take the drugs exactly as prescribed. If they stop taking the drugs too soon, they can become sick again; if they do not take the drugs correctly, the germs that are still alive may become resistant to those drugs. TB that is resistant to drugs is harder and more expensive to treat. In some situations, staff of the local health department meet regularly with patients who have TB to watch them take their medications. This is called directly observed therapy (DOT). DOT helps the patient complete treatment in the least amount of time.

Additional Information

CDC. Questions and Answers About TB
<http://www.cdc.gov/tb/publications/faqs/default.htm>

<http://www.cdc.gov/tb>

COVID-19, ALCOHOL and CANNABIS USE



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

WHAT YOU SHOULD KNOW

Alcohol, cannabis use and the immune system:



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

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



Feeling stress and anxiety from the pandemic and economic downturn



Feelings of social isolation and loneliness due to physical distancing



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



More alcohol and cannabis in the home from stockpiling

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

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

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

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

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

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

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

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

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



Canadian Centre
on Substance Use
and Addiction

For more information visit

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

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Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for
at least 15 seconds

1

Wet hands with
warm water.

2

Apply soap.

3

Lather soap and rub
hands palm to palm.

4

Rub in between and
around fingers.

5

Rub back of each hand
with palm of other hand.

6

Rub fingertips of each
hand in opposite palm.

7

Rub each thumb clasped
in opposite hand.

8

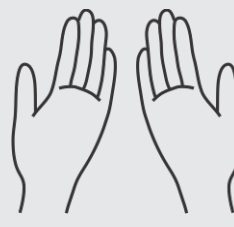
Rinse thoroughly under
running water.

9

Pat hands dry with
paper towel.

10

Turn off water
using paper towel.

11

Your hands are now
clean.

How to use hand sanitizer



Rub hands for
at least 15 seconds

1



Apply 1 to 2 pumps
of product to palms
of dry hands.

2



Rub hands together,
palm to palm.

3



Rub in between and
around fingers.

4



Rub back of each hand
with palm of other
hand.

5



Rub fingertips of each
hand in opposite palm.

6



Rub each thumb
clasped in opposite
hand.

7



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

8



Once dry, your hands
are clean.

Sources:

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

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

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Ontario 

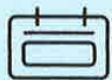


RAAM CLINIC

West Parry Sound Rapid Access Addiction Medicine Clinic

The Rapid Access Addiction Medicine (RAAM) Clinic is a low-barrier, culturally safe clinic for individuals 16 years of age and older who are struggling with substance use concerns; or for friends and family seeking personal support around a loved one's substance use.

Although not required, referrals are helpful and appreciated. Walk-ins are welcome.



Start Date:
Monday May 27, 2019



Mondays: 2 PM - 6 PM
Thursdays: 8 AM - 12 PM



West Parry Sound Health
Centre - Ambulatory Care
6 Albert St., Parry Sound



Check-in at Admitting

For additional information, referral forms, patient hand-outs, and brochures, please contact us:



705-375-9900

or call:



705-746-4264

and ask for a RAAM counsellor



Canadian Mental
Health Association

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:

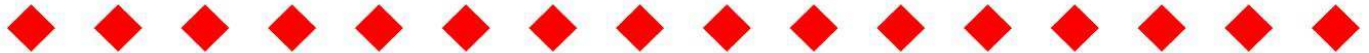
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

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 **Kalen Westby** at **705-762-2354 x. 245** or by email at **kalen.westby@wahtamohawks.ca**



Do you need support...someone to talk to?? Everyone needs support at one time or another.

Aboriginal Mental Health and Addictions Program (B'saanibaamaadsiwin)
705-746-2512 24/7 Support Line

This program is aimed at providing culturally appropriate support and treatment for Indigenous individuals, families, and community. Model of service is culturally relevant and community specific therapeutic interventions that are based on best practices.

Please contact Sherry for referral (ext. 250) or referrals for counselling and treatment can come through any source or self-referral throughout the districts of Muskoka and Parry Sound. Services can be accessed by calling the Parry Sound Office. People can be supported in community or go into their offices...whatever your preference may be.

If you would like an appointment with **Dr. Ed Connors** please call **Sherry Byrne** at 705-762-2354 ext. 250.

Wahta Mohawks Business Directory

<u>Business Name</u>	<u>Phone Number</u>	<u>Website</u>	<u>Services Offered</u>
Bala Auto Detailing	(705)641-1263	www.Balaaautodetailing.com	Full-service auto detailing
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
Long House Grill	(705) 762 6687	https://firstnationliquidation.com/longhouse-grill/	Restaurant
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
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 Kalen Westby at kalen.westby@wahtamohawks.ca or 705-762-2354 ext. 245 to share the details of your business.

You will be asked to provide the name of your business, the type of services provided, and contact details.

Contact Information

Chief & Council

Chief Philip Franks	philip.franks@wahtamohawksCouncil.ca	705-528-9468
Councillor Blaine Commandant	blaine.commandant@wahtamohawksCouncil.ca	705-394-8699
Councillor Teresa Greasley	teresa.greasley@wahtamohawksCouncil.ca	705-644-9934
Councillor Lorie Strength-Fenton	lorie.fenton-strength@wahtamohawksCouncil.ca	705-774-2796

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
Courtney 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