

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

Onerahtokha - The Budding Time



April 2021



## THIS ISSUE

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

## Virtual Public Council Meeting

There will be a virtual Public Council Meeting on **Tuesday April 27th, 2021** at **7:00PM**. The meeting will be hosted on **Zoom** at the following link:  
<https://zoom.us/j/98308328106>

See inside for more information on how to use Zoom and join the meeting.

## 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

To begin this month, let's get COVID-19 out of the way. It was encouraging to see over the last two months that a majority of community members took advantage of the available vaccine that was rolled out in this area. Also, I know many members have been able to access the urban vaccination sites for Indigenous people. We encourage anyone who has not received the vaccine to do so. As we face further restrictions in Ontario and elsewhere it will take a combined effort by everyone to finally take those burdens off our back and get back to some sense of normalcy.

As you are probably aware from our digital site the bi-election process to fill the vacant seat saw only one candidate nominated for the position. Jesse Strength was the nominee and the Electoral Officer for Wahta is currently working with him on the documents needed to meet the electoral code. Satisfying those the Electoral Officer will declare him the acclaimed candidate and he will join the Wahta Mohawks Council.

Council has been working on a number of issues lately in a variety of areas. We receive regular reports from administration on the progress of projects and initiatives that are ongoing. Most recently in conjunction with the replacement of the roofing system on the Administration Building, it was found that the rooftop furnaces now have to be replaced and the approval to remove and replace them with ground units was given. The cost is significant, however the cost of continuous repairs and breakdowns is an ongoing problem.

Regarding the on-going water study, Council will approve the lifting of the drinking water boil advisory on the Administration and Community Centre as a new system was installed. We are also making it very clear to Indigenous Service Canada that this lifting is a small part of the overall problem with residential water quality. We have received some assurances that the department will continue to work on ways to ensure everyone has a safe supply of water.

It has recently come to our attention that there is an inequity between French and Indigenous language programs taught in secondary schools. Where French is considered a credit toward the compulsory language credit needed to graduate, and where Mohawk is also considered a credit, the indigenous language will only count if the student received learning at the elementary level. Council is hoping to gain the support of the local school board as we move forward to register our concern with the Ontario government.

Review of Council policies continues each week. We are revising the Council operational policies such as roles and responsibilities as a whole and individually, as well as a code of conduct.

In addition, Council is still staying by the strategic plan. In an effort to help that along during Covid, and to have participation by the members we are hoping to go live with our Council meetings, possible by the end of the month. This will be widely advertised through social media.

In the meantime, everyone please stay safe and enjoy the warmer weather. **Nia:wen**



## **Wahta Mohawks Council Meeting Minutes**

**Date: Wed February 10th, 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

Randell Sonmor, Director of Capital Assets

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### Adoption of Agenda & Minutes

#### **Motion 1:**

**Moved by Teresa Greasley and seconded by Blaine Commandant to adopt the February 10<sup>th</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

#### **Motion 2:**

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

**ALL IN FAVOUR**

**CARRIED**

#### **Motion 3:**

**Moved by Blaine Commandant seconded by Lorie Strength-Fenton to approve the minutes from February 3<sup>rd</sup>, 2021.**

**ALL IN FAVOUR**

**CARRIED**

### Replacement of Furnaces at Administration Building

Randell Sonmor, Director of Capital Assets, presented a briefing note to Chief and Council regarding the furnaces in the Administration Building. The building is currently heated by four roof top furnaces and two ground level furnaces. The four-roof top furnaces were installed at the time the building was constructed and are nearing the end of their useful life. One of these furnaces recently failed, and repair work is underway to replace a cracked burner. However, it is uncertain if this will be sufficient to get the furnace up and running. The remaining section of the roof repair project is due to start in April which would be an appropriate time to replace all four of the roof top furnaces. Neegan Burnside has put together an estimate for the costs of the engineering and installation of new furnaces and it is likely to be in the range of 350,000 to 400,000.

### Replacement of Plow Truck

Randell Sonmor, Director of Capital Assets, presented a briefing note to Chief and Council on the snow removal options available at this time. Wahta's 1999 Freightliner plow truck (including the sander on the truck) is a concern due to its age and the high repairs/maintenance costs incurred to keep it road worthy the last few seasons. The high costs are driven primarily by the age of vehicle and the situation where spare parts are not readily available. Three quotes have been collected from third party snow removal companies along with two quotes from suppliers for a new plow truck. The Administration will continue working on refining the options and their associated costs along with exploring the possibility of a shared services approach with the District of Muskoka.

### Road Assessment Study

Randell Sonmor, Director of Capital Assets, presented a briefing note to Chief and Council on the purpose and scope of a Road Assessment Study in the community. Ensuring quality roads throughout the territory is a community goal and in order to do so, all roads need to be reviewed and assessed for quality. Once the assessment is complete, a report on necessary improvements can be made. Cost estimates for a road assessment study have been obtained from two engineering consulting firms. Randell estimates that the assessment will cost a maximum of \$65,000 and is looking for Council approval to include this amount in the upcoming budget for the new fiscal year in order to undertake the Road Assessment Study this year.

### Vaccine Roll-Out Update

Murray updated Council on the latest Vaccine Roll-Out communications. A discussion with Indigenous Relations has revealed that its matrix developed to assist with the vaccine roll out in the province for First Nation communities has identified Wahta as a priority community. The potential plan is to do the whole community at once given the overall number of potential vaccinations involved and logistical considerations of having one mass vaccination clinic. The

Main Hall in the Administration Building is set up and staff have been making calls to ensure they can be ready with short notice.

Meeting with Sarah Prevette

Murray informed Chief and Council that Sarah Prevette from Future Design School will be attending the virtual Council Meeting on February 24<sup>th</sup> to present the new Performance Review Process and Templates.

**Moved by adjourn by consensus at 12:00pm**



## **Wahta Mohawks Council Meeting Minutes**

**Date: Wed February 24<sup>th</sup>, 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

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Adoption of Agenda & Minutes

**Motion 1:**

**Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to adopt the February 24<sup>th</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

**Motion 2:**

**Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to approve the minutes from February 10<sup>th</sup>, 2021.**

**ALL IN FAVOUR**

**CARRIED**

### Hydro One Consent Agreement

Murray presented a Hydro One Consent agreement requiring approval from Council. The agreement sets out terms of consent for work Hydro One is needing to do on a distribution line to connect a new home in the community. The agreement pertains to work required on community land and not the specific connection work for the privately held lands of the newly constructed home. Council has a few questions on the consent agreement, Murray to follow-up with Hydro One to clarify before Council provides consent to the work.

### Health and Social Advisory Board – Appointment of Technical Representative

With Christine Cox now in the role of A/ Health and Social Services Director, the Chief is wondering about initiating the process of appointing her to the technical representative on the Health and Social Advisory Board. Murray will follow-up with Christine on this and coordinate timing and a transition process with her and current representative Joanne Contant.

### Health Navigator Initiative - Discussion

The Association of Iroquois and Allied Indians (AIAI) has received funding to launch a pilot project for a general health navigator for member communities. The funder is looking for a decision on how this will be rolled out in terms of number of navigators and where. The options being looked at right now is to have one in a member community or two in separate communities, with one being a larger community and the other in a smaller one. AIAI is looking at which communities to target with these options, currently looking at Oneida, Tyendinaga, Hiawatha and Batchewana. Chief will continue to participate in these discussion at the Health and Social Advisory Board and update Council as the pilot project are finalized.

### Discussion on Newly Revised Employee Performance Evaluation Process – Sarah Prevette, Future Design School

Sarah joined the meeting to present work that herself and Murray have been working on as part of the overall organizational strategy and planning process. The new evaluation process will provide a more fulsome look at the employee's performance and eventually align with the strategic goals and objectives identified in the new strategic and operational plan. The general idea will be to evaluate what each employee is achieving and how they are doing it. The new process will also allow employees an opportunity to assess the work environment and provide key insights on these to ensure the process is well rounded and informative for supervisors and staff. This work is being presented to the management team later this week and an all-staff meeting is being coordinated to present all this work as well. A community presentation is being finalized and will be sent out to the community on the next few weeks as well.

**Moved by adjourn by consensus at 11:20 am**



## Wahta Mohawks Council Meeting Minutes

Date: Wed March 3<sup>rd</sup>, 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

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### Adoption of Agenda & Minutes

#### Motion 1:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to adopt the March 3<sup>rd</sup> agenda.

ALL IN FAVOUR

CARRIED

#### Motion 2:

Moved by Blaine Commandant and seconded by Teresa Greasley to approve the minutes from February 24<sup>th</sup>, 2021.

ALL IN FAVOUR

CARRIED

### Business Arising

It was confirmed that A/Health and Social Services Manager Christine Cox will now be appointed as Wahta's technical representative on the Health and Social Advisory Board. She will attend the next meeting alongside Joanne Contant, current representative and former A/Health and Social Services Manager, to facilitate the transition. Chief Franks will provide a letter appointing Christine to the board.

**Motion 3:**

**Moved by consensus to appoint Christine Cox, acting Health and Social Services Manager, to the Health and Social Advisory Board. Chief Franks will provide a letter appointing Christine to the board.**

**ALL IN FAVOUR**

**CARRIED**

AIAl Chief's Council Meeting – Update

Chief Franks provided a summary on the Association of Iroquois and Allied Indians Chief's Council Meeting. It was attended by the Deputy Minister of the Ministry of Indigenous Affairs Shawn Batisse, who provided an update on the vaccination progress in First Nation communities. It was also announced that the General Assembly will be held during the third week of June and once again be held virtually.

Briefing Note – Replacement of Roof Top Furnaces

Randell Sonmor, Capital Assets Manager, presented an updated briefing note to Council on the options for replacing the furnaces at the Administration Building. The Administration building is heated by four roof top furnaces and two ground level furnaces. The four-roof top furnaces were installed at the time the building was constructed and as such are nearing or at the end of their useful life. Due to increasing costs of maintaining the furnaces and Phase 2 of the roof repair project scheduled to start in mid-April, an analysis is underway to develop a cost estimate and assess the feasibility of replacing all four roof top furnaces in parallel with the roof repair project. The purpose of this updated briefing note is to update Council on the current situation and to provide cost estimates from three furnace suppliers. R J Burnside has determined that 'standard sized' furnaces are sufficient to provide the necessary level of heating capacity, and that custom furnaces are not required. In addition, based on the initial engineering calculations run by R J Burnside, the standard furnaces can be installed at the ground level on the outside of the building rather than on the roof. This will provide added benefits involving easier maintenance of the units and allowing the roof in that portion of the building to be redesigned without the furnaces and improved as well. All this is possible without any loss of air flow and heating performance. Randell will put together the appropriate paperwork for council to approve.

Council Policy Development

Council will be dedicating time at each meeting to review or develop governance policies.

**Meeting adjourned by consensus at 12:00pm**





## Wahta Mohawks Council Meeting Minutes

Date: Wed March 10<sup>th</sup>, 2021

Time: 9:30 am

### Those Present:

Chief Philip Franks

Councillor Lorie Strength-Fenton

Councillor Teresa Greasley

### Regrets:

Councillor Blaine Commandant

### In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

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### Adoption of Agenda & Minutes

#### Motion 1:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to adopt the March 10<sup>th</sup> agenda.

ALL IN FAVOUR

CARRIED

#### Motion 2:

Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to approve the minutes from March 3<sup>rd</sup>, 2020.

ALL IN FAVOUR

CARRIED

### Kagita Mikam

The Chief provided Council with an update regarding Tyendinaga withdrawing from Kagita Mikam and an emergency Board meeting called to discuss the situation. At issue is the significant budgetary impact that Tyendinaga's withdrawal will have on Kagita Mikam's budget as Tyendinaga is the largest community served by Kagita Mikam. The Board has requested each community's Chief attend the emergency meeting, so the Chief will attend the emergency

meeting with Wahta's current Board member, Carol Holmes, to discuss the impacts and next steps to address them moving forward.

#### Dnaagdawenmag Binnoojiiyag Child & Family Services Presentation

Amber Crowe, Executive Director, of Dnaagdawenmag Binnoojiiyag Child and Family Services provided Chief and Council with a presentation updating them on the current status of the agency. She also provided updates on the restructuring of child welfare, the First Nation, Inuit, and Metis Child and Family Services Legislation being put in place in communities, as well as the upcoming events that they are planning in order to build relationships between the agency and communities they represent.

#### Furnace Replacement Update

At the conclusion of the discussion on the Administration Building furnaces during the Council meeting on March 3<sup>rd</sup>, Council requested that the option of relocating the existing roof top furnaces to ground level be assessed. Director of Capital Assets, Randell Sonmor, presented a briefing note to summarize the results of the assessment requested by Council that was undertaken by RJ Burnside. Randell provided five recommendations: 1) replace the furnaces this year in parallel with Phase 2 of the roof repair project; 2) Use standard furnaces as opposed to the existing custom-built type; 3) Use Carrier as the furnace supplier based on costs and efficiency of maintenance expenses; 4) Position the furnaces at ground level; and 5) Retain the professional services of RJ Burnside to undertake the engineering design, tendering and bid evaluation. It was discussed that RJ Burnside would be used to conduct this work as it will align specifically with the ongoing roof work, which RJ Burnside has designed and is currently providing technical oversight on.

#### **Motion 3:**

**Moved by consensus to accept Randell Sonmor's recommendations 1-5 regarding the replacement of the furnaces at the Administration Building.**

**ALL IN FAVOUR**

**CARRIED**

#### New Duplex Rates – Senior Rate

Randell Sonmor discussed the possibility of establishing a senior's rate for the new duplexes, something currently in place with the existing units. After discussing the idea, Council asked staff to go back and determine how the rate would be applied and captured within the existing Housing Policy. The Administration will consider this issue within the ongoing work currently being done to revise the Housing Policy and bring it forward for Council approval once completed.

**Meeting adjourned by consensus at 12:30pm**

# Virtual Public Council Meeting

**Tuesday April 27<sup>th</sup>, 2021, 7:00pm**

Please join Council for our first virtual Public Council Meeting on Zoom!

## **To join the meeting on your computer:**

Join a meeting by clicking [here](#) → follow the prompts to download and run Zoom → enter the meeting ID if prompted → click to join the audio conference.

The meeting link will also be provided in the newsletter email and on social media.

## **To join the meeting on your phone:**

Join by either calling in using one of the numbers below or download the Zoom app on your mobile device.

Dial by your location

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

+1 778 907 2071 Canada

Meeting ID: 983 0832 8106

Find your local number: <https://zoom.us/j/98308328106>



If you need help getting started or have any questions, please contact Samantha at [samantha.walker@wahtamohawks.ca](mailto:samantha.walker@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.**

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## **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.

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## **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](mailto:kalen.westby@wahtamohawks.ca)



# Wolf Energy is Hiring

If interested, please contact Leonard Montour  
at [leonardjmontour@hotmail.com](mailto:leonardjmontour@hotmail.com)

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## Gravel Delivery Notice

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

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### GET YOUR WATER TESTED

The best time to sample your well water is when the probability of contamination is greatest. This is likely to be in early spring just after the thaw, after an extended dry spell, following heavy rains or after lengthy periods of non-use. If you live on the Territory and would like your water to be tested, please contact Evan Holmes at 705-644-9884.

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### 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

### Land Wanted

Band member looking to purchase property.

Please contact 705-801-9508

## Accepting Applications for the New Rental Units

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

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

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

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

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

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

Pets are not permitted in the rental units.

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

To obtain an application form, please contact Karen Sahanatien at 705 394 5134 or email [karen.sahanatien@wahtamohawks.ca](mailto:karen.sahanatien@wahtamohawks.ca)



**Wahta Mohawks  
Housing Program**

## Education News

She:kon Sewakwe:kon:

Over the past fiscal period, September to March 2021 we have been able to offer extra supports for students through additional funding received by Indigenous Service Canada and the Association of Iroquois and Allied Indians. We hope to be able to continue this support to the end of the school year. The Education department will begin to develop programs for 2021-2022, based on Wahta Mohawks community goals and will determine the safest method of delivery based on the Simcoe Muskoka District Health Unit's recommendations.

**Kagita Mikam's Board of Directors** received notice in February from the Tyendinaga Council that as of April 1, 2021 the Mohawks of the Bay of Quinte will work directly with the Aboriginal Labour Force Development Circle to serve employment and training needs to their membership. This may have some impact on the budget that Wahta Mohawks receives to support the administration costs of the program. We will continue to provide full service to our membership.

Wahta Mohawks continues to work in partnership with TLDSB to support students, educators and engagement and awareness. We will continue to provide cultural competency to all departments and education staff of TLDSB. Virtual classroom visits will continue throughout the year and next year. Mohawk language will be offered at the secondary level in 2021-2022.

Through partnerships with AIAI, offer programs/services for students as we continue to live with the effects of Covid 19. More details to follow.

The post secondary application deadline is May 15, 2021. Please email [carol.holmes@wahtamohawks.ca](mailto:carol.holmes@wahtamohawks.ca) for the link to apply. Applicants must provide an electronic copy of their status card.

Council is reviewing the post secondary policy and changes based on circumstances will be reflected in the new policy.

Included below is the latest Chiefs of Ontario Education newsletter.

<http://education.chiefs-of-ontario.org/upload/documents/21-03-16-final-our-gifted-children-news1001.pdf>



## What's Happening in TLDSB?

Shé:kon,

Spring has arrived and we are so excited to continue learning on the land with students across TLDSB. We have been working hard over the last number of years to share land-based learning with students. At Glen Orchard, we are so fortunate to have access to a beautiful forest to host the learning. This year, like in previous years, several classes have been collecting and boiling sweet water from the Wahta (Maple) tree. To share some teachings about Wahta and the process of turning sap into syrup, GLO hosted Knowledge Holder, Richard Hay for a virtual visit. Students were able to ask questions and share their learning with Knowledge Holder Hay as they learned more about the tradition of harvesting from this special tree.

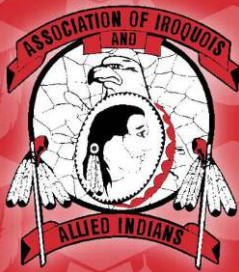
We are thrilled to host Richard and are always open to others sharing their knowledge as well. If you are interested in sharing learning with students and/or educators please reach out to Holly Groome [holly.groome@tldsbc.on.ca](mailto:holly.groome@tldsbc.on.ca)

Another exciting project that is underway in TLDSB is the Indigenous Knowledge Holder Video Project. We are reaching out to and recording a host of community partners as they share teachings on a host of topics like; 13 moons, 4 sacred medicines, basic language instruction, advice to educators, connection to land, and many more. If you would like to participate or have any ideas for videos that would be of interest to community and family, reach out to Holly.

The work to integrate Indigenous ways of knowing and being continues to be of great importance to all of us here in TLDSB. Please feel welcome to reach out anytime.

Nia:wen Kowa,  
Jennifer Johnston, Superintendent of Learning & Indigenous Education  
Holly Groome, Indigenous Education Curriculum Consultant





# 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](mailto: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](mailto:kstonefish@aiai.on.ca)

Website: [www.aiai.on.ca](http://www.aiai.on.ca)

## Kanien'kéha Mohawk Language

### Language Nest

At this time, we continue to be restricted from in person gatherings but if you wish to sign up for our Language Nest we welcome those with children 0-7 years old to access some resources and learning opportunities for Kanien'kéha Mohawk Language learning in the home. Grandparents and caregivers are also welcomed to sign up with children.

### Language Needs Assessment

Please keep an eye out for a community survey for Language Needs Assessment to help guide upcoming programs. The survey will be available on the *Wahta Mohawks Kanien'kéha Language Department* website [www.wahtamohawks.com/kanienkeha-2/](http://www.wahtamohawks.com/kanienkeha-2/) and on the *Community Facebook Page: Sharing is Caring: Connecting Wahta Mohawks*. Everyone's contribution to the assessment will be appreciated.

### Graphic Design Workshop

Youth aged 10-14, Introduction to Digital Graphic Design Workshop, an introduction to using Canva. Learn to create amazing art and have fun with your peers learning new creative skills for a digital world. This workshop will be run online through Outschool, an online learning platform. Enrollment will allow for 4, 55-minute sessions weekend mornings, with a skilled instructor on graphic design using Canva. This workshop is part of the Sharing of Expertise in the Classrooms through AIAI funding. Skills gained through this experience will help students continue to contribute to increasing language and culture in the community and schools through creation of sign boards that contain cultural lessons in English and Kanien'kéha Mohawk. Participants will receive additional honorariums of art supplies, book, and gift card. Please email Sarah Chaloux as early as possible.

### Kanien'kéha Words of the Month

Kakwité:no – Spring  
Kakwité:ne nikahá:wi - Spring time  
Wáhta – Maple/Maple Festival  
Orá:na - Sap  
Onerahtókha – leaves are budding (April)  
Iokennó:ron – it is raining  
Ratiwé:ras – Thunder Dance (ceremony in the first week of April)

*Niawen'kó:wa to those who have reached out and shared interest and have communicated your needs. I enjoy hearing your stories and journey. Please reach out anytime.*

Sarah Chaloux  
Language Activator  
Wahta Mohawks  
sarah.chaloux@wahtamohawks.ca  
1-705-323-5599  
wahtamohawks.ca



# Health and Social Programming & Resources

## Zoom Trivia Night

Date TBD. Please register with Kristan Sahanatien – [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) Registered participants will be contacted with the zoom link. Deadline to register is April 8<sup>th</sup>, 2021.

## Virtual Escape Room

Date TBD, workshop will be online with Zoom. Please register with Kristan Sahanatien – [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) Registered participants will be contacted with the date and zoom link. Deadline to register is April 8<sup>th</sup>, 2021

## Possible upcoming programs:

I am taking names for possible up coming programs, if you are interested in participating any of the following please contact [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or call 705-762-2354 ext. 250 by April 9<sup>th</sup>.

- Adult Medicine Bags - You will receive the supplies to make a medicine bag, instructions will be included in the kit
- Kids Pottery kit- They will have everything you need to transform these ready-to-paint pottery pieces into your own amazing works of art.
- Wendy Hill workshops:
  - Understanding Healing- Tentative Date April 21<sup>st</sup>
  - Healthy Relationships
  - Understanding Anger
- Men's program- Leather drum making kit which will include all the supplies require to make your own drum bag

# Family Well-Being Programming

Interested in being a part of the 3 Sisters/Gardening Initiative? Please contact Rubecka for information and RSVP details by April 14<sup>th</sup>

Folk Medicine Workshop please contact Rubecka by April 7<sup>th</sup> to RSVP (*tentative date April 27<sup>th</sup> 5:30 – 7pm*)

Yoga Wellness Wednesdays 5:30-6:30 please contact Rubecka to get on email list and join in online!

[Rubecka.davidson@wahtamohawks.ca](mailto:Rubecka.davidson@wahtamohawks.ca)

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## Ambulance Payment Assistance

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

When you receive your bill please get in contact with:

Patricia Austin, M.O.A.

Financial Services Clerk

West Parry Sound Health Centre

6 Albert Street, Parry Sound P2A 3A4

Phone: (705) 746-4540 ext 4112

email: [paustin@wpshc.com](mailto:paustin@wpshc.com)

[www.wpshc.com](http://www.wpshc.com)



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

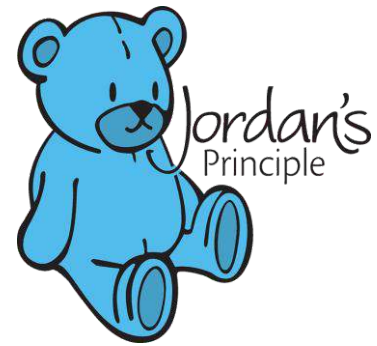
If any questions arise please contact Christine for assistance.

**\*if you live elsewhere and have to use an ambulance get in touch with that hospitals finance department and see if this can be arranged for you\***

### What is Jordan's Principle?

Jordan's Principle is meant to prevent First Nations children from being denied essential services or experiencing delays in receiving them. Different levels of government fund different services for First Nations children, and as a result it can be hard to figure out how to access necessary products, services, and supports. Under Jordan's Principle, we can:

- ✓ Inform families about the resources available for their child and how to access it
- ✓ Coordinate access to products, services, and supports
- ✓ Provide funding when it's needed to make sure products, services, and supports are accessed without delay



### Who can apply to Jordan's Principle?

A child under the age of majority in their province of residence can access Jordan's Principle, if they permanently reside in Canada, and if the child meets **one** of the following criteria:

- ✓ Child is registered or eligible to be registered under the Indian Act
- ✓ Child has one parent or guardian who is registered/eligible to be registered under the Indian Act
- ✓ Child is recognized by their nation for the purposes of Jordan's Principle
- ✓ Child is ordinarily resident on reserve

### What is covered under Jordan's Principle?

#### Health:

- ✓ mobility aids
- ✓ wheelchair ramps
- ✓ addiction services
- ✓ services from Elders
- ✓ mental health services
- ✓ specialized hearing aids
- ✓ traditional healing services
- ✓ services for children in care
- ✓ assessments and screenings
- ✓ transportation to appointments
- ✓ medical supplies and equipment
- ✓ long term care for children with specialized needs
- ✓ therapeutic services for individuals or groups

#### Social:

- ✓ social worker
- ✓ land-based activities
- ✓ personal support worker
- ✓ specialized summer camps
- ✓ respite care
- ✓ specialized programs based on cultural beliefs and practices

#### Education:

- ✓ school supplies
- ✓ tutoring services
- ✓ teaching assistants
- ✓ specialized school transportation
- ✓ psycho-educational assessments
- ✓ assistive technologies and electronics

### For more information, please contact:

Kathleen White, Jordan's Principle Navigator

kathleen.white@wahtamohawks.ca or (705) 330-1875

## Muskoka Women's Shelters and Services

There are two shelters in Muskoka for abused women (with or without children): **Muskoka Interval House** (MIH) in Bracebridge, 1-800-461-1740 or 705-645-4461 and **Chrysalis** in Huntsville, 1-866-789-8488 or 705-789-8488.

Safe, short-term shelter \* 24 hour phone support/ 24 hour staffing \* child and youth programming \* outreach support \* support groups \* assistance with navigating the legal system \* accompaniment and advocacy \* safety planning \* risk assessment \* practical needs assistance

## Assaulted Women's Helpline

With assistance in English and up to 154 other languages

GTA: 416-863-0511

TTY: 416-364-8762

Toll-Free: 1-866-863-0511

Toll-Free TTY: 1-866-863-7868

Rogers, Fido, Bell & Telus: #SAFE (#7233)

## Muskoka/Parry Sound Sexual Assault Services

### **Muskoka District Office**

29 Manitoba St., Suite # 1, Bracebridge, ON P1L 1S4

Phone: (705) 646-2122 or

1-877-406-1268

Fax: (705) 645-7839

### **Parry Sound District Office**

7 William Street, Suite # 3,

Parry Sound, ON P2A 1V2

Phone: (705) 774-9083 or

1-877-851-6662

Fax: (705) 774-9728

# Good Food Box

Northern Produce will be delivering Good Food Boxes to everyone who is signed up.



If you have not signed up and are interested in receiving the Good Food Box, and you live on reserve, please

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

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## Update on Mental Health Services

**B'saanibaamaadsiwin Aboriginal Mental Health's** office is closed until April 6th tentatively, and they are discouraging face to face interactions. Their crisis on-call service remains intact for anyone who calls, and a worker will be available to speak to 24/7.

Referrals can still be made over the phone. An intake worker will call back to arrange an intake appointment, also over the phone. If a crisis referral comes in, it will be given directly to the crisis worker on-call that day.

### **Contact Information:**

Office Phone: 705-746-2512

Toll Free Phone: 1-866-829-7049

Crisis Phone: 1-888-893-8333

**Dr. Connors** is providing counselling services over the telephone under NIHB for status members. The days he is doing his counselling are Mondays and Fridays. Please call his office at 705-329-0400.





## Feeling low? Stressed? Anxious?

**BounceBack® can help!**

**BounceBack®: Reclaim your health** is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. It offers two forms of help.

### 1 Telephone coaching and workbooks

**A referral is required to participate.** Your family doctor or nurse practitioner can provide you with a referral. Alternatively, you can self-refer. To access the referral form, visit: [bouncebackontario.ca](http://bouncebackontario.ca)

BounceBack is a guided self-help program in which a coach supports you in working through a series of workbooks.

- The program involves three to six telephone coaching sessions, which you can do from the comfort of your home.
- Your coach is there to help you develop new skills, keep you motivated, and monitor how you're doing.
- You and your coach will select from among 20 workbook topics that are best suited to your current needs. Some popular workbooks are: Being assertive; Changing extreme and unhelpful thinking; Overcoming sleep problems.
- Telephone coaching and workbooks are available in multiple languages.

### 2 BounceBack Today online videos

**No referral is necessary.** You can start watching our online video series today! Visit: [bouncebackvideo.ca](http://bouncebackvideo.ca) and enter access code: **bbtodayon**

BounceBack Today videos offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living.

The videos are available in English, French, Mandarin, Cantonese, Punjabi, Arabic, and Farsi.

# COVID-19, ALCOHOL and CANNABIS USE



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

## WHAT YOU SHOULD KNOW

### Alcohol, cannabis use and the immune system:



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

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



Feeling stress and anxiety from the pandemic and economic downturn



Feelings of social isolation and loneliness due to physical distancing



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



More alcohol and cannabis in the home from stockpiling

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

If you are seeking support for substance use visit, [www.ccsa.ca/addictions-treatment-helplines-canada](http://www.ccsa.ca/addictions-treatment-helplines-canada)

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

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

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

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

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

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

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



Canadian Centre  
on Substance Use  
and Addiction

For more information visit

[www.ccsa.ca/Impacts-COVID-19-Substance-Use](http://www.ccsa.ca/Impacts-COVID-19-Substance-Use)

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## Coronavirus Disease 2019 (COVID-19)

# How to wash your hands



Wash hands for  
at least 15 seconds

**1**

Wet hands with  
warm water.

**2**

Apply soap.

**3**

Lather soap and rub  
hands palm to palm.

**4**

Rub in between and  
around fingers.

**5**

Rub back of each hand  
with palm of other hand.

**6**

Rub fingertips of each  
hand in opposite palm.

**7**

Rub each thumb clasped  
in opposite hand.

**8**

Rinse thoroughly under  
running water.

**9**

Pat hands dry with  
paper towel.

**10**

Turn off water  
using paper towel.

**11**

Your hands are now  
clean.

# How to use hand sanitizer



Rub hands for  
at least 15 seconds

1



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

2



Rub hands together,  
palm to palm.

3



Rub in between and  
around fingers.

4



Rub back of each hand  
with palm of other  
hand.

5



Rub fingertips of each  
hand in opposite palm.

6



Rub each thumb  
clasped in opposite  
hand.

7



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

8



Once dry, your hands  
are clean.

## Sources:

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

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

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Ontario 

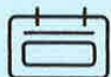


# RAAM CLINIC

## West Parry Sound Rapid Access Addiction Medicine Clinic

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

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



Start Date:  
Monday May 27, 2019



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



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



Check-in at Admitting

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



**705-375-9900**

or call:



**705-746-4264**

and ask for a RAAM counsellor



Canadian Mental  
Health Association  
*Maanishk - Parry Sound*

Addictions and  
Mental Health Services



West Parry Sound Health Centre

*Rural Nurse Practitioner-Led Clinic*





Canadian Mental  
Health Association

Addictions and  
Mental Health Services

West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

WPSHC  
CARES



Phone: 705-375-9900

West Parry Sound

Fax: 705-375-9905

RAAM (Rapid Access Addiction Medicine) Clinic

## Patient Handout

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

### What is the RAAM Clinic?

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

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

### Services Provided

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

### Services Not Provided

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



Canadian Mental  
Health Association  
*Learning • Policy • Support*

Addictions and  
Mental Health Services

West Parry Sound Health Centre

*Rural Nurse Practitioner-Led Clinic*

WPSHC  
CARES



Page 1 of 2

### Hours of Operation

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

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

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

### What to Bring

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

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

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

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

### What to Expect

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

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

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

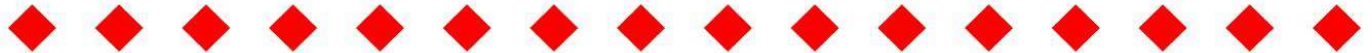
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

# Kagita Mikam Employment & Training

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



Programs available through Kagita Mikam are: Purchase of Training, Targeted Wage Subsidy, Mobility Assistance, Youth Work Experience, Employment Assistance Supports and Self Employment Assistance. Funding for training is for 1 year only. Members of Wahta Mohawks without status are eligible for funding. A Letter from Wahta Mohawks stating that you have membership must be provided. Members with status must provide status number and membership letter. For more information on the program please contact **Kalen Westby** at **705-762-2354 x. 245** or by email at **[kalen.westby@wahtamohawks.ca](mailto: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

<b><u>Business Name</u></b>	<b><u>Phone Number</u></b>	<b><u>Website</u></b>	<b><u>Services Offered</u></b>
Bala Auto Detailing	(705)641-1263	<a href="http://www.Balaaautodetailing.com">www.Balaaautodetailing.com</a>	Full-service auto detailing
First Nations Liquidation	(705)762-0101	<a href="https://www.facebook.com/FirstNationLiquidation">https://www.facebook.com/FirstNationLiquidation</a>	convenience/gifts/fireworks/house wares
Handy Man Dan	(705)706-2710		repair/maintenance/construction/property management
Long House Grill	(705) 762 6687	<a href="https://firstnationliquidation.com/longhouse-grill/">https://firstnationliquidation.com/longhouse-grill/</a>	Restaurant
Mrs. H's Fish & Chips	(705)762-4262	<a href="http://mrshsfishandchips.ca/">mrshsfishandchips.ca/</a>	Restaurant
Muskoka Rural Electric	(705)762-3440	<a href="http://www.muskokaruralelectric.com">www.muskokaruralelectric.com</a>	Licensed Electricians
Poseidon Plumbing	(705)801-6164	<a href="http://www.godofwater.ca">www.godofwater.ca</a>	Full-Service Plumber
Sahanatien Haulage	(705)762-5346	<a href="https://lshaulage.com/">https://lshaulage.com/</a>	Site development/roads and driveways/septic systems/landscaping and landscaping supplies/ material delivery
Team Boats	1 855-770-8326	<a href="http://www.teamboats.ca">www.teamboats.ca</a>	Custom Aluminum Boats
Wahta Station	(705)762-2195	<a href="http://thewahtastation.com/">thewahtastation.com/</a>	Convenience/grocery
Wahta Springs	1 800-593-0127	<a href="http://www.wahtasprings.com">www.wahtasprings.com</a>	Water Bottling
What-a-Convenience	(705)762-1923	<a href="https://www.facebook.com/whatabakery/">https://www.facebook.com/whatabakery/</a>	Gas Bar/bakery/Gifts
Womb Rising	(705)323-5599	<a href="http://www.wombrising.com">www.wombrising.com</a>	Birth Services

If you own and operate a business on the territory of the Wahta Mohawks and would like to be included in this directory please contact Kalen Westby at [kalen.westby@wahtamohawks.ca](mailto: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
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