

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

Ohiari:ha - The Ripening Time



June 2021



Photo ©: Nicole Holmes

## 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 June 29th, 2021** at **7:00PM**. The meeting will be hosted on **Zoom**. Please **REGISTER** in advance at the following link:  
<https://bit.ly/3fnA2EK>

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

Summer will soon be upon us, and as another season begins, we are still plagued by the Coronavirus pandemic. As more people become vaccinated things are looking much better than they did late last year. Ontario is looking at how to reopen in a safe manner and this is encouraging. The only thing we cannot do is to individually rush into activities that are risky for the continued spread of COVID-19 or its variants.

At the time of writing, we are still under stay at home orders in the province, but I must say you would not know it given the weekend traffic through our community. This reminds us that again this summer we will be looking at persons coming into the community or on community lands. Recently we have heard instances of people picking up takeout food and parking on our roads to eat it thereby creating hazards to safe passage. Council is looking to once again strengthen our bylaws in order to be able to provide enforcement that can remove trespassers.

We still face delays due to the lockdown on our large capital project to replace the roof at the Administration Building, however it is hoped that this work will start soon and be completed this year. On the other hand, Wahta staff have been coming up with many ideas on how we can still participate in activities through internet virtual presentations. You will find a number of them in the notices contained within this newsletter that are aimed to reach all age groups.

Hopefully in the very near future the Wahta Council will once again be at its full complement of members as acclaimed new council member Jesse Strength fulfilled the requirements contained in the election code regarding the issuance of a criminal record check. Again, the pandemic has slowed the issuance of these certifications. At that point, he can join us as we continue to move forward with not only addressing issues as they occur, but working towards completing our policy work in many areas, as well as the governance issues from Canada and Ontario.

June 2-4, Council will be participating in the Association of Iroquois and Allied Indians Annual General Assembly where many issues will be addressed collectively by the seven member First Nations. In the next while, I will hopefully be able to enable a link on our website that will let you view the Association's annual report for the last year.

There is much to be done and dealt with in working to maintaining our community and membership. Council is striving to go forward to help build our community as a unified people, proud of being part of a safe and healthy community that will be sustained as the Wahta Mohawks in the future.

Many of the Council issues we have dealt with can be found in this newsletter in the Council meeting minutes, but also remember we are now back to community monthly meetings online for now. The link to those meetings are also within this newsletter. In the meantime, we remain patient as we await some kind of normalcy to our lives so that we can get with socializing and working together on our community issues. As usual, Nia:wen for taking the time to read this.



## Wahta Mohawks Council Meeting Minutes

Date: Wed April 21<sup>st</sup>, 2021

Time: 10:30 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

Carol Holmes, Education Services Manager

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### Adoption of Agenda & Minutes

#### Motion 1:

**Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to adopt the April 21<sup>st</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

### Land Lease Mohawk Council Resolution

Council approved and signed Land Lease Resolution #31.

#### Motion 2:

**Moved by Blaine Commandant and seconded by Teresa Greasley to sign Land Lease Agreement on Resolution 2020/21-31.**

**ALL IN FAVOUR**

**CARRIED**

### Hydro One Band Consent Agreement

Murray presented the final Hydro One Band Agreement for a community member on territory. Hydro One has agreed to cover the cost of any damages caused during the installation. There is also a Mohawk Council Resolution supporting the agreement that states Wahta Mohawks

Council will sign the Band Consent Agreement to provide Hydro One the authorization to complete the necessary work within community held lands, and that Chief Franks has the authority to sign the agreement.

**Motion 3:**

**Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to sign the Mohawk Council Resolution authorizing Chief Franks to sign the Hydro One Band Consent Agreement allowing Hydro One to complete the necessary work within community held lands.**

**ALL IN FAVOUR**

**CARRIED**

Post Secondary Policy – Review and Approval of Revised Policy

Education Services Manager, Carol Holmes, presented the updated Post-Secondary Policy after making revisions based on feedback from Council. These revisions include the addition of a section on special needs students, wording on the section regarding books and supplies, as well as formatting changes. Revisions on the living allowance section are pending for students who are working full-time. Mohawk language will also be added to the front page to try to make it more visible.

**Motion 4:**

**Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to adopt the Wahta Mohawks Post-Secondary Education Policy effective April 21<sup>st</sup>, 2021.**

**ALL IN FAVOUR**

**CARRIED**

Finance Update/Revised Surplus for ISC Funding – Review and Approval

Chief Financial Officer, Joanne Contant, presented an update on the 2020/21 fiscal year expenditures and answered questions brought forward by Chief and Council. She also provided an updated list of the deferred revenue from the 2019/2020 fiscal year. Out of the revenue from Community Health Promotion, Youth Addictions and NNADAP, NIHB First Nations and Community Support Services, \$120,000 will be used to purchase self-starting generators for the rental units and \$89,616 will be used to fund the new furnaces at the Administration Building. Prevention Least Disruptive Measures/Child and Family funding of \$355,755 will be returned to Indigenous Services Canada.

**Motion 5:**

**Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to return the 2019/2020 deferred funding of \$355,755.00 from the Prevention Least Disruptive Measures/Child & Family program.**

**ALL IN FAVOUR**

**CARRIED**

### Visa Statements – Approval to Pay

The total amount due on the Visa statements in April exceeds the spending authority of the Senior Administrator. This total accounts for the combination of all Wahta Mohawks credit cards for the month of April, and the charges were previously authorized. Council received clarification from Chief Financial Officer, Joanne Contant, and based on the Finance Policy, she believes that it is acceptable for Finance to continue to process these statements, as all of the expenses on the statement have been previously approved. Council would like to put forward a motion to approve it being paid at this time, but in the future, will allow Finance to process the payment without Council approval, as the expenses have been previously authorized, and any of the charges over \$30,000 would have been previously approved by Council.

#### **Motion 6:**

**Moved by Blaine Commandant and seconded by Teresa Greasley to approve paying the Visa statement dated April 15<sup>th</sup>, 2021 in the amount of \$31,253.63.**

**ALL IN FAVOUR**

**CARRIED**

### Class Action Lawsuit on Safe Water – Discussion

Olthuis, Kleer, Townshend Law and McCarthy Tetrault Law have commenced a national class action litigation against the Attorney General of Canada for failing to address prolonged drinking-water advisories on First Nation reserves across Canada. They are alleging that Canada has been negligent and are seeking to obtain compensation for individuals and communities that have suffered from a lack of reliable access to clean water. Furthermore, they would like to obtain a declaration that Canada has an ongoing responsibility to work with First Nations to provide access to clean water. This includes requiring Canada to construct and fund appropriate water systems for First Nation communities. Indigenous Services Canada has put out a statement that First Nations will not be penalized in any way for joining the Class Action. The deadline to join will be in June. Council would like more information and will be asking the lawyers for a written summary.

### Sand Pit Request

Sahanatien Haulage has asked Council for permission to continue accessing the sand from the sand pit. Murray asked Finance for receipts to see how much sand was being taken and what the cost per load is. The current price is \$30/load. Murray will ask Capital Assets Manager, Randell Sonmor, to find a comparative price to make sure the value is fair.

**Moved by adjourn by consensus at 12:30pm**



## Wahta Mohawks Council Meeting Minutes

Date: Wed April 28<sup>th</sup>, 2021

Time: 9:30 am

### Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

### Regrets:

Councillor Lorie Strength-Fenton

### In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Carol Holmes, Education Services Manager

Christine Cox, Health and Social Services Director

Randell Sonmor, Capital Assets Manager

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### Adoption of Agenda & Minutes

#### Motion 1:

Moved by Blaine Commandant and seconded by Teresa Greasley to adopt the April 28<sup>th</sup> agenda.

ALL IN FAVOUR

CARRIED

#### Motion 2:

Moved by Blaine Commandant and seconded by Teresa Greasley to approve the minutes from April 14<sup>th</sup>, 2021.

ALL IN FAVOUR

CARRIED

### Business Arising – Community Land Sale

Council had further discussions on the land being sold by a community member. Chief Franks will respond to the member letting them know that at this time Council is not interested in purchasing the land. However, Council is interested in knowing the value of the land and would allow the member to advertise the land sale in the community newsletter.

### Letter of Agreement for Student Mental Health Funds – Review and Approval

Carols Holmes, Education Services Manager, presented a letter of agreement regarding student mental health funding. The Association of Iroquois and Allied Indians Education Committee had a meeting with the AIAI Health and Social Services Department and discussed the needs that share a crossover between Education and Health and Social. Funding in the amount of \$25,552.14 was acquired for each AIAI community, and it can be used to fund technology, internet, and software and professional mental health supports and services. Additional funding in the amount of \$7,979.14 has also been made available to each AIAI community and can be used to provide supplies and equipment to support student mental health, land-based initiatives, student transitions, food expenses and recreational activities. Carol plans to do a needs assessment, find appropriate cultural resources, and to seek mental health workers that can successfully work with children.

#### **Motion 3:**

**Moved by Blaine Commandant and seconded by Teresa Greasley to authorize Murray Maracle to sign the Association of Iroquois and Allied Indians' Letter of Agreement regarding student mental health funding in the amount of \$33,531.28.**

**ALL IN FAVOUR**

**CARRIED**

### Youth Council – Discussion and Approval of Appointment

A/Health and Social Services Director, Christine Cox, presented a briefing note regarding the formation of the Wahta Mohawks Youth Council. The Health and Social department have been attempting to bring together a youth council for over a year now, and there are now 5 youths, ranging from 11 to 21 years old, who have committed to playing a role within the Wahta Mohawks Youth Council. The first meeting will be held on May 8<sup>th</sup>, 2021. Councillor Commandant would like to see a reflection of what Council is doing within the Youth Council, and to have ongoing communication with them. Chief Franks suggests a terms of reference be developed to help establish a working relationship. Christine has requested that Council appoint Felicity Smith to the AIAI Youth Council to help get Wahta's Youth Council underway.

#### **Motion 4:**

**Moved by Teresa Greasley and seconded by Blaine Commandant to appoint Felicity Smith as the community representative on the Association of Iroquois and Allied Indians Youth Council.**

**ALL IN FAVOUR**

**CARRIED**

Duplex Rental Application Assessments – Review and Approval

Capital Assets Manager, Randell Sonmor joined Council to present a rental application for approval. Council discussed the overall process of approving applicants and decided that these decisions could be made by the Senior Administrator. They requested that the process be amended to allow Murray Maracle to approve applications, and that only appeals be escalated to the Council table. Randell will draft an update for the newsletter to let community know what the new approval process will be.

**Motion 5:**

**Moved by Blaine Commandant and seconded by Teresa Greasley to request the Administration revise the Housing Policy to allow decisions on applications to be made by the Senior Administrator.**

**ALL IN FAVOUR**

**CARRIED**

Canada Mortgage and Housing Corporation Grants Update – Discussion

Capital Assets Manager, Randell Sonmor, informed Council that the process for applying for funding from the Canada Mortgage and Housing Corporation has changed and an expression of interest must now be submitted to CMHC to outline how much funding would be required for each of their available programs for the year. CMHC has cut Wahta's funding down to \$15,000 combined for each of the three programs. CMHC explained that other communities had higher needs, and Wahta is lower on the priority list than in the past. Randell would like to inform members of these changes in the newsletter and on social media, and to ask for applications to be submitted, as there is a deadline of September 1<sup>st</sup>. Randell will see if he can make an appeal to CMHC, and Chief Franks will bring up this issue at the AIAI Chief's Council Meeting.

First Nation Market Housing Fund Addendum - For Signature

Capital Assets Manager, Randell Sonmor, shared a letter of agreement from the First Nation Market Housing Fund which aims to extend the terms of the Capacity Development Plan for 12 months commencing March 22, 2021 and ending March 21, 2022. Chief Franks will sign the Letter of Agreement.

Land Based Learning Committee

Council discussed a letter from the Land Based Learning Committee. Chief Franks will draft a response letter and bring it before Council for review and final approval.

Virtual Public Council Meeting Debriefing

Chief Franks asked Council and Council Assistant, Samantha Walker, for feedback on the first virtual meeting in order to make improvements for the next one. Council shared their concerns



about non-members gaining access to the meeting, and Samantha shared that it is possible to have attendees register prior to the meeting, which would allow Council to know who will be attending. Samantha also shared that all members of Council could be made Co-Host, which would allow them to speak freely. This will ensure there is less of a delay during discussions and more freedom for Councillors to aid in the discussion with community members. Council agreed to test the registration meeting for the next Council Meeting on May 5<sup>th</sup> before using it for the next Public Council Meeting.

**Moved by adjourn by consensus at 11:30am**



## **Wahta Mohawks Council Meeting Minutes**

**Date: Wed May 5<sup>th</sup>, 2021**

**Time: 9:30 am**

### **Those Present:**

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lorie Strength-Fenton

Councillor Teresa Greasley

### **In Attendance:**

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Christine Cox, Health and Social Services Director

Randell Sonmor, Capital Assets Manager

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### Adoption of Agenda & Minutes

#### **Motion 1:**

**Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to adopt the May 5<sup>th</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

#### **Motion 2:**

**Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the minutes from April 21<sup>st</sup>, 2021.**

**ALL IN FAVOUR**

**CARRIED**

**Motion 3:**

**Moved by Blaine Commandant and seconded by Teresa Greasley to approve the minutes from April 28<sup>th</sup>, 2021.**

**ALL IN FAVOUR**

**CARRIED**

Partners for Planning (P4P) Partnership Agreement

A/Health and Social Services Manager, Christine Cox joined the meeting to discuss a potential partnership with Partners for Planning. P4P is a non-profit organization with an innovative online hub of resources that assists individuals and families in creating sustainable life plans to ensure that they, or their loved ones, are safe, included, respected and financially secure throughout their entire life. Resources for parents with children with disabilities include lawyers, financial planners, family support networks etc. and can all be found within this P4P network. Christine believes that this would be a great resource for the community, both on and off territory, and could be used by staff in various departments to assist community members in finding the best resources for themselves and their families. Accessing the resources is free of charge and simply requires the signing of an agreement to become a P4P partner. The agreement sets out the terms and conditions for the use of the resources offered. Council agreed that this would be a good resource and authorizes Murray to sign the agreement.

**Motion 4:**

**Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to authorize the Senior Administrator, Murray Maracle, to sign the Partners for Planning (P4P) partnership agreement and terms of reference.**

**ALL IN FAVOUR**

**CARRIED**

Road Study Agreement

Capital Assets Manager, Randell Sonmor, joined the meeting to discuss the Road Study Agreement with Chief and Council. The Road Study Agreement has been prepared and needs approval to proceed with the study. Field work will begin Monday May 10<sup>th</sup> if approval is given. The Ministry of Transportation has a funding opportunity called the Transportation Initiative Fund, and Randell is currently finalizing an application. The MTO will review applications during the month of May, and successful candidates will be notified in early June. There is also the annual subsidy on road maintenance that is provided by the MTO. Randell suggests that if the MTO funding is not awarded, the costs of the study could be submitted to the MTO for the annual road maintenance subsidy, and the MTO could potentially help offset the costs.

## **Motion 5:**

**Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to authorize the Senior Administrator, Murray Maracle, to sign the agreement with Associated Engineering to complete a roadway condition assessment study in the amount of \$25,750.00 with possible provisional costs of up to \$35,000.00 in Geotech Services.**

**ALL IN FAVOUR**

**CARRIED**

### Ministry of Transportation Road Subsidy Declaration Form

Capital Assets Manager, Randell Sonmor, presented the Ministry of Transportation Road Subsidy Declaration Form for approval. This form contains the total costs of road and winter maintenance for 2020/21. The total cost was \$74,256, and the MTO usually provides a subsidy to cover 50% of the costs. Council approves the Road Subsidy Declaration Form, and Chief Franks and Murray Maracle will sign it.

### Permission to Continue Use of Marsh Sand Pit - Follow-up

Capital Assets Manager, Randell Sonmor, presented Council with prices of sand from local quarries to compare to the current rate Wahta is collecting. Wahta is currently charging \$30 per 14 tonne load. Council also expressed concerns on protecting the resource, and potentially stopping access to the sand in the future. Council has decided to increase their price to \$60 per load. Senior Administrator, Murray Maracle, will put together a draft letter for Council approval on the proposed increase of \$60 per load and the concerns on protecting the resource.

### Wahta Road 2 - Discussion on Concerns with Traffic

A community member has come forward with concerns on the high volume of traffic on Wahta Road 2. Vehicles are parking on either side of the road which creates potential safety issues for local traffic and staff conducting road maintenance activities. Council had "No Parking" signs put up last summer on a small portion of the road at the 38 to try and curb the practice with limited success. With cars now seemingly parking further down Wahta Road 2 so Council has agreed to expand the "No Parking" signs to try to deter people from parking on the road.

### The Association of Iroquois and Allied Indians General Assembly Delegates

The Association of Iroquois and Allied Indians General Assembly will be held virtually again this year, and they need to know who the Wahta Mohawks delegates will be by May 21<sup>st</sup>. Chief Franks, Councillor Strength-Fenton, Councillor Commandant, and Councillor Greasley will likely be able to attend. If Jesse Strength has officially become a Councillor by that time, he will be invited to attend as well. The Youth Council representative, Felicity Smith, will also be invited. There can be up to seven delegates, and Council will decide closer to the date who the final delegate will be.

### Request for Road Repair

A community member contacted Chief Franks asking if Council would conduct repairs a road on in the community. The road is not one in which Council has formally included in their inventory of roads, but Council has assisted with some maintenance in the past. Council will look into the road condition and discuss further. Murray will ask Land and Resources Coordinator, Scott Aubichon, to put together some mapping of the road and area.

### Association of Iroquois and Allied Indians Chief's Council Update

Chief Franks attended the virtual Association of Iroquois and Allied Indians Chief's Council Meeting on Monday, May 3<sup>rd</sup>, and the provided a summary to Council. Grand Chief Joel Abram will be going before the Standing Senate Committee on Aboriginal Peoples to address our concerns on Bill C15 on the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP). There was a presentation from the Indigenous Screen Office (ISO) on screening people who identify themselves as Indigenous in the arts. They received AIAI's support to come up with methods to set a standard on what "Indigenous" is in the entertainment and arts sectors. The audit plan and general assembly were also discussed.

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



## **Wahta Mohawks Council Meeting Minutes**

**Date: Wed May 12<sup>th</sup>, 2021**

**Time: 9:30 am**

### **Those Present:**

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lorie Strength-Fenton

Councillor Teresa Greasley

### **In Attendance:**

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Christine Cox, Health and Social Services Director

Randell Sonmor, Capital Assets Manager

Scott Aubichon, Lands and Resources Coordinator

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## Adoption of Agenda & Minutes

### **Motion 1:**

**Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to adopt the May 12<sup>th</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

### **Motion 2:**

**Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to approve the minutes from April 28<sup>th</sup>, 2021.**

**ALL IN FAVOUR**

**CARRIED**

## Discussion on Additional Electronic Sign

ID Outdoor, the company that partnered with Wahta Mohawks to put up two electronic signs on Highway 400, has reached out to Murray as they want to install a third electronic sign near the Twelve Mile Bay exit. Murray informed Council of their correspondence, and Council had a brief discussion on the status of the current signs. Council will have further discussion on this matter in the future.

## Association of Iroquois & Allied Indians – Indigenous Healing & Wellness Strategy Agreement

A/Health and Social Services Manager, Christine Cox, presented the annual Association of Iroquois & Allied Indians' Indigenous Healing & Wellness Strategy Agreement to Council for the 2021/22 fiscal year. The agreement provides \$192,286 of funding, which corresponds with the Indigenous Healthy Babies/Healthy Children Program, the Community Wellness Worker Program, the Mental Health Demonstration Project, and the H/SAB Community Support program.

### **Motion 3:**

**Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to accept and authorize Senior Administrator, Murray Maracle, to sign the Association of Iroquois & Allied Indians' Indigenous Healing & Wellness Strategy Agreement.**

**ALL IN FAVOUR**

**CARRIED**

## Increased Need for Senior's Homecare

A/Health and Social Services Manager, Christine Cox, updated Council on the current needs of seniors in the community. The health and mobility for some seniors in the community has

worsened due to COVID-19 restrictions, which has led to an increase in homecare for some, and new care being offered to others. The Health and Social Services department is currently helping connect seniors with Home and Community Care Support Services, which offers assessments to identify needs within the home. Chief Franks has asked Christine to put together a list of the services currently being offered to seniors in the community.

#### Replacement of the Four Roof Top Furnaces

Capital Assets Manager, Randell Sonmor, presented a briefing note to Council regarding the furnace replacement project at the Administration building. The project has been split into two separate sub-projects: the removal of the four existing roof top units and framing to close in the roof, and the supply and installation of four ground mounted furnaces. Tender packages for each sub-project were prepared and sent to contractors. For the removal of the furnaces and framing, five contractors were contacted. Two declined due to workload and three expressed an interest. The tender package for the sub-project was sent to those three contractors. Following the site visit and after further assessing the scope of work, two of the contractors indicated they could not fit in the project within the tight time frame due to other projects they had committed to. However, these two companies did submit a price for the work for comparison purposes. Randell recommends offering the contract to W.S. Morgan, as their bid was very similar to the lowest estimate provided, which provides assurance that the price is within an acceptable range, and the work needs to begin as soon as possible.

#### **Motion 4:**

**Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to award the contract for the furnace replacement sub-project A1 to W.S. Morgan in the amount of \$125,700.**

**ALL IN FAVOUR**

**CARRIED**

#### Camp Jackson Road Request

A community member has recently put in a request for Council to do some repair work on Camp Jackson Road, and Lands and Resources Coordinator, Scott Aubichon, described its location in relation to the rest of the territory. Councillor Blaine Commandant believes that a maximum of 20 loads of gravel would be necessary to repair the road. Murray will ask Capital Assets Manager, Randell Sonmor, to take on the project, and Councillor Blaine Commandant has volunteered to assist with aspects of the project.

#### Member Request for Use of Right of Way for Access Road

A community member would like to construct an access road on community held land off of Ragged Rapids Road in order to provide access to privately held property. Lands and Resources Coordinator, Scott Aubichon, visited the site to assess the current status of the site. The community member informed Scott that the road would end up being approximately 920 metres. Scott informed Council that over half of the road is already drivable, but there is only a

small trail after the first 620m of road, and the final 60 metres would require new road construction. Council will further discuss this issue at the next meeting.

#### Wahta Road 2 Survey – Update and Discussion

Lands and Resources Coordinator, Scott Aubichon, received a quote from a T.A. Bunker Surveying Wahta Road 2 to survey the first 500 metres of Wahta Road 2, and it was approximately \$4,500. The entire road would cost approximately \$11,000. Council will have further discussions on this matter at the next meeting.

#### Hydro One Meeting – Discussion on Draft Agenda

Lands and Resources Coordinator provided an update on the tentative meeting with Hydro One of the Additions to Reserve process. They have provided a draft agenda, and an initial meeting has taken place regarding the permit process for the entire territory, including the ATR lands and transmission lines. Hydro One has provided a draft permit, which has been sent to the Justice Department, and they have suggested changes. Murray suggests having a discussion with legal counsel on the transmission permit, outstanding distribution permit, and addendum, and suggests that it may be useful to have strategy session with legal counsel before meeting with Hydro One. Murray will work with Scott to refine what should be brought forward to the lawyers in preparation of the meeting with Hydro One.

#### Hydro One Brushing Work – Discussion on Approach

Lands and Resources Coordinator, Scott Aubichon, has received a contract from Hydro One to have brushing work done on 617 acres around the transmission lines on the territory and Additions to Reserve Lands. They have agreed to provide \$705,000, and require the work be completed by December 31<sup>st</sup>, 2021. Scott provided some feedback on this work that was done six years previous and shared some advice. Council would like to keep the work within the community but would also like to ensure that the work is done safely and is regulated. Murray will set up a meeting with Scott, and Capital Assets Manager, Randell Sonmor, to discuss the ways in which the contracts can be distributed within the community and will bring the ideas back to Council for further discussion.

#### Bell Permit – Establishing Fee for Permit

Lands and Resources Coordinator, Scott Aubichon, updated Council on the Bell Permit established for the Additions to Reserve Lands. Bell has provided a list of their assets on territory and on the ATR Lands, and the next step is to negotiate a price. Council would like to seek advice on what an appropriate price would be. Scott will reach out to Pauline Haarmeyer from Indigenous Services to see if she can provide a comparable price from other similar processes undertaken in First Nation communities.

### Indigenous Services Canada Press Release - Boil Water Advisory

Indigenous Services Canada is looking to put out a press release on the Boil Water Advisories on First Nations. This press release includes a section on Wahta Mohawks and specifies that the long-term drinking advisory is being lifted in regard to the Administration Building after the construction of a new well and installation of a point of entry treatment unit. It also states that Indigenous Services Canada will continue to work with Wahta Mohawks on a community-wide solution for sustainable access to clean water. Council approves the press release.

**Moved by adjourn by consensus at 12:30pm**



# **Virtual Public Council Meeting**

**Tuesday June 29<sup>th</sup>, 2021, 7:00pm**

Please join us for a virtual Public Council Meeting on Zoom!

**Register in advance for this meeting:**

<https://zoom.us/meeting/register/tJMpfu-trjMuGddOp01VyY4NrsaTWTxHU7dk>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

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

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## **Announcement of Applications for CMHC Grants (ERP, HASI and RRAP); Budget and Deadline**

The Canadian Mortgage Housing Corporation (CMHC) recently advised us that the 2021/22 total budget allocation to Wahta for the Residential Rehabilitation Assistance Program (RRAP), Emergency Repair Program (ERP) and Home Adaptation for Senior's Assistance (HASI) grants is \$15,000, down from \$27,000 last year.

In addition, CMHC indicated that fully completed applications must be submitted to them by no later than September 1, 2021.

As a result of the above, members who wish to apply for any of the above grants are requested to submit their completed applications to Karen Sahanatien by no later than August 1. We will then assess all applications based on need and urgency. Within the budget limit set CMHC, the highest priority applications will be submitted before the September 1 deadline.

If you have any questions, please contact Karen on her cell phone at 705 394 5134.



## **JOB DESCRIPTION**

**Job Title: EDUCATION SERVICES SUPPORT WORKER**

**Reporting To: EDUCATION SERVICES MANAGER**

### **Overview:**

The overall objective of the Wahta Mohawks Education program is to support members to become lifelong learners, achieve personalized learning goals, and uncover opportunities for economic success.

The Education Services Support Worker will be primarily responsible to support and assist Wahta Mohawks students of all ages in the community and off the Territory as well as the Education Department. This person will work collaboratively with the Education Services Manager in the following areas:

### **Primary Duties and Responsibilities:**

- Establish and foster relationships with all students, local and nominal roll students;
- In collaboration with classroom teachers create and implement tutoring programs for students as required;
- Engage children in academic and social skills development;
- Develop and implement programming that develops students' success;
- Proactive, professional, and compassionate approach to communicating and collaborating with parents;
- Develop and support parental engagement activities and community-based programming independently or with a team approach;
- Develop and foster community inclusiveness;
- Search and develop funding opportunities to improve and strengthen services;
- Be willing to adapt program focus and develop programs and services based upon Wahta Mohawks' Strategic Plan;
- Attend the TLDSB Indigenous Education Committee meetings and other meetings/conferences as directed by Education Services Manager and;
- Undertake administrative duties such as inputting student data, record keeping, filing, collating educational materials, and update Dadavan software as required.

## **Preferred Qualifications, Education, Knowledge, Skills and Abilities**

- Minimum Grade 12 diploma with preference given to those applicants that possess a certificate or diploma in the following: Education/Teaching Assistant, Child and Youth Worker, Child Studies.
  - Experience working in the education field.
  - Experience working within an Indigenous organization;
  - Have knowledgeable of, or willing to learn, Kanienkeha:ka culture and history;
  - Ability to exercise discretion in handling confidential subject matters;
  - Must have advanced computer skills: Microsoft Applications, Internet, and Adobe Acrobat;
  - Well-developed organizational, communicative, interpersonal, time management and analytical skills;
  - Public speaking and facilitation skills;
  - High level of initiative and self-direction;
  - Ability to work in a team environment and;
  - Support a positive climate within the workplace with peers and visitors.
- 
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**POSTING: ST-21-05-26-031**

**SCHOOL: Bracebridge & Muskoka Lakes Secondary School**

**POSITION: 0.167 Permanent Teacher of Mohawk  
(1 section in semester 1)**

The above part-time permanent position will commence September 1, 2021 (or as confirmed by the Ministry of Education).

The successful candidate will be responsible for teaching 1 section of Mohawk (LNMAO) during semester 1 of the 2021-2022 school year.

Qualifications: Intermediate / Senior qualifications are preferred, as well as fluency and/or experiences teaching Mohawk language.

Applications should be submitted **no later than Tuesday, June 1, 2021 at 3:00 p.m. by email only to:**

Kim Williams, Principal, Bracebridge & Muskoka Lakes S.S.

Email: [Kim.Williams@tldsb.on.ca](mailto:Kim.Williams@tldsb.on.ca)

***Please indicate the posting # in the subject line of the email***



# Employment Opportunity

## Kanien'kéha Language Instructor

**Reporting to:** Education Services Manager

**Initiative:** Kanien'kéha Language Revitalization

**Location:** Wahta Mohawks

### Position Summary:

Working in collaboration with the Language Activator under the Department of Education to provide Kanien'kéha Language Instruction for the various programs to meet the needs of community members seeking language learning opportunities. This position will satisfy the immediate short-term needs of a language instructor to meet the objectives of the Kanien'kéha Language Revitalization plan in Wahta. Potential to renew and extend contract based on funding availability.

### Primary Duties & Responsibilities:

- Provide Kanien'kéha language instruction to adult community learners in a weekly virtual class setting
- Provide Kanien'kéha language instruction to youth during a weekly Virtual Language Nest
- Provide Kanien'kéha language lessons to Wahta Mohawks Band Administration staff, and Chief and Council
- Create a language environment that is positive and flexible with learners from multiple age groups, language levels, and learning abilities.
- Work from existing established Novice Level curriculum while expanding and growing the curriculum to more advanced needs.
- Provide language skills to facilitate the development of a language software. Software to be used in TLDSB schools, community learners, virtual and distant learners, and self-led learners.

### Knowledge and Skills:

- Must be a proficient speaker in Kanien'kéha Language
- Must be flexible to adapt to the members needs as they present themselves
- Must be flexible to accommodate the irregular hours needed for programming
- Must provide a criminal reference check and vulnerable sector screening
- A strong foundation in Onkwehon:we culture, traditions and customs

- Be willing to work collaboratively with the Elders and First Speakers of the Wahta Mohawk community

**Contract Terms:**

This is a short-term, full-time contract beginning immediately until the end of September 2021 with the potential for renewal based on funding approval and instructor availability. 37.5 hours a week. Hourly wage and travel coverage will be based on needs, qualifications, and experience.

**Salary Range:**

\$35.00 - \$45.00 hourly wage range. 68,250 - 87,750 yearly salary range. Salary based on experience and qualifications.

**Application:**

Please submit resume and cover letter detailing how you meet the job requirements of the position to:

Attention: HR Joanne Contant  
P.O. Box 260  
Bala, ON  
P0C1A0

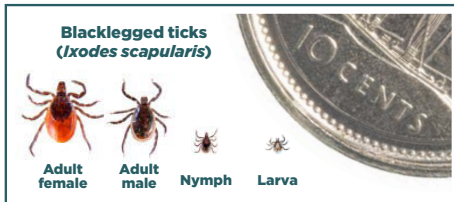
Phone: 705-762-2354 ext.227  
Fax: 705-762-2376  
Email: HR@wahtamohawks.ca

Applications will be continually accepted. Please submit applications as soon as possible to accommodate a short timeline and immediate start.

You will be contacted if you are successfully selected for an interview.  
Thank you in advance for your interest.

# ENJOY THE OUTDOORS, WITHOUT A TICK – Lyme Disease in our Region

**LEARN HOW YOU CAN REDUCE YOUR RISK** Lyme disease is spread by the bite of infected blacklegged ticks. These ticks are often found in and near areas with trees, shrubs, tall grass or piles of leaves. It can cause serious health issues if untreated, but you can take action to reduce your risk.



## LEARN HOW YOU CAN REDUCE YOUR RISK

Lyme disease is spread by the bite of infected blacklegged ticks. These ticks are often found in and near areas with trees, shrubs, tall grass or piles of leaves. It can cause serious health issues if untreated, but you can take action to reduce your risk.

### Can you identify a blacklegged tick?

Generally, people are infected through the bite of immature ticks called nymphs that are about the size of a poppy seed. Adult ticks (about the size of a sesame seed) can also transmit Lyme disease. Ticks are very small and their bites are usually painless, so you may not know you've been bitten.

The best way to prevent Lyme disease is to avoid being bitten by a tick. Follow these tips when heading outside in areas where ticks can be found:

## PREVENT

- ☒ Use bug spray with DEET or icaridin (always follow directions).
- ☒ Wear closed-toe shoes, long sleeves and pants.
- ☒ Tuck your shirt into your pants, and your pants into your socks.
- ☒ Walk on paths.

## CHECK

- ☒ Do a daily full body tick check on yourself, your children, your pets and your gear.
- ☒ Shower or bathe as soon as possible after being outdoors.
- ☒ Put your clothes in a dryer on high heat for at least 10 minutes

## TAKE ACTION

- ☒ Use clean tweezers to immediately remove attached ticks:
  - ▶ Grasp the tick's head as close to your skin as possible.
  - ▶ Slowly pull it straight out. Try not to twist or squeeze the tick.
  - ▶ If parts of the tick's mouth break off and remain in your skin, remove them with the tweezers.
- ☒ Wash the bite area thoroughly with soap and water or alcohol-based sanitizer.
- ☒ Contact your health care provider if you're not feeling well or if you are if you're not feeling well or if you are concerned after being bitten by a tick.
- ☒ Keep the tick in a closed container and bring it with you if you go see your health care provider.





## Wahta Trust Call for Proposals

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

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

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

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

### Eligibility of Applicants

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

### Proposal Requirements

- A completed application form will be submitted to the Wahta Mohawks Community Trust.

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

For more information contact the Wahta Mohawks Trust Coordinator, Ariel Berwick, at:  
[admin@wahtamohawkstrust.org](mailto:admin@wahtamohawkstrust.org)

## **Capital Assets Department Activity Update**

### **Public Works and Maintenance Activities**

Now that we are well into the spring season, grass cutting and grounds maintenance operations are in full operation. Spring season road maintenance is also underway. Routine monthly collection and testing of water samples continues. Routine maintenance of the buildings and housing rental units is ongoing. The Public Works and Maintenance teams are also actively involved in the capital projects (see below) and provide ongoing support and service to the Health & Social Services department.

### **Housing**

In May, two applications for the units at the new duplexes were approved. With these new tenants, five of the six new units will be occupied. A vacant three bedroom unit is available.

### **Project Updates:**

The department is currently managing a number of capital projects.

#### **1. Administration Building Roof Repair**

Work on Phase 2 of the Administration Building Roof Repair project is scheduled to start on June 7. Mobilisation of the contractor was originally planned for early May but had to be postponed due to COVID restrictions. Phase 2 will be a continuation of the work undertaken in the summer and fall of 2020 and is scheduled for completion at the end of September.

#### **2. Furnace Replacement at Administration Building**

In parallel, a separate project to replace the original four furnaces at the Administration is being undertaken. The four furnaces, which were installed at the time the building was constructed, are at the end of their useful life (20 – 25 years). They are being replaced with four new, energy efficient furnaces that will reduce propane consumption, operating costs and green house gas emissions.

#### **3. Transfer Station Design and Landfill**

As part of the plan to convert the current landfill/recyclable collection site to a complete garbage and recyclables transfer station, which would include adding bins on the site for garbage (and then decommissioning the landfill), a tender package is currently being prepared for the design and construction of the transfer station. The primary goal of this project to address risks to the environment resulting from the landfill, as well as to streamline operations at the current site.

#### **4. Road Assessment Study**

A study to assess the condition of Wahta owned roads as measured against the Ministry of Transport's standards for paved and gravel roads is being undertaken. The engineering firm retained by Wahba to undertake the study will provide recommendations and cost estimates for any road rehabilitation or upgrade works that might be needed.

The initial field work was undertaken in the second week of May. The engineering firm is currently analysing the data/information gathered.



## 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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## **Land For Sale**

100 Acre parcel for sale , never severed, fronts onto side dam Big Eddy to large swimmable pond on south end.

BEST Offer , contact Tim 705 790 9982 or email [timfalcs@gmail.com](mailto:timfalcs@gmail.com)



# 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	Land for Sale	Land Wanted	Land Wanted	Land Wanted	Land Wanted
2 acres adjacent to Musk. Rd. 38 with driveway	Various locations	Band member looking to purchase waterfront property on lake Gibson.	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	Band member looking to purchase property. Please contact 705-801-9508	Property for lease for member to use as recreational land, e.g. Camping Any size, any location Leah 705-238-9004 <a href="mailto:leah.readman@gmail.com">leah.readman@gmail.com</a>
5 Acres adjacent to Musk. Rd. 38 with no driveway	Call 705-762-0013 for more information	Please contact Chantell. 289-440-2464			
80+ acres with bush lot and waterfront					
For more info, please call 705-644-4227					

## 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**

## Finance & HR Update

Finance returned to the Admin office during the month of January 2021. We will be temporarily moving back to the CHC during some construction at the Admin this spring and summer. Please call ahead of time if you need to come in to make a payment.

We are preparing for the audit scheduled in June. During the pandemic we have taken the opportunity to do cross-training, build capacity and improve our system towards paperless processes.

HR is also arranging to post to fill and create more positions in the coming months.

## Education Update

Another school year comes a close and parents have their children home yet again for the final months before summer vacation begins. This year has been very difficult for many students and parents alike. It is our hope that September will begin with school doors open and remain open for those who have chosen to attend in person.

We continue to celebrate our students and June 29 is the evening that this will occur! See the advertisement in this newsletter edition.

TLDSB is offering summer programs to students who may require additional supports. Watch for announcements through your school.

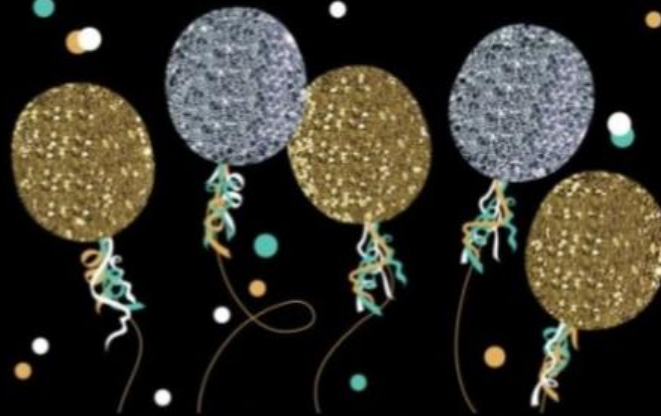
Wahta Mohawks, Future Design School and TLDSB are planning to run more culturally based education programs, with a group for Kindergarten to grade 3, grades 4 to 8 and a leadership group for secondary students. Advertising will be shared on social media and newsletter.

Last year we were unable to provide an Education Symposium in partnership with TLDSB, and this year we are still unable to offer this as we have done traditionally for the past 12 or more years. However, we will provide a virtual evening Waubgeshig Rice on June 15. Please see advertisement in this edition.

Classroom visits with Indigenous Elders and Knowledge Keepers had to take place virtually this year as well. This did not stop the sharing and learning to happen. In fact, many schools and students still were able to experience the powerful and significant teachings. The statistics of this year are astonishing considering restrictions for in person learning took place.

- 10 Knowledge Elders were involved.
- 17 different schools were visited (one large school with over 30 classrooms).
- 140 (approximately) classrooms were involved – some virtual visits involved more than 1 class at a time in attendance.
- 3500 TLDSB students at least, received teachings this year.
- Many full school virtual assembly visits also occurred.

Student well being is a priority focus in Education and our department will focus on Children and Youth mental health initiatives as we recently received funding through the Association of Iroquois and Allied Indians to address this need. An internal workplan is being developed for approval.



## *Year End Celebration for Students*

Please join us in continuing the tradition of celebrating our preschool, elementary, and secondary students with a year end celebration!

**June 29<sup>th</sup>, 2021 @ 5:30pm**

This years event will consist of a drive by parade, messages to students from schools, a slide show, a small token of appreciation, and a dinner to celebrate with your family.

We encourage all families interested in participating, whether living on or off the Territory, to register!

When registering, please provide the following information:

- Child's name, age, and grade completed
- Name of your child's teacher and the school they attend.
- 4 favourite photos from the school year that you would like to have included in the slideshow (please ensure one is recent!)
- If you live off Territory we ask that you please request your child's teacher to provide 3 sentences on their strengths and accomplishments, and share them with Kathleen White (contact information below) so it can be included in the slideshow.
- Number of adults (parents and guardians only), the number of students, and any diet restrictions/allergies.

Registration must be completed before June 4<sup>th</sup> by contacting Kathleen White at:  
kathleen.white@wahtamohawks.ca or (705) 330-1875



# 13th Annual Indigenous Education Evening

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**Held virtually  
on June 15 at  
6:30 to 8 p.m.**

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## **Waubgeshig Rice** **Author and Journalist**

Waubgeshig Rice is an author and journalist from Wasauksing First Nation. He has written three fiction titles, and his short stories and essays have been published in numerous anthologies. His most recent novel, *Moon of the Crusted Snow*, was published in 2018 and became a national bestseller. He graduated from Ryerson University's journalism program in 2002, and spent most of his journalism career with the Canadian Broadcasting Corporation as a video journalist and radio host. He left CBC in 2020 to focus on his literary career.

Waubgeshig will speak about the importance of celebrating and elevating Indigenous voices in literature and media, including literature that represents all students in a classroom.

**Register now: [tldsbc.ca/indigenous-education/](https://tldsbc.ca/indigenous-education/)**



If you require this information in an accessible format, contact Communications Services at [info@tldsbc.on.ca](mailto:info@tldsbc.on.ca).



**INDIGENOUS  
VISUAL CULTURE**  
AT OCAD UNIVERSITY

**May 21 - August 13, 2021**

## **Nigig Regalia Residency**

**May 21 – August 13, 2021**

**Description:** Since 2015, The Nigig Residency at OCADU has been inviting Indigenous artists to Toronto, providing opportunities to develop a short-term project and explore in a collaborative environment, issues impacting their work. This year the Nigig Residency will be taking place virtually and is focused on making regalia. During the pandemic, many of us have continued to find comfort and community in online beading circles; the Nigig Regalia Residency is an opportunity to work on your regalia while dreaming of the days we can dance together again. We are looking for artists, makers, dancers- beginners and advanced to join the residency. We will be meeting weekly for instruction, workshops, guest artists, beading circles and studio time. Resources will also be available asynchronously.

**2021 Visiting Artists/Lecturers:** A diverse range of Regalia Makers, dancers and artists will meet with the group to give guest lectures on their regalia/research.

**Materials:** Nigig Regalia Residency will provide assistance accessing materials and tools.

**Registration 2021:** OCAD Students should enroll in INVC-1001 Materials & Methods (0.5 Credits). Nigig Regalia Residency is also available for non-credit registration. Participants outside of OCAD U apply [here](#). This residency can be used as a transfer credit into the Indigenous Visual Culture program.

**Indigenous Visual Culture at OCAD University:** Launched in 2013, the Indigenous Visual Culture program at OCAD University combines practice-specific and interdisciplinary studio-based learning and courses in the visual, cultural, social and political history of Indigenous peoples.

**Contact:** Vanessa Dion Fletcher [vdionfletcher@faculty.ocadu.ca](mailto:vdionfletcher@faculty.ocadu.ca)

Temporary Appointment, Faculty of Arts and Science

OCAD UNIVERSITY

100 McCaul Street, Toronto, Canada M5T 1W1

[www.ocadu.ca](http://www.ocadu.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

Community Language Survey is still available to provide additional feedback. Form found at this link: <https://forms.gle/6m3CjhHxpkGTcXNc7>

### Online Language Learning

We have purchased Software licences for community members to participate in an online self-led learning program that you may progress through on your own schedule and time. This is an ideal program for those needing to learn on their own schedule. This program will be paired with an instructor upon hiring. If you would like to register for this language program, please email me for instructions and log in information. [sarah.chaloux@wahtamohawks.ca](mailto:sarah.chaloux@wahtamohawks.ca)

### Language Instructor Hiring

Two job postings for Language Instructor are posted. This position shall work in unison together in a flexible schedule. Please share widely. Any questions to discuss the position and salary are encouraged, please contact [HR@wahtamohawks.ca](mailto:HR@wahtamohawks.ca)

### Kanien'kéha Words of the Month

Akenhná:ke - Summer

Ohiarí:ha – June

Ioráhkote - Sunny, it is sunny

Kahéta' – garden

Ken'niiohontésa – strawberry festival

*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](mailto:sarah.chaloux@wahtamohawks.ca)

1-705-323-5599

[wahtamohawks.ca](http://wahtamohawks.ca)



# Health and Social Programming & Resources

## Health and Social Services Update

Happy Spring. It seems like it took a long time to get here, and yet time seems to be going very fast. Health and Social is busy creating programs with purpose. Programs that are reflective of the current times, whether it be virtual, or supplies and created on your own time. Hoping that we are touching many elements of interest within the community: **cannabis education, youth employment, an art show, traditional healers, sign making, raising healthy eaters, music and memory with seniors, cooking with Sara, knife skills for parents and children, youth/parents online safety, mini drum craft, as well as seniors at home exercise.** We are hopeful that programming will be in person soon, however we have no idea of when that may be. Please go to our program pages, get in touch with the specified person to sign up. As always community ideas are always welcome. Fingers crossed that we will see everyone soon, until then keep safe.

**Christine Cox**

## June 2021 Programs

### Cannabis Zoom Workshop Series

Dr. Marks de Chabris is an Ontario based physician and full-time clinician with a practice focus in Pain Medicine and Addiction Medicine. Wahta is happy to have Dr. Marks de Chabris come and share his knowledge with us for three workshops over the summer.

**Workshop # 1 - What Patients Want to Know About Medical Cannabis**  
**Monday June 14, 5:00 - 6:30PM**

**Workshop #2 - Myths and Misconceptions About Medical Cannabis**  
**Monday July 12, 5:00 - 6:30PM**

**Workshop #3 - Chronic Pain and Cannabis**  
**Monday Aug 23, 5:00 - 6:30PM**

Please register for workshops with Kristan Sahanatien – please indicate which workshop you are registering for. All workshops will be done online. [Kristan.sahanatien@wahtamohawks.ca](mailto:Kristan.sahanatien@wahtamohawks.ca)

### Youth Online Employment Workshop

This session is geared at youth and young adults looking to enter the job market. Introduction to employment topics including resume and cover letter examples and templates as well as interview do's and don'ts. **Workshop date: June 29<sup>th</sup> @ 1:00pm.** Please register with Kristan Sahanatien – [Kristan.sahanatien@wahtamohawks.ca](mailto:Kristan.sahanatien@wahtamohawks.ca) **Registration deadline is June 10<sup>th</sup>, 2021.**

## Youth and Parent/Caregiver Online Safety Workshop Series

### **Parent/Caregiver Session One June 16<sup>th</sup> 1:00pm:**

This webinar is geared at parents/caregivers and will help them explore how to set up a safe space for online safety discussion with their adolescent. We will explore online platforms, safety monitoring apps and how to organize “safety contracts.”

### **Parent/Caregiver Session Two June 23<sup>rd</sup> 1:00pm:**

This session will walk through common issues that may occur between the parent/caregiver and adolescents while navigating online safety. We will discuss red flags for parents to look for and educate their adolescents about. We will discuss how to address cyber bullying.

### **Youth Session One July 7<sup>th</sup> 1:00pm:**

This webinar is geared at helping adolescents understand potential online safety issues. We will discuss red flags, privacy, online friends, and buying and selling items online.

### **Youth Session Two July 14<sup>th</sup> 1:00pm:**

This webinar is geared at helping adolescents understand some of the common social interactions online. Topics covered will include mental health, Instagram vs. reality, cyber-bullying, online humour, and problem-solving through difficult social situations.

Please register for workshops with Kristan Sahanatien – [Kristan.sahanatien@wahtamohawks.ca](mailto:Kristan.sahanatien@wahtamohawks.ca)

**Registration deadline: June 10<sup>th</sup>, 2021.**

## Online Art Show

Attention all art and craft lovers! During the Month of July Wahta Mohawks will be featuring all the amazing creations that Wahta members have created during the pandemic. Items can be either something you have created with a Wahta program, or your own unique creation! Please send your pictures to Kristan Sahanatien – [Kristan.sahanatien@wahtamohawks.ca](mailto:Kristan.sahanatien@wahtamohawks.ca) or Sherry Byrne – [Sherry.bryne@wahtamohawks.ca](mailto:Sherry.bryne@wahtamohawks.ca). Photos submitted will be posted on Wahta Mohawks Health and Social Facebook page and featured in the monthly newsletter. Participants can submit multiple entries. This is open to all ages and abilities.

## Online Traditional Healer Sessions

Rebecca Maracle from Tyendinaga will be available for one on one online healing sessions. If you do not have access to the internet and would like to participate, Rebecca also offers sessions over the phone. When registering, please indicate how you would prefer your session. Please register with Kristan Sahanatien – [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) or Sherry Byrne – [sherry.bryne@wahtamohawks.ca](mailto:sherry.bryne@wahtamohawks.ca) or 705 762 2354. Ext 241 or 250.



## Sign Making Workshop

Register with Kristan Sahanatien –  
[Kristan.sahanatien@wahtamohawks.ca](mailto:Kristan.sahanatien@wahtamohawks.ca) –  
 Registration deadline is June 10<sup>th</sup>, 2021.  
 Registered participants will be required to  
 do a curbside pick up at the administration  
 building to pick up materials.

## Decorative Hanging Mini Drum Craft Kit



If you are interested in receiving a hanging  
 mini craft kit, please contact Sherry at  
[sherry.byrne@wahtamohawks](mailto:sherry.byrne@wahtamohawks) or 705-762-  
 2354 ext: 250 by June 10<sup>th</sup>, 2021.

**Up coming workshop with Traditional Teachings with Wendy Hill on “Healthy Relationships”.**

**On Saturday June 19<sup>th</sup>, from 9:30am to 11:30am.**

**Wendy Hill** is from Cayuga Nation, which is one of the Six Nations People. Throughout the years working as a traditional healer in different communities, Wendy Hill has gained valuable insight into the spiritual power that individuals have Wendy’s path to spiritual knowledge started with a near-death experience when she was 20. After staying in coma for 4 days, Wendy’s recovered from the tragic experience but listening to the choices in her head telling her to return back to earth and help others. After working as an assistant to Healers at First Nations health centers in the Brantford and Hamilton area, Hill decided to try a greater range of healing on her own. With over 20 years of experience, Hill not only works as a healer and peace builder in many Indigenous communities, but also works with people of many different races and faiths in North

America. Hill does not consider herself as a “medicine woman”, as she does hands-on healing for pain and illness, while performing many traditional rites, such as pipe, sweat lodge, full moon and water ceremonies. She now travels extensively in numerous Indigenous communities holding variety of workshops regarding colonization, wellness and healing.

If you are interested in participating, please contact Sherry at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or call 705-762-2354 ext: 250 by June 10<sup>th</sup>, 2021.

### **Grief and loss teachings with Wendy Hill**

Many of us are experiencing loss and grief during the pandemic it has impacted how we are able to celebrate the loss of our loved ones, making it more difficult for us to move on. Or are you struggling from past losses and would like to attend this workshop. Please contact Sherry at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or 705-762-2354 ext: 250 to register by June 9<sup>th</sup>, 2021.

### **Workshop with Alicia Cook**

Alicia will talk about stress, anxiety and sleep. Thursday, June 10<sup>th</sup> at 1pm.

- She will touch on the physical pathways of stress responses
- Why breathing exercises are important and easy to do.
- Herbs for stress
- Herbs for sleep.

### **About Alicia A. Cook**, Konwahonwihsen,

Wolf Clan of the Kanienkehaka Nation, Mohawk

LPN, Master of Traditional medicine, has recently taken a new position with the Mohawk Council of Akwesasne Kononhkwaseri:io Health Facility under the Traditional Medicines Program as a Traditional Medicine Specialist.

Alicia graduated from North Country Community College as a Licensed Practical Nurse. At the time of her studies, she realized that she wasn't a nurse but more of a Doctor. “I needed to get to the root of the problem”, so she integrates knowledge of the human body and herbal support and traditional teachings received from her traditional upbringing. With this dynamic mix, she assists her clients and students in the healing process with herbal remedies and looks at the whole person through mental, spiritual, physical and emotional wellness”.

She specializes in teaching about culturally important plants and their uses as food and medicine. Alicia works to build curriculum and ways of thinking that will promote and protect food sovereignty, and traditional plant knowledge. Along the way, she has had the cream of the crop of valuable knowledge from respected elders from her community and works towards transfer of knowledge to the younger generation. “We must intertwine and carry forward the knowledge of our traditional wisdom keepers”.

She works close with the Environment Department to help identify traditional medicines that have been contaminated by waste from three major companies in the Akwesasne area with the

aim to promote land wellness and cleanup of contaminated areas. “We must always think of the seven generations to come”. With this attitude, Alicia works on planting endangered plants placed on the United Plant Savers list. “Every year, I put seeds in that we may not see for 4 or even 7 years in an effort for our generations to come”.

Alicia has also traveled around the country and internationally teaching natural medicines to neighboring Native communities, herbal symposiums and Universities. “Our Native communities are realizing the importance of plants and the need to reintegrate traditional knowledge of harvesting and using plants again. Through decolonization of our people, we have almost lost our traditional teachings and my aim is to help build that back up. Every grandmother, mother, sister has an inherited right to be able to care for their families using traditional medicines”.

If you are interested in participating, please contact Sherry at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or call 705-762-2354 ext: 250 by June 7<sup>th</sup>, 2021.

### **Boredom During COVID-19 Program**

**Completed ship model built by two of our community members. Great job guys!**



Zoom program for parents with children ages 0-6years of age.

June 19<sup>th</sup> at 10am

Contact Amy to sign up by June 7<sup>th</sup>.

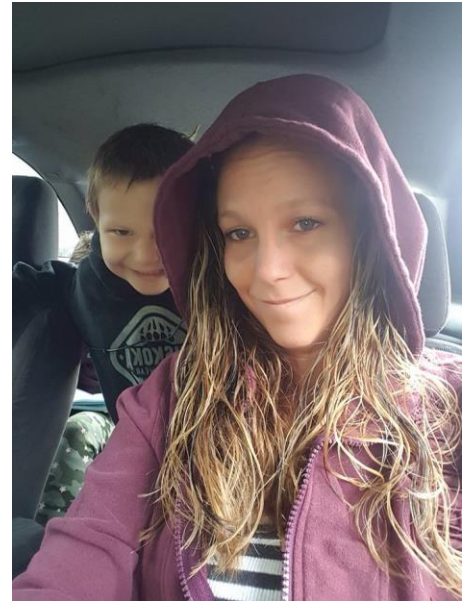
[amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca)

She:Kon

My name is Bobby-jean Decaire.

Bobby-Jean Decaire  
Wahta Mohawks  
Personal Support Worker (PSW)  
705-641-1263

I Graduated from Georgian College, Barrie in August, it was a challenge due to COVID-19, but we did it! We were heavily trained on PPE and infection control due to the pandemic. I received my diploma as well as certificates in First aid, Food handling, AED, CPR- Level BLS, GPA certificate (gentle persuasive approach with dementia) also my N95 certification. I was working in long term care (The Pines) before being offered a position within Wahta and I jumped at the chance to work right here in our community, somewhere I live and where I love to be. I have lived in Wahta for the past 4 years, but I remember coming out here as a kid on weekends. I have worked in retirement homes and long-term care facilities; I have mostly worked in dementia units as well as end-of-life Care for clients. I love my job and being able to bring it to the community, I am excited about that. My job here at Wahta will be maintaining our senior's safety, putting in resources and programs for our seniors, assuring they have the care set up when it is needed, assuring the needs they have are met (cleaning, personal care etc..). I will be doing Check in calls to assure things are consistent and smooth for our seniors during COVID. I want to have many different resources for our seniors available. I am looking forward to working with everyone and seeing everyone once again, I promise to do my absolute best to bring as much calm, compassion and education as I can to our senior community and their families.



Nia:wen

Sincerely,

Bobby Decaire



# Music and Memory



## with Wahta Seniors

Music and memory is used to help with Anxiety, stress, aggression, as well as other issues such as Dementia, Alzheimer's and Parkinson's Disease.

This program is designed specifically for each senior, it is easily accessible to them whenever they want or need it.

For more information and to sign up

Please contact Bobby-jean Decaire to sign up by June 30, 2021.

Contact: [Bobby.decaire@wahtamohawks.ca](mailto:Bobby.decaire@wahtamohawks.ca)



Call or text 705-641-1263



## Community Dinner Nights With Sara

As we are unable to have community dinners I thought that we could do a monthly dinner with the community members. This program is open to all! We will meet on line and will all make the same dinner together. We will be using seasonal, traditional and cultural ingredients. We will cook, we will entertain and we will eat together as we used to although we are all in our own homes.

If you are interested in joining our Monthly Community Dinner, please email Sara DeCaire by June 7th [sara.decaire@wahtamohawks.ca](mailto:sara.decaire@wahtamohawks.ca) or 705 801 5300

Once we have determined numbers a specific date and time will be announced. Recipes will be posted ahead of time so that everyone is able to get the ingredients that they will need. Wahta will provide some specialty ingredients. Participant in put will also determine monthly dinners.

Let's come together and have a fun night as a community.



**In the Kitchen**

**July 4<sup>th</sup> at 2pm over zoom**

**Knife skills and cooking program**

**for Parents and children (children to participate alongside a supervising parent/adult)**

**Limited Spots.**

**Contact Amy to sign up before June 16<sup>th</sup>, at [amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca)**



# Seniors At Home Exercise

Are you needing to get a little exercise but can not go out and do it?

No problem, we have a solution.

Sarah Beaton will come to your home once a month and do self distance exercise with you.

Whether you are looking for stretching, chair exercise or muscle toning,

She can create an exercise program to fit your needs.

If you are interested in this program please contact

Sara DeCaire- [sara.decaire@wahtamohawks.ca](mailto:sara.decaire@wahtamohawks.ca) or 705 801 5300

Spaces limited to 15 participants

Sign up deadline **Friday June 11<sup>th</sup>**



# Loss and Grief During the COVID-19 Pandemic

The COVID-19 pandemic is forcing many of us to change the way we go about our daily lives. With those changes, some of us are experiencing a wave of losses: economic, social, physical and emotional. For some, these losses may build up and lead to feelings of grief. Why is it important to accept and allow these feelings? Only by acknowledging the grief we're going through can we take steps to heal.

It may come as a surprise to realize that grief can be a reaction to events other than death. Such emotional reactions may include shock, numbness, denial, anger, fear, anxiety, panic and guilt as individuals learn to live with loss. It's normal to experience a variety of emotions, and grief is often described as being like a roller coaster.

## UNDERSTANDING GRIEF

In linking our feelings of loss to grief, it's helpful to first have an understanding of the various types of grief.

***Ambiguous grief*** is a loss that occurs without closure or clear understanding and often results in unresolved feelings. The rapidness of our lives changing during the pandemic has caused many to be left with a real sense of unease. The losses we are experiencing are not typically acknowledged as losses by our friends and families, such as losing our confidence in the future, losing our security that we'll graduate by a specific date or losing our feelings of control over our own lives. All of these are losses that we may grieve, but we have no rituals or even language to acknowledge them as such.

***Latent (hidden) grief*** is often associated with caregivers of individuals with dementia. It attributes caregiver burden to the hidden grief that comes with losses associated with dementia, such as loss of memory, loss of relationships as they once were, or loss of mobility. Each time the person living with dementia changes, they and those around them grieve those changes. The thought is that addressing the hidden feelings of grief can diminish the burden. Similarly, losses, both big and small, can build up and lead to overwhelming feelings of loss, sadness, powerlessness, anxiety and depression.

***Anticipatory grief*** refers to our feelings of grief even before a loss occurs. For example, we may be worried about a very ill family member and already feel that we are grieving them. Or we may be anticipating even more loss of income and financial insecurity. Even though our worst fears may not come to pass, anticipating them can lead to legitimate feelings of grief.

## LOSSES AND COVID-19

COVID-19 has brought dramatic changes to our lives, including many losses, such as:

- **Economic security:** The pandemic has resulted in large unemployment numbers, a fear of further job loss and an economic recession.
- **Health:** Fears of contracting COVID-19 have led to increased health risks for the most vulnerable. Of particular note is secondary harm for people who need care but are avoiding hospitals, or for those who can't access their doctor easily due to increased demand due to the pandemic. This situation has also highlighted existing and persisting health inequalities. The heaviest burden of this pandemic will be felt by those facing the greatest economic, health and social inequities.
- **Food security:** Food is both a necessity and a source of comfort. The financial crisis, closure of social services and increasing pressure on our safety net has resulted in a growing number of Canadians living in hunger.
- **Friends:** Despite the virtual connections available, for many the inability to connect with friends and family in the same physical space has led to isolation and loneliness. Humans need connection.
- **Ceremony/tradition (graduation, funerals, weddings):** The traditional markers for milestones have been cancelled or shifted online, leaving many with unresolved feelings.
- **Stability/safety:** The home environment does not provide safety and security for everyone. Cases of domestic and child abuse are currently on the rise.
- **Sense of personal freedom:** While physical distancing measures are now a necessity, they may leave individuals feeling like a prisoner in their own homes.
- **Future dreams:** With the turmoil of the pandemic, many have put future plans and hopes on hold. This loss of hope can be particularly painful.
- **Death:** Many have lost a family member or friend to COVID-19.
- **Academic stability:** For parents and students alike, the added stress of homeschooling, concerns about impact on their future education and uncertainty of when and how schools will reopen has created great strain.

*It's not surprising that we may be going through a multitude of feelings.*

## WAYS TO COPE

- **Name it.** In naming our feelings as grief, we can begin to understand the underlying emotions it brings and address them. Emotions are not right or wrong. However, we need to recognize that we'll experience such feelings as denial, anger, frustration and sadness, and that we need to feel the depths of our pain in order to work through our grief. Responses to loss and how people experience and express grief vary greatly by individual. It's also important to remember grief is a process, not an event or a race. With support and the willingness to do the difficult work, we can get through it.
- **Validate it.** We need to recognize all feelings and acknowledge them as important without judgement. Suppressing our feelings or feeling guilty for having them doesn't

allow us to take steps to resolve them. Encouraging ourselves and those around us to mourn all losses, big and small, is key.

- **Mourn *The Four Tasks of Mourning*.** These are not linear, and everyone's journey is unique. While the tasks were created around mourning the death of an individual, they can also be applied to other loss.
  - They include:
    - To accept the reality of the loss.
    - Experience and process the pain of grief.
  - Adjust to the world without the deceased or with the loss.
  - Find a way to maintain a connection to the deceased/loss, while embarking on your own life.

**Celebrate the good.** While COVID-19 has brought great uncertainty and loss, we can also find meaning in the good it may have brought into our lives: closer ties, time for reflection, realization of what is important to us and what our priorities are. Spending time writing in a journal and acknowledging the things for which we're grateful can be a simple yet valuable exercise.

**Routine.** At a time when life feels particularly chaotic, setting a routine is important and ensures we have a mixture of social, physical and educational activities in our day. Routine doesn't mean rigidity, but it can offer a sense of control.

**Self-care.** Time constraints still exist. Virtual work, study, child and elder care, and even socializing can result in a hectic schedule. Ensure there's still time for self-care (however that may look). Taking a walk, exercising and meditating are all ways we can be kind to ourselves.

**Avoid comparing.** It's easy to compare ourselves to individuals who are coping differently with the current situation. Especially when we're already feeling low, it can drain us of our limited energy and can lead to resentment towards others and towards ourselves. Instead, focus on your own strengths and coping strategies. Listing your strengths and issues you have overcome is an effective way of highlighting and celebrating your own ability to cope.

**Lean on friends/family.** Encouraging students to socialize virtually is important. Free applications like Zoom and FaceTime provide a platform for human connection. For those that have developed "Zoom fatigue," a simple phone call may provide that needed human connection.

**Seek support.** Now more than ever, it's important to reach out and seek the support of professionals.

## Health and Social Services Resources

### Mental Health Services

#### **B'saanibaamaadsiwin Aboriginal Mental Health & Addiction**

Referrals can 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, they will be given directly to the crisis worker on-call that day. 24/7

#### **Contact Information:**

Office Phone: 705-746-2512

Toll Free Phone: 1-866-829-7049

Crisis Phone: 1-888-893-8333

**Dr. Connors** is providing services to existing clients only.

### 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

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

#### **Parry Sound District Office**

7 William Street, Suite # 3,

Parry Sound, ON P2A 1V Phone: (705) 774-9083 or 1-877-851-6662



**Kathleen White**  
**Wahta Mohawks Health and Social**

I come to Wahta Mohawks with more than 6 years experience in Social Services. Throughout my career, I have enjoyed many opportunities supporting individuals in the developmental services sector, and with children in licensed childcare settings within Muskoka.

I am responsible for:

- Ontario Works
- Employment and Training
- Jordan's Principle
- Non Insured Health Benefits
- Medical Transportation

I look forward to serving the Wahta Mohawks community!  
Please contact me at:



[kathleen.white@wahtamohawks.ca](mailto:kathleen.white@wahtamohawks.ca)



(705) 330 - 1875

## Recipes Wanted For Community Cookbook!



*Do you have a family recipe you would  
like to share with the community?*

Wahta Mohawks is putting together a collection of recipes to share within our community.

Everyone is welcome to share any of your favourite and/or family recipe(s) of all kinds! If you would like to, please also include a blurb about the recipe, where it came from, or its history in your family.

Please contact Sara to share your recipe(s):  
[sara.decaire@wahtamohawks.ca](mailto:sara.decaire@wahtamohawks.ca)  
(705)-801-5300



# Family Well-Being Programming

## YOUTH SAFETY COURSES...



Safety Training Plus is bringing Our Youth Safety Courses to Instructor-Led Interactive Zoom Classes!!!!



Our Courses are aimed at Keeping Our Youth Safe... no matter what they are doing!!!



All students will receive a certificate upon completion of the course!!!

### Upcoming May and June Course list:

**The Babysitting Course & Sibling Care with First Aid and CPR: AGES 10 and up...** Learn how to care for younger Siblings or other children in a The Babysitting Course with Infant and Child CPR.

**We are excited to announce our next level of the Babysitting Course... “Advanced Babysitting with Emergency First Aid /AED” Training Ages 13 and up...** Many parents who are looking for a babysitter for longer time durations and are more experienced are wanting older teens to babysit. This course also includes an Emergency First Aid and CPR/AED training certificate which can be used for a school or employment requirement.

**The Home Alone Course with First Aid** educates our youths **aged 9 and up** to be safe at home, at school, in the community, or at a friend's house. It is also designed to provide children with the necessary skills and knowledge to be Home Alone safely geared at educating youth to prevent problems, handle real life situations, and keep them safe.

**Youth Keeping Me Safe, Lil Tykes Safety Awareness Course: Ages 7 and up...** The children will learn that it is their right to be safe and get help when needed by learning safety life skills, and making safe and thoughtful decisions in their everyday lives both online and offline.

**S.W.A.T Safety Program - SAFETY WHILE ACCESSING TECHNOLOGY: Ages 8 and up...** Safety Training Plus is excited to announce our new VIRTUAL INSTRUCTOR LED S.W.A.T course.... Safety While Accessing Technology course. Kids and technology go hand in hand. Computers, laptops, tablets, cell phones, how many of these devices do you have in your home?

### **Youth and Teen Wellness, Anxiety, Stress, Coping, Beyond the Hurt Safety Workshops:**

This is a unique safety program designed for our youth's personal safety and over all wellness. These are very challenging and difficult times for many people, including our Youth and Teens, with that in mind this workshop will guide them to learn to handle their anxiety and emotions while also dealing with everyday real-life events and feelings. It's time to help ease their minds!!! Featuring the Canadian Red Cross - Beyond the Hurt Program for Youth and Teens. **Youth Wellness Ages 7 to 12.... Teen Wellness Ages 13 and up!!!!**

**To learn more information about these courses and their dates. and to register your child please contact:**

**Rubecka Davidson**, Band Representative, Wahta Mohawks  
[rubecka.davidson@wahtamohawks.ca](mailto:rubecka.davidson@wahtamohawks.ca) + 1 705 644-4969

### **Elephant Thoughts Summer Camp**

**We are looking to see if any children are interested in attending a possible Summer camp program with Elephant thoughts.**

**The dates we are looking at are;**

**July 12-16 and Aug 9-13 Online model**

**If interested in participating in one of these virtual summer camp programs, please contact Amy at**

**[amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca) by June 8<sup>th</sup>**

### **SCIENCE & TECH**

A high-energy, high-tech summer day camp to engage participants and involve the community with interactive workshops and experiments. Our summer science camp has been educating and igniting imaginations across Canada since 2004. Participants are encouraged to "think big" and expand their minds through a wide variety of interactive experiences. Our programming involves cutting-edge technology that gets kids excited and educated about bright futures in science and technology while having fun and building bonds.

### **THE BENEFITS**

- Encourages a passion for science and technology
- Enhances the development of problem-solving skills
- Ties theory and practical skill through hands-on experiments
- Encourages careers in science and technology
- Supports general well-being and confidence of participants



## Mental Health Services

### **B'saanibaamaadsiwin Aboriginal Mental Health & Addiction**

Referrals can 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, they will be given directly to the crisis worker on-call that day. 24/7

#### **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.

## 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

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Phone: (705) 646-2122 or

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#### **Parry Sound District Office**

7 William Street, Suite # 3,

Parry Sound, ON P2A 1V2

Phone: (705) 774-9083 or

1-877-851-6662

For more information, please call Sherry Byrne at 705-762-2354 ext: 250 or email

[sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca)

# SELF CARE WORKSHEET FOR COVID-19

Practice mental health self care during the COVID-19 Pandemic

# 1

## ATTENTION DIET



Identify 2-3 reliable sources of information

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Designate a specific time of day to consume that information: \_\_\_\_\_ am/pm



Limit the duration you are consuming that information: \_\_\_\_\_ minutes



Number of times a week you will consume that information: \_\_\_\_\_ /week



Stick to a set schedule and don't overwhelm yourself by checking more than you have designated

# 2

## DEALING WITH STRESS & ANXIETY

- Accept that some anxiety and fear is normal
- Find a balance and limit yourself from consuming news stories
- Talk about the stress and anxiety to a close family or friend
  - what do you think the cause is?
  - how does it make you feel (physical & emotionally)?
  - why do you think it makes you feel that way?
  - what can you do to prevent or mitigate it next time?
- Seek support from a family, friend or professional
- Challenge worries and anxious thoughts. Working through them can help you understand that most of them are unrealistic.

# 3

## PRACTICE SELF CARE

Circle the self care activity that you would be most likely to enjoy doing. Fill in your own self care activities in the empty spaces below:



Connect Digitally



Listen to Music



Arts & Crafts



Have a Daily Routine



Learn Something New



Stay Active



Watch a Movie



Take an Online Course



Meditation / Breathing Exercise



Send a Letter or Message to Someone You Can't Be With



Read a Book



Baking



Play Board Games



Proper Rest & Sleep



List 10 Things You Are Grateful For in Life



Write a Journal Entry



Painting



Eat Healthy



Avoid Substance Abuse



Do 3 Acts of Kindness

# 4

## WORKING FROM HOME



Have a separate work space from your personal space



Check in with your colleagues regularly (video calls, emails and chat)



Set a scheduled time for doing your work and maintain that daily routine



Take necessary breaks and get up from your work space



Set clear expectations of tasks that need to be completed each day



Do not use extra time to work, keep your personal time for unwinding

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

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**Saturday July 31st, 2021**

**Starts at 8am**

# Bass Fishing Derby 2021

*Great prizes for those who participate.*

*To sign up, please contact  
karen.sahanatien@wahtamohawks.ca  
by June 4th, 2021.*

*Due to the ongoing pandemic the  
annual bass fishing derby wont be  
held on reserve at Webster Lake.*

*Instead, people can fish at any location  
on July 31st, 2021 from 8am to 4pm.*

*If you catch a bass, please take a  
picture with you and your fish with a  
measuring device and send to*

*karen.sahanatien@wahtamohawks.ca*

*Please remember to social distance  
and wear your masks as necessary.*

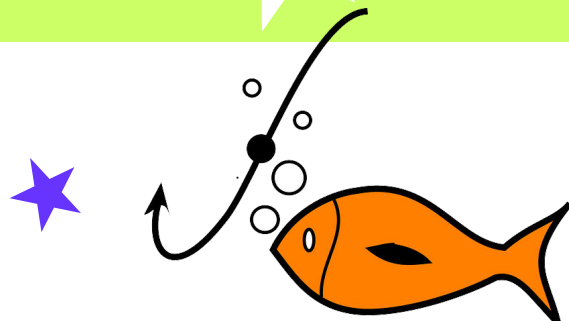
*Stay safe everyone!*

*Bass Fish at any location*

*Fun for the whole  
Family*

*Prize categories for women,  
men and youth*

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



# 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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## 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!

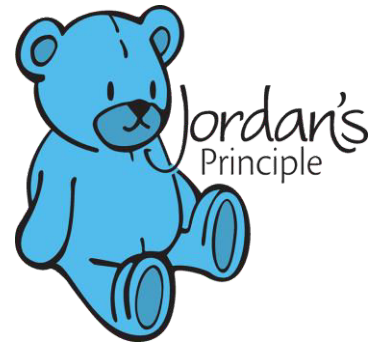
If any questions arise please contact Christine for assistance.

**\*if you live elsewhere and have to use an ambulance get in touch with that hospital's 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:

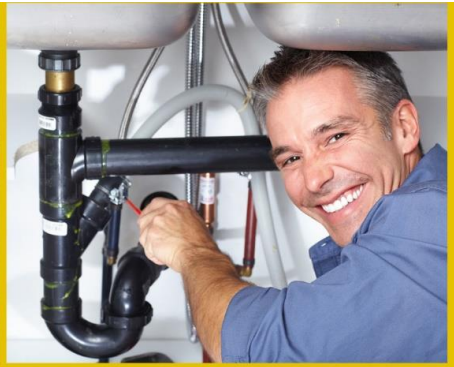
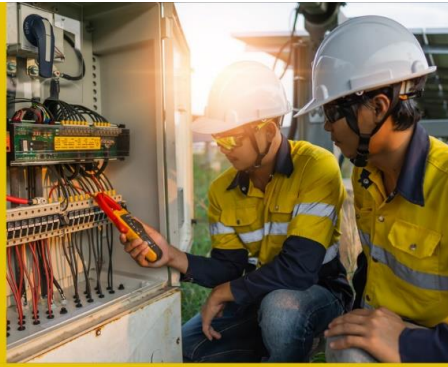
- ✓ school supplies
- ✓ tutoring services
- ✓ teaching assistants
- ✓ specialized school transportation
- ✓ psycho-educational assessments
- ✓ assistive technologies and electronics

### For more information, please contact:

Kathleen White, Jordan's Principle Navigator

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





# THINKING ABOUT A CAREER IN THE TRADES?



Kagita Mikam Aboriginal Employment and Training is sponsoring an

## Indigenous Pre-Apprenticeship Training Program

If you are Indigenous and currently unemployed, you are eligible!

DATE	July 19 to August 20, 2021
LOCATION	Tyendinaga Mohawk Territory
LENGTH	5 weeks 1 week of certification training 4 weeks of Learning and working in specific trades
FUNDING	Participants will receive a weekly stipend Travel and Accommodations will be covered Completion Bonus awarded Tools and PPE will be provided



For more information or to register, contact:

Kathleen White

[kathleen.white@wahtamohawks.ca](mailto:kathleen.white@wahtamohawks.ca)

705.762.2354. x 240



**planningnetwork.ca**  
**FRESH NEW LOOK and**  
**FREE RESOURCES**  
now available!

Partners for Planning (P4P) is a family formed and led, non- profit organization committed to empowering individuals and their families to live their best life, rooted in their community.

In 2014, Partners for Planning launched the P4P Planning Network ([www.planningnetwork.ca](http://www.planningnetwork.ca)) as a response to this pressing question shared by most parents – “Who will look after my child with a disability when we are unable.” As a family formed and led organization we know that planning for a person living with a disability takes effort and intention. From relationship building to school transitions, community involvement, to financial security and more – very little happens without planning. Families must envision, strategize and above all, take action.

The Planning Network helps navigate each step and life stage, empowering families with all the right tools and inspiration along the way. The information on the Planning Network is current and easy to navigate. The resources are diverse and include video, text, digital booklets, and PDFs, action guides, directories and over 25 webcasts per year, just to highlight a few! P4P connects a powerful network of professionals, organizations and agencies. With over 100 partner organizations referring families and caregivers to the Planning Network, it has become the go-to planning resource for families in Ontario. We are always adding fresh content so please [register for our e-newsletter](#) to receive monthly updates on new resources. All P4P Planning Network resources are **FREE**.

**We believe that together we can transform lives, strengthen our communities and make the world a better place for everyone.**

For more information about Partners for Planning and to view the Planning Network go to [www.p4p.ca](http://www.p4p.ca) or connect with our Regional Coordinator Andrea Johnson @ [ajohnston@p4p.ca](mailto:ajohnston@p4p.ca).

## AIAI presents:



Monthly Hangouts with Ozhawa Anung Kwe/Yellow Star Woman  
Every 3<sup>rd</sup> Monday of each month from 1:30 pm – 3:00 pm.

May 2021	Introduction to 2Spirit and LGBTQ+
June 2021:	Pride Month / Indigenous Day
July 2021:	Safe Sex during COVID-19
August 2021:	Mental Health & Wellness (Coping & Self-Care)
September 2021:	Providing Care for 2SLGBTQ+ Seniors/Elders
October 2021:	Providing Care for 2SLGBTQ+ Children & Youth
November 2021:	Addictions Awareness Month
December 2021:	Indigenous AIDS Awareness Week / World AIDS Day
January 2022:	2SLGBTQ+ History and Experiences
February 2022:	2-Spirit & Black Intersectionality
March 2022:	2SLGBTQ+ Trivia

Are you looking for 2SLGBTQ+ resources, services, or a safe space to share, listen or learn? Join a safe space to welcome 2Spirit, Lesbian, Gay, Bisexual, Trans, Queer, their families, families and allied to drop in to share, learn, connect or find out about resources or services. All hangouts will be on zoom.

Folks can register with Teddy Syrette at [purplesyrette@gmail.com](mailto:purplesyrette@gmail.com) or  
with Elly Antone at [eantone@aiai.on.ca](mailto:eantone@aiai.on.ca).

Folks requiring confidentiality can email the AIAI team (Elly or Teddy) to inquire about additional confidentiality needs.

Weekly door prizes will be drawn!





## 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

June

2021

### Land-Based Healing

Seasons are changing once again, and with the warmer weather it makes it easier to connect to the land for our holistic healing and wellbeing. Connecting and having a relationship with the land we live on has an important part in maintaining balance, intergenerational knowledge, a positive identity, self-esteem, cultural identity, family and community relationships, and sustaining our life. There are many ways to re-establish a spiritual connection with the land through recognition that Creation - the animals, plants, rocks, visible and unseen forces of nature, the universe, is a healer and a teacher for living the good life.

Examples of ways to connect to the land:

- ♦ Hiking and swimming while using all five senses to explore and connect to the land around you
- ♦ Fishing, trapping, hunting and gathering healthy and traditional foods
- ♦ Growing and harvesting medicines; land care-taking
- ♦ Camping and canoeing
- ♦ Traditional crafting
- ♦ Ceremonies: sweats, pipe ceremony, full moon ceremonies, sunrise ceremonies, receiving teachings from Elders and healers, pow wows and gatherings, fasting, medicine walks, feasts, storytelling
- ♦ Learning and practicing outdoor life skills, responsibilities and traditional values and beliefs

#### Strawberry Moon

Strawberry Moon, I humble myself to you as I prepare to go to the fasting grounds. I come to you knowing that the Creator has given me this path to follow.

Gookmis, I come to you as I am to ask for guidance and understanding in my journey. My quest is for inner balance, to converse with the spirits of our ancestors, that will help me in the physical world.

When I sit in the sacred ceremonies and lodges, I will learn to walk this road with my eyes open to Creation and respect myself for all that I am.

'Til the next time we meet again.

Strawberry Moon—I am forever grateful.

Miigwech

<https://www.nfn.ca/wp-content/uploads/2020/05/Enkamgak-June-2020.pdf>

Full Moon: June 24th

Next Full Moon: July 24th



**OJIBWE — ODE'MIIN GIIZIS (Strawberry Moon)** : The medicine of the heartberry is reconciliation. It was during this moon cycle that communities usually held their annual feasts, welcoming everyone home, regardless of their differences over the past year, letting go of judgment and/or self-righteousness.

**CREE — OPINIYAWIWIPISIM (Egg Laying Moon)** : when the birds and water fowl begin to lay their eggs.

**HAUDENOSAUNEE — Ken'niiohontésa (Strawberry Festival)**: 'The Leader of the Berries,' because it is the first to ripen and 'The Big Medicine,' because it is shaped like a heart, and when we eat it or drink the juice from the berry, we are rejuvenated. The strawberry has important medicinal qualities which help to strengthen our blood.

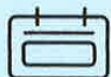


# RAAM CLINIC

## 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*

# 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 **Kathleen White** at **705-762-2354 x. 240** or by email at **kathleen.white@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.Balautodetailing.com">www.Balautodetailing.com</a>	Full-service auto detailing
Commandant Towing and Recovery	(705)-205-1418		Towing and Recovery
First Nations Liquidation	(705)762-0101	<a href="https://www.facebook.com/FirstNationLiquidation">https://www.facebook.com/FirstNationLiquidation</a>	convenience/gifts/fireworks/house wares
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 Kathleen White at [kathleen.white@wahtamohawks.ca](mailto:kathleen.white@wahtamohawks.ca) 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
Kathleen White	OW Administrator/Employment & Training	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