

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

Onerahtohko:wa - The Time of the Big Leaf



May 2021



THIS ISSUE

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

Virtual Public Council Meeting

There will be a virtual Public Council Meeting on **Tuesday May 25th, 2021** at **7:00PM**. The meeting will be hosted on **Zoom**. Please **REGISTER** in advance at the following link:
[https://zoom.us/meeting/register/tJ0tcOCrjqiosGtfkg9boRtzg-Pz_R3cjot0D](https://zoom.us/join/zoom/register/tJ0tcOCrjqiosGtfkg9boRtzg-Pz_R3cjot0D)

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

Virtual Council Meeting

During the evening of April 27th, Council held its first virtual council meeting over the internet. As expected, there were far more audience members than during the regular face to face council meetings, and that was refreshing to see. The meeting went well for our first run. The day following, a debriefing was held to look at what can be improved. The key issues were that we can improve identification of those who want to ask questions either by microphone or by the Chat feature on the Zoom program. We expect to continue this practice during the pandemic duration.

Departing from the usual procedure of Council meetings, this one was more of a general meeting style covering a range of topics that Council and the Administration have been dealing with in the last few months. While not a report on all activities, it did highlight:

- Year End Preliminary Report on Finance
- Ongoing Capital Projects
- Emergency Control Group Update
- Future Design School project on our Strategic Plan
- Council Policy Work
- Bill C-15: Canada's Response to the United Nations Declaration on Rights of Indigenous People
- OPP Detachment Boards
- Census Canada
- Ontario First Nations Limited Partnership
- Mohawk Language at Secondary School
- Land Policies Development
- Q&A

The announcement and link to join the next meeting will be more prominently featured. I hope we will see good attendance again as one of the downsides of the COVID-19 lockdowns has been the lack of community participation. For more explanation on these issues please do not hesitate to contact us.

Council Governance Policies

As mentioned before Council has been working toward developing a set of policies that will govern how Council operates and interacts with each other as well as the membership. Initially there are four policies either completed or near completion. These will be accompanied by a procedural guide.

Roles and Responsibilities of Council Members:

This policy outlines the duties and responsibilities of individual council members to the Council as a whole, as well as to the membership. Such as attendance, being knowledgeable on various

issues, relationship with council, relationship with the Senior Administrator, conducting themselves with professionalism, confidentiality, and respecting decisions that they may not agree with.

Roles and Responsibilities of Council:

This policy outlines the duties of Council and responsibilities to the membership. Items included are being legally and fiscally responsible in decisions, the duty to develop, revise, and otherwise follow all administrative policies, determining membership needs and creating strategies and methods to achieve a community vision, relationships with other governments, establishing means of accountability for individual councillors activities other than in Council sessions, and ensuring reporting to the community occurs.

Roles and Responsibilities of the Chief:

Much the same as Council members but this policies outlines taking direction from council and not overriding decisions, being the spokesperson for the Council, intergovernmental liaisons, chairing Council meetings to run respectfully and productively, being head of Emergency Control actions, signing authorities, and ensuring the needs of the community are met.

Code of Conduct:

This important policy outlines general integrity, conflict of interest, gifts, remuneration, activities, confidentiality, conduct at meetings, conduct respecting staff, use of council property, and social media.

The policies governing council have been developed from past practices of previous councils, other council policy drafts, accepting best practices, and other First Nations' examples. When completed we will have these policies posted in various ways so that you as a member can review them. Going forward they will serve to not only inform the membership, but will also be vital after future elections as a guide for new incoming council members.

We expect in the next short while the vacant council spot will be finally filled. We look forward to a productive year even in the midst of the pandemic.

Until next month please keep up your vigilance to safeguard yourself from the COVID-19 virus and especially its variants that keep developing. Remember for now that being vaccinated is not a 100% guarantee on your health.

Nia:wen once again for reading this.



Wahta Mohawks Council Meeting Minutes

Date: Thu March 18th, 2021

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Adoption of Agenda & Minutes

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to adopt the March 18th agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to approve the minutes from March 10th, 2021.

ALL IN FAVOUR

CARRIED

Kagita Mikam Update

The Chief provided Council with an update regarding Tyendinaga withdrawing from Kagita Mikam. Chief Franks and Education Director, Carol Holmes, attended an emergency Board meeting on March 18th to discuss the developing challenges. There will be a significant decrease in the Kagita Mikam budget, so budgetary changes will need to be made in order to continue services. Next year will continue as usual, but budgetary adjustments will likely need to be made next fiscal year. These changes may include closing some offices and having employees work from home. Fundraising will also take place over the next year. Board members have been asked to go back to their Councils to see what can be done to lessen expenses.

Approval of MCR's – Land Leases

Council approved a number of Mohawk Council Resolutions related to Land Leases in the community and will sign hard copies at the Administration Building.

Briefing Note – Post-Secondary Spring Semester with Carol

Education Director, Carol Holmes, presented a briefing note to Council regarding Post-Secondary Students spring tuition. At this time, the policy in place does not allow sponsorship pre-approval for current students whose program continues into the Spring semester, which means that students would not be approved for tuition and living allowances until after their spring semester begins. Changes in the policy are currently being drafted to address this issue, as there are more programs with courses continuing into Spring. The Post Secondary Program currently has a surplus due to additional funding received in February, and Carol has requested approval from Council to pay the tuition and living allowances for students who need to continue their programs into Spring with this surplus. Council has agreed to approve this funding on a one-time basis and asks that policy amendments be made as soon as possible.

Wahta Road 2 Seasonal Maintenance and Signage Extension

A request has come to Council around extending and maintaining Wahta Road 2 beyond the current boundary where it becomes a private road not maintained by the Administration. Council has received a few requests around opening roads up in the community and would prefer these decisions be made in a consistent and systematic manner incorporating longer term planning. Council will work to develop this approach and establish a plan in which to consider these requests moving forward.

Update on Rental Application

Director of Capital Assets, Randell Sonmor, provided an update on the rental application presented on March 18th, 2021. New information from the applicant has been provided and the applicant now meets the requirements of the housing policy.

Motion 3:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the rental application from Applicant# 1211 to rent one of the new duplex units.

ALL IN FAVOUR

CARRIED

Federal Polling Station in Wahta

Elections Canada has reached out to determine if they can host a polling station at the Administration Building if an early Federal Election is held. Council has agreed to accommodate a polling station once again in the community for community members who would like to vote. Murray will follow-up with Election Canada to facilitate this.

Letter of Request to Harvest on Territory

Chief Franks received an email from a member of a different First Nation asking to hunt on the territory. Council has denied the request and encourages only members to hunt on territory. Chief Franks will respond to the email.

Request to Remove Sand Fill

Request has been received from a local business for continued permission to haul sand from a pit on community land. Council has asked the Administration for more information on the current status of this arrangement. Murray will ask Finance for a breakdown of costs, and Council will discuss further at the next meeting.

Moved by adjourn by consensus at 12:15pm



Wahta Mohawks Council Meeting Minutes

Date: Wed March 24th, 2021

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Adoption of Agenda

Motion 1:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to adopt the March 24th agenda.

ALL IN FAVOUR

CARRIED

Water Advisory

Chief Franks and Murray had a meeting on March 23rd with Anne Scotton, Regional Director General for Indigenous Services Canada regarding the water advisory in the community. The department is under intense pressure to clear as many water advisories as possible in the communities by the end of March. The Chief shared some apprehensions around formally agreeing to lift the advisory placed on the Administration Building despite work now completed to address the issues with water quality in the building. The primary concern is that there are still many homes in the community that have poor water quality and unfortunately these private residences are not captured in the federal government's community water advisories. The Chief is concerned that the federal government will continue to ignore these ongoing water issues present in the community once the advisory is lifted on the Administration Building. The Regional Director reassured the Chief that this would not be the case and that the department will continue to work towards a solution to addressing the community's ongoing water issues in private homes. She committed to putting this in writing and will ensure this letter outlining what was discussed and the department's ongoing commitment to addressing the broader water issues in the community. Council will review the letter once received and then make a determination as to whether enough assurance is provided to agree to lift the water advisory on the Administration Building.

Briefing Note – Ministry of Education Systematic Change

Carol Holmes, Education Director, and Holly Groome, Indigenous Education Curriculum Consultant for Trillium Lakelands District Schoolboard presented Council with a briefing note regarding the Ministry of Education's current requirements for graduation. The Ministry currently requires each student to complete one French or Indigenous language credit. However, in order for the Indigenous language credit to be counted towards the required language credit to graduate the student must have taken the Indigenous language at the elementary level. This is a concern as some students may not be able to take two language courses within four years, which may deter students from taking a Mohawk language course at a secondary level. The same requirement also applies to the history credit. Canadian history is the only credited history course recognised as a graduation requirement even though there is an Indigenous history course available to students. Carol and Holly are looking for Council's support through a letter to address this issue of concern with the curriculum department of the Ministry of Education in addition to a letter outlining the concerns to the school board trustees. Councillor Commandant also suggest this issue be elevated to the Premier. Council agreed to support these efforts and will work on providing a letter of support to be used in efforts to advocate for the necessary changes in the curriculum.

2021/22 Tobacco Retailer Agreement – MCR for signature

There are three new retailers being added to the 2021/22 Tobacco Retailer Agreement. The agreement requires a Mohawk Council Resolution when new retailers are being added. There is currently one piece of information that has not been provided, but once that is collected, a hard copy of the MCR will be printed for Council to sign.

Motion 2:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to sign the Mohawk Council Resolution approving the addition of new retailers in the Tobacco Retailer Agreement.

ALL IN FAVOUR

CARRIED

Hydro One Consent Agreement – Follow-up Discussion

Murray provided a follow up to the discussion on a Hydro One agreement that requires Council approval. The agreement sets out terms of consent for work Hydro One is needing to do on a distribution line to connect a new home in the community. After some discussions, Hydro One has agreed to take responsibility for any damages they cause and not rely on a \$2 payment to the community to waive this responsibility. Changes to the agreement will also be made to ensure it is clear that the agreement only pertains to the specific work to connect one home and not be broadly applied to other work. Murray is still awaiting plain language interpretation of a clause in the agreement from Hydro One. Once received Hydro One would also like an MCR in addition to the signed agreement. Murray will provide an MCR for Council to comment on before final approval.

Briefing Note – Furnace Replacement Tendering Options

Murray presented a briefing note regarding the furnace replacements on Randell Sonmor's behalf. Work to remove the furnaces and the surrounding structures is needed, and unfortunately the company hired to do the roof repair does not have the ability to remove the existing furnaces from the roof. Randell suggested that Neegan Burnside put together a tender package to provide contractor options and to evaluate the bids. This change order would cost an additional \$3,700 to the original approved budget and fulfill the requirement for seeking competitive bids for work of this value in our Financial Management Policy.

Motion 3:

Moved by Blaine Commandant and seconded by Lorie-Strength-Fenton to approve an engineering change order for the HVAC unit replacements at a cost of \$3,700.

ALL IN FAVOUR

CARRIED

Cannabis Funding Return – Approval of Cheque Requisition

The Association of Iroquois and Allied Indians provided Wahta with funding to support a Cannabis Education Program. The funding was unable to be used before the required deadline and must be returned.

Motion 4:

Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to approve a cheque requisition in the amount of \$92,000 to return unspent funds to the Association of Iroquois and Allied Indians.

ALL IN FAVOUR

CARRIED

Cannabis Sales Discussion

A Cannabis company from Akwesasne has reached out to Council to see if they are interested in a partnership to sell or market their product to retailers in the community. Council does not have a position or regulatory structure in place on Cannabis, and as such is not in a position to provide formal support to the company at this time.

Moved by adjourn by consensus at 11:30am



Wahta Mohawks Council Meeting Minutes

Date: Wed March 31st, 2021

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Adoption of Agenda & Minutes

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to adopt the March 31st agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the minutes from March 18th, 2021.

ALL IN FAVOUR

CARRIED

Motion 3:

Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to approve the minutes from March 24th, 2021.

ALL IN FAVOUR

CARRIED

Local Health Integration Network 2021/22 Funding Agreement

Council reviewed the 2021/22 Local Health Integration Network Funding Agreement which has remained the same as the previous year. This funding covers home and community care services, such as meals on wheels and home supports for seniors. Council agreed to sign the agreement renewal in the amount of \$117,030.

Motion 4:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to accept and authorize the 2021/22 Local Health Integration Network funding agreement for \$117,030.

ALL IN FAVOUR

CARRIED

First Nation and Inuit Health Branch 2021/22 Funding Agreement

Due to the COVID-19 pandemic, the First Nation and Inuit Health Branch (FNIHB) is extending the current funding agreement from 2020/21 for the 2021/22 fiscal year, and providing the same amounts as in the previous year. Council agreed to approve the amendment extending the agreement for another year.

Motion 5:

Moved by Blaine Commandant and seconded by Teresa Greasley to accept and authorize the 2021/22 First Nation and Inuit Health Branch funding agreement for \$382,204.

ALL IN FAVOUR

CARRIED

Trillium Lakelands District School Board Invoice - Special Education

Council was provided with an invoice from Trillium Lakelands District School Board in the amount of \$57,776.70 for an Educational Assistant at Glen Orchard Public School.

Motion 6:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to approve the cheque requisition for the Trillium Lakelands District School Board Invoice 001-107 for the Educational Assistant in the amount of \$57,776.70.

ALL IN FAVOUR

CARRIED

Draft Letter on Indigenous Language in Schools

Council reviewed the draft letter regarding the previous discussion on Indigenous languages in schools and the Ministry of Education's current requirements for graduation and approved the final draft. Chief Franks will sign the letter, and it will first be sent to the Trillium Lakelands District School Board Trustees. Once they have provided their support in a letter, both letters will be sent to the Ministry of Education.

Revised Post-Secondary Policy

Education Services Director, Carol Holmes, provided Council with a revised version of the Post-Secondary Education Policy for review and approval. Council discussed some of the revisions including potential changes to living allowances, deadlines, and eligibility. Murray will work with Carol to make further revisions to the policy and will bring a revised version back to Council for review and possible approval.

Woodland Cultural Board Replacement

Councillor Lorie Strength-Fenton has resigned from the Woodland Cultural Board. Councillor Commandant has volunteered to join the Board as a temporary member.

Motion 7:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley for the Wahta Mohawk Council to appoint Councillor Blaine Commandant to the Woodland Cultural Centre Board of Directors Effective immediately.

ALL IN FAVOUR

CARRIED

Water Advisory Letter

Ann Scotton, Regional Director General for Indigenous Services Canada provided Council with a letter regarding the boil water advisory at the Administration Building. The letter stated that beyond the boil water advisory they assure their commitment to work to address drinking water needs in the community. Council would like to heighten this assurance and bring it to the attention of Marc Miller, Minister of Indigenous Services, to reaffirm that the commitment made at the regional level means that the department as a whole has committed to finding a solution and properly funding it.

Moved by adjourn by consensus at 12:00pm



Wahta Mohawks Council Meeting Minutes

Date: Wed April 7th, 2021

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

In Attendance:

Samantha Walker, Council Executive Assistant

Adoption of Agenda

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Blaine to adopt the March 24th agenda.

ALL IN FAVOUR

CARRIED

Visa Statements – Approval to Pay

The total amount due on the Visa statements in March exceeds the spending authority of the Senior Administrator. This total accounts for the combination of all Wahta Mohawks credit cards for the month of March, and the charges were previously authorized. Council would like clarification on how this would be handled in the future based on the Financial Policy, but at this time would like to put forward a motion to approve it being paid.

Motion 2:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to approve paying the Visa statement dated March 15th, 2021 in the amount of \$31,143.80.

ALL IN FAVOUR

CARRIED

MCR for Woodland Cultural Centre Appointment

On March 31st, Council passed a motion appointing Councillor Blaine Commandant to the Woodland Cultural Centre Board of Directors. The Woodland Cultural Centre constitution

requires a Mohawk Council Resolution stating this. Council agreed to sign an MCR, and once it is signed, a copy will be sent to the Woodland Cultural Centre.

Virtual Council Meeting: Agenda Items

Council discussed the upcoming virtual Public Council Meeting that will be held on April 27th, 2021. They discussed the logistics around hosting a virtual meeting, and the best way to moderate the discussion. They also discussed potential meeting items which will include a general update on the past year. Some other potential items will be an update on the Additions to Reserve process, as well as a report on what the senior's have been doing during the pandemic and the possibility of getting them more involved with technology. Further discussions on agenda items will continue at the next Council Meeting.

Meeting adjourned by consensus at 10:45am



Wahta Mohawks Council Meeting Minutes

Date: Wed April 14th, 2021

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Adoption of Agenda & Minutes

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to adopt the April 14th agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to approve the minutes from March 31st, 2021.

ALL IN FAVOUR

CARRIED

Motion 3:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the minutes from April 7th, 2021.

ALL IN FAVOUR

CARRIED

Update on Muskoka Area Indigenous Leadership Table

Chief Franks sat on a meeting with the Muskoka Area Indigenous Leadership Table along with Mayors, Township Leaders and Chief's from other First Nations in the Muskoka Area. The purpose of this Leadership Table is to strengthen relationships between the District of Muskoka and Indigenous Peoples with established ties to Muskoka. The Leadership Table meets every few months to allow leaders to provide updates on what is happening in their communities. These communities include Baysville, Huntsville, Honey Harbour, Bracebridge, Gravenhurst, Muskoka Lakes, Moose Deer Point, Wasauksing, Rama, Huron-Wendat, Moon River Metis, and Wahta Mohawks. The latest updates included discussions on COVID-19, the status of the vaccination clinics in the area, and other matters in each community. An update was provided on the plans to open an Indigenous exhibit at the Muskoka Discovery Centre in Gravenhurst. The table also outlined the Land Acknowledgement Working Group, which aims to create a broad and meaningful Land Acknowledgement Statement that the District can use during special events, meetings, and communications. The table also further outlined the Duty to Consult Working Group, which aims to examine issues from both the Indigenous and Municipal perspective around the Duty to Consult, Consultation, and Notification. There was also a brief discussion on the value of the meetings, and the group agreed unanimously that the meetings do have benefit their communities.

Community Member Land Sale

A community member emailed Chief Franks regarding a parcel of land they are putting up for sale to see if Council is interested in purchasing the land. Council discussed whether to seek more information, and asked Murray to have Scott Aubichon, Lands and Resources Coordinator, to provide images and maps of the lot for sale.

South Gibson Lake Bubblers

Chief Franks was provided with a letter regarding a bubbler on South Gibson Lake. The writer expressed concerns about the fish being attracted to the bubbler, and requested that Council express these concerns to the Ministry of Natural Resources. Council is unsure about the stewardship on this issue, and asked Murray to have Lands and Resources Coordinator, Scott Aubichon reach out to the MNO for more information.

AIAI Chiefs Council Update

Chief Franks attended the virtual Association of Iroquois and Allied Indians Chief's Council Meeting. The main topic of discussion was on approving workplans in the different areas of operation, and COVID-19 updates were provided. There was a presentation from Martin Powless from Oneida First Nation on Wampums. AIAI has asked that he design a wampum for them, and he is currently working on the design. There was a discussion on the C-15 legislation, which is "An Act respecting the United Nations Declaration on the Rights of Indigenous Peoples." This act is concerning to members of AIAI as it will give the government more control and could be detrimental to the lives of Indigenous peoples in Canada. There was also a Youth Council presentation, and they shared that they are seeking more members.

Ontario First Nations Limited Partnership Disbursement for 2020-2021

The Ontario First Nations Limited Partnership provided an update on the projected disbursement for 2020-2021. It will be approximately 50% of the regular disbursement due to the COVID-19 lockdowns throughout the year.

Centenarian Plaque Display

A community member is turning 100 years old later this year and Administration will have a tree and plaque made for them. Council also discussed the possibility of having a smaller plaque at the Administration Building with the names of every member who has reached 100 years of age.

Electoral Officer Update

Chief Franks provided an update he received from Electoral Officer, Kelly Maracle. She is currently waiting for Jesse Strength to provide his Criminal Record Check, but there has been a delay due to COVID-19. Once that information is received, Kelly will put together a report and declare him an acclaimed Council member.

Discussion on Deferred Revenue

Chief Financial Officer, Joanne Contant, joined the meeting to discuss the Indigenous Services Canada funding received in 2019/2020 that has been carried over into 2020/2021. ISC needs to know whether the funding will be carried over into 2021/2022, or if it is going to be returned. Joanne recommends that some of funding that went to Health and Social Services in 2019/2020

be returned, as more funding was received in 2020/2021 that will be deferred into 2021/2022. Joanne has also been given approval by ISC to use some of the deferred funding to purchase self-starting generators for the duplex units. Joanne will join next week's Council Meeting to provide a general update on finances and an updated list of the deferred revenue that can be sent back to ISC for Council approval.

Meeting adjourned by consensus at 11:30am

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.



Community Messages

May 3rd: Happy Birthday **Kim Sahanatien** from the kids and grandkids!!

May 13th. Happy 13th birthday to **Sierra Sahanatien**.

And happy 1st birthday to her brother **Bear Sahanatien** on May 30th. Love from all your friends and family xo!

DONALD DEWASHA (November 19th, 1951 – April 3rd, 2021)

It is with great sadness, at the age of 69, we announce the passing of our brother Don. Brother to Arlene of Bracebridge, ON and Sharon (Burns) of Surrey, BC. Predeceased by parents Mabel and Antoine and his brother Rodney White.

Don enjoyed many years as an honorary firefighter with the Bala Department where he never missed a Wednesday night meeting. He took part in numerous Bala Santa Claus Parades riding alongside his lifelong friend Denny Fox. Even though Don moved away from Bala, he always found his way into the company of other fire departments where he lived. He joined the Community Living Program where a wonderful growth in his life skills took place. He participated in many activities that the program had to offer. Thank you to all the caregivers who enriched his life well lived. Don will be sadly missed by his family and friends.

Cremation will take place, and he will be laid to rest alongside our parents at the Wahta Mohawks Cemetery.

Virtual Public Council Meeting

Tuesday May 25th, 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/tJ0tcOCrqiosGtfkg9boRtzg-Pz_R3cjot0D

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



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.

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

Submission deadline **May 14, 2021 at 4:00pm**. Late applications will not be accepted. Please submit applications as soon as possible to accommodate short timeline and immediate start.

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

Wahta Housing Subsidies

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

- New Construction Housing subsidies are limited to a maximum of \$26,300.00 each.
- Renovation subsidies are available to a maximum of \$26,300.00 on a 50/50 cost sharing basis.



We have only two of these subsidies available each year so it would mean two housing subsidies, or one housing subsidy and renovation subsidies totaling \$26,300.00 etc.

We also offer a Water and Sanitation subsidy of \$15,000.00 available for two new homes or to assist with the replacement of a well, pump, water system or for septic system renovation.

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

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

The most significant changes are:

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

More details will follow in the coming weeks.

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

Labour Market Appraisal Project

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

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

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




Wolf Energy is Hiring

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

Gravel Delivery Notice

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



GET YOUR WATER TESTED

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

Land for Sale	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 leah.readman@gmail.com
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



**Wahta Mohawks
Housing Program**

Employment and Training Update

Wahta Mohawks is here to support your employment and training needs including:

- Resume Help
- Interview preparation
- Career planning
- Kagita Mikam applications
- Etc.

Please reach out if you are interested in securing new employment, making a career change, or updating your qualifications to kathleen.white@wahtamohawks.ca or 705-762-2354 ext. 240

Goodbye For Now!

It is with sadness that I am leaving my position of Education Services Assistant with Wahta Mohawks to pursue a new opportunity. I have appreciated the warm welcome and connections I have made during my time here and wish you all the best moving forward.

Please forward all employment and training needs to Kathleen White while waiting for the position to be filled at kathleen.white@wahtamohawks.ca or 705.762.2354. x 240

Thank you,

Sincerely,

Kalen Westby

Library Update

The library has recently suspended the subscription to OverDrive. If you are interested in this service or a similar service being offered in the future, please contact Samantha at samantha.walker@wahtamohawks.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

Temporary Appointment, Faculty of Arts and Science

OCAD UNIVERSITY

100 McCaul Street, Toronto, Canada M5T 1W1

www.ocadu.ca



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

705.762.2354. x 240

Kanien'kéha Mohawk Language

Language Nest

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

Language Needs Assessment

Please take a couple minutes to complete this survey for Community Language Needs Assessment to help guide upcoming programs. The survey is available on the *Wahta Mohawks Kanien'kéha Language Department* website

www.wahtamohawks.com/kanienkeha-2/ and on the *Community Facebook Page*:

Sharing is Caring: Connecting Wahta Mohawks. Everyone's contribution to the assessment will be appreciated. Form found at this link:

<https://forms.gle/6m3CjhHxpkGTcXNc7>

Kanien'kéha Words of the Month

Onerahtohkó:wa – May

Kahrhakón:ha O'niókseri - Leeks

Onónhkwa – Medicine

Onénha - Seed

Ohnióhkwa – Sprouts

O'seranawèn:ta – Flower Buds

Skén:nen – Peace

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

Sarah Chaloux

Language Activator

Wahta Mohawks

sarah.chaloux@wahtamohawks.ca

1-705-323-5599

wahtamohawks.ca

Health and Social Programming & Resources

Ripley's Aquarium Virtual Tour

Date TBD. Please register with Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca
Registered participants will be contacted with the zoom link. Deadline to register is May 10th , 2021.

Zoom Bingo

Date TBD. Please register with Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca
Registered participants will be contacted with the date and zoom link. Deadline to register is May 10th, 2021

Diabetes Wellness Program

Let's make our health a focus for 2021. Interested? Want to know more? Each month will have different focus on fitness and nutrition, as well as wellness techniques and strategies for you to implement into your daily routine. Let's look forward to the potential of 2021!! **Families that are currently registered do not need to reregister.** For more information or to register please contact Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca or Sherry Byrne – sherry.byrne@wahtamohawks.ca

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 or Sherry Byrne – sherry.byrne@wahtamohawks.ca or 705 762 2354. Ext 241 or 250.

My name is Rebecca, KARAKWINE (Ga ra quee nay) is my Mohawk name given to me by my Raksotha (Grandfather). My name means "She brings the Light". I am Bear clan, and come from a long line of medicine healers on both sides of my family. I have learned through these last couple of years to embrace my path as a healer. I clearly remember the words of wisdom my Raksotha gave me years ago. He said "My Becky, everyday life will give you lessons to learn, it then becomes your responsibility to learn the lesson. If you choose to not see the lesson now, it will come back another day in another way until you choose to see it." I have learned a lot of lessons through my years and am still learning everyday. The most important one of all, I've chosen to learn to honour my Spirit, to be my true authentic self. That being said, I live my name "She brings the Light" I choose to walk with Light, Love and Medicine. I know my ancestors and spirit guides are with me, they help guide my path in everything I do. For that I am Thankful and Blessed.

Traditional Practices

Traditional healing practices have been used for thousands of years. The knowledge has been accumulated from our Ancestors and Elders. Traditional First Nations Healers believe that the body, mind and spirit must work in harmony and be in balance in order to be healthy.

Traditional healing practices include a wide range of modalities, from physical cures using herbal medicines, other remedies and methods.... to promoting psychological and spiritual wellbeing using ceremony, counselling and wisdom passed on from our Ancestors and Elders.

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 online 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, even though we are all in our own homes.

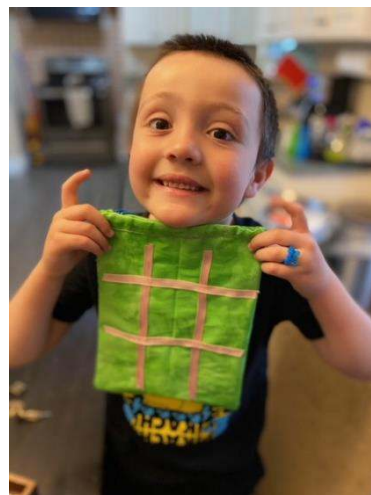
If you are interested in joining our Monthly Community Dinner, please email Sara DeCaire by May 10th at sara.decaire@wahtamohawks.ca or **705-801-5300**

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.

Kids Sewing Pictures

Thanks to all the children and youth who participated in our program!





FUN IN THE SUN SAFETY PROGRAM



If you would like to receive a package on information/items that pertain to fun in the sun safety, please contact at

sherry.byrne@wahtamohawks.ca or kristan.sahanatien@wahtamohawks.ca or amy.davidson@wahtamohawks.ca by May 10th.

Jane Burning Workshop

Awakening Your Sacred Bundle

We will explore on a deeper level how our soul came to this earthly realm and the reason why we chose to come into form. We will look at the lessons and the sacred contract which we made including the darkness we've endured. Please register with Sherry Byrne at sherry.byrne@wahtamohawks.ca.

Registered participants will be contacted with a zoom link. Deadline to register is May 10th.

Individual Counseling sessions with Jane Burning (from *Six Nations of the Grand River*)

I am looking into organizing individual holistic counseling sessions with Jane Burning. If you are interested or would like more information, please contact Sherry Byrne at sherry.byrne@wahtamohawks.ca.

Mental Health Cultural Craft Program

Women's Drum Bag



Beautiful work ladies!



Jordan's Principle is a child first principle and legal rule named in memory of Jordan River Anderson. It ensures First Nations children receive the services and supports they need when they need them.

May 10th, is Spirit Bear's birthday and an important date in the history of Jordan's Principle- The Canadian Human Rights Tribunal's first non-compliance order called for Canada to fully implement Jordan's Principle by May 10, 2016.

Show your support and "Bear Witness" to Jordan's Principle by:

- **Hanging out with your bears or favourite stuffed animals at home!** Ask loved ones in your home to participate too! You can let your neighbours know that you are participating in Bear Witness Day by placing your teddy bear or a drawing of a bear in the window.
- **Host a private teddy bear tea party** or bear birthday party to honour Jordan River Anderson.
- **Watch the documentary** Jordan River Anderson, The Messenger, to learn more about Jordan River Anderson and Jordan's Principle. Available to watch for free through the National Film Board!
- **Spread the word** and share your photos on social media using the hashtags #JordansPrinciple and #BearWitnessDay.



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 + 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 by June 8th

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

Wahta online/at home Summer Camp

Children that wish to participate in a online and at home summer camp activities, please contact Amy at amy.davidson@wahtamohawks.ca . Supplies will be given with instruction on how to complete projects. Participants will be required to submit photos and or videos as well as attend limited online group workshops. **Sign up before June 8th.**

Community June Bloom - Let's start with a fresh spring!

If you are interested in freshening up your yard and garden to make a beautiful community then sign up for the "June Bloom". Participants will be asked to do some yard cleaning and gardening. Before and After photos will be requested. Contact Amy at amy.davidson@wahtamohawks.ca for more information

Yoga - Wednesday evenings at 6 – 7pm please contact Rubecka for sign up info!

Folk Medicine – Tinctures, salves , all different types of creations, but most of a all join a wonderful group of people online to share stories of our roots, get creative in the kitchen , travel into nature and grow together! Can you free up your evening on the last Thursday of the month? Contact Rubecka for more info!

Join the **3 Sisters/gardening initiative** please contact Rubecka to get on the information list!

rubecka.davidson@wahtamohawks.ca

Community Clean Up – May 24th, 2021

Please sign up with Amy at amy.davidson@wahtamohawks.ca before May 10th

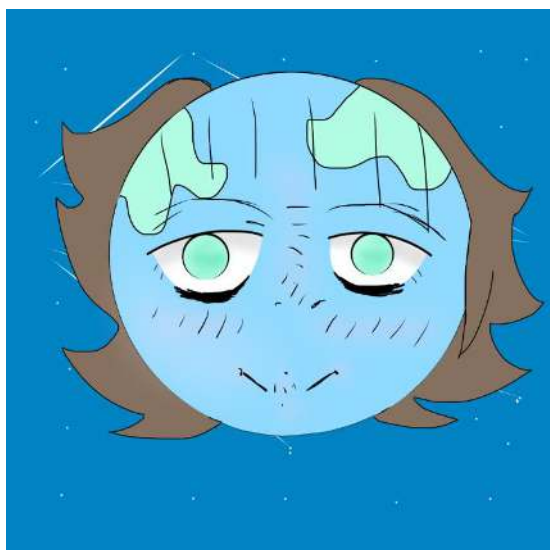


Image: Wahta Mohawks, Art Animation Program: Mother Earth, By Willow Commandant

All participants will be responsible for clean up of the roadway near their homes. Bags can be left on the roadway and we will have someone collect them the following day, on May 25th.

For members not living on Territory that wish to participate, are welcome to sign up and collect garbage around their neighbourhood. Off territory members will be responsible for the removal of the garbage they collect.

Supplies for garbage collection will be provided. Members off Territory will be required to pick up their supplies prior the scheduled clean up date.

We ask you wear visible or reflective clothing to ensure your safety. Due to Covid we want to remind everyone to follow physical distancing measures when out during clean up.

Thank you to everyone who participates!

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

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 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

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

© 2020 Banana Tree Log
www.bananatree.com

Icons made by Freepik, Prettycons, Smashicons, Vectors Market from www.flaticon.com is licensed by CC 3.0 BY

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.

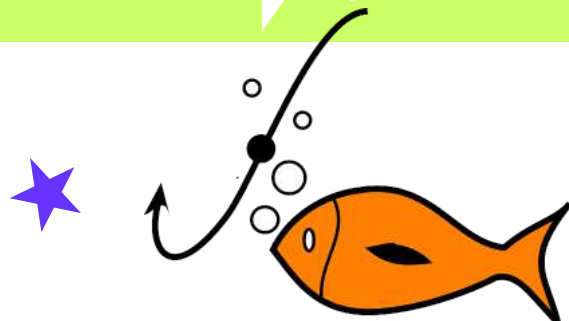
Stay safe everyone!

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



Strawberry Teachings

"The strawberry teaches forgiveness and peace. The strawberry is shaped like a heart, and strawberries are known to our people as heart berries."

—Elder Lillian Pitawanakwat

Often referred to as the heart berry because of its shape, the wild or natural strawberry is an important food and medicine in many indigenous cultures in North America.

This little plant carries many teachings. Our Elders say, "Just as the O-day'-min (heart berry) is connected to the strawberry plant by a vast system of leaves, runners, and roots, so is the heart connected to all the organs and parts of the human body. The heart is at the centre of the human."

Traditional uses

The strawberry plant is used to treat digestive disorders, skin problems, and to strengthen the uterus during and after pregnancy. The fruit and leaves are an excellent source of vitamin C.

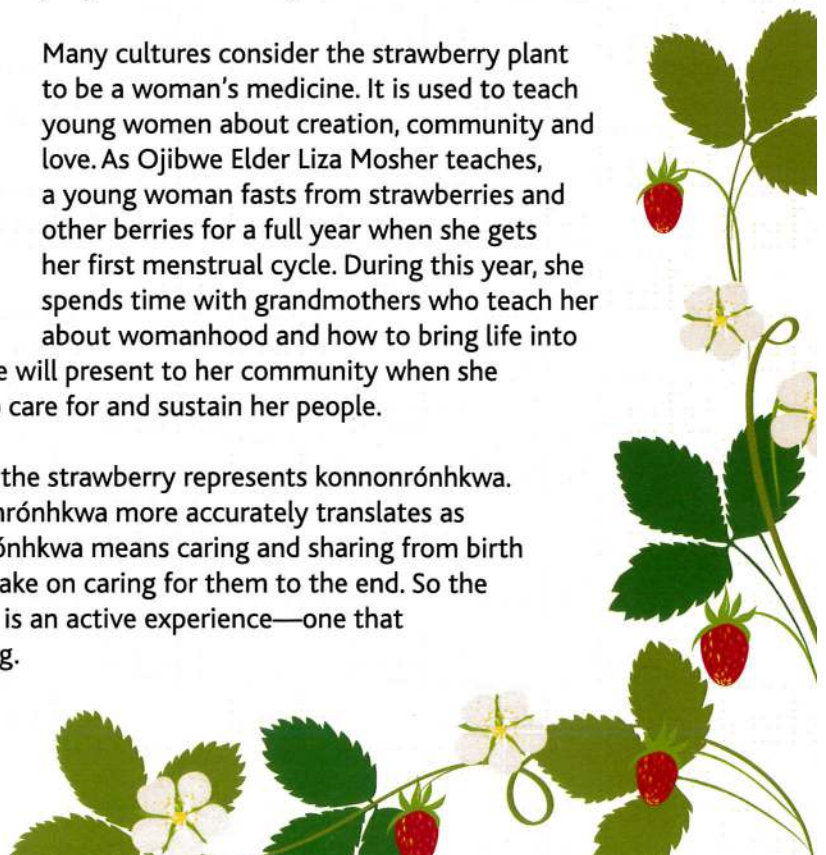
The heart berry helps us understand the connection between the mind, body, spirit, and emotions. We need our heart to guide us in order to maintain personal balance.

The heart berry also reminds us of reconciliation and teaches us how to maintain heartfelt relationships in our families and communities. During the strawberry harvest in June, many communities hold annual feasts, welcoming everyone home, and letting go of differences, judgment and self-righteousness.

Many cultures consider the strawberry plant to be a woman's medicine. It is used to teach young women about creation, community and love. As Ojibwe Elder Liza Mosher teaches, a young woman fasts from strawberries and other berries for a full year when she gets her first menstrual cycle. During this year, she spends time with grandmothers who teach her about womanhood and how to bring life into

the world. She also gathers berries, which she will present to her community when she completes her fast. Hence, she learns how to care for and sustain her people.

In the words of Mohawk Elder Jan Longboat, the strawberry represents konnonrónhkwa. Commonly translated as "I love you", konnonrónhkwa more accurately translates as "I show you I care." As Jan explains, konnonrónhkwa means caring and sharing from birth to death. When you say it to someone, you take on caring for them to the end. So the strawberry reminds us that to love someone is an active experience—one that involves commitment, compassion and caring.



Good Food Box

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

If you have not signed up and are interested in receiving the Good Food Box, and you live on reserve, please email Sara at sara.decaire@wahtamohawks.ca. You can also contact our receptionist Skye at 705-762-2354, and she will give Sara the message.



Ambulance Payment Assistance

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

When you receive your bill please get in contact with:

Patricia Austin, M.O.A.

Financial Services Clerk

West Parry Sound Health Centre

6 Albert Street, Parry Sound P2A 3A4

Phone: (705) 746-4540 ext 4112

email: paustin@wpshc.com

www.wpshc.com



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

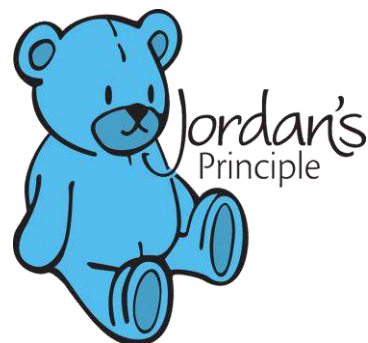
If any questions arise please contact Christine for assistance.

if you live elsewhere and have to use an ambulance get in touch with that 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

Naloxone: Save a Life

What is naloxone?

Naloxone (pronounced na-LOX-own) is a fast-acting drug used to **temporarily reverse the effects of an opioid overdose**. Naloxone can restore breathing within **2 to 5 minutes**.

Why does naloxone work only temporarily?

Naloxone is active in the body for only **20 to 90 minutes**, but the effects of most opioids can last longer. This means that the **effects of naloxone are likely to wear off before the opioids are gone from the body**, which could cause breathing to stop again. Naloxone may need to be used again, depending on the amount, type or method of consumption of the opioids (e.g., oral, injection).

An **overdose is always an emergency**. Even if naloxone has been administered, **always call for help**.

TIP: If you or someone you know is using opioids, make sure to carry naloxone with you. It's available without a prescription and can be picked up at most pharmacies or local health authorities.

Is naloxone safe for everyone?

Yes, naloxone is **safe for all ages**. It works only if you have opioids in your system. It is safe to keep on-hand because it cannot be improperly used and does not create dependence.

How is naloxone helping to address Canada's opioid crisis?

Naloxone has been used to successfully reverse thousands of opioid overdoses across Canada. It is used by first-responders such as paramedics and firefighters. Take-home naloxone kits are also available to anyone who may be at risk of an overdose or who is likely to encounter one. Take-home naloxone kits are **available without a prescription** and can be picked up at **most pharmacies or local health authorities**.

In Canada, two types of take-home naloxone kits are available:



Naloxone Nasal Spray is sprayed directly into the nose where it is absorbed. It starts to take effect in 2 to 3 minutes.



Injectable Naloxone is injected into a muscle in your body: the upper arm, thigh or buttocks are best. It starts to take effect in 3 to 5 minutes.

Naloxone Saves Lives. Get a Kit.

- ✓ Naloxone temporarily reverses the effects of an opioid overdose to help restore breathing
- ✓ If you think someone is experiencing an opioid overdose, call 9-1-1 or your local emergency help line, then give naloxone by following the directions on the kit
- ✓ Take-home kits are available at most pharmacies or local health authorities; no prescription is needed
- ✓ Kits expire and should be replaced after 18 to 24 months

**KNOW
MORE**

DRUGS: GET THE FACTS.
KNOW THE RISKS.

ISBN 978-0-660-28934-2

Get the facts at Canada.ca/Opioids



Government
of Canada

Gouvernement
du Canada

Canada

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for
at least 15 seconds

1



Wet hands with
warm water.

2



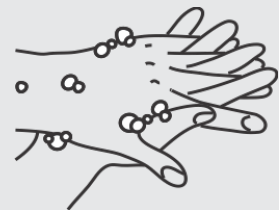
Apply soap.

3



Lather soap and rub
hands palm to palm.

4



Rub in between and
around fingers.

5



Rub back of each hand
with palm of other hand.

6



Rub fingertips of each
hand in opposite palm.

7



Rub each thumb clasped
in opposite hand.

8



Rinse thoroughly under
running water.

9



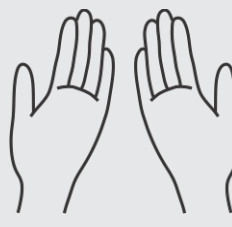
Pat hands dry with
paper towel.

10



Turn off water
using paper towel.

11



Your hands are now
clean.

How to use hand sanitizer



Rub hands for
at least 15 seconds

1



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

2



Rub hands together,
palm to palm.

3



Rub in between and
around fingers.

4



Rub back of each hand
with palm of other
hand.

5



Rub fingertips of each
hand in opposite palm.

6



Rub each thumb
clasped in opposite
hand.

7



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

8



Once dry, your hands
are clean.

Sources:

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

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

©Queen's Printer for Ontario, 2020

Ontario 

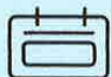


RAAM CLINIC

West Parry Sound Rapid Access Addiction Medicine Clinic

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

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



Start Date:
Monday May 27, 2019



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



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



Check-in at Admitting

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



705-375-9900

or call:



705-746-4264

and ask for a RAAM counsellor



Canadian Mental
Health Association

Addictions and
Mental Health Services



West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

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

<u>Business Name</u>	<u>Phone Number</u>	<u>Website</u>	<u>Services Offered</u>
Bala Auto Detailing	(705)641-1263	www.Balautodetailing.com	Full-service auto detailing
Commandant Towing and Recovery	(705)-205-1418		Towing and Recovery
First Nations Liquidation	(705)762-0101	https://www.facebook.com/FirstNationLiquidation	convenience/gifts/fireworks/house wares
Long House Grill	(705) 762 6687	https://firstnationliquidation.com/longhouse-grill/	Restaurant
Mrs. H's Fish & Chips	(705)762-4262	mrshsfishandchips.ca/	Restaurant
Muskoka Rural Electric	(705)762-3440	www.muskokaruralelectric.com	Licensed Electricians
Poseidon Plumbing	(705)801-6164	www.godofwater.ca	Full-Service Plumber
Sahanatien Haulage	(705)762-5346	https://lshaulage.com/	Site development/roads and driveways/ septic systems/landscaping and landscaping supplies/ material delivery
Team Boats	1 855-770-8326	www.teamboats.ca	Custom Aluminum Boats
Wahta Station	(705)762-2195	thewahtastation.com/	Convenience/grocery
Wahta Springs	1 800-593-0127	www.wahtasprings.com	Water Bottling
What-a-Convenience	(705)762-1923	https://www.facebook.com/whatabakery/	Gas Bar/bakery/Gifts
Womb Rising	(705)323-5599	www.wombrising.com	Birth Services

If you own and operate a business on the territory of the Wahta Mohawks and would like to be included in this directory please contact Kathleen White at 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