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

Seskehko:wa - The Time of Much Freshness



September 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 September 28th**, **2021** at **7:00PM**. The meeting will be hosted on **Zoom**. Please **REGISTER** in advance at the following link:

https://zoom.us/meeting/register/
tJEkce6ppjoqGdXwfe7i-cUumUiBh9uzl1a7

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 As summer sadly is drawing to a close, I was reminded that last year during the summer, the COVID-19 case counts in Ontario were fairly low and yet we were not vaccinated. When summer vacation was over and life went back to a sort of normal routine, the counts started to climb again to very high numbers as we witnessed in the past few months. Once again, the numbers are rising due to the COVID-19 variants so we must keep up and be vigil with keeping ourselves safe and others as well. Once again if you haven't been fully vaccinated, you run the risk of becoming severely ill. Yes, there are some double vaccinated people acquiring the virus but it is mostly unvaccinated persons who are once again flooding the hospitals.

As mentioned last month, the policies Council has been working on will be posted to our website on August 31st. This is a set of governance policies that have been developed from our own practices in the last few years, as well as looking at some other examples that may fit our needs. It is hoped that these are sound documents that will help Councils to provide good performance in governance as Wahta moves forward. They are policies, not laws, however policies can always be tweaked as needed in the future. Council looks forward to hearing any comments the Wahta membership may have regarding these policies.

In other areas, the AIAI Tobacco Task Force is working with member communities to assist in developing First Nation laws that will be aimed at providing a community position against government infringement on an industry that has become a source of employment in almost all First Nations. I am working with the coordinator on setting up an information session for community members, especially retailers, hopefully before the end of September.

Councillor Strength-Fenton and I attended a virtual meeting recently with the Solicitor Generals Office as we look closer at the new Community Safety and Policing Act. This has become legislation, and regulations that are being drawn up now are expected to be completed in 2022. The Act looks to revamp policing in Ontario by adopting new standards of accountability. It is a complex document but it contains various areas that are important to First Nations. We will be focusing on the inclusion of First Nations laws and bylaws, training and standards, culturally based policing within each community, and building relationships with detachments by means of community police boards.

The issue of people parking on the territory is still ongoing. In some areas, Council is no longer issuing permits for people to access the Musquash River off the 400 highway and only allows those with cottages there parking, as is prescribed in the Land Claim Settlement Agreement. Regarding businesses, one owner has advised his staff to let people know not to park on Wahta Rd 2, as it could be a barrier to emergency services needing access down that narrow road.

Council continues to monitor projects such as the roof replacement as notified by Administration, and the COVID-19 response in conjunction with the Emergency Control Group. All matters Council deals with are published in weekly minutes for more information.

Once again if you have any questions please be in touch and we can provide more information as required, Nia:wen for reading this months report.



Wahta Mohawks Council Meeting Minutes

Date: Wed July 28th, 2021 Time: 9:30 am

Those Present:

Chief Philip Franks
Councillor Blaine Commandant
Councillor Lorie Strength-Fenton

Councillor Teresa Greasley Councillor Jesse Strength

In Attendance:

Murray Maracle, Senior Administrator Carol Holmes, Education Services Manager

Adoption of Agenda & Minutes

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Jesse Strength to adopt the July 28th agenda.

ALL IN FAVOUR CARRIED

Adoption of Minutes

Motion 2:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the minutes from July 21st, 2021.

ALL IN FAVOUR CARRIED

Briefing Note: SMASH Education with Carol

Education Services Manager, Carol Holmes, joined the meeting to present a briefing note on purchasing SMASH Education to assist with language education. Wahta Mohawks received project funding in the amount of \$196,659.00 from Heritage Canada for software development. SMASH Education, based out of Montreal, consists of a team of Educators who teach and study languages and who develop language software. The cost for developing two levels of new content which equates to hundreds of lessons, with a focus on pedagogy, is \$84,750.00.

Wahtaronon speakers will be recorded to capture our authentic dialect that is built into the teaching software program. Council agreed to approve the purchase of the SMASH Education software.

Motion 3:

Moved by Lorie Strength-Fenton and seconded by Jesse Strength to approve the Purchase Requisition for SMASH EDUCATION in the amount of \$84,750.00.

ALL IN FAVOUR CARRIED

<u>Finance Update</u>

Council discussed an email from Chief Financial Officer, Joanne Contant, that provided an update on the Schedule of Renumeration for Council members, which included her corrections. Chief and Council agrees with the corrections and approve the update. Chief Franks will respond to the email so Joanne can update the auditors.

Health and Social Advisory Board Update

Chief Franks provided an update on the Health and Social Advisory Board. There is a \$40,000 funding arrangement for opioid prevention. Chief Franks asked about whether Wahta has received that funding. Senior Administrator, Murray Maracle, will inquire with A/Health and Social Services Manager, Christine Cox and inform Council. Indigenous Services Canada (ISC) is planning to start supplying funding to develop and support long term care. Chief Franks will provide Council with a document that discusses how to enhance long-term care in community. The Association of Iroquois and Allied Indians are looking to find out how much funding a community would need in order to enhance their long-term care so that they can prepare a proposal to give to ISC.

Tobacco Taskforce

The Association of Iroquois and Allied Indians provided Council with a memorandum on the Tobacco Trade Protocol. The Tobacco Taskforce Project Lead, Tina Powell, has offered to make herself available to answer any questions on the protocol. Council agreed to join the Inter-Nation Trade Protocol. Once it is safe to do so, there will be a summit to bring together AIAI communities to sign the official document.

Motion 4:

Moved by Blaine Commandant and seconded by Teresa Greasley to approve Chief Franks to sign the Inter-Nation Trade Protocol with the Association of Iroquois and Allied Indians' Communities.

ALL IN FAVOUR CARRIED

<u>Iroquois Cranberry Growers Inventory</u>

Councillor Jesse Strength provided Council with pictures of remaining equipment at the site of Iroquois Cranberry Growers. Murray Johnston, of Johnston's Cranberry Marsh, has expressed interest in obtaining some of the equipment. The community had previously been consulted and offered the opportunity to acquire the equipment but there was no interest. Council would like to inquire about how much the equipment is worth. Senior Administrator, Murray Maracle, will ask Capital Assets Manager, Randell Sonmor and Housing Coordinator, Matthew Commandant, if they can look into how much the equipment is worth.

Land Use Policy

Council has been receiving requests related to land use, and they discussed what options they have to respond to these requests while a Land Use Policy is being developed. Councillor Teresa Greasley suggested that a moratorium be provided to the community to inform them no decisions on land use will be made while the Land Use Policy has been developed and finalized.

Adjournment

Motion 6:

Moved by consensus to adjourn at 12:00pm.

ALL IN FAVOUR CARRIED



Wahta Mohawks Council Meeting Minutes

Date: Wed Aug 4th, 2021 Time: 9:30 am

Those Present:

Chief Philip Franks
Councillor Blaine Commandant
Councillor Lorie Strength-Fenton

Councillor Teresa Greasley Councillor Jesse Strength

In Attendance:

Samantha Walker, Council Executive Assistant

Adoption of Agenda & Minutes

Motion 1:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to adopt the August 4th agenda.

ALL IN FAVOUR CARRIED

Offer to Trade Land

A community member has offered to trade their land off of Muskoka Road 38 with Council for band owned land off of Iroquois Cranberry Growers Drive. Chief Franks will ask Lands and Resources Coordinator, Scott Aubichon, for maps that show the lot lines. Council would like to defer making a decision on this until more information is provided and a formal process has been developed.

Speeding Issues on Community Roads

There have been numerous complaints about cars speeding on community roads in the community. Some speed bumps have been installed as well as signs warning that there are children at play, but there are still reports of speeding. Council would like messaging to go on social media as well as in the newsletter to remind people about the risks associated with excessive speeding and to encourage everyone to be safe while traveling on community roads.

Report on Fire Damage

Chief Franks provided Council with a report on a small fire that occurred at one of the rental units on Friday, July 30th. There was minimal damage reported., and the Muskoka Lakes Fire Chief will be sending an incident report. Council would like to ask Capital Assets Manager, Randell Sonmor, if he could put together some information on fire prevention that can be shared with the community to warn members about potential risks.

Parking at River

Chief Franks informed Council that Lands and Resources Coordinator, Scott Aubichon, has had a number of requests for parking permits from non-members seeking access to the Sandy Grey Lake Service Road. Chief Franks will inform Scott that Council would like to continue limiting access to only members and those who lease on the lake.

Peter Goodwin – Follow-up Meeting Date

Woodworker Peter Goodwin has been putting together samples of different designs for a new Council Chambers round table. He offered to meet with Council to present the samples in the Fall. Council agreed to assign Councillor Lorie Strength-Fenton and Councillor Teresa Greasley

to oversee the project. They are also willing to meet with him virtually to see some of the samples.

Meals on Wheels Study - Follow-up Meeting Date

On September 9th, 2020, Olivia Franks, Wahta Mohawks member and graduate student at Queen's University, presented a research proposal to Council for their approval that would explore the relationships between food and wellness amongst older adults. The research would specifically involve a review of the current Meals on Wheels Program and what potential changes could be made to increase participant satisfaction and overall health outcomes. Olivia has requested a meeting date with Council to follow up and present the finalized thesis document and to gain feedback before the defence of her thesis in September. Council agreed to meet with her on August 25th, 2021.

Bears at Rental Units

Members on Wahta Road 5 have reported an increase in bear sightings this summer. Council would like information on bear safety and airhorns to be delivered to everyone living in the rental units on Wahta Road 5. Information on bear safety and how to avoid attracting bears will also be shared in the next newsletter.

Indian River Reserve

Chief Franks had a conversation with the Mayor of Muskoka Lakes, Phil Harding, regarding an outhouse in Port Carling that is used by Rama members. He had concerns about its safety. Rama offered to have the outhouse taken down at the end of the season, and that they will have portable toilets placed there instead. A community member also inquired about a cottage that is partially on the reserve, and they would like to have signs posted about trespassing.

Economic Development Board of Directors

Council would like to work towards forming the Economic Development Board of Directors again. Council suggests that specific criteria be advertised in the newsletter for those who would like to join the Board. Chief Franks will ask Senior Administrator, Murray Maracle, to develop the criteria to post in the newsletter.

OPP Detachment Board Update

Chief Franks will send information to Council on the latest round of information sessions held by the OPP on their work on the legislative changes under the *Community Safety and Policing Act, 2019 (CSPA)* and how it relates to First Nations. These sessions are being held for First Nations with three different types of policing. These include communities who are policed by OPP detachments, communities that have First Nations Policing Service Agreements and lastly for First Nations who have their own police. The next session will be held at the end of August.

Adjournment

Motion 2:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to adjourn at 11:00am.

ALL IN FAVOUR CARRIED



Wahta Mohawks Council Meeting Minutes

Date: Wed Aug 11th, 2021 Time: 9:30 am

Those Present:

Chief Philip Franks
Councillor Blaine Commandant
Councillor Lorie Strength-Fenton

Councillor Teresa Greasley Councillor Jesse Strength

In Attendance:

Murray Maracle, Senior Administrator

Adoption of Agenda & Minutes

Motion 1:

Moved by Blaine Commandant and seconded by Jesse Strength to adopt the August 11^{th} agenda.

ALL IN FAVOUR CARRIED

Adoption of Minutes

Motion 2:

Moved by Blaine Commandant and seconded by Teresa Greasley to approve the minutes from July 28th, 2021.

ALL IN FAVOUR CARRIED

Motion 3:

Moved by Blaine Commandant and seconded by Jesse Strength to approve the minutes from August 4th, 2021.

ALL IN FAVOUR CARRIED

Can Sky Invoice - CR for Approval

Council reviewed the invoice from Can Sky for the roof repair work completed up to August 3rd, 2021 and agreed to pay the invoice in the amount of \$117,198.41.

Motion 4:

Moved by Teresa Greasley and seconded by Jesse Strength to approve the payment of the Can Sky Invoice in the amount of \$117,198.41.

ALL IN FAVOUR CARRIED

<u>Furnace Replacement Project – CR for Approval</u>

Council was presented with an invoice from W.S. Morgan for a partial payment of \$45,814. W.S. Morgan has been hired to remove the rooftop furnaces and to reframe the roof where they have been removed. Council agreed to approve the signing of the cheque requisition.

Motion 5:

Moved by Blaine Commandant and seconded by Teresa Greasley to approve the payment of the W.S. Morgan Invoice in the amount of \$45,814.50.

ALL IN FAVOUR CARRIED

Furnace Replacement Project Update

Murray informed Chief and Council that the original contractor hired to install the new furnaces has not been providing the work outlined in the signed contract, and that the contract has been terminated. Capital Assets Manager, Randell Sonmor, is looking for permission to order the furnaces directly from Carrier Enterprises, as they will take approximately 10 weeks to arrive. Randell has been in contact with one of the original contractors that had provided a quote, as well as Negan Burnside who have recommended a contractor. Once all quotes have been finalized, a new contractor will be hired. Council agreed to approve the singing of the purchase requisition in the amount of \$43,665 for four furnaces from Carrier Enterprises.

Motion 6:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the purchase requisition in the amount of \$43,665.00 to purchase four furnaces from Carrier Enterprise.

ALL IN FAVOUR CARRIED

Governance Workshop

Councillor Teresa Greasley provided Council with potential dates for a Governance Workshop in October. Council chose October 12th and 13th, and Teresa will inform Chief Financial Officer, Joanne Contant, who will book the training.

<u>Adjournment</u>

Motion 7:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to adjourn at 10:45am.

ALL IN FAVOUR CARRIED

Virtual Public Council Meeting

Tuesday September 28th, 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/tJEkce6ppjogGdXwfe7i-cUumUiBh9uzl1a7

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

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.

July 15: Update on Applications for Housing, Renovations and Water & Sanitation Subsidy

The Administration would like to inform Community members that three applications were received and approved in the first phase of our revised application process (pleases refer to the March newsletter for information on the changes).

As funds remain available for the above subsidies, we are now inviting applications for the above subsidies as part of the second phase of our revised process.

For this second phase, we request that applications be submitted by September 30. As with the first phase, all applications will be assessed at the same time. We plan to assess all fully completed applications by October 15, after which we will notify applicants.

Please contact Karen Sahanatien at <u>karen.sahanatien@wahtamohawks.ca</u> for the application form.

Gravel Delivery Notice

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

GET YOUR WATER TESTED



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

Land for Sale

- 2 acres adjacent to Musk. Rd. 38 with driveway
- 5 Acres adjacent to Musk. Rd. 38 with no driveway
- 80+ acres with bush lot and waterfront

For more info, please call 705-644-4227

Land for Sale

Various locations Call 705-762-0013 for more

information

Please contact Chantell.

Land Wanted

Band member looking to purchase waterfront property on lake Gibson.

289-440-2464

Land Wanted

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

Land Wanted

Band member looking to purchase property. Please contact 705-801-9508

Land Wanted

Property for lease for member to use as recreational land, e.g. Camping Any size, any location Leah 705-238-9004 leah.readman@g mail.com

Wahta Mohawks Community Trust Trust Election

To elect three (3) Trustees to serve until the end of the term of December 31, 2024.

All candidates must meet the eligibility criteria to stand for election to the Wahta Mohawk Community Trust, per the Wahta Mohawks Community Trust Election Rules & Regulations, as enacted by authority of Article V11, Section 7.3(e) of the Wahta Mohawks Trust Agreement.

NOMINATION MEETING:

Saturday November 20, 2021 - 2:00p.m. to 6:00p.m.

CANDIDATES QUALIFYING FORUM:

Saturday November 27, 2021 – 1:00p.m. to 4:00p.m.

ELECTION:

Saturday December 4, 2021 – 10:00am to 3:00p.m.

Assistant Electoral Officer: Ariel Berwick - admin@wahtamohawkstrust.org



Grace Sewards

100 years young

September 14th 2021

One hundred is a big number. It is reserved only for a very few individuals. Achieving 100 years is difficult. It requires great character, intelligence, determination, kindness, strength, and most especially a sense of humour. Grace has all of these attributes and more.

As a Mohawk, Grace has the gift of a strong family; John and Esther White provided a solid foundation for living. Grace succeeded in grade school and high school despite the absence of a basic system of education in the community. Grace lives a

life in two worlds as so many Mohawks have. All the while, she has maintained the values learned here at Wáhta. Grace has had many friends in her life, and even now has friends many years her junior who appreciate her wisdom and strength. It is not an easy thing to live independently at 100 years. She still bakes cakes, maintains flower gardens, is an inveterate reader, takes part in lively discussions on world affairs, has definite opinions on the politics of our daily lives, and is present to live that life fully with humour.

We planned to have a wonderful celebration at the Administration Centre to enjoy the day with Grace, to meet and greet her friends, and family, and her many admirers. Due to Covid and associated issues we are not able to have the celebration planned. However, a small group of friends, some old, some new, have had great enjoyment organizing an Anticipation Chain. Since June 7th, each and every day there is a gift to open. Some gifts are tiny but filled with wit and humour; some are silly; some are a reminder of our Mohawk heritage.; some are beautiful remembrances; and some are hand-made and intended for Grace. They all are gifts of the heart.

Grace inspires others.

Despite Covid and other encumbrances, the 100 years of Grace Sewards (White), will be honoured and celebrated on September 14th.





Rapid Antigen Testing

The Rapid Antigen Testing program provides free rapid screening kits provided by the Ontario Government complimentary to small and medium sized businesses under 150 employees as an additional tool to help keep workplaces in Ontario safe.

The program is designed to help detect cases of COVID-19 in the workplace that

might otherwise be missed, helping to keep workers and their families safe.

The latest information from Health Canada suggests that up to one-third of people carrying the COVID-19 virus are asymptomatic with little to no noticeable symptoms. Over 50% of known COVID-19 cases were transmitted by an asymptomatic carrier. This makes it incredibly important to find asymptomatic carriers in order to combat the spread of COVID in our workplaces and our communities.

This program has been made possible with the help of the Canadian Chamber of Commerce, the Ontario Chamber of Commerce and is a collaborative effort of the Bracebridge, Gravenhurst, Huntsville/Lake of Bays, Muskoka Lakes, SEGBAY and the Orillia and District Chambers of Commerce

Businesses interested in the Rapid Antigen Testing Program can find out more information and book free rapid screening kits at www.rapidtestmuskoka.com. For any questions please contact Norah Fountain, Executive Director of the Muskoka Lakes Chamber of Commerce at info@muskokalakeschamber.ca or call the Chamber at 705 762-5663

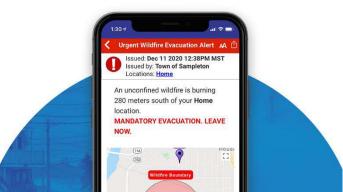
Register for Muskoka's Emergency Alerting System

In an emergency the system can send an alert to your mobile phone (text or information) or call your land line with voice message.

For more information please call Matt at 705-762-2354 Ext 275















EDUCATION

As the usual summer vacation comes to an end, we all are hopeful for a safe return to school, one that provides in person learning throughout the year. The Ministry of Education have mandated stand alone HEPA filter units in every classroom or learning space with partial or no mechanical ventilation. All Junior and Senior Kindergarten classrooms will have a stand alone HEPA filter in place as an added layer of protection as the younger children are not required to wear masks but are highly encouraged to do so.

We will continue to have a seating plan for the student riding the bus to and from Glen Orchard school, similar to what was in place last year.

We expect there will be students who will require some "catching up" due to the past spring when schools closed. Wahta Mohawks will support our students the best way we can. We will provide a tutor, or if you chose to find one yourself you can submit receipts for costs incurred. We ask that you contact the education department carol.holmes@wahtamohawks.ca and provide a plan with estimated dates and costs and the name of your child. Plans will be approved dependent upon the availability of funds.

VIRTUAL INFORMATION SESSION WITH

THE SIMCOE MUSKOKA AUTISM ONTARIO NAVIGATOR

If you are a parent or caregiver and would like to join a virtual information session with our **Autism Ontario Navigator** for Simcoe Muskoka please contact Carol at carol.holmes@wahtamohawks.ca

When: Tuesday September 14th, 2021

Time: We are offering two sessions: 10:00am and 7:00pm

Family Services

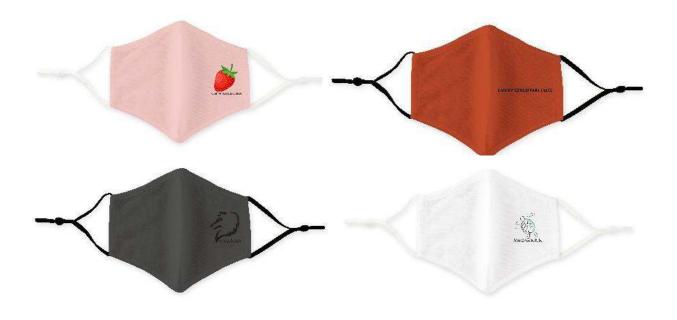
Due to the pandemic, we have continued to provide programing virtually which has allowed families both on and off territory to participate. We provided support to encourage children to attend recreational activities in a safe way such as camping and private swimming lessons.

We have provided cultural teaching to our children and youth including clan and moon teachings, essential oils and medicines workshops and much more. Programs included virtual teachings along with activities and projects to complete at home. Our plan is to continue with the focus on culture, language and land-based programing with our children and youth.



The OPP detachment has provided our children in the community with back-to-school supplies. We are grateful for this donation. Wahta Mohawks has also assisted with back to school supports for families, supporting other items of need for students to be ready to learn.

School age children were all provided with custom PPE promoting language and culture. Thanks to Wedding Star INC. for assisting us with creating our custom masks.



Although we are unable to confirm the return of the "after school program" In the fall, but we look forward to and will continue to provide children and youth with programing.

GETTING TO KNOW ONE ANOTHER BINGO GAME FOR MOMS/DADS OF PRESCHOOLERS

For those with children not yet in school please join us for a Monday morning "getting to know you" Bingo game. We look forward to virtually meeting new parents, or just the mom who may be home, and look forward to discussions about future programing.

Contact Amy Davidson at amy.davidson@wahtamohwks.ca if you plan to play on Monday September 13 10:00 am

Kanien'kéha Mohawk Language

Kanien'kéha Language Update

September is our final month of Kanien'kéha language classes under the Heritage Canada Indigenous Language Component agreement and we would like to acknowledge that these activities were made possible by the Government of Canada.

Community Language Classes - Online Zoom

Classes run **Monday, Tuesday, Wednesday, Thursday evenings 7-8pm** (No classes will be held on council nights, the last Tuesday of every month). Please email if you'd like to join in.

Youth and Family - Online Zoom

Sessions run **Tuesday mornings 10-11am.** This session is focused on school-aged youth and family focused environment. Students may join in this weekly class and caregivers are welcome to join so you may learn and interact together bringing Kanien'kéha Mohawk into the home.

Language Nest - Online Zoom

Sessions run **Monday mornings 10-11am**. Caregivers and preschool aged children may participate in this early-years exposure and supports for Kanien'kéha in the home.

<u>CAN8 Language Software</u> - sign ups are still welcome. Please email if you would like instructions and access to this program for self-led learning paired with Richard's teaching supports.

Community Consultation

Please consider joining a Community Consultation Advisory group for future language endeavors. Your input and guidance is important to the success of Kanien'kéha in Wahta. Email me to help connect and facilitate any meetings. Alternatively, you may also send in ideas or requests at any time.

All registrations and questions welcome at sarah.chaloux@wahtamohawks.ca Language Instructor Richard Hay can be reached at richard.hay@wahtamohawks.ca

Kanien'kéha Mohawk Words of the Month

Shé:kon – Hello Skennen'kó:wa ken? – How are you?/ Do you have peace? Hen, skennen'kó:wa – Yes, I am good/carry peace Hen- Yes Iah - No Tóka - I don't know Ó:nen - Bye

Wahta Mohawks Health and Social September 2021 Programs

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.

Music Therapy

Once a month we will provide an online group music-assisted progressive muscle relaxation session. Music can be used to assist the relaxation process, and to teach relaxation skills for independent self-care. Our first group session will be August 24th. Along with this, we also offer 1:1 music therapy sessions. For more information, please contact Kristan Sahanatien — kristan.sahanatien@wahtamohawks.ca or Sherry Byrne — sherry.byrne@wahtamohawks.ca

Trivia Night

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

Kids and Youth Bingo (up to 17 years old)

Friday September 24th – 6:00pm. Please register with Kristan Sahanatien – <u>kristan.sahanatien@wahtamohawks.ca</u> Deadline to register is September 10th, 2021.

Creator's Garden Workshop – Fall Harvesting

Date tbd. Please register with Kristan Sahanatien – <u>kristan.sahanatien@wahtamohawks.ca</u> – deadline to register is September 10th, 2021.

Freezer Meal Prep Workshop

Please register with Kristan Sahanatien – <u>kristan.sahanatien@wahtamohawks.ca</u> – deadline to register is September 10th, 2021.

Art Therapy 1:1 Sessions

Art therapy is a creative process in which the physical act of making art is the therapy. It is a wonderful option for individuals (especially children) that find it difficult to express themselves verbally.

Art therapy is a gentle but effective way of allowing clients to express their feelings, thoughts, and emotions, while providing a safe environment from which to create.

Sessions will be with Registered Art Therapist Kelly Gauthier. If you are interested in signing up, please contact Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca by September 10,2021.

Community Dinner Nights with Sara

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.

If you are interested in joining our Monthly Community Dinner, please email Sara DeCaire by September 6th at sara.decaire@wahtamohawks.ca or 705 801 5300

Our Monthly dinner will be held on Thursday September 23rd.

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.

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

Letters with Tyendinaga

We recently received a number of introduction letters from Tyendinaga Seniors who would love to connect with our Seniors. Please contact Bobby Decaire to sign up for the Letters with Tyendinaga project. We will be setting our seniors up with supplies and an outline of the project. We have letters waiting for seniors currently. Share recipes, activities and make friends. Lets Build Connections.

Bobby Decaire at 705-641-1263 or email Bobby.decaire@wahtamohawks.ca

Music and Memory

We have had an amazing start to our Music and memory program and want to thank all of our participants. If you would like to sign up this is a continuous program and each unit is dedicated to each individual. Please contact Bobby at 705-641-1263 or bobby.decaire@wahtamohawks.ca

Creation Story virtually with Elder Renee Thomas-Hill

If you are interested in attending these virtual sessions of the Creation Story with Elder Renee Thomas- Hill, please contact Sherry Byrne at sherry.byrne@wahtamohawks.ca by September 9th, 2021. Please note there will be three sessions 2hrs each. Date and time still being confirmed.

Adult Turkish Mosaic Lamp Kit

If you are interested in receiving a DIY Turkish Mosaic lamp kit, please contact Sherry Byrne at sherry.byrne@wahtamohawks.ca by September 9th, 2021.





Samantha Doxtator Online Workshops

Taking Care of Yourself in These Changing Times: Self Care is an essential part of having a Good Mind. This workshop focuses on Self Care from an Indigenous perspective. In these changing times it is now more important than ever. Everyone will learn different Self Care Techniques to do at home that nurture their Mind, Body, Heart, and Spirit. 2 Hours.

Getting Organized, Budgeting and Time Management: Participants will learn how to declutter and reorganize their homes to be more efficient. They will also learn how getting organized, budgeting and time management go hand in hand. 2 Hours.

Please contact Sherry Byrne at sherry.byrne@wahtamohawks.ca by September 9th, 2021 if you are interested in attending the sessions.

Adults Cactus Garden Kit

If you are interested in receiving a DIY Cactus Kits, please contact Sherry Byrne sherry.byrne@wahtamohawks.ca by September 9th, 2021.



Adult Mitt Making On-line Workshop with Colleen Nolan

The mitt making workshop will take place **over two ½ days**, your presence is required online each session. Also, you will be expected to work on your mitts as homework before the second day. Please contact Sherry Byrne at sherry.byrne@wahtamohawks.ca **by September 9th**, **2021** if you are interested in attending or for more details. Dates and time still being confirmed. (looking at October dates)

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

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

When you receive your bill please get in contact with:
Patricia Austin, M.O.A.
Financial Services Clerk
West Parry Sound Health Centre
6 Albert Street, Parry Sound P2A 3A4
Phone: (705) 746-4540 ext 4112

email: paustin@wpshc.com

www.wpshc.com



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

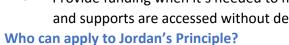
If any questions arise please contact Christine for assistance.

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

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



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 Δct
- ✓ 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:

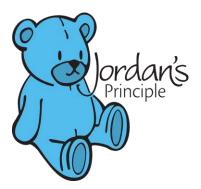
- ✓ social worker
- ✓ land-based activities
- ✓ personal support worker
- specialized summer camps
- ✓ respite care
- specialized programs based on cultural beliefs and practices

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



2021 Bass Derby Results

it was a bit of a rainy and cool day for fishing, but that didn't stop the thirty-eight families who braved the weather. And the winners are:



Men's Champion Kieran Day



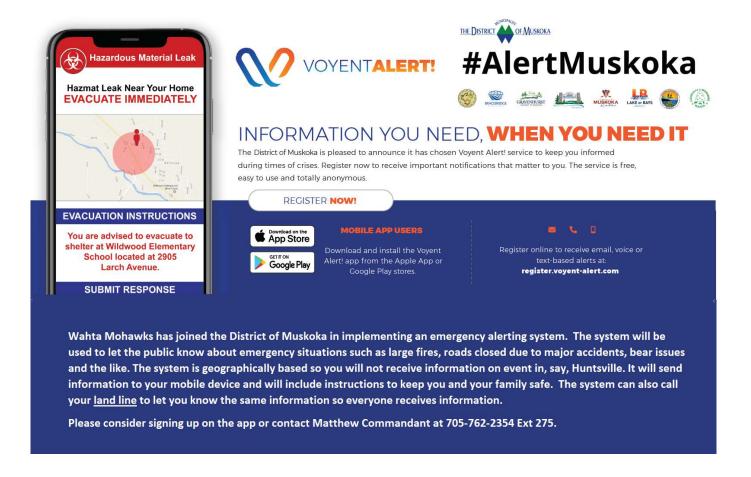
Youth Champion Desseray Stock



Women's Champion Kelsey Fenton-Mullen



Thanks to all who participated See you next year!





Do you suffer from foot/knee/back pain?

Visit Zach, the onsite pedorthist at the Wahta Health Hub.

Specializing in orthotics, footwear, compression socks and braces.

Diabetics or those with a family history are now eligible for footwear coverage

Booking new appointments for September 9^{th} and 27^{th} Please call Zach at 705-796-0050 to book an appointment Thank you!

Tsi Tewaienthò:tha – Wáhta Community Garden

Tsi Tewaienthò:tha' is the name of the Wáhta Community Garden. The community gathered over ten years ago to start the garden. They deliberated on a name and chose Tsi Tewaienthò:tha', which means "Where We Plant".

The garden would not have come to fruition nor have been as successful without the enduring help of many community members who have volunteered much of their time to work and donate money and resources. The Wáhta Community Trust has been supportive of the garden, as they provided funding to build the raised garden beds. Additionally, Dianne Kretchmar of Grenville Farms, an organic farmer in Severn Bridge, has helped us every year by providing many seedlings for us to plant in the garden, at no cost.

If you are unfamiliar with the garden or currently not involved, we encourage you to visit and become involved to learn and share your knowledge about gardening. We also encourage you to come harvest anything that is ready throughout the growing season – you can harvest things even if you have never come to the garden before to help. All the harvest is intended for Wahtahró:non (People of Wáhta), no matter your current or previous degree of involvement in the garden. If you an unsure about what is ready for harvest, you can ask anyone who is more involved at the garden to assist you, or you can reach out to me, Ryan DeCaire at rydecaire@hotmail.com.

Currently there are many things to harvest. We encourage you to harvest so there is less waste. Soon we will be harvesting the garlic that we planted last fall. This coming September we will be harvesting onenhakèn:ra (white corn), which Kanien'kehá:ka (Mohawks) has grown for as long as we can remember and has been a staple in our diet. We often cook this corn in hardwood ashes (nixtamalization) and use it to make corn soup and corn bread that we boil in water, rather than bake.

Niawenhkó:wa to all of your help with Tsi Tewaienthò:tha'.

Ryan DeCaire, on behalf of Tsi Tewaienthò:tha'





ENIORS' GUIDE TO STAYING

During the COVID-19 pandemic, Canadians are spending more time online than ever before. That's why it's never been more important to stay cyber secure.

Instances of cyber criminals masquerading as healthcare organizations or Government of Canada representatives have been increasing - and in many cases, they're targeting seniors.

COVID-19 has showed us how quickly the world can change, but the need to stay cyber safe hasn't. If you know how to spot a scam and keep your account secure, you can prepare yourself for what's out there.

PROTECT YOURSELF WITH SIMPLE STEPS

PRACTICE SAFE PASSWORDS

Use a **passphrase**, a series of at least four words and 15 characters in length.

Or use complex passwords with:

- · At least 12 characters
- · Upper and lower case letters, numbers and symbols
- · No personal information

USE A DIFFERENT PASSWORD FOR EVERY ACCOUNT

EVER, EVER SHARE YOUR

Too many passwords to remember? Try storing them in a password manager: software that creates, stores and securely encrypts your passwords so only you can access them when you need to.

ENABLE MULTI-FACTOR AUTHENTICATION

Multi-factor authentication (MFA) uses two or more different ways of verifying that you are who you say you are to add an extra layer of protection for your accounts and devices. We call these authentication factors.

Some different types of authentication factors include:

- · Proof of who you are, like fingerprint scanners or facial recognition
- · Proof of what you know, like a security question or password
- · Proof of what you own, like an app or text notiftication on your phone

DON'T TAKE THE BAIT

Phishing scams are messages or phone calls made to look and sound like they're from people or companies you're familiar with. In some cases, a cybercriminal may already know something about you to make the message or phone call sound more legitimate.

IF YOU RECEIVE A SUSPICIOUS EMAIL, PHONE CALL OR TEXT (EVEN IF IT SEEMS LIKE IT'S FROM A FAMILIAR COMPANY OR A FRIEND) HERE'S WHAT TO DO:

BREATHE. Phishing messages often pressure or threaten you to respond quickly. If an email needs you to "act now", it's probably a scam.

DON'T OPEN ANY LINKS OR ATTACHMENTS you're unsure of. Reach out to the sender in a different way, like by phone, to confirm.

CONSIDER YOUR INTERNET HISTORY. Unless you requested it, any message asking you to reset your password or update your account info is likely fake.

DELETE ANY MESSAGES THAT SEEM TOO GOOD TO BE TRUE, like winning a contest you didn't enter.

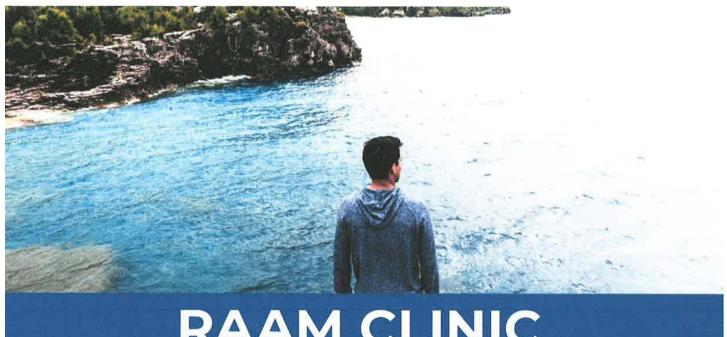
GET MORE TIPS TO PROTECT YOURSELF AND YOUR DEVICES AT GETCYBERSAFE.CA

FOLLOW US ON SOCIAL MEDIA @GETCYBERSAFE









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







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 Conners** please call **Sherry Byrne** at 705-762-2354 ext. 250.

Wahta Mohawks Business Directory

Business Name	Phone Number	Website	Services Offered
Commandant Towing and Recovery	(705)-205-1418		Towing and Recovery
First Nations Liquidation	(705)762-0101	https://firstnationliquidation.com/	convenience/gifts/ fireworks/house wares
Long House Grill	(705) 762 6687	https://firstnationliquidation.com/longhous e-grill/	Restaurant
Mrs. H's Fish & Chips	(705)762-4262	https://mrshsfishandchips.ca/	Restaurant
Muskoka Rural Electric	(705) 762-3440	www.muskokaruralelectric.com	Licensed Electricians
Poseidon Plumbing	(705) 801-6164	http://godofwater.ca/	Full-Service Plumber
Redd Roads Craft and Smoke Shop	(705) 706-1476		Native crafts and smokes
Sahanatien Haulage	(705) 762-5346	https://lshaulage.com/	Site development/Roads and driveways/Septic systems/Landscaping and supplies/Material delivery
Team Boats	(855) 770-8326	https://teamboats.ca/	Custom Aluminum Boats
The Big Smoke	(705) 762-4934		Smoke/Convenience
Wahta Station	(705) 762-2195	https://thewahtastation.com/	Convenience/Grocery
Wahta Springs	(800) 593-0127	http://www.wahtasprings.com/	Water Bottling
What-a-Convenience	(705) 762-1923		Gas Station/Bakery/Gifts
Wolf Energy Muskoka and Trading Post	(249) 605-0238	https://wolfenergymuskoka.ca/	Trading Post/Gas Station/ Gifts/Grocery/Wellness
Womb Rising	(705) 323-5599	www.wombrising.com	Birth Services

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

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

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
Councillor Jesse Strength	jesse.strength@wahtamohawkscouncil.ca	TBD

Administration 705-762-2354

Scott Aubichon	Lands and Resources Coordinator	Ext. 242
Sherry Byrne	Community Wellbeing & Good Minds Programming Coord.	Ext. 250
Sarah Chaloux	Language Activator	Ext. 259
Matthew Commandant	Housing Coordinator	Ext. 275
Joanne Contant	Chief Financial Officer	Ext. 227
Christine Cox	Health & Social Services Manager	Ext. 273
Amy Davidson	Family Well-Being Worker	Ext. 203
Rubecka Davidson	Band Representative	Ext. 202
Bobby DeCaire	Senior Services Coordinator	N/A
Courtni DeCaire	Financial Assistant	Ext. 230
Sara DeCaire	Diabetes & Seniors Programming Coordinator	Ext. 206
Skye DeCaire	Receptionist	Ext. 221
Richard Hay	Kanien'keha Language Instructor	N/A
Carol Holmes	Education Services Manager	Ext. 233
Murray Maracle	Senior Administrator	Ext. 231
Kim North	Finance Clerk	Ext. 237
Karen Sahanatien	Membership/Lands & Housing Clerk	Ext. 222
Kristan Sahanatien	NNADAP	Ext. 241
Randell Sonmor	Capital Assets Manager	Ext. 224
Samantha Walker	Council Executive Assistant/Librarian	Ext. 272
Kathleen White	Ontario Works Administrator/Employment & Training	Ext. 240

Maintenance & 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

Please Feel Free to Call with any Questions or Concerns

Administration Office Hours: Monday through Thursday, 8:00am - 4:30pm Fridays 8:00am - 2:00pm