

# Moose Deer Point First Nation

November

Newsletter



*Lest We Forget*



# Moose Deer Point First Nation

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 Website: [www.moosedeerpoint.com](http://www.moosedeerpoint.com)

Chief and Council	Position	Email	Ext./Cell
Jason Fisher	Chief	chief@moosedeerpoint.com	224
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Myrna Burnside	Councillor/Resource Coordinator	myrnaburnside@hotmail.com	241
Josh Isaac	Councillor/Water Treatment Operator	josh_isaac@hotmail.com	705 774 6534
Linda Williams	Councillor	williamsmdp@gmail.com	705 773 8198
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Rhonda Williams	First Nation Administrator	fnadmin@moosedeerpoint.com	240
Lauren Summerfield	Financial Administrator	finance@moosedeerpoint.com	233
Janis Sylvester Gorman	Social Services Administrator / NNADAP	socialservices@moosedeerpoint.com	230
Vacant	Community Health Representative	communityhealthrep@moosedeerpoint.com	223
Cathy Tolles	Child Welfare Prevention Worker	childwelfare@moosedeerpoint.com	235
Pat Young	Economic Development Officer	ecdev@moosedeerpoint.com	226
Nichole King	Education	education@moosedeerpoint.com	229
Sheryl St Pierre	Water Treatment ORO	watertreatment@moosedeerpoint.com	705 375 2534
Josh Isaac	Water Treatment Operator	jisaac@moosedeerpoint.com	705 375 2534
James Lovett	Water Treatment OIT		
Gwen Taggart	Home and Community Care Worker		
Nina Isaac	Community Support Worker		
Jamie Lynn Lee	Custodian		
Helen King	Contract: Asset Coordinator	assetcord@moosedeerpoint.com	234
<b>Recreation Centre</b>			
Chuck Patterson	Rec Centre Coordinator	cpatterson@binnoojiyag.ca	705 375 0879
	Child Youth Worker / DBCFS		cell 705 203 9519
Gareth Hurry	Family Support Worker /DBCFS	ghurry@binnoojiyag.ca	cell 705 209 9596
<b>Maintenance Crew</b>			
Ernie Williams	Public Works Coordinator		
RJ King	Maintenance/ HEO		
Chris Williams	Maintenance		
Mike Williams	Maintenance		
<b>Health Centre</b>			
Connie Foster	Nurse Practitioner	moosedeer-ns@wpshc.com	705 375 9900
Lorraine Richard	Nursing Station Receptionist/ Community Health Promotion	lrichard@wpshc.com	705 375 9900

# Emergency First Responders Training

## Certification Part #1

Mandatory for new & existing First Responders

**November 4 & 5, 2017**

Starting at 9:00 a.m.

# Emergency First Responders Training

## Certification Part #2

Mandatory for new & existing First Responders

**November 25 & 26, 2017**

Starting at 9:00 a.m.

Both Training sessions will be at the Community  
Center

**Please note:**

**Community Christmas**

**Will be held**

**On**

**Dec 2, 2017**

**Starting at 12:00**



## **November 2017 - Myrna Burnside**

### **Babysitters/Home Alone Course**

November 6, 2017

9:00-4:30

At the Community Centre

Lunch will be provided

For children 11 to 17

Please Call Myrna to register before the 6<sup>th</sup>

### **Meal Making On A Budget**

This is a make and take workshop

So please register to ensure enough food will be bought

Only those who pre-register will be allowed to participate

November 7, 2017

1:00 - 4:00pm

### **Women's Circle**

Smudge and share, we will be planning future

Culture activities so please join us to have your input

10:00 at the Community Centre

### **Healthy Freezer Meals**

This is a make and take workshop

So please register to ensure enough food will be bought

Only those who pre-register will be allowed to participate

November 14, 2017

1:00pm October 23

At the Community Center

# **Child Welfare Prevention**

## **November**

### **Early Learning Sessions**

Stacey from Early Years will be here November 21, 2017  
Starting a 10:00 a.m. in the kids room.

### **Healthy Eating Sessions**

#### *Meals on a Budget*

November 7, 2017

Starting at 1:00 a.m.

#### *Healthy Freezer Meals*

November 14, 2017

Starting at 1:00 p.m.

Must register with Cathy or Myrna.

### **Ladies Christmas Crafts**

Sunday November 12, 19 and 26, 2017

Ladies must register for each night to ensure there are sufficient supplies, no dropping in without registering please.

### **Healthy Babies, Healthy Children/Elders**

Fresh Food Baskets will be ready for pick up November 14<sup>th</sup>

For more information call Cathy at 705-375-5209 ext. 235

## **Social Services**

**Please remember your statement drop off date is the 17<sup>th</sup> of the month!**

### **NNADAP**

**Call out to anyone who may require assistance  
that is struggling with addictions,  
who requires in house, one to one or  
family groups please feel free to call.**

**Speak with me directly or leave a confidential voice mail  
to book an appointment,**

**Sometimes making the first step can be the hardest,  
Please know I am here, you are not alone!**

**Reminder-I will be away at training  
November 20-24, 2017**

**If you have questions, thoughts or concerns please call:**

**Janis Sylvester-Gorman**

**705-375-5209**

**EXT 230**

# National Addictions Awareness week

## NNADAP

### **Friday November 17, 2017**

The Truth About Drugs Awareness workshop  
PowerPoint presentation and distribution of cards and materials  
From 11:00-12:00

### **Monday November 20, 2017**

Red Road to Recovery Presentation with Kathy St Amant  
At the Community Centre  
From 10:00-2:00pm

### **Tuesday November 21, 2017**

Drugs 101 & Methadone Workshop  
At the Parry Sound Friendship Centre  
From 10:00-3:00pm, Transportation provided

### **Friday November 24, 2017**

Rally Walk Against Drugs

### **“Celebrate Living a Good Life”**

Family Event Weenie & Marshmallow Roast  
From 4:30-7:30pm



# November Rec. Centre Report

## Oct. Visits

Gymnasium: 146  
Fitness Room: 19  
Trips/Outings: 27  
Total: 192

Children: 44  
Youth: 51  
Adults: 97

## Oct. Activities/Events

Art Therapy - Oct. 19  
\*Basketball Clinic Oct. 24  
\*Drumming Lessons - Oct. 5, 12 & 26  
Do Terra - Oct. 17  
\*Jr./Sr. Youth Horseback Riding Oct. 4, 11 & 18  
\*Kids Halloween Party - Oct. 29  
\*Halloween Haunt - Oct. 13  
\*Healthy Family Night - Oct. 23  
Healthy Snack Bingo - Oct. 25  
\*Mental Health Breakfast - Oct. 16  
\*Pot Luck Dinner  
Seniors - Oct. 17, 23 & 31

## Average/Visit

18  
13  
3+  
12  
6+  
38  
8  
7  
7  
11  
21  
10+



## Guitar and Art Lessons Nov. 1, 8, 15 & 22

On the dates listed above, we will be having two people come into the community from Spalding School of the Arts to teach guitar and art lessons for our Jr. Youth & Youth groups. This will take place (children will be dropped off from the school bus) until 5:30p.m. There will be two 45min. split sessions. If you are interested or would like more information please call the Rec. Centre.

## Holiday Food Drive

The holidays are just around the corner and we would like to get an early start on our annual food drive. Once again, we will be placing a donation box in the lobby of the Rec. Centre and we would appreciate any donations of non-perishable food.



Thank You



## Loonie Auction - Nov. 27

On Mon. Nov. 27 we are having a loonie auction at the Rec. Centre @ 6:00p.m. to help raise money for the Jr. Youth & Youth Programs. We are asking for donations in the form of prizes to be donated for this cause. The youth have enjoyed many trips/outings with this program. Please come out and support our Jr. Youth & Youth with a donation - maybe you'll find something to start your Christmas shopping early or a treasure for yourself!

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Please submit your Activities/Events questionnaire in the provided box in the lobby of the Rec. Centre. Any questions please contact Myrna, Cathy or Chuck. We will be looking to implement some of these suggestions/ideas early in the New Year. Thank you for your input.

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If you would like to make a DBCFS appointment please call Chuck (705) 203 – 9519 or (705) 375 - 0879; Email [cpatterson@binnoojiiyag.ca](mailto:cpatterson@binnoojiiyag.ca)

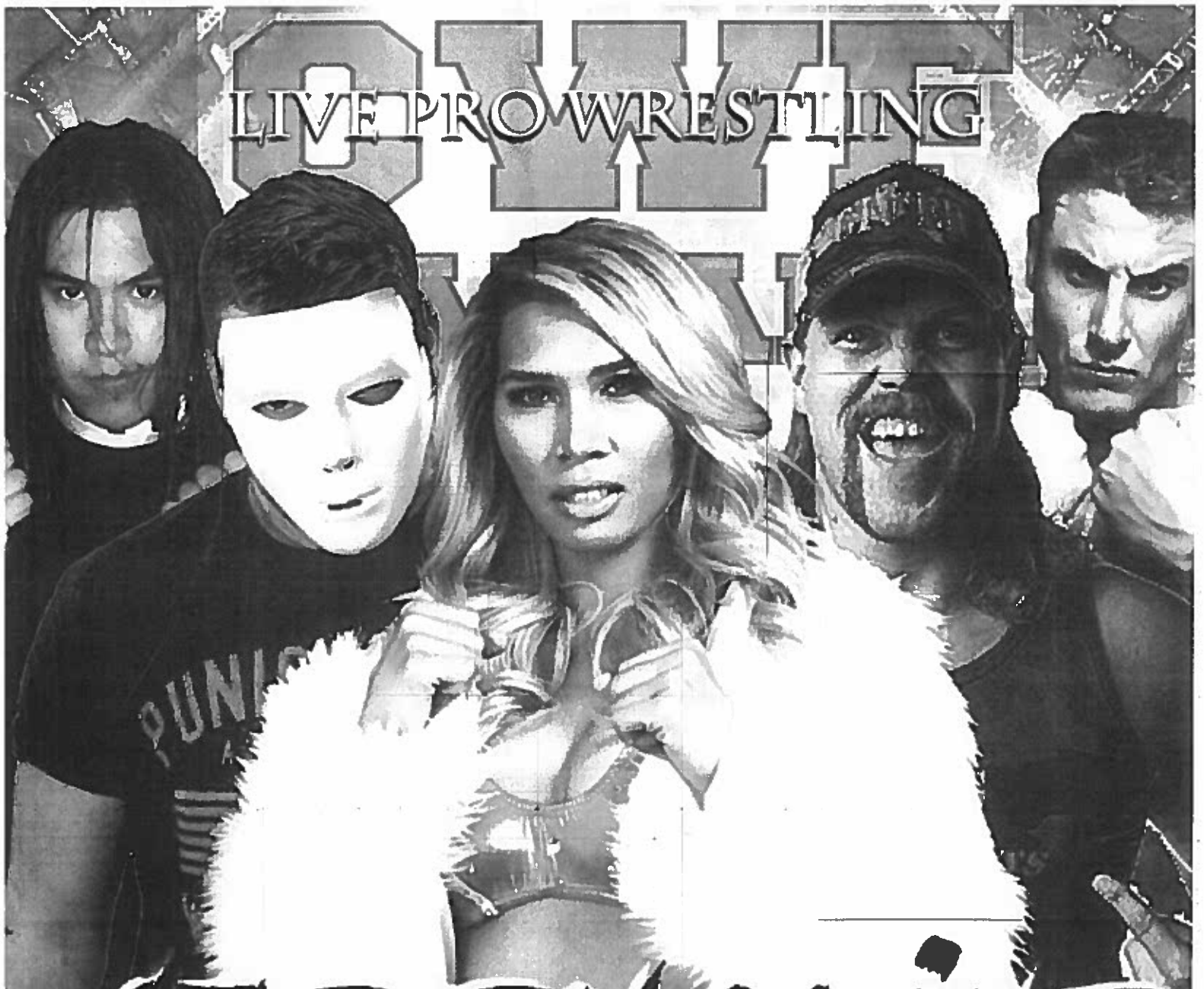
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### Nov. Rec. Centre Hours

Sun.                    2:00 p.m. - 8:00 p.m.  
Mon. - Thurs.    11:30a.m. - 8:00p.m  
Fri. - Sat.            Closed

The Rec. Centre will be closed on Nov. 2 & 23

**LIVE PRO WRESTLING**



# ADRENALINE

**NOVEMBER 20th 2017**

**ANTI-BULLYING WORKSHOP / Supper**  
Place / **MOOSEDEER POINT RECREATION CENTER**

Admission / **FREE ADMISSION**

**SHOW START TIME 6PM**

TV Taping for CWF Adrenaline to be aired on **VITE TV**/ Bring Signs

Contact **MYRNA** @ 705-375-5209 for Information

Popcorn, Water, Autographed Wrestling Pics, and more for sale....



## Family Point System

MDP programming staff have developed a new process for ensuring fairness on family trips and outings. We are going to introduce a new point system so we can get the most out of our programming dollars. It will be determined on how many points will be needed to go on some of these trips and outings. An example of this may be a planned swimming trip may need 10 points for a 2-month period where as a trip to Niagara Falls may take 25 points for a family. Please note these are just examples. These trips will be for families which are the parent/primary caregiver and child 18 years of age and under. We have put together a questionnaire to determine what the community would like and to ensure community involvement. Your input would be greatly appreciated so please complete the questionnaire for your chance to win a \$50.00 gift card and to have a say in future programming.

**The point system will start as of November 1/17**

### Some Rules for our point System:

- Parent/primary caregiver of the child are eligible to collect points and go on these trips.
- 1 point per family child for any activity/event
- 1 point for adult per activity/event
- 2 points for workshops
- You and your child/ren have to reside on MDP in order to claim points and go on trips/outings

<u>Categories:</u>	<u>Points</u>
(AA) - Adult Activities	1
(W) - Workshops	2
(S.W.A) - Scheduled weekly activities	1
(F.A) - Family activities	1
(CA) - Child Activity	1

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Example of how point system works:

<b>Family Name</b>	<b>Activity</b>	<b>Adult or child</b>	<b>Date</b>	<b>Points</b>
Jones	Paint Therapy	AA	11/2/17	1

# Activities and Event call out

Moose Deer Point is once again looking to see if community members have events/activities that they would like to see in our community. We are looking for new ideas of what you would like to see take place with the various different categories. Please list the items that you would like to see most at the top of the category. If you would leave a phone number with this sheet in case more information about your event/activity is needed and to enter in our draw. Your input is greatly appreciated.

## Categories:

### Community - Events, Projects, Activities

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Senior's - Activities/Events

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Family - Activities/Events

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Woman - Activities/Events (19 years & older)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Men - Activities/Events (19 years & older)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Youth - Activities/Events (13 - 19 years old)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Children - Activities/Events

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

We would like to thank you for filling this questionnaire out. Should you need more room for your suggestions please feel free to use the back of the page. If you wish to take this home for more time, please drop off at the Rec. Centre by Nov.8 with your name and phone number so we can contact you if any questions arise about your requests.

Person filling out questionnaire, please print. \_\_\_\_\_

Phone number to contact if any questions arise. \_\_\_\_\_

Anyone that fills out a questionnaire with their name & phone number on it will automatically be entered into a draw being held on Nov. 9 for a \$50 gift certificate. Deadline to have the questionnaires in for the draw is Nov. 8/17.

Thank You.

## November is Diabetes Awareness Month

November 2017



Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. As a result, glucose (sugar) builds up in your blood instead of being used for energy.

Your body gets glucose from foods like bread, potatoes, rice, pasta, milk and fruit. To use this glucose, your body needs insulin. Insulin is a hormone that helps your body to control the level of glucose (sugar) in your blood.

### **The good news**

You can live a long and healthy life by keeping your blood glucose (sugar) levels in the target range set by you and your health-care provider. You can do this by:

- Eating healthy meals and snacks
- Enjoying regular physical activity
- Monitoring your blood glucose (sugar) using a home blood glucose meter\*
- Aiming for a healthy body weight
- Taking diabetes medications including insulin and other medications, if prescribed by your doctor
- Managing stress effectively
- Discuss with your health-care provider how often you should measure your blood glucose (sugar) level.

If you are concerned, contact your Health Care Provider.

# November is Crohn's and Colitis Awareness Month

## What are Crohn's and Colitis?

Crohn's disease and ulcerative colitis are diseases that inflame the lining of the GI (gastrointestinal) tract and disrupt your body's ability to digest food, absorb nutrition, and eliminate waste in a healthy manner.

As a result, you might have any of the following symptoms: abdominal pain, cramping, gas, bloating, fatigue, diarrhea (possibly bloody) and loss of appetite.

Inflammatory bowel disease (IBD) describes a group of conditions, the two main forms of which are Crohn's disease and ulcerative colitis. IBD also includes indeterminate colitis.

When you eat, food travels through the GI tract in the following order:

1. Mouth
2. Esophagus (the tube that connects the mouth to the stomach)
3. Stomach (where food is mixed with stomach acid and enzymes to break down the material into smaller pieces called chyme)
4. Small Bowel (also known as the Small Intestine) which is made up of three sections known as the:
  - Duodenum (about 8 cm in length)
  - Jejunum (can be around 3 metres long)
  - Ileum (can also be approximately 3 metres in length)

The functions of the small bowel are to digest your food and absorb the nutrients that are necessary for life. Many people believe that this is the purpose of the stomach but that is not true. In actual fact, the small bowel (particularly the jejunum and ileum) is the organ responsible for absorbing nutrients from your food. Without the small bowel, we would not be able to convert food into useable nutrition.

The following symptoms may be signs of Crohn's disease or ulcerative colitis:

- Abdominal pain, cramping
- Diarrhea (bloody stools with colitis)
- Nausea and vomiting
- Diminished appetite and weight loss
- Fever
- Anemia
- Fatigue

If you have any of these or a combination of these, contact your Health Care Provider for an appointment.



## HEALTH INFORMATION

As part of the Simcoe-Muskoka Harm Reduction Program, Moose Deer Point Nursing Station now has Needle Exchange and Inhalation kits available. This is a confidential program. Contact the Nursing Station by phone or drop in to see us. Help stop the spread of Hepatitis and HIV/AIDS.

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### WHAT IS HARM REDUCTION?

Harm reduction is an approach that aims to decrease the negative health, Social and economical consequences of substance abuse. This benefits the user, and the community until the user can quit.

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### Renewing Prescriptions

All medications come with a notation regarding refills.

Once the medication has run out, the pharmacy will fax a refill authorization request to the Nursing Station. The NP will review and we may call you to arrange an appointment to make sure that this medication is still working for you. If there is no appointment necessary, then the NP will re new the prescription. You may then call the pharmacy and have the prescription filled and either delivered to the Nursing Station or you can pick it up. Please allow up to 7 days for completion.



HOURS

Health Centre Hours:

NP on Duty

Mon., Tues, Thurs 8:00am -2:30pm

Wed. 8-11

Fri.-9:00am-12:00pm

Admin Hrs.: M-T 8am-4 pm

Friday 9-12pm

Dr. Wells Hours are 9:00am to 3:00pm

BLOOD CLINIC: EVERY TUESDAY

*Dr. Wells will be in Friday November 17, 2017*

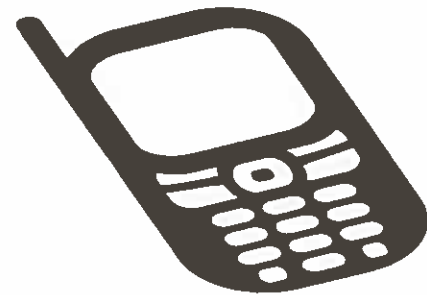
*Friday December 15, 2017*

*We are a "No"  
Smoking Facility.*

MDP NURSING STATION

1025C Mitawbik Road  
PO Box 119  
Mactier, ON P0C 1H0

Phone: 705-375-9900  
Fax: 705-375-9905



Please remember to call and cancel your appointment if you are unable to attend. This allows others in the community to have the appointment spot.

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Pharmasave/Lanes is now delivering to Moose Deer Point every 2nd Thursday. If you have a refill/prescription and want it delivered, just let the pharmacy know.

We also have delivery from:

Shoppers Drug Mart, Parry Sound - Every Wednesday

Pollards' IDA, Parry Sound - Every Thursday

PLEASE NOTE: ON WED. NOV. 1 & THUR. NOV. 2 PLEASE PICK UP YOUR MEDS BY 2PM. IF NOT YOU WILL HAVE TO WAIT UNTIL MON. NOV. 6 FOR YOUR MEDS. THE NURSING STATION WILL BE CLOSED FRIDAY NOV. 3, 2017.

## Attention Community Members

If you have any medical supplies which need to be discarded, please do not throw them into the community dumpsters. The supplies can include, syringes with needles, syringes without needles, swabs, empty diabetic syringes, old pills, etc. Please bring these items to the Nursing Station and we will have them discarded safely.

Any diabetics in the community can swap old/full sharps containers for new ones.

Please do not throw these items into the dumpsters. This poses a health risk for the entire community.

### MONTHLY CLINICS

#### FOOT CARE:

Esther Brennan will be in Nov 1, 2017

Sue Siwik—Health Nurse will be in Nov 1, 2017

FLU CLINIC Nov 1, 2017

#### ACUPUNCTURE:

Dean Perry will be in Nov 8, 2017

To Book your appointments !!!!!!!!

Call the Nursing Station—705-375-9900

## Health Tips for Back to School Families!

### Best ways to treat cold and flu in kids

#### RUNNY NOSE

**What's happening?** Your child's nose runs because it's trying to wash away germs. (Sometimes, cold outdoor air is all it takes to trigger more blood flow – and, consequently, gunk – in your kid's nose.)

#### Five-star strategies:

1. Drink lots of water to loosen snot and make it easier to drain.
2. Gently clear out gunk with a suction bulb or tube (a.k.a. snot sucker).
3. Clean the nose with a soft, saline-treated wipe.
4. Sit with little ones in a steamy bathroom before bedtime to ease stuffiness.

**Tip 1:** Your kid's nose may get sore from weeks of wiping. Relieve it with balm you use on lips. Use your finger to apply, and wipe the balm with a clean cloth before and after.

**Tip 2:** Having trouble teaching your child to blow his/her nose? Get him/her to try moving a cotton ball with only nose air (keeping her mouth closed). Then, gently press one nostril closed so he's/she's blowing out the other. He'll/She'll get it!

**You're wondering:** Is it OK for kids to eat snot? Yep – one scientist theorizes that snot snacking may even strengthen immunity, by letting our bodies know what types of pathogens are in our environment. It definitely won't hurt your kid to munch on a booger or two, but try to discourage it, since nose-dipped fingers can spread viruses and, of course, it grosses people out.

#### FLU AND FEVER

**What's happening?** If your child has caught influenza – a respiratory virus, not to be confused with those gastrointestinal bugs commonly referred to as the stomach flu – he/she's not a happy camper. He/She may have fever, chills, aches and pains, plus cold-like symptoms. Younger children can also have vomiting and diarrhea from influenza. With the flu, you tend to be more sick than with the common cold. You have extreme fatigue – you just want to lie down and not do anything. He/She may feel feverish and achy for two to four days, and it may take up to two weeks to recover completely.

## Best ways to treat cold and flu in kids—Continued

### FLU AND FEVER—Cont'd

#### **Five-star strategies:**

1. Give acetaminophen for a fever that's making your child uncomfortable. If he/she won't take it by mouth, use a children's suppository.
2. Rest is best! Tuck your child in with a favorite blanket or stuffie, and offer up lots of TLC.
3. If his/her tummy is queasy, a children's anti-nausea medication or suppository can help him/her keep food down. Try non-greasy, bland foods like saltine crackers and clear liquids.
4. Don't put him/her in a cool bath for fever — it may make your child shiver, raising his/her

**Note:** Chicken soup is thought to be anti-inflammatory, as well as a comfort food. The warmth loosens congestion and eases sore throats, and the fluid helps keep kids hydrated.

**The doc weighs in:** When a child has diarrhea or vomiting, he/she can get dangerously dehydrated in just a few hours, depending on his size, whether he's vomiting a little bit, or can't keep anything down at all. Reduced urine, dry tears, loose skin, dry heaves and a dry mouth are all urgent signs. "You have to seek medical advice at that point," say most Doctors.

### CHAPPED LIPS

**What's happening?** It's not a virus, but still a painful side effect of winter: Your child's lips and the skin around his mouth are dry and sore, and constant lip-licking makes it worse. First, pump up the fluids to keep skin hydrated, then prevent more moisture loss by coating lips with anolin creams, coconut oil or balms. (Beware of the tasty ones — the flavors may convince him to put it on, but he may lick more as a result!) Apply these barriers at bedtime so they have more time to work their magic.

### COUGH

**What's happening?** Your kid is coughing because her airway is irritated or full of phlegm. A productive cough (wet and gunky) helps her clear mucus, so don't try to suppress it. A dry cough can mean there's leftover irritation from a cold.

#### **Five-star strategies:**

1. Try chewable vitamin-C supplements and vitamin-C-rich foods, like citrus fruit or orange juice. These may shorten colds.
2. For kids older than one year, give half a teaspoon of pasteurized honey (which has virus-fighting properties) before bed.
3. For kids older than two, a medicated rub on the chest and neck at bedtime has been shown to help with night coughing.
4. A warm bath or shower can loosen congestion and ease the airway.

## What is Addiction? This can be any substance including Cigarettes & Alcohol

An addiction must meet at least 3 of the following criteria. This is based on the criteria of the American Psychiatric Association (DSM-IV) and World Health Organization (ICD-10).(1)

1. **Tolerance.** Do you use more alcohol or drugs over time?
2. **Withdrawal.** Have you experienced physical or emotional withdrawal when you have stopped using? Have you experienced anxiety, irritability, shakes, sweats, nausea, or vomiting? Emotional withdrawal is just as significant as physical withdrawal.
3. **Limited control.** Do you sometimes drink or use drugs more than you would like? Do you sometimes drink to get drunk? Does one drink lead to more drinks sometimes? Do you ever regret how much you used the day before?
4. **Negative consequences.** Have you continued to use even though there have been negative consequences to your mood, self-esteem, health, job, or family?
5. **Neglected or postponed activities.** Have you ever put off or reduced social, recreational, work, or household activities because of your use?
6. **Significant time or energy spent.** Have you spent a significant amount of time obtaining, using, concealing, planning, or recovering from your use? Have you spend a lot of time thinking about using? Have you ever concealed or minimized your use? Have you ever thought of schemes to avoid getting caught?
7. **Desire to cut down.** Have you sometimes thought about cutting down or controlling your use? Have you ever made unsuccessful attempts to cut down or control your use?

Make an appointment or drop in to see us at the Nursing Station if you want or need help or you want more information.

Attention!!!!!!

We are continuing on with the Healthy Lifestyle Group, formerly known as the Diabetic/Senior group, which is now open to all ages. We will be meeting on Tues. November 14,2017 at the Rec Centre. We will be cooking and learning about Diabetes and Healthier Lifestyles, including exercises and other health issues.

Come one Come all!!!!!!



CALLING ALL SENIORS

THIS YEAR HENVEY INLET IS HOSTING THE ANNUAL SENIORS CHRISTMAS PARTY ON THURSDAY  
DECEMBER 14,2017.

IF YOU ARE INTERESTED, PLEASE CONTACT LORRAINE RICHARD @ 705-375-9900.

SHOULD I ADD VITAMINS AND SUPPLEMENTS TO MY DIET?

DO I GET ENOUGH VITAMINS AND MINERALS FROM WHAT I EAT?

WILL I GET MORE ENERGY, LESS PAIN FROM ADDING VITAMINS TO MY DIET?

These seem to be an ongoing questions that we all ask.

If you find yourself asking any of these questions, then we have the person for you.

Please join Dean Perry, who has a vast knowledge and long history in educating people in the best vitamins & supplements to increase the best potential for us all. Dean will present the topic on Wednesday November 22, 2017 @ 7pm–8pm at the Community Centre.

Come out and share some snacks and coffee.



# Moose Deer Point Full Gospel Church



*Heaven and earth will pass away, but my words will not pass away.* Matthew 24:35

**Saturday, November, 11<sup>th</sup>, 2017**



**2:00pm: SingSpiration**



**5:00pm: Supper-time**

**6:30 pm**



**Mark Nadjiwon**

***Everyone Welcome!***

For more information call Ernie Williams: 705-375-2089 (Ernie's cell phone) 705-346-2089

## Novembers Birthdays

Go to ..

BillieJo

Connie H

Mary C

Ken B

Myrna B

Ryder W

Barb H

Kyllian C

J.J. D



**If we have missed your birthday in the past, it is because we do not have your month of birth in the newsletter file, please call and help us update this file.**

# November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Badminton 3:30-5:00 p.m.	6 Essential Oil 6:00 Babysitting & Home Alone Course 8-15 years old 9:00-4:00 p.m.	7 Meals on a Budget 1:00	8 Jr Youth Group Guitar & Art 3:30-5:30pm	9 Women's Circle 10:00 a.m Com Cen Drumming 6:00-8:00pm	10 Office & R..C. Closed	11 R..C. Closed
12 Badminton 3:30-5:00 p.m. Ladies Christmas Crafts Plz register with Cathy	13 Healthy Family Night 6:00-7:00 p.m.	14 Elders Food Baskets will be in. Healthy Freezer Meals Workshop	15 Jr Youth Group Guitar & Art 3:30-5:30pm	16 Drumming 6:00-8:00 p.m.	17 R..C. Closed	18 R..C. Closed
19 Badminton 3:30-5:00 p.m. Ladies Christmas Crafts Plz register with Cathy	20 Wrestlers & Spaghetti Dinner starting at 5:30 See flyer	21 Stacey from Early Years	22 Jr Youth Group Guitar & Art 3:30-5:30pm	23 Drumming 6:00-8:00 p.m.	24 R..C. Closed	25 R..C. Closed
26 Badminton 3:30-5:00 p.m. Ladies Christmas Crafts Plz register with Cathy	27 Youth Auction Starting at 5:30 p.m.	28	29 Jr Youth Group	30 Drumming 6:00-8:00pm Adult Paint Therapy Class 6:00pm. At the C.C		