

Moose Deer Point First Nation Newsletter



February 2018



Moose Deer Point First Nation
T: 705 375 5209 F: 705 375 0532
Website: www.moosedeerpoint.com

<i>Chief and Council</i>	<i>Position</i>	<i>Email</i>	<i>Ext./Cell</i>
Jason Fisher	Chief	chief@moosedeerpoint.com	224
Joely Schrader	Councillor/ECE Supervisor	chuckandjoely@hotmail.com	705 746 1626
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

<i>Administration Office</i>	<i>Position</i>	<i>Email</i>	<i>Ext./Cell</i>
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	water@moosedeerpoint.com	705 375 2534
James Lovett	Water Treatment OIT	jisaac@moosedeerpoint.com	705 375 2534
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

<i>Recreation Centre</i>	<i>Position</i>	<i>Email</i>	<i>Ext./Cell</i>
Chuck Patterson	Rec Centre Coordinator	cpatterson@binnoojilyag.ca	705 375 0879
	Child Youth Worker / DBCFS		cell 705 203 9519

<i>Maintenance Crew</i>	<i>Position</i>
Chris Williams	Acting Public Works Coordinator
RJ King	Maintenance/ HEO
Mike Williams	Maintenance
Jamie Courriere	Maintenance

<i>Health Centre</i>	<i>Position</i>	<i>Email</i>	<i>Ext./Cell</i>
Connie Foster	Nurse Practitioner	moosedeer-ns@wpshc.com	705 375 9900
Lorraine Richard	Assistant Administrator	lrichard@wpshc.com	705 375 9900

<i>Binooji House</i>	<i>Position</i>	<i>Ext./Cell</i>
Joely Schrader	ECE Supervisor	705 375 3029
Terrilyn Allen	ECE	705 375 3029
Tara Taggart	ECE	705 375 3029
Brittany Burnside	ECE Assistant	705 375 3029
Sarah Middlebrooks	Cook	705 375 3029



"Proudly Working together to build a prosperous and healthy environment that builds Independence, honours and respects our values and enhances our way of Life."

From the Chiefs Desk..... Well January proved to be an extremely busy month for sure and it was here and gone so seemingly fast, a short month after the Christmas Break but a busy one nonetheless. Chief and Council have another busy month coming up with a variety of meetings in and out of community. We are approaching a new fiscal year and will soon be going into budgeting for the upcoming fiscal year of 2018-2019. We will be hosting a Community Strategic Planning Session this month to gather input and direction from the community for consideration in our Budget Planning. Council did go through a similar exercise at our Council retreat however it is equally important to receive input from you, the members as we move forward over this term of office.

Anishinabek Education System - AES

I attended the Anishinabek Nation AES Gathering in Sudbury last month and we have a lot of work ahead of us in preparation for the transition which is fast approaching. As an important part of this process we are required to complete the Education Law for Moose Deer Point under the Anishinabek Education Agreement to be prepared for the transition April 01, 2018. The Education Law will be in line with our Education Policy and the First Nation Constitution. Council has a meeting set up with Tracey Odonnell, the Education Negotiator and Legal Advisor of the Union of Ontario Indians to get a full update on the AES and begin work on the Moose Deer Point First Nation Education Law. This Education Law will provide the foundation for MDP Education and will require a vote to accept and ratify the law for our community. We will be scheduling a Community Meeting in the near future to provide information on this law and to answer questions that Members may have. In addition, we will also post information on our website for those who wish to review the draft Education Law.

MDP Land Code

As you may be aware, Moose Deer Point has had two separate votes on Land Code that were unfortunately unsuccessful. We are currently gearing up for our third attempt to have the Land Code approved for the community. Chief and Council have met with Cassandra Cadeau to review the Land Code, to develop a communications strategy and set some timelines leading up to the Vote target date in July of this year. We will be holding a series of information meetings, posting information on the MDP website and the Community Facebook Page.

Chief and Council strongly encourage members to participate in these information sessions, please watch for postings on these community meetings.

Renovations

Chief and Council have reviewed all of the renovation requests and are still receiving new requests. Although we cannot accommodate all requests within the allocated budget, we have determined the priority work to be completed. As I indicated in previous updates, our focus will be on structural damage, water damage, and health related issues. We are hoping to get renovations started soon as the list is long and still growing. We appreciate your patience as we prepare to commence work on the approved renovations.

Dogs

We have been receiving a number of complaints from members about dogs running loose in the community and it seems to be an ongoing problem. Some of the reports we have had are regarding dogs running loose on the property of others, getting into garbage, doing their business on the property of others as well as being aggressive with people in the community. Pet owners are reminded that your animals are your responsibility, you need to keep them within your own property and they should not be running loose!

Meetings

January 11, 2018 – Rama – OTC Otter Program review

January 15, 2018 – Rama – South East Chiefs meeting – updates

January 23 – 25, 2018 – Sudbury – AES Gathering – Updates and next steps

January 30 & 31, 2018 – Anishinabek Nation – Citizenship & Membership & Matrimonial Real Property

Upcoming Meetings

February 01, 2018 – Rama – OTC Board Meeting

February 06-08, 2018 – North Bay – Anishinabek Nation – Lands and Resources

February 21, 2018 – Hydro One – FN Engagement session – relationship strengthening

February 27 – March 01, 2018 – Chiefs of Ontario – Health Forum

MOOSE DEER POINT FIRST NATION

PLEASE JOIN US

COMMUNITY STRATEGIC PLANNING SESSION

DATE: FEBRUARY 12, 2018 @ 7:00 PM

PLACE: COMMUNITY CENTRE

**Plan to be a part of the planning process for
our Community. Looking forward to seeing
everyone!!!**



MOOSE DEER POINT FIRST NATION **LAND CODE**

Aaniin Members!

Our community has been working for many years to take back the control of our lands from Canada. In 2003 we started a Committee to create a Land Code. The **Land Code** is our law on how our lands will be managed. We voted on this in 2006 and the Members said **Yes** but we didn't have enough Members vote. We voted on this again in 2011 but we had a hard time making sure every Member had all the facts and didn't have enough Members vote again.

The Land Code comes from the grass-roots, the community. It means the **power will be returned to the people** of Moose Deer Point First Nation.

Today, we are bringing the Land Code back to the people. Come out to the meetings to talk about the Land Code and share your thoughts.



Community Meeting

Thurs, February 22

Dinner @ 5pm

6pm – 8pm

Recreation Centre

The Land Code means we will be able to create positive change for our future generations.

We are working on a lot of communication efforts and a series of community meetings over the next 6 months. We are targeting July 21, 2018 as a possible vote date. Stay tuned!

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EMPLOYMENT OPPORTUNITY

Position:	Interim Recreation Co-ordinator
Duration:	40 hours per week on a temporary twelve ((12) week contract
Salary:	To be determined
Start Date:	February 19, 2018 to May 11, 2018

The following will serve as the basis for the provision of activities by the Co-ordinator, but will not be an exhaustive list and amendments/additions may be required to ensure effective programming:

- To plan, coordinate and facilitate activities for various age groups inclusive of recreational, sporting, exercise, social, etc.
- To maximize sporting and recreational activities within the Recreation Centre through the provision of structured and/or informal events ie; basketball, badminton, volleyball, floor hockey, soccer, etc., for all age groups
- To coordinate and communicate with the Administrator and all program staff for the effective operation of programs
- To respond to member/non-member requests for usage of the Recreation Centre/Fitness Room
- To schedule centre rentals from members and non-members
- To ensure disinfecting of all fitness room equipment is completed by its users
- To complete a monthly calendar of all activities and post within the Recreation Centre and to the First Nation newsletter/website
- To ensure all safety protocols and procedures are adhered to by all participants of the Recreation Program
- To provide monthly reports to the First Nation Administrator on all activities undertaken, statistics of Recreation Centre/Fitness Room usage, incident reports (if necessary)
- Any other duties as may be deemed necessary by the First Nation Administrator or the Chief and Council of Moose Deer Point.

Please submit your resume/application, complete with references, to Rhonda Williams, Administrator at the Government Office, on or by February 15, 2018 at 12:00 p.m.

EMPLOYMENT OPPORTUNITY

Position:	Office/Finance Manager, Moose Deer Point Marina
Duration:	Permanent Full time upon successful completion of probation
Salary:	To be determined
Start Date:	February 26, 2018

Qualifications:

- Minimum grade 12 with experience and training in accounting, computer accounting programs and spreadsheets
- Computer proficiency in Microsoft Office and in particular Microsoft Word and Excel
- Previous experience overseeing, managing an office environment
- Proficiency in the Business Visions Accounting software

Under the direct supervision of the Moose Deer Point Marina Manager, the Office/Finance Manager will be responsible for performing, the following summarized list of duties.

- Monitor accounts receivable and process payments
- Record accounts payable and submit payments to suppliers as required
- Respond to customer inquiries involving account balance, invoicing, etc
- Process all purchase orders and work orders associated with the service department
- Prepare and submit all government remittances ie; WSIB, HST, Gas Tax Vouchers, etc.
- Prepare bank reconciliations and finalize monthly statements
- Prepare and process payroll
- Prepare contracts and invoicing for dockage and storage
- Completion of audit preparations and ensure compliance of all financial accountabilities as indicated in the Marina Financial Policy
- Perform duties associated with Human Resources (HR) ie; new hire letters of offer, ROE, WSIB claims, etc.
- Provide clerical support to the Marina Manager for all correspondence pertaining to Marina business
- Maintain personnel files for all staff of the Marina
- Provide assistance to the store clerk staff when and as needed ie; ordering, serve as relief staff within the marina as required,
- Completion of schedules for all store clerks
- Any other duties as may be deemed necessary by the Marina Manager

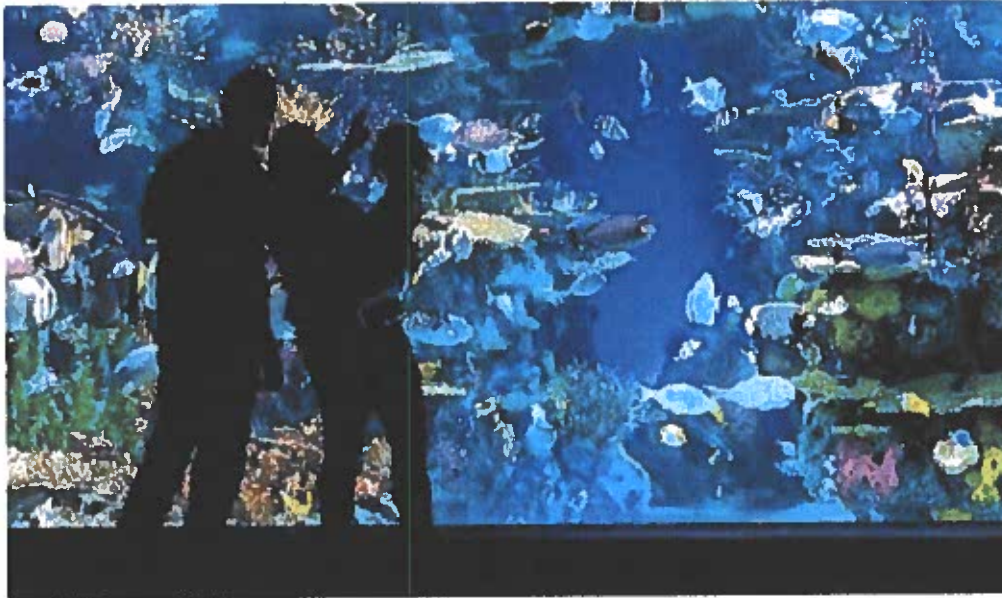
Please submit your application/updated resume to the First Nation Government Office, Attention: Rhonda Williams, Administrator, on or by February 19, 2018 at 12:00 p.m.

We thank you for your interest in employment with the Moose Deer Point First Nation, however only those candidates demonstrating the above noted qualifications will be contacted for an interview.

MARCH 9TH - MARCH 16TH, 2018

March Adventure Madness

Binoojii House March Break Program



Trips, on Trips!

We will be underwater at Ripley's discovering different marine life.

The ROM will take us back in time to the Vikings days.

We will have a lot of hands on learning at the Ontario Science Centre.

The AGO we will see a mix of Canadian, modern, Indigenous, and African art.

Program Details

15 spots are available. Kids currently enrolled in our after school program will have priority, then a first come first serve basis. Call to reserve your child's spot by **February 16th, 2018**.

Our March break program is an inclusive day camp for the dates of March 9th to 16th, 2018. Parents can call our supervisor Joely Schrader at Binoojii House to enroll children between the ages of 4 - 11.

4

FULL DAY TRIPS

We will be traveling to Ripley's Aquarium, ROM, AGO and Ontario Science Centre.

2

IN HOUSE ACTIVITIES

Ceramics, paint class, or educational shows. Details to be released soon.

1

GREEN PARTY

On March 16th we will be dressing up as green as can be for St. Patrick's Day!

Binoojii Hours:

Monday: 8 - 430
Tuesday: 8 - 430
Wednesday: 8 - 430
Thursday: 8 - 430
Friday: 8 - 1

Contact Us

Ph. 705-375-3029

February Rec. Centre Report

Jan. Visits

Gymnasium: 157
Fitness Room: 78
Total:235

Children: 50
Youth: 49
Adults: 136

Jan. Activities/Events

- * Basketball Clinic - Jan.16
- * Drumming Lessons - Jan. 11, 18 & 25
- * Healthy Family Night - Jan. 8, 15 & 22
- * Jr. Youth Group - Jan.10, 17 & 24
- * Community Pot Luck Dinner - Jan. 29
- * Walking - # of participants
- * Youth Group - Jan. 9 & 23

Average/Visit

9
2+
6+
5
35
5
6

Winter Carnival

On Sunday Feb. 11 we are planning a Community Winter Carnival at the Rec. Centre starting @ 10:00am. There will be activities like Body Zorbs & Arena, Laser Tag Dome & Maple Taffy to name a few. We will also be providing a light lunch. So, come out & enjoy the day and shed the winter blues.

Youth Workshop

Unfortunately, the Social Skills & Dealing with Anxiety workshop scheduled for Jan. 23 had to be postponed by the YWCA due to impending bad weather. The rescheduled date will be Tues. Feb. 13 off the bus until approximately 5:30pm- 6:00pm and all youth are welcome to attend.

Calling All Men 19 Years & Older



We would like to put a call out to any men (19 years and older) to see if you would be interested in going to a Barrie Colts game on Thurs. March, 8 against the Owen Sound Attack. If you are interested please call the Rec. Centre by Mon. Feb. 12 so we know how many tickets to purchase. We would also like to purchase tickets for the Toronto Blue Jays vs the Rangers for the April 29 game starting at 1:00pm for the same age group.



February Rec. Centre Hours

Sun.	2:00 pm - 8:00 pm
Mon. - Thurs.	11:30am - 8:00 pm
Fri. - Sat.	Closed

Training

During the next 4 months, I will be training out of community quite a bit & this will affect some of the programming.

The Rec. Centre will be closed the following dates - Mon. Feb. 5
- Wed. Feb. 7
- Mon. Feb. 19
- Tues. Feb. 21 - 22

There are many services offered in and outside this community for anyone having issues and feel they may need some help. We may be able to help set up supports for you or a loved one. If you would like to make a DBCFS appointment please call Chuck (705) 203 – 9519 or (705) 375 - 0879; Email cpatterson@binnoojiyag.ca

Moccasin Making

Adults 19+

If you are interested in attending a workshop to make yourself a pair of Moccasins please register with Cathy by February 9, 2018.

Time and date will be announced once registration is in so we know how many people will be attending.

Please note

This workshop will need to be on a weekend and will take most of the day to complete your moccasins.

**Family Winter Carnival
February 11, 2018
Starting at 10:00 a.m.
Rec. Cen.**

Come out and join in!

- **Elephant thoughts**
 - **Face painting**
 - **Balloon Animals**
 - **Fire Man show**

**Lunch, drinks and snacks will be provided.
Fun for everyone!**

**For more information please call Chuck,
Cathy or Myrna**

Essential Oil Workshop

February 12, 2018

Starting at 6:45 p.m.

Recreation Centre

**For this month workshop will be
Homemade laundry soap (please bring a
container to take yours home in)
and also foaming hand soap.**



Everyone is welcome to attend.

For more information please contact Myrna or Cathy

Medieval Times

Adults Outing

Ages 19+

Friday February 16, 2018

Bus will leave

from the Recreation Centre.

Bus departures will be posted once reservations are made.

**Anyone wishing to come to this outing must
register by February 9, 2018**

To register please call Cathy, Myrna or Chuck

**Dream Catcher Workshop
Adults 19+
February 21, 2018**

**At the Community Centre
starting at 5:30 p.m.**



**If you are wishing to attend please register with Cathy By
February 9, 2018.**

Social Services

**Please remember your statement drop off date is the
17th of the month!**

**Please be advised that due to Ministry Policy and Directives,
If Income Statements are not submitted, payments
will NOT be processed!**

NNADAP

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

I am offering individual or family support and awareness:

**“The Truth about Drugs and Alcohol” as well as
“Staying Sober Relapse Prevention”**

Give me a call to sign up!

RED ROAD to Recovery Program

Every Thursday Evening

Starting April 12, 2018

6:30-8:30p.m

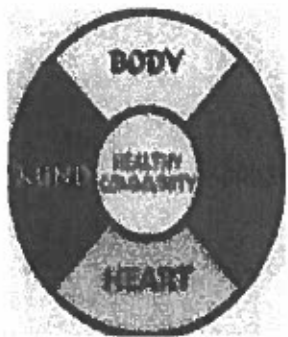
If you have questions, thoughts or concerns please call:

Janis Sylvester-Gorman

705-375-5209 EXT 230

February is Heart and Stroke Month

February 2018



Warning Signals of a Heart Attack

PAIN • Sudden discomfort or pain that does NOT go away with rest • Pain may be in the chest, neck, jaw, shoulder, arms or back • Pain may feel like burning, squeezing, heaviness, tightness or pressure • In women, the pain may be more vague

SHORTNESS OF BREATH • Feeling that you cannot breathe well

NAUSEA • Indigestion • Vomiting

SWEATING • Cool, clammy skin

FEAR • Anxiety • Denial

If you experience any of the warning signals of a heart attack you should immediately CALL 9-1-1 or your local emergency number for help, or have someone call for you.

If you have had any of these symptoms and have not seen a doctor yet, make an appointment with your Primary Health Care provider. It may save your life !!!!

Warning Signs of a Stroke or Transient Ischemic Attack (TIA or mini-stroke)

WEAKNESS • Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary

TROUBLE SPEAKING • Sudden difficulty speaking or understanding or sudden confusion, even if temporary.

VISION PROBLEMS • Sudden trouble with vision, even if temporary

HEADACHE • Sudden, severe and unusual headache

DIZZINESS • Sudden loss of balance, especially with any of the above

If you experience any of these warning signs tell someone immediately and call 9-1-1 or your local emergency number.

If you have experienced any of these symptoms and have not seen someone for it, contact your Health Care Provider and get checked out. It may save your life !!!!!

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.

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.

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.

Please Note:

It may take up to 7 days to renew prescriptions faxed to the Nursing Station.

We get Medication delivery from:

Shoppers Drug Mart, Parry Sound - Every Wednesday

Pollards' IDA, Parry Sound - Every Thursday

We may not always have time to contact patients for medication pick-up. If you have ordered medication, please pick it up by Friday @ noon.

HOURS

Health Centre Hours:

Mon–Thurs 8:00am –4:00pm

Fri.–8:00am–1:30pm

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

BLOOD CLINIC: EVERY TUESDAY

**PRESCRIPTION DELIVERY: WEDNESDAY
& THURSDAY**

*We are a “No”
Smoking Facility.*

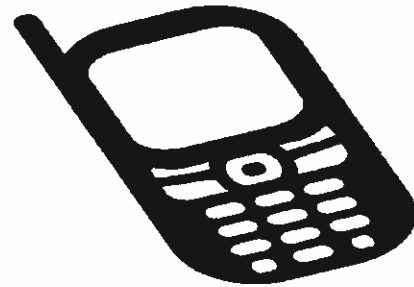
MDP NURSING STATION

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

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

Dr. Wells will be in Friday February 9, 2018

Friday March 9, 2018



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.

AS A REMINDER !!!!!

WE DO NOT ACCEPT RECEIPT OF NARCOTICS FROM THE PHARMACY.
THESE HAVE TO BE PICKED UP BY THE PATIENT.

PLEASE NOTE: THE NURSING STATION WILL BE CLOSED ON
FRIDAY FEBRUARY 2, 2018 and the week of FEBRUARY 26 to MARCH 1 due to
NP on courses.

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 Feb. 7, 2018

Sue Siwik—Health Nurse will be in Feb 7, 2018

ACUPUNCTURE:

Dean Perry will be in Feb. 14, 2018

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

Call the Nursing Station—705-375-9900

8 Scientifically-Backed Ways to Beat the Winter Blues

If you're starting to feel like nothing but a very full, very strong pot of coffee will get you out of bed, join the club. Holiday bills are high, temperatures are low, and the days are way too short. Here, scientifically proven ways to lift your spirits and ease the mid-winter doldrums.

1. Make your environment brighter.

When your body is craving more daylight, sitting next to an artificial light—also called a light box—for 30 minutes per day can be as effective as antidepressant medication. Opening blinds and curtains, trimming back tree branches, and sitting closer to windows can also help provide an extra dose of sunshine.

2. Eat smarter.

Certain foods, like chocolate, can help to enhance your mood and relieve anxiety. Other foods, like candy and carbohydrates provide temporary feelings of euphoria, but could ultimately increase feelings of anxiety and depression.

3. Simulate dawn.

People with Seasonal Affective Disorder (SAD), a form of depression that usually begins in late fall or early winter and fades as the weather improves, may feel depressed, irritable, tired, and have trouble waking up in the morning—especially when it's still dark out. Studies show that a dawn simulator, a device that causes the lights in your bedroom to gradually brighten over a set period of time, can serve as an antidepressant and make it easier to get out of bed.

4. Exercise.

A 2005 study from Harvard University suggests walking fast for about 35 minutes a day five times a week or 60 minutes a day three times a week improved symptoms of mild to moderate depression. Exercising under bright lights may be even better for seasonal depression: A preliminary study found that exercise under bright light improved general mental health, social functioning, depressive symptoms, and vitality, while exercise in ordinary light improved vitality only. Try these mood boosting workouts.

EATING THE BLUES AWAY—9 FOODS TO MAKE YOU FEEL BETTER—Cont'd

5. Turn on the tunes.

In a 2013 study, researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term.

6. Plan a vacation.

Longing for sunnier days at the beach? Research shows that the simple act of planning a vacation causes a significant increase in overall happiness.

7. Help others.

Ladling out soup at the local shelter or volunteering your time can improve mental health and life satisfaction.

8. Get outside.

Talking yourself into taking a walk when the temperatures plummet isn't easy, but the benefits are big: Spending time outside (even when it's chilly!) can improve focus, reduce symptoms of SAD, and lower stress levels.



happy birthday
February 2017

Chris W.

Wallace W.

Wendy S.

Ernie W.

Donna S.

Raven W.

Jaiden M.

Justice W.

Helen W.

Minisha C.

Dakota D

Quent L.

Anthony W.

Karen W.

Kiigan W.

