

Moose Deer Point First Nation Newsletter



March 2018



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

Chief and Council	Position	Email	Ext./Cell
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
Administration Office			
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		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
Recreation Centre			
Chuck Patterson	Rec Centre Coordinator	cpatterson@binnoojiyag.ca	705 375 0879
	Child Youth Worker / DBCFS		cell 705 203 9519
Maintenance Crew			
Chris Williams	Acting Public Works Coordinator		
RJ King	Maintenance/ HEO		
Mike Williams	Maintenance		
Jamie Courriere	Maintenance		
Health Centre			
Connie Foster	Nurse Practitioner	moosedeer-ns@wpshc.com	705 375 9900
Lorraine Richard	Assistant Administrator	lrichard@wpshc.com	705 375 9900
Binooji House			
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



Moose Deer Point First Nation

GOVERNMENT SERVICES

3720 Twelve Mile Bay Road
P.O. Box 119, MacTier, ON P0C 1H0
p: (705) 375-5209 / f: (705) 375-0532
www.moosedeerpoint.com

ATTENTION

The safety of Moose Deer Point First Nation's employees, clients and visitors is a priority of the First Nation Chief and Council.

Threats, threatening behavior or acts of violence against employees, visitors or others while on Moose Deer Point First Nation property, conducting business or receiving services from Moose Deer Point First Nation, will not be tolerated.

Violations of this policy will lead to disciplinary action, possible dismissal, criminal prosecution or banishment from the First Nation buildings, as appropriate.



"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.... Last month we hosted a Community Planning session at the Community Centre to gather input from Community Members regarding developments they would like to see in the community short term and long term. The categories were, Education, Economic Development, Community infrastructure, Culture, Health and Emergency Services. There were a lot of great ideas that came out of this information gathering session and once we have compiled the information we will plan another meeting to prioritize these ideas. Council will use this information for consideration in upcoming budgeting and future planning. Unfortunately the participation level in the session was rather low and we were hoping for a greater turn out for this important activity. We will notify members when we have scheduled a follow up meeting, hope to see you there.

AES - Education Law

Chief and Council met with the Anishinabek Nation Education Negotiator and Legal Advisory last month to review the draft education law for Moose Deer Point. The Education Law will go before the community for acceptance and ratification by the Voting Members. We will be hosting a couple of community consultation sessions this month to review the Education Law and answer any questions you may have. Members will be notified of these dates once we have confirmed them. The Education Law must be in place and approved by the First Nation members in order for the Education funding to flow to our First Nation. Your participation in these sessions is very important. I have provided a summary of the Education Law in this newsletter.

Land Code

Chief and Council met with the elders last month as well as hosted a community information session on the land code for Moose Deer Point First Nation. These were introductory information sessions and there will be a series of upcoming community consultation meetings to review the land code and answer questions that members may have. We are planning to have the Land code vote in July 2018 and it is important that First Nation members become educated on the Moose Deer Point Land Code to make an informed decision in July.

Door Prize Winners for the Land Code meeting were

Mildred Courierre - \$100 – Home Depot Card George Williams - \$100 Master Card

Henry Williams - \$100 – Keg Steakhouse Card

Anishinabek Nation – Lands and Resources Meeting – North Bay

Last Month, Councillor Josh Isaac and I attended the Anishinabek Nation Lands and Resources Meeting in North Bay. The meeting provided information on issues related to lands and resources that affect our First Nation territories as well as Treaty territories of the Anishinabek First Nations. The meeting also highlighted various relationship building endeavours between the ministry and First Nations, such as water protection initiatives, forestry opportunities, employment and training through procurement and lands and resource management information sharing.

Hydro One Engagement Session – Rama

I attended the second Hydro One/First Nations engagement session in Rama. The conference provided updates on Hydro One developments and programs offered and being developed with respect to First Nations in Ontario. I have provided a Hydro One Programs information sheet in the newsletter for your review. If you are not signed up for the cost of delivery exemption as well as the HST exemption the information is provided on the page provided. There are also other programs identified that you may qualify for.

AES – Education Conference – Toronto – February 26 & 27

The Anishinabek Nation hosted an Education conference in Toronto, inclusive of Youth Workshops. Tayden Patterson and Olivia Tolles were chosen as the Moose Deer Point First Nation Youth Representatives. At the time of writing this report I had not yet attended this conference and I will provide a report in next months newsletter.

General Meeting

We are hoping to schedule a General meeting for the latter part of this month, if you have items pertaining to the community as a whole that you wish to have on the agenda, please send them to Rhonda at fnadmin@moosedeerpoint.com or call Rhonda to request the agenda item.

March Break

There are a number of activities scheduled throughout the march break and you are encouraged to come out and participate. See newsletter announcements of these activities!

HAVE A SAFE AND GREAT MARCH BREAK!!!!

UPCOMING COMMUNITY CONSULTATIONS

DRAFT EDUCATION LAW

E-dbendaagziig (MDP members) are invited to review and provide feedback on the Moose Deer Point First nation Education Law that is currently in draft form. This draft Law is available at www.moosedeerpoint.com or contact the Education Counsellor at 705.375.5209 or by email at education@moosedeerpoint.com to request a copy by mail or email.

Community Consultation sessions will be planned to provide opportunities for the members to offer feedback and ask questions.

DATES – TO BE DETERMINED (based on Availability of the Education Negotiator Tracey Odonnell)

Questions and Comments can be directed to:

Nichole King, Education Counsellor and KEB Board of Director at 705.375.5209 ext. 229 or education@moosedeerpoint.com

Background

Moose Deer Point First nation is one of 23 First Nations that signed a historic self-government agreement on education with the Government of Canada on August 16, 2017. The Anishinabek Nation Education Agreement (ANEA) recognizes First nation control over Junior Kindergarten to Grade 12 education on and off reserve and is an important step out from under the Indian Act.

The ANEA supports the Anishinabek Nation's vision of a quality Anishinabek Education System (AES) that promotes Anishaabe culture and language, and will provide reliable funding to operate AES. Each of the 23 participating First nations is required to develop its own education laws to support the delivery of programs and services under AES, which is targeted to be operational on April 1, 2018.

SUMMARY OF THE DRAFT EDUCATION LAW

Moose Deer Point First Nation ratified the Anishinabek Nation Education Agreement by a community vote. This means that Moose Deer Point First Nation is part of the Anishinabek Education System. The next step for Moose Deer Point is to pass an education law. Each of the 23 First Nations that are part of the Anishinabek Education System is approving their own education to confirm First Nation control over education and to set up the Anishinabek Education System.

Each First Nation's education law must be approved by April 1, 2018. This is the date that the Anishinabek Education System will officially open. The law sets up the system and allows education funding to flow to the First Nations.

This document is a summary of the draft Moose Deer Point Education Law.

The education law clearly states that Moose Deer Point First Nation has law-making power and authority over education. (section 1) This includes the authority to collect student information in order to make decisions on education programs and services. (sections 2 – 3) Student information is confidential personal information and the First Nation must keep this information confidential. (section 4)

The education law states that the First Nation will provide education for JK to Grade 12 students who reside on-reserve at no charge to the student or their family. (section 1 definition of Student, sections 8, 18, 22 and 23) This is the way it works right now.

First Nation Members can apply for Post-Secondary Student Support funding. (section 1 definition of Post Secondary Student, section 8) This is the way it works right now.

The law describes the importance of Anishinabek language and culture in the Anishinabek Education System. (sections 6 and 7)

The education law describes the Anishinabek Education System which is made up of the First Nation (sections 9 – Chief and Council, 10, 11 Education Counsellor), the Regional Education Councils (section 12) and the Kinoomaadzawin Education Body (section 13).

The First Nation is the law-maker and is accountable for its own education funding and how it spends that education funding. The Regional Education Councils and the Kinoomaadzawin Education Body will support the First Nation but not tell the First Nation how to run education in the community. (sections 18, 19, 20 and 21)

The education law describes the role of Chief and Council in the area of education. (sections 14 to 17 and section 28) The First Nation will receive its education funding from the Kinoomaadziwin Education Body under a Funding Allocation Agreement. (sections 24 and 25) Education funding must be spent on education under the 5-year education plan approved by Chief and Council. (section 26) Chief and Council will report to the First Nation on education.

The education law allows Chief and Council to approve regulations that support the implementation of the education law. (section 29)

March Rec. Centre Report

Feb. Visits

Gymnasium: 115
Fitness Room: 36
Outing: 5
Total: 156

Children: 32
Youth: 21
Adults: 103

Feb. Activities/Events

Average/Visit

* Career Fair - Feb.	5
* Culture night - Feb.15	4
* Drumming Lessons - Feb.1 & 8	2
* Healthy Family Night. Feb.11	8
* Jr. Youth Group - Feb.21	4
* Walking # of participants	2
* Winter Carnival - Feb. 11	43
Woman's Wellness - Feb15	12
* Youth Group - Feb.20	7
* YWCA Youth Workshop - Feb. 13	7

March Break Activities

If there are any Children/Youth that are interested in going to the Ripley's Aquarium on Mon. March 11 or the Art Gallery of Ontario on Tues. March 12 from the Jr. Youth Group or Youth Group please call the Rec. Centre for more information and to register. A permission form will have to be filled out.

Congratulations to Vickie Sandy who won the Walking Challenge and tied Chuck Patterson Jr. for the Fitness Challenge. Vickie won \$150.00 worth of gift cards while Chuck Jr. won \$50.00.

Also, Congratulations to Nikki Fawcett who won the draw for a \$50.00 gift card during the Youth YWCA workshop held on Feb. 13.

March Rec. Centre Hours

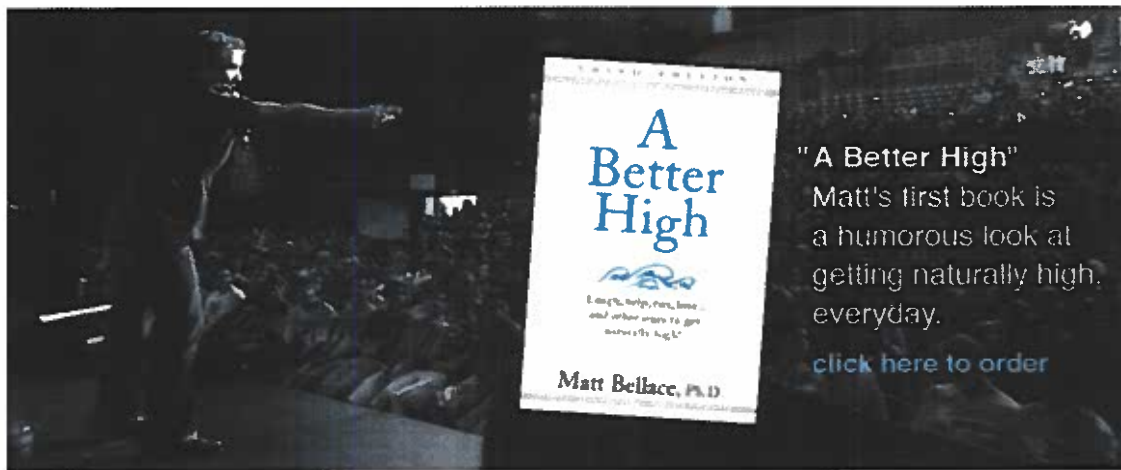
Sun.	2:00 pm - 8:00 pm
Mon. - Thurs.	11:30am - 8:00 pm
Fri. - Sat.	Closed

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

Fri. March 9, See Matt Bellace and have a chance to win a Mac Book!!!

For over 20 years, Matt Bellace has been traveling the country as a professional speaker and stand-up comedian. Dr. Bellace has a PhD in clinical neuropsychology and trained at the National Institutes of Mental Health in Bethesda and the traumatic brain injury unit of Mount Sinai Hospital in New York City. He is the author of the book, *"A Better High,"* contributing author for National Geographic Kids and was a regular on truTV's, *"World's Dumbest."*

Matt's presentation will focus on natural highs and making healthy choices & will be held at the Rec. Centre @ 6:00pm.



GETTING HIGH NATURALLY

A positive, science-based and seriously entertaining approach to substance abuse prevention.

IDENTS PARENTS TEACHERS WORKFORCE



While we welcome everyone to come out for this exciting night, only Band Members, Community Members & Staff will be eligible for the Mac Book Draw. Please call (705) 375 - 0879 or (705) 203 - 9519 for any additional information.

Meals on Wheels

Meals On Wheels will be every Wednesday, delivered warm to homes between 4:30 – 5:00 PM. Here are menus for March and April.

If any elder is interested in having a meal delivered to their home, please call:

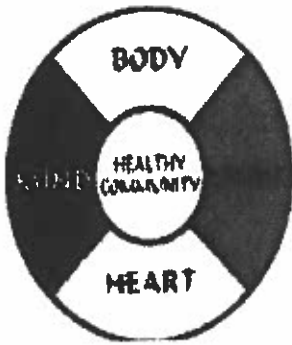
Sarah at (705)-375-3029 Ext#26

I would be more than happy to bring you dinner. Also I am interested in any meal ideas you may have, so please feel free to let me know!

- 1) meatloaf Mar.14
rosemary garlic roasted potatoes
green beans with red peppers
saute mushrooms and onions
whole wheat buns
fruit salad
- 2) ham Mar.21
scalloped potatoes
broccoli & cauliflower in cheese sauce
white dinner rolls
strawberry shortcake
- 3) baked spaghetti in cheese & tomato sauce Mar.28
Garden salad with almond slices
whole wheat buns
glazed baked plums with mint
- 4) baked chicken breast with Apr.4
alfredo sauce with rice noodles
cream corn
prune cake with lemon icing

Colorectal Cancer by the Numbers

March 2018



Colorectal Cancer by the Numbers:

- 423 Canadians, on average, are diagnosed with CRC every week.
 - 175 Canadians, on average, die of this disease every week.
 - One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it.
 - One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- Anyone 50 and up should be screened regardless of family history.

Signs and Symptoms:

- Blood in or on the stool (either bright red or very dark in colour)
- A persistent change in normal bowel habits such as diarrhea, constipation or both, for no apparent reason
- Frequent or constant cramps if they last for more than a few days
- Stools that are narrower than usual
- General stomach discomfort (bloating, fullness and/or cramps)
- Frequent gas pains

Continued on next page

- A strong and continuing need to move your bowels, but with little stool
- A feeling that the bowel does not empty completely
- Weight loss for no known reason
- Constant tiredness

Note: Many people diagnosed with CRC never had any symptoms or early warning signs. Above are the most common signs of CRC, but it is important to note that the symptoms are not unique to CRC – check with your Health Care Provider if you suspect a problem.

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 repeats/refills. If you contact your pharmacy to refill a med and the pharmacy tells you that there are no repeats/refills left, have the pharmacy fax a Refill Authorization Form 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

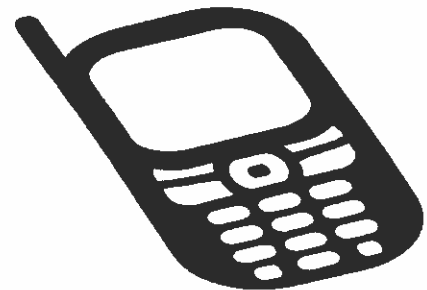
1025C Mitawbik Road
PO Box 119
Mactier, ON P0C 1H0

Phone: 705-375-9900

Fax: 705-375-9905

Dr . Wells will be in Friday March 9, 2018

Friday April 6, 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 THURSDAY MARCH 1, 2018.

THERE WILL BE NO NP ON THE WEEK OF MARCH 19 – 23, 2018.

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 March 7, 2018

Sue Siwik or Lindsay— Health Nurse will be in March 7, 2018

ACUPUNCTURE:

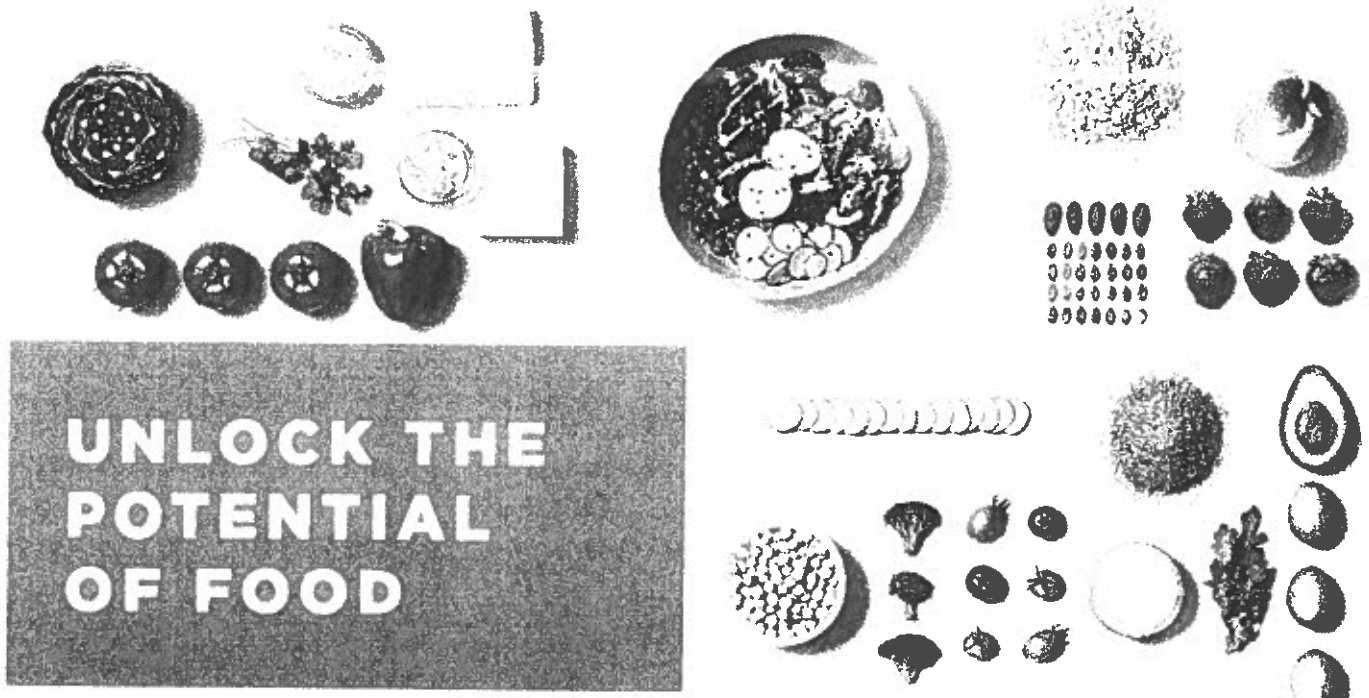
Dean Perry will be in March 14, 2018

*****Please Note***** This will be Dean Perry's last day. He is moving on to new adventures. Please feel free to come by and give your best wishes.

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

Call the Nursing Station—705-375-9900

MARCH IS NUTRITION MONTH



Here are five helpful snacking tips:

1. **Plan ahead**— Keep a variety of healthy, ready-to-eat snacks on hand for when you get hungry, like cup up vegies, nuts and cubed cheese. Being prepared helps you avoid less-healthy treats.
2. **Be aware of portion sizes.**— Instead of snacking form a large bag or box, take a portion and put it on a plate of bowl.
3. **Listen to your hunger cues**— As yourself: am I truly hungry, or am I eating because I am bored, tired or stressed?
4. **Skip distracted snacking**— Avoid munching while looking at a screen, driving, or working. You may eat more than you need if you're distracted from your feeling of fullness.
5. **Snack on vegetables**— About half of all Canadians don't eat enough vegetables or fruit. Snacking on them between meals is a great way to add an extra serving or two to you day.

TACO SOUP

This soup is easy to make. Include the kids in preparing and double the fun !!!!!

INGREDIENTS:

1 lb. (500g) of lean ground beef

1 medium onion, chopped

2 large stalks of celery, chopped

1 green pepper, chopped

29 oz (796ml) can tomatoes, diced or whole

19 oz (540mL) can kidney beans, rinsed

19 oz (540mL) can black beans, rinsed

2 cups (500mL) of frozen kernel corn

2 tsp(10 mL) chili powder

1tsp (5mL) each of cumin, oregano, paprika and garlic powder

1/2 tsp (2mL) of black pepper

2 cups (500mL) water

Garnish: dollop of fat-free sour cream

STEP 1: Brown the hamburger meat at low-medium heat. Drain off any fat.

STEP 2: Add the onions, celery and green pepper, Cook until soft.

STEP 3: Add the rest of the ingredients. Add water if soup seems too thick.

STEP 4: Bring to a boil, then cover and simmer for 30 minutes. Add extra water if getting too thick.

Brighter Futures/Building Healthy Communities
March 2018

Essential Oils Workshop
How to make hand soap and cleaners
With Natalie Pelto
March 4th
5:30pm
at the Community Centre

Adult Painting Night
With Melissa Beasley
March 7th
5:30pm
At the Community Center

Art & Movement
March 9th
Thinking of something for your Child/ren
to do on the PA day, then join us
This event is open for all Children
4 - 13 years old
At the Recreation Centre

Brighter Futures/Building Healthy Communities
March 2018

Indoor Fun Day
March 16th
10:00am - 2:00pm
At the Rec Centre
Everyone welcome

- **Face Painting**
- **Animal Show**
- **Inflatables**
- **Food**

Healthy Meals & Cooking Demo
March 22nd
Cooking Demo
With Justine Glover
6:00pm at the Rec Center
Please call me to register
For this workshop so I can purchase the
Appropriate amount of food

Child Welfare Prevention

March 2018

Moccasin Workshop

Only for the people that register before the deadline.

March 4, 11:00-5:00p.m.

March 18, 11:00-5:00p.m.

Lunch and snacks will be provided on both days.

March 16, 2018

Indoor Fun Day

Exotic animals, Face Painting for the children, Alien Encounter Laser Tag, Animal Kingdom maze, Mini Golf, Bubba's Pit Stop Challenge

Lunch and snacks will be provided

Everyone welcome.

10:00-2:00 p.m.

Family Group for March 19th

Chuck will be on holidays however we will be having a Dream Catchers workshop for the parents and children on this night.

Starting at 5:30 p.m.

For more information call Cathy at the office.

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!

YOU'RE RESPONSIBLE TO YOURSELF & FOR YOURSELF!





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!

****If you would like a one on one home visit with me to start the process of your recovery call me at the office and we can arrange this. ****

****REMINDER****

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

PROGRAMS AND SERVICES AVAILABLE TO FIRST NATIONS COMMUNITIES



PROGRAM DESCRIPTION		ELIGIBILITY		FOR MORE INFORMATION	
The AffordAbility Fund	<p>The AffordAbility Fund seeks to improve electricity affordability for many moderate income and working class families. Beneficiaries receive free energy saving measures such as lighting, power bars, appliances and draft proofing.</p>	<p>Hydro One customers who do not qualify as low-income households.</p>	<p>Phone: 1-855-494-3863 Email: info@affordabilityfund.org www.affordabilityfund.org</p>		
Home Assistance Program	<p>Free home energy efficiency program which provides a home assessment, and also the provision and installation of applicable energy efficient equipment in the home. Equipment may include LED lights, power bars, refrigerators, freezers, and insulation for walls and attic.</p>	<p>Hydro One customer with low income. May be a recipient of Ontario Electricity Support Program (OESP) or Low Income Emergency Assistance Program (LEAP).</p>	<p>Phone: 1-877-797-9473 www.saveonenergy.ca/Consumer/Programs/Home-Assistance-Program/Resident.aspx</p>		
First Nations Conservation Program	<p>First Nations households living on reserves are invited as a community to receive free home energy efficiency program which provides a home assessment, and also the provision and installation of applicable energy efficient equipment in the home. Equipment may include LED lights, power bars, refrigerators, freezers, and insulation for walls and attic.</p>	<p>Eligible communities are the remaining 47 communities which were not previously served by the Aboriginal Conservation Program (ACP). The program will be delivered on a community by community basis until 2020.</p>	<p>Contact your Hydro One Indigenous Relations representative</p>		
Heating and Cooling Incentives	<p>Rebates on the purchase of energy efficient heating or cooling systems. Includes furnaces (\$250 rebate), central air conditioners (\$600), air source heat pumps (\$1900 - \$5800), and more.</p>	<p>Products must meet eligibility criteria and must be both purchased and installed through a participating contractor.</p>	<p>www.HydroOne.com/Rebates www.HydroOne.com/HeatingGuide</p>		

PROGRAMS AND SERVICES AVAILABLE TO FIRST NATIONS COMMUNITIES



PROGRAM DESCRIPTION ELIGIBILITY FOR MORE INFORMATION

PROGRAM	PROGRAM DESCRIPTION	ELIGIBILITY	FOR MORE INFORMATION
First Nations Delivery Credit	The delivery charge and the monthly service charge has been removed from your bill. You will save an average reduction of 50% on your bill if you're an on-reserve First Nations residential customer.	<p>You will need to be:</p> <ul style="list-style-type: none"> • On-reserve household • Residential customer • Indian Status ID number for account holder <p><i>*If you are already HST exempt on your bill, then you are already receiving this credit.</i></p>	<p>Phone: 1-844-814-7411</p> <p>Email: Customer.Assistance@HydroOne.com</p>
Get Local: One-on-One sessions	Hydro One meets with customers individually to address any questions they may have. We provide billing tips and offer enrollment to different programs that will help to reduce electricity bills.	All Hydro One communities are eligible	Contact your Hydro One Indigenous Relations representative
Ontario Electricity Support Program	A monthly credit of up to \$113 applied on your account. The amount varies depending on whether the customer has an electrically heated home and how many people are living in the household.	Hydro One customer with low income	<p>www.oeb.ca/rates-and-your-bill/help-low-income-consumers</p> <p>Phone: 1-844-814-7411</p> <p>Email: Customer.Assistance@HydroOne.com</p>
Low Income Emergency Assistance Program	Customers in arrears, receive a one-time credit of up to \$600 per year.	Hydro One customer with low income	<p>www.HydroOne.com/LEAP</p> <p>Phone: 1-844-814-7411</p> <p>Email: Customer.Assistance@HydroOne.com</p>

BILLING AND CUSTOMER SUPPORT

FINANCIAL ASSISTANCE



Norma K.

Laird H.

Sadie W.

Sebastian S.

Zoe Lee K.

Frank K.

Jessie W.

Brayden F.

Carys H.

Crystal D.

Dave S.

Brian B.

Sapphire C.

Ken M.

Berta I.

Pat Y.





May your day be filled with love, laughter and peaceful energy!

Wishing you many blessings on your wonderful day!

Happy Birthday Brian!!

Love Myrna, Brit, Bryan and Hailey

Happy Birthday Pops!!!

Love Myrna, Brian, Brit, Bryan and Hailey

Happy Birthday Britany Burnside!!!

Love Mom, Dad, Bryan and Hailey

XOXOXOXO