

# **Moose Deer Point First Nation Newsletter**



**April 2018**



**Moose Deer Point First Nation**  
**T: 705 375 5209 F: 705 375 0532**  
**Website: [www.moosedeerpoint.com](http://www.moosedeerpoint.com)**

<b>Chief and Council</b>	<b>Position</b>	<b>Email</b>	<b>Ext./Cell</b>
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
<b>Administration Office</b>			
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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
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Vacant	Economic Development Officer	ecdev@moosedeerpoint.com	226
Nichole King	Education	education@moosedeerpoint.com	229
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James Lovett	Water Treatment OIT		705 375 2534
Gwen Taggart	Home and Community Care Worker		
Nina Isaac	Community Support Worker		
Jamie Lynn Lee	Custodian		
<b>Recreation Centre</b>			
Chuck Patterson	Rec Centre Coordinator	cpatterson@binnoojiyag.ca	705 375 0879
	Child Youth Worker / DBCFS		cell 705 203 9519
<b>Maintenance Crew</b>			
Chris Williams	Acting Public Works Coordinator		
RJ King	Maintenance/ HEO		
Mike Williams	Maintenance		
<b>Health Centre</b>			
Connie Foster	Nurse Practitioner	moosedeer-ns@wpshc.com	705 375 9900
Lorraine Richard	Assistant Administrator	lrichard@wpshc.com	705 375 9900
<b>Binoojii House</b>			
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



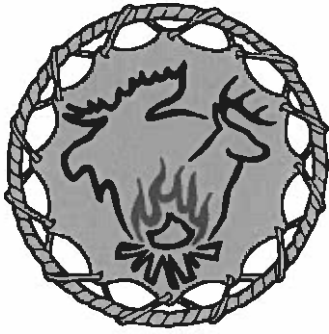
*"Proudly Working together to build a prosperous and healthy environment that builds Independence, honours and respects our values and enhances our way of Life."*

**From the Chiefs Desk.....** Spring is here apparently and at the time of writing this report we are under a winter storm alert!!!! Hopefully what may be coming in reference to the white stuff will blow by us or not stick around too long as I am looking forward to warmer weather myself!!! As the snow slowly disappears it reveals a wet and sometimes muddy ground that requires the warm sun and dry days to dry it up. I have noticed in a few locations in the community where people have seemed to feel the need to try out their 4X4's or to see what their ATV's can rip up. A reminder to those who decide to rip up the mud in public areas, not only are you damaging the environment but you are also creating deep ruts and an unsightly mess to the properties as well as being disrespectful!! I just received word from the water plant and pictures of damage caused there from ATV's. This is unacceptable and can be costly to repair damages!! I expect those who are choosing to use their vehicles in such a destructive and inconsiderate manner to use common sense and keep recreational vehicles on the trails, not damaging public property! A reminder that if you are caught, you can be charged with damage to public property.

March was a hectic busy month and went by extremely fast!! Although I was not away much for out of community meetings, the month here in the community was quite busy nonetheless. With March being the end of the fiscal year, it proves to be a very busy time of the year on top of day to day regular business. We did plan on scheduling a General Meeting last month and unfortunately I was not able to schedule one due to my busy schedule. Chief and Council will select a date for the General Meeting at our next Council Meeting. A reminder if you have items you wish to be considered for the agenda please contact Rhonda at the office by phone or email.

#### **AES – MDPFN Education Law**

Last month we had a membership vote on the Moose Deer Point Education Law as it was required to be in place by approval of the voting membership prior to Funding flowing to the community for the new Fiscal Year. The threshold was to be a minimum of 50% + 1 in favour of the law of those who participated in the vote. I am happy to say that we had a unanimous in favour vote for this law and I thank all who participated.



# **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](http://www.moosedeerpoint.com)

April 2018

## **AES – Moose Deer Point Education Law Vote**

I confirm that a voting poll was held within the Moose Deer Point Recreation Centre, Moose Deer Point First Nation on March 28, 2018 from 9 a.m. to 8 p.m. and on March 29, 2018 from 9 a.m. to 12 p.m. for the purposes of voting by the Moose Deer Point membership to accept or decline the Moose Deer Point Education Law.

I confirm that for the purposes of advance polling, completed, sealed ballots were accepted from March 26, 2018 and March 27, 2018 and all ballots were counted at the close of the voting poll on March 29, 2018.

The following tally is the official count of ballots:

**Total Ballots Cast:           50**

**Total Yes Votes:               50**

**Total No Votes:                0**

**Moose Deer Point Education Law has been passed by the membership who have participated in this Vote, Unanimously – 100%.**

## **Program Events**

### **Cultural**

April 5, 2018  
Cultural Nights with Rodney  
Starting at 6:00 p.m.  
Recreation Centre

April 12, 2018  
Medicine & Tea Teaching  
Starting at 5:30 p.m.  
Recreation Centre

April 16, 2018  
Four Sacred Medicine Teaching  
Starting at 5:30 p.m.  
Recreation Centre

April 19, 2018  
Cultural Night with Rodney  
Starting at 6:00 p.m.  
Recreation Centre

April 26, 2018  
Medicine Wheel Teachings  
Starting at 5:30 p.m.  
Recreation Centre

### **Health and Wellness**

Do terra Essential workshop  
April 15, 2018  
Facial Mask  
Starting at 6:00 p.m.  
Recreation Centre

Adult Paint Therapy  
April 18, 2018  
Starting at 5:00 p.m.  
Recreation Centre

# We would like to invite you to our Dinner Theatre

**April 9, 2018**

Dinner starting at 5:00 p.m.  
Recreation Centre

## **MURDER ON THE DISORIENT EXPRESS**

**MURDER  
ON THE  
DISORIENT  
EXPRESS!**

**ALL ABOARD !!**

The Great Detective, Hercule Perrier, sifts through a tangled web of clues and evidence, and applies the little grey cells to investigate the psychology of the colourful characters who are your fellow passengers aboard the famous train

**You're enjoying a fabulous meal with family and friends at the Rec Centre. You will meet some new friends who will join you after dinner. Suddenly, somebody dies! A detective leads the investigation. The suspects are spread throughout the room, sitting right at the tables with the guests. So, you get to participate and see if you can find out...WHODUNIT?!**

Seniors needing a ride please call Cathy or Myrna at the office.

# *Graveyard Clean Up*

April 25, 2017

Starting at 5:00 p.m.

Please bring your own rakes and  
come out and help clean up our  
Community Graveyard.

B.B.Q. afterwards to show our appreciation for your help  
and community pride.



For more information call Cathy/Myrna 375-5209 ext. 235

# Basic Computer Skills

THE YMCA EMPLOYMENT & LEARNING SERVICE VISITS MOOSE DEER POINT

**APRIL 17<sup>TH</sup> & 18<sup>TH</sup> FROM 9:30-3:30**

Here is what will be covered:

Typing

Saving your work

Common Computer Terminology

Resume creation and Microsoft Word



Interested?

Please call Nichole King at 705-375-5209 ext.229



YMCA of Simcoe/Muskoka  
Parry Sound

Employment & Learning Service  
60 James Street, Suite 303

[www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca)



**EMPLOYMENT  
ONTARIO**

Your job is out there. We'll help you find it.



# Road Side Clean Up

## April 22, 2018

Starting at the Community Centre  
with a hot breakfast at 9:00 a.m.

Please call to register your team up for a  
mile.

Everyone's help is appreciated to keep our  
road clean.

Your help goes beyond just the annual  
Clean Up Day, PLEASE do not litter on our  
Road or any other road. Help protect the  
environment and the animals

To register call Myrna 705-375-5209

## **Social Services**

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

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

*“Life is not about waiting  
for the storm to pass,  
but learning to dance in the rain!”*



## **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**

## **RED ROAD TO RECOVERY PROGRAM**



**Every Thursday Evening**

**Beginning Thursday April 12, 2018**

**6:30-8:30 pm at the Rec Centre!!!**

This program uses the medicine wheel, lessons, and truths to guide individuals and/or their family members along a good path towards support and sobriety. This program is based on the Red Road to Recovery model, which is an Aboriginal holistic approach to healing and self-wellness, to address the physical, emotional, psychological, and spiritual aspects of addiction recovery.

Snacks and Refreshments provided!

**Call Janis to register 705-375-5209**

# April Rec. Centre Report

## March Visits

Gymnasium: 178  
Fitness Room: 21  
Total: 199

Children: 67  
Youth: 41  
Adults: 91

## March Activities/Events

## Average/Visit

Art & Movement - Mar. 9	14
Art Therapy - Mar. 7	6
* Culture night - Mar. 1 & 8	6
* Healthy Family Night. Mar. 5	8
Indoor Fun day	55
* Jr. Youth Group - Mar. 7	3
* Motivational Speaker - March 9	58
* Walking # of participants	1 = 9 x
* Youth Group - Mar. 6	7

## New Fitness Room Equipment

We are pleased and excited to announce that we have a great new piece of equipment for the fitness room called the Recumbent Elliptical. This easy to use Elliptical is great for cardio, has great range of motion and you can have a full body workout in a comfortable sitting position. Come by and give it a try.



## Winner of Mac Book Air Draw

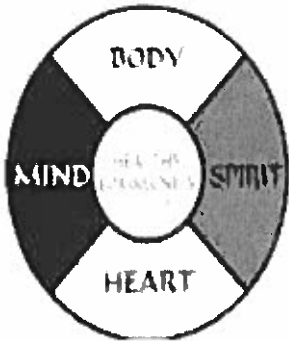
Congratulations to Joely Schrader who won the Mac Book Air draw on March 9 by motivational speaker Matt Bellance.

There are many services offered in and outside this community for anyone wanting support 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@binnoojiiyag.ca](mailto:cpatterson@binnoojiiyag.ca)

## April is Organ Donor Month

One donor can save up to eight lives and enhance as many as 75 more.

April 2018



- The first and foremost duty of Health Care professionals is to save a life. Only when a life cannot be saved does organ and tissue donation become an option.
- Everyone has the potential to be an organ and/or tissue donor regardless of age or health.
- All major religions support organ tissue donation or respect and individual's choice.
- Organ and tissue donation should not impact funeral arrangements.
- Your donation decision will only be disclosed for the purpose of sharing your decision with your family.
- You can change or withdraw your consent to donate at any time. ....cont'd

## April is Organ Donor Month .....Cont'd

### **Registering “Yes” makes a difference**

Every three days, one person in Ontario dies while waiting for an organ transplant because not enough of us are registered donors. Fewer than 25% of adult Ontarians have actually registered their consent to be an organ and tissue donor.

### **Registering is EASY**

You can register:

- Online at [BeADonor.ca](http://BeADonor.ca) or
- In person at any Service Ontario centre, or
- By mailing the Gift of Life consent form.

### **Register, even if you signed a donor card**

A signed donor card is not recorded in the Ministry of Health and Long-Term Care's database and may not be available when needed. Organ and tissue donor registration is the only secure and guaranteed way to make your decision to save lives be known.

**Trillium Gift of Life Network** is a not-for-profit agency of the Government of Ontario and is responsible for planning, promoting, coordinating and supporting organ and tissue donation across Ontario and improving the system so that more lives can be saved.

To register or to learn more,  
Visit: [BeADonor.ca](http://BeADonor.ca) or call : 1-800-263-2833

## 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 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.*

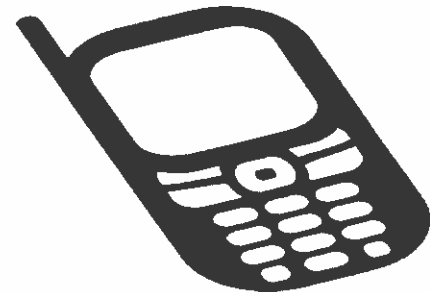
MDP NURSING STATION

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

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

*Dr . Wells will be in Friday April 6,2018*

*Friday May 4,2018*



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.

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AS A REMINDER !!!!!

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

PLEASE NOTE: CONNIE FOSTER, NP WILL NOT BE ON DUTY ON THE  
FOLLOWING DATES DUE TO MEETINGS AND TRAINING:

April 4 , 5, 18, 27

## 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 April 4, 2018

Sue Siwik or Lindsay— Health Nurse will be in April 4, 2018

We currently do not have an acupuncturist. We are presently interviewing and will let you know when this service is available.

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

Call the Nursing Station—705-375-9900

## **APRIL IS ALCOHOL AWARENESS MONTH**

### **14 Things to Do During Alcohol Awareness Month**

Maybe you're accustomed to kicking back with your friends and having a few beers over the weekend. But this month, how about participating in Alcohol Awareness Month.

So what will replace the time with your beer drinking buddies? How about getting outdoors in the spring weather?

1. Attend one of the early games of the 2014 Major League Baseball season.
2. Take the family to the Museum, Science Centre, AGO.
3. Catch a movie.
4. Get some friends together and cook something you've never made before.
5. Go to the zoo.
6. Take a hike and explore the area.
7. Fly a kite.
8. Have a fire and cook Hot Dogs and S'Mores.
9. Go rock climbing.
10. Go to laser tag or paintball.
11. Take up a new hobby, or show your kids your old hobby.
12. Take some time and stare at the night sky and enjoy the stars.
13. Play some basketball, tennis, pick up baseball.
14. Go fishing, Kayaking, boating.

Spend with weekend with family and friends and make a conscious choice to not drink alcohol.

## Easy Red and Green Bean Salad



### **Ingredients:**

- 5 oz green beans, trimmed and cut into small pieces (150 g)
- 1 15-oz (425ml) can red kidney beans, rinsed and drained
- 1 15-oz (425ml) can flageolet beans or Great Northern beans, rinsed and drained
- 1 15-oz (425ml) can chickpeas, rinsed and drained
- 2 tbsp. chopped fresh parsley (25ml)
- Juice of 1 lemon
- 2 tbsp white wine vinegar (25ml)
- 5 tbsp olive oil (75ml)
- Freshly ground black pepper
- Lettuce leaves to garnish

### **INSTRUCTIONS:**

1. Lightly steam the green beans over boiling water 5 to 6 minutes or until crisp-tender. Cool in iced water and drain. Place in a large bowl with kidney beans, flageolet beans and chickpeas and mix well.
2. In a jar with a tight-fitting lid, shake together the parsley, lemon juice, vinegar, olive oil and pepper. Pour over the bean mixture and toss lightly to mix. Cover and chill until served.
3. Just before serving, place the lettuce leaves around the edge of a large serving dish. Spoon the bean mixture over the leaves and serve. Makes 6 to 8 side-salad servings.

**Per Serving 1/6 of recipe:** Calories-397: Fat-14g-Sat Fat-2g: Chol-0mg: Sodium-9mg:Carbs-52g: Fiber-14g:Protein-19g

## April Birthday Wishes

Go to....

Isaac B.

Cage W.

Keira R.

Griffin K.

Jezreal W.

Trudy B.

Mark F.

Preston B

Samuel H.

Rainer H

George C.

Brittany StP

Linda W

Rhonda W



# April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Easter Monday Office Closed	3	4	5 Cultural Night with Rodney Rec Cen	6	7
8	9 Dinner Theater starting at 5:00p.m.	10 Family Focus Support Parent with children ages 0-6 <b>Food Baskets pick up</b>	11	12 Medicine & Tea Teaching Starting at 5:30 p.m. Rec Cen	13	14
15	16 Cultural Night Four sacred medicines	17	18 Adult Painting Night Rec Cen	19 Cultural Night With Rodney Rec Cen	20	21
22	23 Family Group (craft)	24 Family Focus Support Parent with children ages 0-6	25 Grave Yard Clean up and BBQ 5:00 p.m.	26 Medicine Wheel Teaching Starting at 5:30 p.m. Rec Cen.	27	28
29	30 Pot Luck					

### **Employment Opportunity**

<b>Position:</b>	<b>Moose Deer Point Marina Store Clerk Two (2) positions</b>
<b>Duration:</b>	<b>Full time Seasonal (upon successful completion of probation)</b>
<b>Salary:</b>	<b>To be determined</b>
<b>Start Date:</b>	<b>To be determined</b>

**Under the direct supervision of the Moose Deer Point Marina Manager, the individual hired as Store Clerk, will be required to work in a team environment, providing quality customer service.**

#### **Qualifications:**

- Grade 12 or equivalent
- Excellent written and verbal communication skills
- Previous customer service experience will be considered an asset
- Must be proficient in computer operations
- Must be willing and able to varied shifts and weekends

#### **Duties and Responsibilities:**

- operation of the point of sale system
- processing of credit cards, tax exemption forms, etc.
- serving of gas and oil to customers as required
- inventory control including restocking of shelves, ordering, pricing, etc., of all stock within the Marina store
- general cleaning and maintenance of the Marina store including but not limited to; dusting of shelves, sweeping and washing of floors in all areas of the Marina including the porch, storage areas, etc., cleaning of the bathrooms and laundromat ie; sweeping and washing of floors, cleaning of toilets, etc., cleaning of coolers, freezers, etc.
- scheduling of water taxi reservations, trips, deliveries, etc. Ensure scheduled trips are posted for drivers.
- provide customer service in a friendly and courteous manner
- any other duties as may be deemed necessary by the Moose Deer Point Marina Manager

**Please submit your resume and/or application attention Chief Jason Fisher at the Government Services Office or at [chief@moosedeerpoint.com](mailto:chief@moosedeerpoint.com) on/or by April 17, 2018 at 12:00 p.m.**