



## Working It Out Together Press Kit

### Synopses

#### One Line Synopsis

The six-part series *Working It Out Together* follows former Olympian Waneek Horn-Miller's journey to help eight Aboriginal people turn their lives around.

#### One Paragraph Synopsis

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#### Three Paragraph Synopsis

The six-part series *Working It Out Together* follows former Olympian Waneek Horn-Miller's journey to help eight Aboriginal people turn their lives around. The participants are dealing with nearly every issue related to wellness, from obesity, eating disorders, low self-esteem, emotional trauma, busy schedules, depression, poor nutrition, substance abuse and lack of motivation.

Relying on the numerous experts she has in her network, Waneek will tackle all of these obstacles with each individual. They will need to find a way to achieve results and transform their lives for the better.  
it Out Together.



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By observing the pitfalls and triumphs of everyday people as they try to get healthy, the audience will learn many lessons and, hopefully, be inspired and empowered to make changes in their own lives.

## **Episode Descriptions**

### **Series Description**

#### **Short Description**

Olympian Waneek Horn-Miller wants to make a difference. Working it Out Together is the six-part documentary series that follows her on her journey to empower six Mohawk people to reclaim their vitality through health, wellness, and fitness.

#### **Full Description:**

Olympian, Waneek Horn-Miller wants to make a difference. Working it Out Together is the six-part documentary series that follows her on her journey to empower six Mohawk people to reclaim their vitality through health, wellness, and fitness.

Each of the six participants is dealing with nearly every issue related to wellness - obesity, eating disorders, low self-esteem, busy schedules, substance abuse and lack of motivation – but Waneek is prepared. As a former Olympic athlete who has been living a high-performance lifestyle since childhood, she's ready to dedicate her life to helping others find balance.

She's amassed a group of health experts to address each of the participants' unique needs. Together they will embark on a six-month journey of self-discovery, determination and sacrifice to transform their lives for the better, proving anything is possible when we're Working it Out Together.

### **Episode 101 - Taking the Challenge**



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### Short Description

Olympian Waneek Horn-Miller meets the 6 participants.

### Full Description

Olympian Waneek Horn-Miller meets the participants. There's Steve (age 34), Kwanata:wi (12), Kary-Ann (38), Kahnhehsentha (19), Chloe (27), and Owisokon (55). All want to make positive changes in their lives, but none know where to start. Waneek and her team of fitness, health, nutrition and motivation experts are going to help them.

## **Episode 102 – Medical (Working it Out with Kary-Ann, Chloe and Kahnhehsentha)**

### Short Description

Waneek takes the group for a health assessment with Dr. Horn. We meet Kary-Ann and Kahnhehsentha and learn their reasons for taking the Working it Out Together challenge.

### Full Description

Waneek takes the group dragon boat racing and shows them that exercise can be fun. The participants check-in with Dr. Horn to assess their current health issues and concerns. Kary-Ann divulges the traumatic childhood that led to her morbid obesity, Chloe deals with heartache, and Kahnhehsentha shares a dark secret.

## **Episode 103 – Nutrition (Working it Out with Kwanata:wi and Owisokon)**

### Short Description

Waneek introduces the group to nutrition experts, Jayne Murdoch and Tiffany Deer. We meet Kwanata:wi and Owisokon and learn their reasons for taking the Working it Out Together challenge.

### Full Description



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Waneek introduces the group to dietician Jayne Murdoch and chef Tiffany Deer. Jayne reveals to the participants the fat and sugar content in their favourite treats while Tiffany teaches them some quick, easy, and healthy recipes. 12-year-old Kwanátá:wi shares her experience with bullies and reaches out to her mom for help. Owisokon, our elder, is concerned about her mortality and looks to her grandchildren for motivation.

### **Episode 104 – Motivation (Working it Out with Steve)**

#### **Short Description**

Waneek introduces the group to Fitness Specialist Theresa Ducharme. We meet Steve and learn his reasons for taking the Working it Out Together challenge.

#### **Full Description**

Waneek introduces the group to fitness specialist Theresa Ducharme, who teaches them about the benefits of bouncing and challenges them to jump out of their comfort zone. For Owisokon and Kahnhehsentha, this means climbing onto a horse while Kary-Ann and Steve attempt the dance of love. Motivational speaker Konwatsitsa:wi Meloche has the participants look to their history and culture for strength and answers. We meet workaholic Steve who worries about diabetes and poor eating habits.

### **Episode 105 – Self-esteem (Working it Out with Kahnhehsentha and Kary-Ann)**

#### **Short Description**

Waneek takes the group dancing at the longhouse with John N. McComber. Self-esteem expert Sandra Reiche gets Kary-Ann to confront her inner critic and Steve receives the results from his diabetes test.

#### **Full Description**



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Waneek and the group draw strength and pride from their culture through dance. Famed dancer John N. McComber teaches the group the Iroquois smoke dance. The ladies stop by the salon for a make-over and a lesson in self-investment. The heavy lessons on self-worth come to a head when therapist Sandra Reich gets Kary-Ann to confront her inner critic in an emotional breakthrough and Steve receives the results from his diabetes test.

### **Episode 106 – The Results (Working it Out Together)**

#### **Short Description**

Waneek teaches the group the importance of team work in a race through the city. The Experts and Participants examine their journey and set goals for the future.

#### **Full Description**

Waneek teaches the group the importance of team work in a race through the Montreal city streets. They also learn how technology can help them reach their fitness goals. After 6 months, the results are in! Each participant examines their journey and shares their victories, the lessons they've learned and their goals for the future.

### **Participant Descriptions**

#### **Chloe**

Age: 27

Occupation: Online Gaming Consultant

Starting Weight: 285.4 lbs.

Ending Weight: 251.8

Reason for taking the *Working it Out Together* Challenge: She has nothing to lose but excess pounds.



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Chloe is a vivacious young woman who loves to socialize with friends. Her bright smile belies the anguish she's lived with for years; Chloe is deeply dissatisfied with her current weight and avoids mirrors at all costs. A lack of motivation, depression, and low self-esteem have driven her to use alcohol as a coping mechanism – a crutch that she is determined to leave behind. While she grew up with poor eating habits, she takes full responsibility for where she is today.

Chloe is determined to transform her lifestyle so that she has something to smile about. She knows it won't be easy, but she is ready for the challenge.

### **Kahnhesentha**

Age: 19

Occupation: Teenager

Starting Weight: 260.6 lbs.

Ending Weight: 258.6

Reason for taking the *Working it Out Together* Challenge: She knows what she wants, but needs the tools to make it happen.

Kahnhesentha, like most young women her age, is trying to discover her own beauty and confidence. But traumatizing experiences in school, where she was harassed and ridiculed because of her weight, have prevented her from developing positive self-esteem. While she is unsure of who she is and what she wants to do with her life, she does know that she is tired of sitting in the shadows and feeling like she isn't good enough. Up until now, she's found comfort in food. The first part of her challenge will be to start believing in herself. Next she



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will have to replace bad eating habits with healthy ones and maintain an active lifestyle. She is determined to find a way past her pain and to start living the life she's always wanted.

### **Kary-Ann**

Age: 38

Occupation: Aboriginal Community Development Officer

Starting Weight: 265.8

Ending Weight: 252.2

Reason for taking the *Working it Out Together* Challenge: She wants to get moving - toward a fresh start.

Kary-Ann has dealt with being overweight for most of her life. She suffers from a compulsive eating disorder caused by devastating childhood trauma. From an early age, loneliness, sadness or stress would trigger her eating binges. Feeling of deep shame about her weight led to eating in secret – starving herself during the day and bingeing once she was alone. After years of therapy, numerous failed diets, and reaching nearly 400 pounds, she knew it was time to regain control of her life. She underwent gastric bypass surgery and lost 150 pounds – but that was just the beginning. Now she needs to get active to reclaim her vitality – and leave behind the life she has been forced to live for so long because of obesity. She is determined to keep the weight off for good, and to get the tools necessary for her to do so.

### **Steve**

Age: 34



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Occupation: Newspaper publisher & editor

Starting Weight: 233.2

Ending Weight: 219.2

Reason for taking the *Working it Out Together* Challenge: He wants to figure how to balance work and wellness for a healthy future.

Steve is a former athlete turned multi-tasking businessman running a community newspaper. Time that he used to dedicate to himself - playing hockey, lacrosse or lifting weights - is now spent on work, work and more work. With no time to cook or exercise, he eats out 6-7 days a week and has noticed the effects on his body. Steve knows that his current lifestyle and family history put him at high risk for developing diabetes and he wants to find a balance in his life before it's too late. He is determined to apply the same level of dedication to changing his lifestyle that he dedicates to his business. He just needs to figure out how!

### **Owisokon**

Age: 55

Occupation: Artist + Teacher

Starting Weight: 233.1

Ending Weight: 220

Reason for taking the *Working it Out Together* Challenge: She wants to be there for her grandchildren, every step of the way.

Owisokon appreciates all that life has to offer – romance, family, food – but over-indulging in the most delicious of these can have negative consequences. At 55 years old, this self-



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professed “foodie”, woke up to a stark realization: she is only ten years younger than her parents when they both passed away, and with her current eating habits and inactive lifestyle, she is following in their footsteps. She knows that her relationship to food and physical activity needs to change. But change does not come easily, especially if you don’t know where to start. But she is determined to be there for her family for many years to come. Owisokon will need to learn what is good for her and then work on the toughest challenge of all: changing her behavior.

**Kwanátá:wi**

Age: 12

Occupation: Student

Starting Weight: 212.6

Ending Weight: 194

Reason for taking the *Working it Out Together* Challenge: She wants to feel good when she looks in the mirror

Kwanátá:wi has been the victim of bullying since elementary school – teased for years for being “a bigger girl” – and she’s sick of it. At the tender age of only twelve years old, she sees an unhappy future ahead of her if she doesn’t take control now. But implementing positive change is a real challenge for adolescents like Kwanátá:wi, as they are not in charge of the food that they eat. This responsibility falls to their parents. In Kwanátá:wi’s case, her mother Caroline admits to being a part of the problem. But as she sees her daughter become unhappy, sullen and depressed, she has vowed to help her and not let her down. With her thirteenth birthday right around the corner, Kwanátá:wi’s wish is to be a healthy teenager who likes what she sees when she looks in the mirror. It will take her parents to step up to



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the plate and Kwanátá:wi to start demanding better choices for herself in order to achieve her goals.

## **Expert Descriptions**

### **Waneek Horn-Miller – Olympic Athlete**

Waneek Horn-Miller is an Olympic athlete from the Kahnawake Mohawk territory, located on the south shore of Montréal. Born the third of four daughters, she follows a high standard set by her mother and sisters. Her eldest sister Dr. Ojistoh Horn is the first female Mohawk medical doctor from Kahnawake; her sister Kahente has a PhD in Anthropology from Concordia University; and her little sister Kaniehti:io is a Gemini nominated actor.

Waneek was at the front lines during the 1990 Oka crisis and stabbed by a Canadian soldier. She used this life changing experience to fuel her dreams of competing at the Olympics. Ten years later, this dream became a reality when she co-captained the Canadian Women's water polo team at the 2000 Sydney Olympics.

Waneek has traveled throughout Canada and the United States speaking about her experiences both in and out of sports. She is currently working with the Assembly of First Nations as the IndigenACTION Ambassador to develop a National Indigenous Sport, Fitness and Wellness Strategy. She wants to make a difference. Helping others achieve balance in all aspects of their lives is one way that she plans on doing so.

### **Dr. Ojistoh Horn -- Family Medicine**

Dr. Ojistoh Horn comes from the Mohawk Nation of Kahnawake where she works as a family physician. She is also an emergency room physician at the provincial hospital outside of the reserve.

After earning a Bachelor and Master of Science degree from McGill University, Ojistoh went on to complete a medical degree from the University of British Columbia. In 2008 she returned to McGill University to complete her medical residency.



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Dr. Ojistoh Horn is one of only 400 Aboriginal doctors across Canada. She is also the older sister of Waneek and will be an invaluable resource as they navigate their way through the medical concerns of the participants.

"I know from personal experience that physical activity is a means to achieve self-discipline, a healthy respect for one's body, and high self-esteem," Dr. Horn shares. "It's key to getting everything else in balance."

### **Tiffany Wahsontiiostha Deer – Chef**

Tiffany Wahsontiiostha Deer, from the Mohawk Nation of Kahnawake, is the owner and chef of Kwe Kwe Gourmet (<http://kwekwegourmet.com/>), a catering company that specializes in healthy dishes made from 100% natural and fresh ingredients.

Dissatisfied with the overly processed and packaged foods at the grocery store, she set out to create healthier alternatives. This was five years ago. Today she has created a wide variety of recipes that resemble the comfort food we all love, but are actually packed with healthy ingredients.

Her passion for healthy great-tasting food and her straightforward recipes will help her and Waneek ease the participants' transition from fatty foods to fantastic foods.

"As Native people, I think it's natural that we pioneer this movement away from big business food and opt for organic, healthy choices," Tiffany shares. "I hope to show people that it isn't hard to incorporate good food into our diets. Healthy food seems to have a bad reputation with a lot of people. It can actually be very delicious!"

### **Larry Hunter – Personal Trainer**

Larry Hunter is a full-time personal trainer at Club Sportif MAA in Montréal. He is recognized as a Personal Training Specialist by Can-Fit Pro and a Certified Strength & Conditioning Specialist by the National Strength and Conditioning Association. From athletes, to actors, to people just looking to get in shape, Larry has been helping individuals reach their fitness goals for the past six years.



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Larry, like Waneek, believes that achieving health means achieving balance in all aspects of life. His athletic background and holistic approach to health will come into play as he and Waneek work to motivate and design routines suited to each of the participant's needs and goals.

"My goal in the fitness industry is to share my interest in fitness and strength and conditioning to people who are looking to make a change in their health and are looking for guidance in achieving their goals. I think health should be everyone's top priority. You can't enjoy life to the fullest if you're not in good physical and mental health."

### **Theresa Ducharme – Fitness Specialist**

Theresa Ducharme is a Métis-Cree who originates from Winnipeg, Manitoba. She is CEO and founder of Lemon Cree (<http://www.lemoncree.com/#!>), a health and fitness organization based in Montréal, Québec, that specializes in fun recreational activities that bring a holistic approach to exercise. She is recognized as a Certified Fitness Specialist by Can-Fit-Pro and is certified in Resist-A-Balls.

Theresa has been advocating the many benefits of health since 1990. She runs the Regional Fitness and Wellness Program in the James Bay Cree Territory in Northern Québec alongside the Cree Women of Eeyou Istchee Association and was featured in one of Canada's top all-time best sellers, "Smoke Signals from the Heart," which showcased Native People in Canada who make a difference.

Both Theresa and Waneek believe that getting back to our culture is an integral part of bringing health and wellness back to ourselves and our communities.

"We're starting a movement; call it a revolution or merely a change in lifestyle. It is time to get back to our roots and restore our values; and it starts with our health."

### **Jayne Murdoch – Registered Dietitian**

Jayne Murdoch is a registered dietitian with the College of Dietitians of Ontario and a member of the Dietitians of Canada. She is currently completing a Master of Science in Nutrition at McGill University. Her thesis research is with the Kahnawake Schools Diabetes Prevention Project.



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Originally from Halifax, Nova Scotia she now lives in Montréal, Québec with her husband. For fun and fitness, Jayne enjoys cooking, making preserves, spin classes and long distance cycling. In 2009, she and her husband spent their summer vacation bicycling from Montréal to Toronto.

Jayne's expertise in diet, nutrition and First Nation's health will help her and Waneek teach the participants why they should be eating well and how to do so.

“Fad diets only offer quick fixes and are not sustainable. Instead of dieting, weight loss is best achieved by adopting a healthy lifestyle that includes a healthy eating pattern and participating in physical activity. For the participants of this program, my primary goal is to teach them Eating Well with Canada's Food Guide – a healthy eating pattern to be followed during their weight loss and afterward.”

### **Konwatsitsa:wi Meloche – Public Speaker**

Konwatsitsa:wi is a passionate presenter who splits her time between the Kahnawake Mohawk territory in Québec and New Mexico. A member of the bear clan, she is also a high school teacher who has a Bachelor and Master of Arts degree in Educational Studies from Concordia University.

Konwatsitsa:wi travels across the continent giving workshops on a variety of topics including self-improvement, leadership, parenting, wellness, sexuality, and First Nation's history and education.

Both she and Waneek draw strength and pride from their culture. Together they will look to their collective history and experience to motivate the participants.

### **Sandra Reich M.Ed, CCC. - Psychotherapist**

Sandra Reich is a cognitive behavioural therapist who specializes in anxiety disorders. She is the Clinical Director of the Montréal Center of Anxiety and Depression (<http://www.helpforanxietydepression.com/>). Sandra holds a Master's degree in Counselling Psychology from McGill University, is certified and licensed with the Canadian Counselling Association, and has been featured on Discovery Health Channel, Bravo and Global as an expert in her field.



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Sandra has received extensive training from the Cognitive Behavioural Therapy Clinic for Anxiety Disorders at The Montréal General Hospital. She has participated in workshops and lectures with pioneers of cognitive behavioural therapy such as Aaron Beck, Albert Ellis, David Burns, Martin Seligman, Steven Hollon, David Barlow and more. She has also lead workshops and training in Emotional Focused Therapy with Dr. Sue Johnson, Dr. John Gottman and Leslie Greenberg- all innovators of this type of therapy.

Sandra continues to broaden her repertoire with training in mind/body/spirit work and its application in psychotherapy. She brings the above training and philosophies to her work with Waneek and the participants.

#### **Marc Merulla – Co-Founder Team Building Montréal**

Marc Merulla has been developing and delivering advanced experiential adult learning programs throughout Québec for 15 years. He is a specialist in fusing proven professional development training with entertaining team building activities that ensure interactive learning and great fun for all participants.

He is a graduate of McGill University's Education Program and remains passionate about helping individuals and organizations realize their potential. He is skilled at enabling others to move outside of restrictive comfort zones and become physically and emotionally involved in learning processes.

Marc has served on the Board of Directors of Youth Employment Services, founded the Montréal chapter of Executives on Auction and was the president of a Montréal chapter of Business Networking International (BNI). He is also an accomplished white water kayak instructor, sea kayak guide and has taught wilderness first aid and rescue across the country.

#### **Sam Roper – Project Manager Team Building Montréal**

Sam Roper draws on an extensive background in retail and customer service to ensure that every aspect of the learning program is delivered with a client focus.

As a hands-on resource manager and activity facilitator, Sam makes certain that every team development activity is implemented as smoothly as possible while delivering maximum benefits at all stages from start-up to successful conclusion.



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Sam blends his proven skills in coordination and communication with an appreciated sense of humour and patience that regularly make him a favourite of TBM clients and event participants. He studied Political Science at Concordia University and is an all-around sports enthusiast.

## **Credits**

### **Directed by**

Tracey Deer & Pepper O'Bomsawin

### **Written by**

Tracey Deer

### **Created by**

Tracey Deer  
Waneek Horn-Miller  
Keith Morgan

### **Produced by**

Ernest Webb  
Catherine Bainbridge  
Christina Fon  
Linda Ludwick

### **Executive Producer**

Tracey Deer

### **Edited by**

James Malloch

### **Original Soundtrack composed by**

Rara



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The Aboriginal Peoples Television Network



Monika Ille  
Manager of Programming - Eastern Canada  
Jean LaRose  
CEO

**Executive Producers**

Ernest Webb  
Catherine Bainbridge  
Christina Fon  
Linda Ludwick

**Line Producer**

Lisa M. Roth

**Assistant Director**

Pepper O'Bomsawin

**Camera Operators**

Gideon Dante  
Jeff Dorn  
Zacharie Fay  
Paul Rickard  
Richard Burman  
Bill Stone



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**Location Sound**

Lynne Trépanier  
Marco Fania  
René Portillo  
Toby Richardson  
Ernest Webb

**Associate Producers**

Anne-Marie Belhadj  
Jacob Kent

**Production Assistants**

Albert Kurian  
Karim Mansour

**Additional Camera**

Karim Mansour

**Additional Directing**

Courtney Montour

**Makeup**

Alexandra Apple  
Brittany LeBorgne

**Graphic Design**

Mona Laviolette

**Post- Production Supervisors**

Tony Manolikakis  
Lisa M. Roth

**Sound Editor**

Mona Laviolette



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**Sound Mix**  
Christopher Leon

**Opening Sequence Editor**  
Simon Webb

**Titles & Graphics**  
Simon Webb

**On-line Editor & Colourist**  
Tony Manolikakis, Rev 13 Films

**Assistant Editors**  
Albert Kurian  
Karim Mansour

**Language Versioning**  
Beesum Communications

**Mohawk Adaptation & Narration**  
Akwiratékha Martin  
Kahtehrón:ni Iris Stacey

**Press Photos**  
Liam Maloney

**Production Stills**  
Lisa M. Roth  
Karim Mansour

**Digital Media Producer Intern**  
Kimberly Ross

**New Media Production**  
Chocolate Liberation Front



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**Production Accountant**

Linda Ludwick

**Bookkeeper**

Anne-Marie Belhadj

**Insurance**

B.F. Lorenzetti

**Legal Counsels**

Sander H. Gibson

GASCON & ASSOCIÉS S.E.N.C.R.L.

Remy Khouzam

LUSSIER & KHOUZAM

DROIT DES ARTS ET DES COMMUNICATIONS

**Interim Financing**

National Bank of Canada

Jeremy Spry

**Additional Music**

**SO MANY THINGS**

**(Leela Gilday)**

Published and Performed by Leela Gilday

Courtesy of Leela Gilday

**SECRET**

**(Leela Gilday)**

Published and Performed by Leela Gilday

Courtesy of Leela Gilday

**READY ONE TWO**

**(Inez Jasper)**

Published and Performed by Inez Jasper



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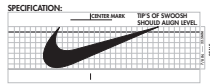
Courtesy of Inez Jasper

**STICK GAME JAM**

**(Inez Jasper)**

Published and Performed by Inez Jasper

Courtesy of Inez Jasper



**Special thanks to our participants:**

Steve Bonspiel  
Kwanata:wi Cook  
Kary-Ann Deer  
Kahnhehsentha Delaronde  
Mike Delisle  
Owisokon Lahache  
Chloe McDonald  
Janice Patton  
Kas Stacey

**Experts**

**Olivier Court, MD, FRCSC**  
Assistant Professor of Surgery, McGill University



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**Allison Diabo**

Hair Stylist, Kahkotsi:io Beauty Salon

**Wahsontiostha Tiffany Deer**

Chef, Kwe Kwe Gourmet

**Theresa Ducharme**

Personal Fitness Specialist with Lemon Cree,  
Aboriginal Fitness and Wellness Programs

**Dr. Ojistoh Horn**

Family Medicine

**Larry Hunter**

Personal Trainer

**Brittany LeBorgne**

Makeup Artist

**Doug Lahache**

Dragonboat Coach

**Konwatsitsa:wi Meloche**

Public Speaker

**John N. McComber**

Keepers of the Eastern Door, Mohawk Singers and Dancers

**Marc Merulla**

Founder / Sales and Program Director  
Team Building Montreal & Team Building Ottawa

**Waneek Horn-Miller**

Olympic Athlete

**Jayne Murdoch**



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Dietician, College of Dieticians of Ontario

**Sandra Reich**

Clinical Director, Montreal Centre for Anxiety and Depression

**Thank you :**

The Eastern Door  
Raul Campued  
Caroline Cook  
Golden Age Club of Kahnawake  
Chris Hooqendijk  
K103 Radio Station  
Kahnawake Education Centre  
Kahnawake Family Wellness Center  
Kahnawake Survival School  
Kahnawake Youth Centre  
Kahkotsi:io Beauty Salon  
Kateri Memorial Hospital  
Frank McComber  
The Mohawk Council of Kahnawake  
Mohawk Royal Equestrian Centre  
Mohawk Trail Longhouse  
Onake Paddling Club  
Projet Autochtones du Quebec  
Sam Roper  
Royal Victoria Hospital  
Step by Step Child and Family Centre  
T.A. Mode  
Tango Fabrika  
Tewatohnhi'saktha  
Tewenhni'to:ken Sharrow

Filmed in the Mohawk Territory of Kahnawake



Rezolution Pictures International Inc, 440 Villeneuve Street West, Outremont, Québec, Canada H2V 2R5  
(514) 272-8241 [www.rezolutionpictures.com](http://www.rezolutionpictures.com)



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