

Tel̥naapéewi Lahkéewiit

(Delaware Nation)

Bi-Weekly Newsletter DATE: April 18, 2018



Volume 4 issue 2

 Please hand in your news items on MONDAY APRIL 30, 2018 BY 4:00

The next Delaware Nation Bi-Weekly Newsletter will be distributed on Wednesday May 2nd, 2018

THANK YOU NOTE

For the Late Gordon Hopkins Sr.

The family of Gordon Hopkins Sr. would like to say a special thank you to all our family, friends, community members, fire keepers, pallbearers and anyone that helped in any way. Thank you for the food, flowers, cards, etc.

A Special Thank You to Brent Stonefish, Carol Hopkins, The Midewin People, Jim Dumont and the Grandfather Drum, Larry Johnson's large drum and all the singers.

Everything was greatly appreciated and will always be remembered.

Love, Patricia Hopkins, Gord Jr., Mary, Nancy, Shelley, Peter and all our families



Tree Planting @ the River

When: Saturday April 28, 2018

Time: 9:00a.m.-3:00p.m.

Lunch provided

Where: Parking at the bottom field at the bridge, follow the trail to the next field over

Who: All community members welcome to help plant large stock trees in designated buffer strip

Union Gas had graciously offered to send volunteers and also to contribute large stock trees to this event.

Everyone Welcome! Bring shovels and rakes, wheelbarrows, etc.

** This event is held as part of the AFSAR project!! We are working in partnership with LTVCA and Union Gas to get these trees planted!!

For more info contact Darren 519-350-0977

**PLANT
MORE
TREES!**



For more news and information check out our website

www.delawarenation.on.ca



Delaware Nation Administration Office: 519-692-3936

Garbage and Recycling Collection Schedule

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3 Garbage	4	5 Recycling	6	
	9	10 Garbage	11	12	13	
	16	17 Garbage	18	19 Recycling	20	
	23	24 Garbage	25	26	27	
	30	Community Clean – Up Event: April 4 th to May 4 th				

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Garbage	2	3 Recycling	4	
	7	8 Garbage	9	10	11	
	14	15 Garbage	16	17 Recycling	18	
Collection is one day later this week	21 <i>Victoria Day Holiday</i>	22	23 Garbage	24	25	
	28	29 Garbage	30	31 Recycling		

June 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	
					1	
	4	5 Garbage	6	7	8	
	11	12 Garbage	13	14 Recycling	15	
	18	19 Garbage	20	21	22	
	25	26 Garbage	27	28 Recycling	29	

COMMUNITY CLEAN-UP

EARTH DAY

Friday, April 20th, 2018
Meet at Community Centre
9:30am – 1:00pm

**Lunch
Provided**

Let's show our community support
by coming together for a community wide
Clean-up.

**Door
Prizes**

To keep our community looking great!

**Free
Incentive**



**Supplies
Provided**



If you have questions, please feel free to contact
Justin Logan @ Housing & Lands (519) 692-4290.





MORAVIAN UNITED CHURCH

Rev. Joan can be reached on her cell number 519-495-9383 at her home 289-1574 if you wish to schedule a home visit or to meet at the church

APRIL 27TH @ 12:00 noon

DINNER AND A MOVIE AFTERNOON

Movie will begin after dinner at approximately 12:30 p.m.

Please bring a lawn



chair, if you wish

Movie is

"WONDER"

April 29th @ 9:30 Worship Service – Jesus the True Vine

The Sacrament of Holy Communion

May 6th @ 11:30 Worship Service

Please join us – Everyone is always welcomed.

EMPLOYMENT &
TRAINING CENTRE
Extended hours for
the month of APRIL



Wednesday April 18, 2018

Wednesday April 25, 2018

**OPEN until 6:30 p.m. on the
above dates**

*Marcy Huff, Employment &
Training Coordinator
1-519-692-4175*



Reminder: This is a scent-free building

LIBRARY HOURS

3:00p.m.-8:00p.m.

Tuesday, Wednesday, Thursday



THOR: RAGNAROK

Wednesday April 25th, 2018

4:00p.m.-6:00p.m.

Bring your own lawn chair, blanket or pillow!

Telephone: 519-692-3411

Librarian: Derekica Snake



Eelūnaapéewi Lahkéewiit (Delaware Nation) Union Gas Project

In August 2017, the Ontario Energy Board approved Union Gas to expand natural gas to Eelūnaapéewi Lahkéewiit (Delaware Nation).

Phase one of the expansion will include natural gas being installed from Norton Line to the Knoll Road and School House Line intersection, then along School House Line to Littlejohn Road.

This expansion will provide new natural gas service and provide long-term energy savings to residents, community-owned businesses and buildings along this route. The remaining areas of the community will be included in future expansion plans.

Construction of phase one is scheduled to begin in July 2018. An information community session is being planned for May 2018 where Union Gas representatives will be available to answer any questions community members may have. A community meeting will be held on May 16, 2018. More details to follow at a later date.

Union Gas has been delivering clean and affordable natural gas to homes and businesses throughout Ontario safely and reliably for more than 100 years and will apply its expertise and experience towards this project.

For further information please contact Chief Denise Stonefish at (519) 692-3936.

Eelūnaapéewi Lahkéewiit

(Delaware Nation)

Public Meeting

Topic: Election Code

“Terms of Office”

DATE: Saturday April 28, 2018

TIME: 9:00 a.m.

PLACE: Community Centre

Open to Eelūnaapéewi Lahkéewiit

(Delaware Nation) members.

Just in time for Spring

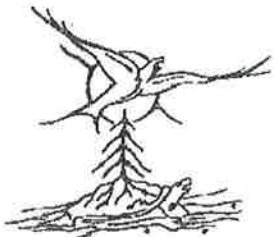
IT'S AS
EASY AS

1 METAL
GOES
HERE!

2 GARBAGE
GOES
THERE!



* Workers will be present for Assistance



Delaware Nation
Public Work Department

Community Clean -Up
Event From
April 30 – May 4, 2018
8:30am – 4:30pm

The Delaware Nation is set to hold another clean -up event! The disposal area will be inside our road's departments compound with helpers on hand to help unload and ensure proper sorting of waste materials.

One bin for metals: Fridges, stoves, washers & dryers, bicycles, metal futon/bed frames, stainless sinks, fixtures, etc....

The second bin for general garbage: couches, chairs, mattresses, dressers, broken toys, housewares, etc....

We will be providing pick-up for large items. Please complete the attached form and submit to Delaware Nation Reception by **April 26, 2018 @ 4:00pm**

Please place your items towards the back of the container so we can get as much as possible.

Large Appliance Removal

NAME: _____

911#: _____

CONTACT#: _____

- Refrigerator
- Stove
- Freezer
- Dishwasher
- Air conditioner
- Dehumidifiers
- Washers
- Dryers
- BBQ
- Other – please specify _____

- Please ensure your appliances are outside your home for easy pick-up.
- Ensure dogs are tied up or contained, for workers safety.
- Pick up times are:
 - Between 8:30am – 4:30pm on April 30 – May 4, 2018

Please Donate
Whenever Possible

If it isn't broke, or worn out, consider donating your unwanted items to local charities, including Goodwill, Value Village, Salvation Army and St. Vincent de Paul

TOONIE-BALL

APRIL 19, 26



6-9p.m



Delaware Nation Community Centre

16+

DRUG AND ALCOHOL-FREE NIGHTS

It is encouraged that you bring a **TOONIE** and/or **CANNED FOOD** item for **each game night** you attend. Proceeds will go towards future events, and playground. Canned items will be taken directly to the Delaware Nation Food Bank.

Thank you for your donations!

Don't Forget to bring your reusable water bottles

For more information, contact Winona Hopkins.
519-692-4434

-DOOR PRIZES-FREE TIM HORTONS-

SUNDAY

APRIL 22

FLEA

2018

MARKET

10_{a.m}-2_{p.m}

\$5 Junk in your Trunk

Line up your cars and sell what you
have in your trunk

CALL TODAY!

ALL **Rental Proceeds** go
towards our Youth's
Summer Playground
Program Anushiik for your
Support!

\$10 INDOOR AND OUTDOOR RENTAL SPACES

**MS. ANTONE'S BEADS & RODIES PAINTINGS WILL BE THERE
AND COME GRAB A BITE TO EAT WITH DOUBLE E'S KITCHEN**

OUR LOCATION

14811 School House Line, R.R.#3
Thamesville, Ontario
N0P-2K0

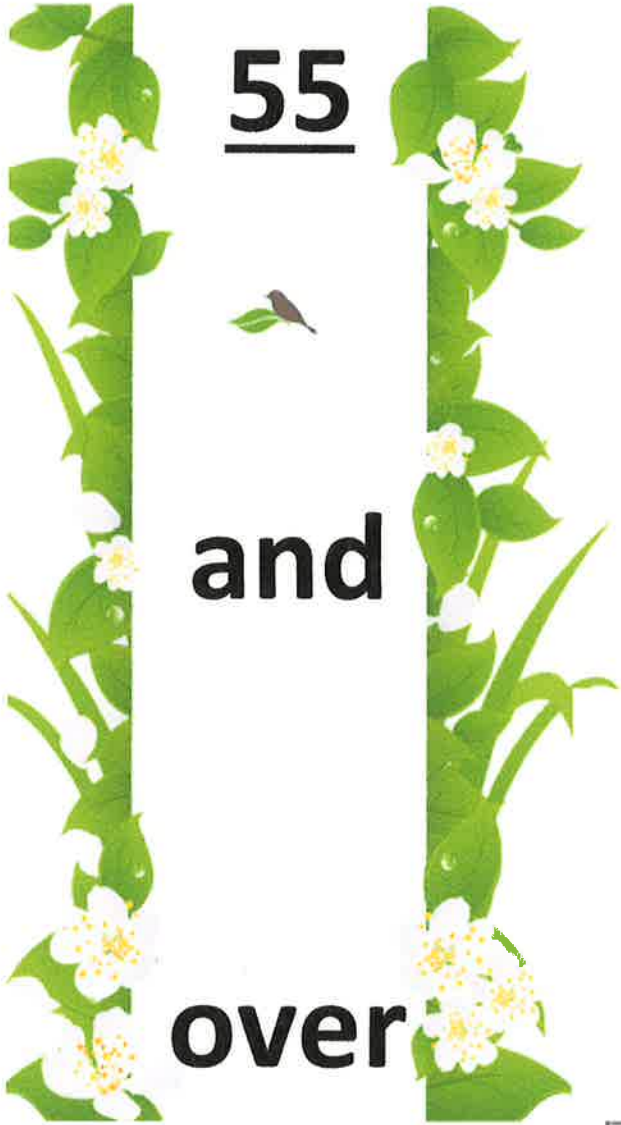
CONTACT INFORMATION

Winona Hopkins
Community Support Worker
Call: 519-692-4434

Email:

community.centre@delawarenation.on.ca





55

and

over

A MONDAY, FUNDAY WITH OUR SENIORS



WHEN: MONDAY MAY 7, 2018

TIME: 1-4P.M

WHO: 55 & UP

WHERE: THE COMMUNITY CENTRE



**In the month of MAY we will be playing BINGO!
Mark your calendars, grab your dabbers, and see you there!**

Any questions, comments or concerns

Please call

Winona Hopkins - 519-692-4434

• Les Timothy Memorial •



GOLF TOURNAMENT 2018

• Friday June 15th, 2018 •

Wardsville Golf Course

Shotgun Start at 10am

Putting Contest (Men & Women)
Closest to Pin (Men & Women)
Longest Drive (Men & Women)
Team Trophy Awards
50/50 Draw
and much more

Pre-Registration Contact
Roberta Peters
Delaware Nation Housing
rjpeters@xplornet.ca
(519) 692-4290 Ext. 221
Deadline: June 1st, 2018

Planning Committee:
Justin Logan, Amanda Logan, Roberta
Peters, Jessica Stonefish-Snake, Cathy
Stonefish, Colleen Stonefish, Stacy Timothy,
Barbara Vannieuwenhuyze and
Jaime Ann Whiteye

Four Man Scramble
\$100.00/per golfer
Max. 100 Golfers

Registration Includes:
18 Holes
Golf Cart
Dinner
Prize Table

Proceeds to Delaware Nation Youth Programming

Additional Information - Please Contact:

Cathy Stonefish - Email: cathy.stonefish@delawarenation.on.ca - Delaware Nation Administration (519) 692-3936
Barbara Vannieuwenhuyze - Email: barbara.vannieuwenhuyze@delawarenation.on.ca - Early Learning Centre (519) 692-3623

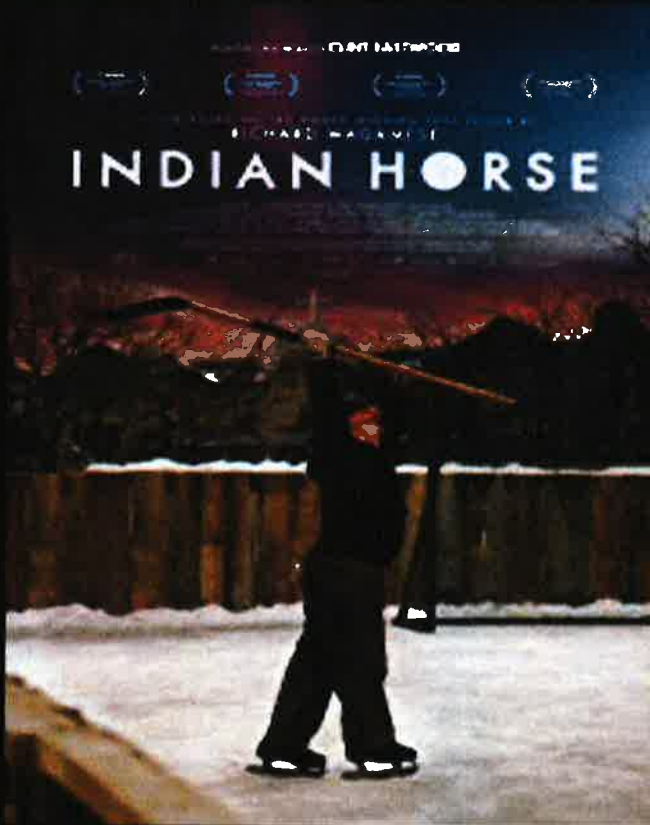
Monday, April 23rd

MOVIE OUTING

Free Community Event

Chatham Cineplex Theatre

INDIAN HORSE



School Bus
Transportation

Leaves at
4:45 pm

Admission &
Snacks
Included

Film starts
6:00 pm

Only 200 spots available

Please call Justin Logan for more info (519) 692-4290

Registration Form to be handed into Housing & Lands Office



**Community Presentation
"Indian Horse" @Chatham Cineplex**

Chatham, Ontario
Monday, April 23, 2018

Registration Form



"Free Community Event"

No.	Name	DN Member
01		<input type="checkbox"/> Yes <input type="checkbox"/> No
02		<input type="checkbox"/> Yes <input type="checkbox"/> No
03		<input type="checkbox"/> Yes <input type="checkbox"/> No
04		<input type="checkbox"/> Yes <input type="checkbox"/> No
Total	Registered: _____	

Registration Rules

1. Registration form is to be handed into Housing & Lands Department
2. Only 200 spots available
3. Event includes: Admission, transportation and concession snacks and refreshments

Transportation

No.	Family Names	School Bus Transportation	Driving own Vehicle	Contact Information
01	1.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	2.			
	3.	Total: _____	Total: _____	
	4.			

****Registration Form to Justin Logan @ Housing & Lands Office****

Parent/Guardian Signature: _____

Date: _____

Staff Signature: _____

Date: _____



Family Quarter



Friday
April, 20, 2018
4:30– 7:00 p. m
Community
Center
Everyone
Welcome

Available to
Purchase
Snacks, Drinks
Supper
Dabbers

Early Learning Center Fundraiser

Drug and Alcohol
Free Event

Parenting

Tuesday, April 24

Breakfast at 10

Class begins at 11

GUEST SPEAKERS

APRIL 24- KAYLENE & ANGELA

MAY 1-KAYLENE & ANGELA

MAY 8- TBA

EVERY ONE

WELCOME

Please Join Us

At The

Early Learning

Center

**Early Learning, ON Works,
This is a Drug and Alcohol Free Event**



SPA CREATIONS

WITH

SPIRIT EARTH HOLISTICS

WEDNESDAY, APRIL 18, 2018

5:00PM - 8:00PM

DELAWARE NATION COMMUNITY
CENTRE

****15 SPOTS AVAILABLE****

*****SUPPER IS PROVIDED*****

PLEASE CALL 519-692-3969 TO RESERVE YOUR SPOT

ADULT SELF CARE

DROP IN

~~MONDAY, APRIL 9, 2018~~

~~MONDAY, APRIL 16, 2018~~

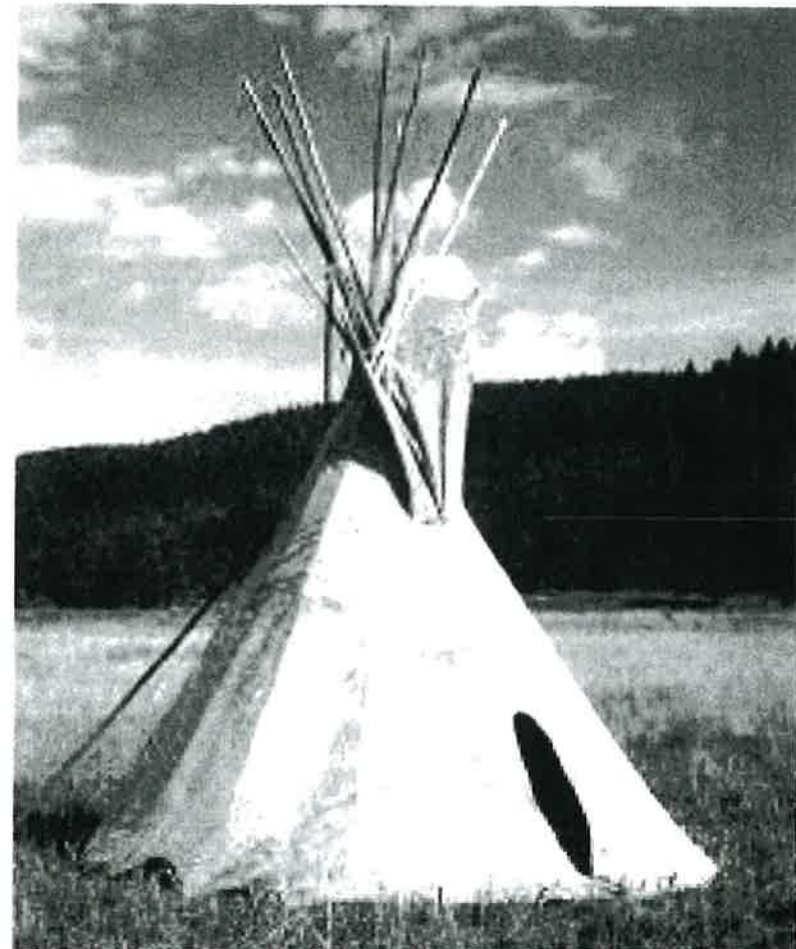
MONDAY, APRIL 30, 2018

1:30PM - 4:00PM

DELAWARE NATION HEALTH CENTRE

*****MEAL PROVIDED*****

IF YOU HAVE ANY QUESTIONS, PLEASE CALL
519-692-3969





ADULT SELF CARE CEDAR FOOT SOAKS

WEDNESDAY, MAY 1, 2018

5:00PM-8:00PM

DELAWARE NATION HEALTH
CENTRE

****15 SPOTS AVAILABLE****

****SUPPER IS PROVIDED****

*****PLEASE BRING TOWEL*****

PLEASE CALL AT 519-692-3969 IF YOU HAVE ANY QUESTIONS



FINGER WEAVING

WITH

BILL

THURSDAY, MAY 3, 2018

FRIDAY, MAY 4, 2018

4:30PM - 7:30PM

DELAWARE NATION HEALTH CENTRE

****10 PERSONS****

*****SUPPER IS PROVIDED*****

PLEASE CALL 519-692-3969 TO BOOK A
SPOT

DELAWARE NATION HOMEMAKER PROGRAM

NEEDS CASUAL CALL IN HELP

Must meet these current requirements:

- ✓ PERSONAL SUPPORT WORKER CERTIFICATE
- ✓ FIRST AID AND CPR CERTIFICATE
- ✓ MUST BE CERTIFIED AS PHYSICALLY FIT BY A PHYSICIAN TO FULFILL THE DUTIES OF A HOMEMAKER
- ✓ MUST HAVE A CRIMINAL REFERENCE CHECK (CRIC)
- ✓ MUST BE 18 YEARS OF AGE OR OLDER

**IF INTERESTED, SUBMIT RESUME AND SUPPORTING DOCUMENTS TO
EELUNAAPEEWI LAHKEEWIT HEALTH CENTRE 14737 SCHOOLHOUSE LINE
THAMESVILLE ONTARIO N0P 2K0. FOR ADDITIONAL INFORMATION CONTACT
JANET HOPKINS @ 519-692-3969**

Opioid Overdose Signs And Symptoms

Don't use alone

- Breathing will be slow or gone



- Lips and nails are blue



- Person is not moving



- Person may be choking



- You can hear gurgling sounds or snoring



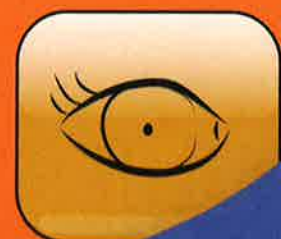
- Can't be woken up



- Skin feels cold and clammy



- Pupils are tiny





Mocc Walk 2018

get active · get fit · have fun
May 1st - June 30th, 2018

April 1, 2018

Dear Community Member/Organization:

Take the Mocc Walk 2018 Challenge!

At one time, Diabetes was unknown in First Nation, Metis and Inuit communities. Diabetes is a major concern for Indigenous people. Indigenous people are 3 to 4 times more likely to experience Type 2 Diabetes than non-Indigenous Canadians. Before, older people used to get diabetes, but now, **Indigenous children** get it too. Because people are getting it a lot younger, they will have complications at a younger age.

Although, it is increasingly common in First Nations people, **diabetes can be prevented and/or managed** by “walking” a balanced life; eating a healthy diet; living an active lifestyle; and having a positive attitude. Ontario Native Women’s Association (ONWA) together with its Aboriginal Diabetes Program, is sponsoring “**Mocc Walk 2018**” - a walking challenge intended to increase diabetes awareness and to promote physical activity among Indigenous people across Ontario.

ONWA and Its Aboriginal Diabetes Program ask for your support in promoting this event in your community, women’s Locals, schools, existing walking clubs, Indigenous businesses and organizations. Please find enclosed the Mocc Walk 2018 Poster and information package. It is our hope that you will hang the event poster in your places of business, community centres, schools etc.

If more posters or information are required, please contact the ONWA Diabetes Program at 1-800-667-0816, Fax 807-623-1104, or e-mail diabetes@onwa.ca,

Miigwetch,

Robert Fenton
Aboriginal Diabetes Education Coordinator

www.onwa.ca

Head Office: 150 City Road · P.O. Box15-684 City Road · Fort William First Nation, ON P7J1J7 ·
Toll Free: 1-800-667-0816 · Phone: (807) 577-1492 · Fax: (807) 623-1104
Satellite Office: 380 Ray Blvd · Thunder Bay, ON P7B4E6 · Phone: (807)623-3442

HOW FAR CAN YOUR MOCCASIN'S WALK?

Mocc Walk

get active · get fit · have fun



WHO:

Everyone of all ages- women, men, youth, children, elders. Register as **Individuals** or gather your families, co-workers or friends and participate as in **Teams (4 per team)!**

WHEN:

Begins: May 1st

Ends: June 30th

Register Before: April 30th

WHERE:

All across Ontario. You can walk anywhere – on a treadmill, outside or at the mall.

REGISTRATION REQUIRED:

ENTER FOR A CHANCE TO WIN GREAT PRIZES!

To register, complete the registration form and e-mail, fax, or mail it to ONWA.

Available at: www.onwa.ca/mocccwalk

The Ontario Native Women's Association's Aboriginal Diabetes Program is challenging you to a Mocc Walk!

Join this **FREE** walking challenge intended to increase awareness about diabetes and to promote physical activity among Indigenous people across Ontario.





For more information, please contact:

Robert Fenton


Toll Free: 1-800-667-0816 | Tel: 807-623-3442

E-mail: diabetes@onwa.ca

 www.onwa.ca

 @ONWA7

 @_ONWA_

 /onwa_official



Mocc Walk 2018

get active · get fit · have fun

May 1st - June 30th, 2018

REGISTRATION FORM

Participant Type:

Individual Team: _____ *Team Name*

Participant #1

Name: _____ Sex: Male Female
 Address: _____
 City: _____ Postal Code: _____
 Phone: _____ Fax: _____
 Email: _____
 Age: 0-13 14-17 18-25 26-35 36-45 46-55 56-65 66+
 Status: Off Reserve On Reserve Inuit Métis Other

Participant #2

Name: _____ Sex: Male Female
 Address: _____
 City: _____ Postal Code: _____
 Phone: _____ Fax: _____
 Email: _____
 Age: 0-13 14-17 18-25 26-35 36-45 46-55 56-65 66+
 Status: Off Reserve On Reserve Inuit Métis Other

Participant #3

Name: _____ Sex: Male Female
 Address: _____
 City: _____ Postal Code: _____
 Phone: _____ Fax: _____
 Email: _____
 Age: 0-13 14-17 18-25 26-35 36-45 46-55 56-65 66+
 Status: Off Reserve On Reserve Inuit Métis Other

Participant #4

Name: _____ Sex: Male Female
 Address: _____
 City: _____ Postal Code: _____
 Phone: _____ Fax: _____
 Email: _____
 Age: 0-13 14-17 18-25 26-35 36-45 46-55 56-65 66+
 Status: Off Reserve On Reserve Inuit Métis Other

Email, fax, or mail the completed form to:

Robert Fenton – 380 Ray Blvd., Thunder Bay, ON. Email: diabetes@onwa.ca Fax: (807) 623-1104

Deadline for registration is April 30th, 2018.

www.onwa.ca

Head Office: 150 City Road · P.O. Box15-684 City Road · Fort William First Nation, ON P7J1J7 ·
 Toll Free: 1-800-667-0816 · Phone: (807) 577-1492 · Fax: (807) 623-1104
 Satellite Office: 380 Ray Blvd · Thunder Bay, ON P7B4E6 · Phone: (807)623-3442



Mocc Walk 2018

get active · get fit · have fun
May 1st - June 30th, 2018

Frequently Asked Questions & Answers

What is the Mocc Walk?

The Mocc Walk is a walking challenge that promotes awareness about diabetes and encourages everyone to “get active· get fit · have fun,” while taking part. Whether walking as an individual or as a team, participants are encouraged to walk and record the number of minutes spent walking. For every 10 minutes spent walking, 1 point is awarded. Points are tallied and submitted to ONWA for the chance at winning some cool prizes!

Who can participate in the Mocc Walk?

- The Mocc Walk is open to women, men, youth and children throughout the province of Ontario.
- Participants can enter as individuals or as teams of four (4). **Note: Teams do not have to walk together**

How long is the Mocc Walk?

Walking begins 12:00 am on Sunday, May 1st and will end 11:59 pm on Thursday, June 30th, 2018

Where is the Mocc Walk?

- All across Ontario
- Participants can walk anywhere – a treadmill, outside, at the mall

What do participants have to do for the Mocc Walk?

- Complete the Registration form and e-mail, fax or mail to ONWA by May 1st, 2018.
- Start walking and record walking minutes on the calendars provided for May and June.
- **Note: Walking minutes cannot include working hours (breaks and lunch hour are acceptable).**
- Tally points monthly (10 minutes of walking= 1 point) and e-mail, fax or mail to ONWA.
- Participants may also submit photos and stories about their walking experiences to ONWA.
- Final tracking results need to be submitted by July 15, 2018.

Why should I participate in the Mocc Walk?

- Get Active ·Get Fit · Have Fun
- Raise awareness about Diabetes - a key public health concern for Aboriginal people
- Win cool prizes

How are the prizes awarded for the Mocc Walk?

- Prizes are awarded to the top three (3) individuals and the top three (3) teams for each region in Ontario (Northern, Southern, Eastern, Western)
- All individuals/teams are eligible for the 3 Grand Prizes, which will be randomly drawn.

** In order to be eligible for prizes, participants must track their results and submit them to ONWA*

How do I get more involved?

Contact the Aboriginal Diabetes Education Project at the Ontario Native Women's Association:

380 Ray Blvd · Thunder Bay, ON P7B4E6 · Phone: (807)623-3442

Toll Free: 1-800-667-0816 · Fax: 807-623-1104 · Email: diabetes@onwa.ca

www.onwa.ca

Head Office: 150 City Road · P.O. Box15-684 City Road · Fort William First Nation, ON P7J1J7 ·
Toll Free: 1-800-667-0816 · Phone: (807) 577-1492 · Fax: (807) 623-1104
Satellite Office: 380 Ray Blvd · Thunder Bay, ON P7B4E6 · Phone: (807)623-3442



MOCC WALK - MAY 2018


get active · get fit · have fun



Name: _____

Community: _____

PLEASE PRINT CLEARLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mocc Walk Reminders: <ul style="list-style-type: none"> • Mark you progress every day • Record 1 point for every 10 minutes of walking • Warm up and stretch first, and drink plenty of water • Email, fax, or call your points in to ONWA at the end of every month 		1 START!	2	3	4	5 Weekly Total =
6	7	8	9	10	11	12 Weekly Total =
13	14	15	16	17	18	19 Weekly Total =
20	21	22	23	24	25	26 Weekly Total =
27	28	29	30	31		
						Weekly Total =
						Monthly Total =

For information, please contact: Ontario Native Women's Association

380 Ray Blvd., Thunder Bay, ON P7B 4E6 · Toll Free: 1-800-667-0816 · Tel: 807-623-3442 · Fax: 807-623-1104 · Email: diabetes@onwa.ca

www.onwa.ca/mocwalk2017



MOCC WALK - JUNE 2018

get active · get fit · have fun



Name: _____

Community: _____

PLEASE PRINT CLEARLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Mocc Walk Reminders:</p> <ul style="list-style-type: none"> • Mark you progress every day • Record 1 point for every 10 minutes of walking • Warm up and stretch first, and drink plenty of water • Email, fax, or call your points in to ONWA at the end of every month 					1	2
3	4	5	6	7	8	9 Weekly Total =
10	11	12	13	14	15	16 Weekly Total =
17	18	19	20	21	22	23 Weekly Total =
24	25	26	27	28	29	30 Weekly Total = Monthly Total = END!

For information, please contact: Ontario Native Women's Association

www.onwa.ca/mocccwalk2017

380 Ray Blvd., Thunder Bay, ON P7B 4E6 · Toll Free: 1-800-667-0816 · Tel: 807-623-3442 · Fax: 807-623-1104 · Email: diabetes@onwa.ca



Walking and Diabetes

What You Need to Know

By Craig Stoltz, writer for LifeWire

The Benefits of Walking

By walking every day, for 30 minutes to an hour, people with diabetes can reap the following benefits:

- Improved glucose control. Exercise helps muscles absorb blood sugar, preventing it from building up in the bloodstream. This effect can last for hours or even days, but it's not permanent. That's why walking regularly is essential for continued blood glucose control.
- Better cardiovascular fitness. Because people with diabetes are at increased risk for heart disease, this is an important benefit.
- Weight control. Regular walking burns calories; this can help control weight, which in turn can reduce health risks.

www.onwa.ca

Head Office: 786 Grand Point Road · P.O. Box 15-684 City Road, Fort William First Nation, ON P7J1K3 ·
Toll Free: 1-800-667-0816 · Phone: (807) 577-1492 · Fax: (807) 623-1104
Satellite Office: 380 Ray Blvd · Thunder Bay, ON P7B4E6 · Phone: (807) 623-3442

SENIORS NEWS



2018

- ~~March 21~~ - Chair Massage with Shelly Elijah + Sabrina "Grief Chat"
- ~~March 22~~ - Centre open 2pm-4:30pm; Movie: "Smoke Signals"
- ~~March 28~~ - Potluck lunch and Bingo at Seniors Centre. Theme will be spring cleaning and planting.
- ~~April 4~~ - Theresa Johnson "Corn Bread"
- ~~April 5~~ - Seniors Centre open 2pm-4:30pm "Dice, Euchre?"
- ~~April 11~~ - Shelley Elijah "Chair Massage"; + Nicole from True North "topics/ideas of equipment for your home that will benefit you"
- ~~April 18~~ - Diabetes Team will be at the Seniors Centre.
- ~~April 19~~ - Seniors Centre open 2pm-4:30pm; "Yahtzee, Cards?"
- ~~April 25~~ - Seniors and Kindergarten bowling in Ridgetown 11:00am-1:00pm.
- ~~May 9~~ - Shelley Elijah "Chair Massage"





Youth Cooking Class

Date: Sunday April 22nd

Time: 10am-4pm

Location: Youth Centre

Ages: 10-17

Come join us!

CALL 519-692-3969

to register

only 15 spots available!

Spring is Here!



Raised Garden Bed WORKSHOP

Come and join us for this 2 day workshop.
we will be creating and learning how to care for
our own personal garden.

Saturday April 28th

&

Sunday April 29th

10am-3:30pm

@the Community Centre



**ONLY 15 SPOTS AVAILABLE
PLEASE CALL
519-692-3969
TO REGISTER**



Southwest Ontario Aboriginal Health Access Centre

TRADITIONAL HEALING SERVICE ZIISSBAAKDOKE GIIZIS (Sugar Moon)

APRIL 2018

226 474 1787

To schedule appointments for Chippewa and Outreach Sites, contact Stephanie T. at 519-269-0352. For the London site, contact Chanda D. at 519-672-4079.
To schedule appointments for Delaware, contact Stephanie W. at 226-332-5727 and Windsor site, call 519-916-1755.
To schedule for Owen Sound Site, contact Charmaine J. at 519-376-5508. Miigwetch/Yaw^ko/Thank you

Name-Giishgad Sun	Skwaa name-Giizhgad Mon	Niizh-Giizhgad Tues	Nzo-Giizhgad Wed	Niiyo-Giizhgad Thu	Naano-Giizhgad Fri	Ngodwaaso-Giizhgad Sat
1	2 STAT-Easter Monday	3 Joanne Cheechoo London	4 Joanne Cheechoo London	5 Joanne Cheechoo Chippewa	6	7
8	9 Esstin McLeod Owen Sound	10 Esstin McLeod Owen Sound	11 Esstin McLeod Owen Sound Farley Eaglespeaker Chippewa/Talking Circle/Drum Group	12 Elva Jamieson Chippewa Richard Assinewai Owen Sound	13 Elva Jamieson London Richard Assinewai Owen Sound	14
15 NEW MOON	16 Richard Assinewai Outreach-Windsor	17 Richard Assinewai Outreach-Delaware	18 Richard Assinewai Chippewa/Sweat/ Teachings	19 Richard Assinewai Chippewa/Sunrise/ Teepee Raising	20	21
22 Esstin McLeod Chippewa/Medicine making	23 Esstin McLeod Chippewa/Medicine teachings Farley Eaglespeaker Chippewa/Sweat	24 Esstin McLeod London	25 Farley Eaglespeaker Chippewa/Drum Group	26	27	28
29 FULL MOON Please note calendars are subject to change with short notice	30 Stephanie Trudeau Chippewa/Sharing Circle	SCHEDULING ALL ELDERS/HEALERS: Priority appointments for those supported by by proper referral sources from SOAHAC's Traditional Knowledge Helpers and SOAHAC staff where individuals suffer with chronic illness, in need of pain management and the elderly. Please be reminded to bring tobacco with each visit - females are asked to wear long skirts. Our visiting Knowledge Helpers are with us monthly. SOAHAC's onsite Resident Knowledge Helper, Joanne Jackson, London Site and Farley Eagle Speaker, Chippewa Site. Miigwetch/Yaw^ko/Thank you				

Healthy You

An 8-session lifestyle program designed to help you be your healthiest self! We will set and meet goals together 🌟

Join us 1 Monday a month over your lunch hour for a delicious healthy lunch and an education session.

Location: Health Centre Boardroom

Cost: FREE

Dates:

~~Mon. Feb. 12, 2018 12—1 pm~~

~~Mon. Mar. 26, 2018 12—1 pm~~

Mon. Apr. 23, 2018 12—1 pm

Mon. May 28, 2018 12—1 pm

Mon. June 11, 2018 12—1 pm

Mon. Sept. 10, 2018 12—1 pm

Mon. Oct. 22, 2018 12—1 pm

Mon. Nov. 12, 2018 12—1 pm

PTSD
EUFood
Accountability
Support

For more information please contact:
Janet at 519-692-3969 or
Mikaela at 519-693-4441 ext. 2454



Diabetes

Grief Recovery: Mending Broken Hearts



Rescheduled Dates:

Thursday, April 19, 2018

Information Session on Grief Recovery
Method & Intergenerational Trauma

Friday, April 20, 2018

Mending Broken Hearts Workshop & Ceremony

Both days 9:30 am - 4:00 pm

at Eelunaapeewi Lahkeewit Community Centre,
Delaware Nation at Moraviantown
14811 School House Line, Thamesville, ON

Free event. Food provided.

PLEASE REGISTER

Sabrina Puente: spuente@soahac.on.ca

Wulamaliswiikaan Health Centre:

519-692-3969 or cell: 226-378-2247



**Southwest Ontario
Aboriginal Health
Access Centre**

*Facilitated by Grief Recovery Specialist, Brennan Ireland, SOAHAC Counsellor
and Sabrina Puente, Mental Health Counsellor*

Dear Delaware Nation Community Members,



I wanted to take this opportunity to share with you all that I will be leaving your beautiful community at the end of the month. I am relocating to SOAHAC's Windsor site where I will continue to provide counselling services to individuals and families. Another counsellor will be joining you in my place shortly after I leave. I have enjoyed working with you and your community a great deal over the past 2 years.

At this time, I would like to thank you all from the bottom of my heart for making me feel welcome in your community. I have truly enjoyed getting to know you, your families, and your community and I will miss you all dearly.

Anushiik,
Sabrina Puente MSW, RSW
Mental Health and Addictions Counsellor

APR 17 2018

APR 17 2018



**Southwest Ontario
Aboriginal Health
Access Centre**

Self-Care Workshop



**This hands on workshop will help you learn about
Self-Care by teaching:**

- **How to Incorporate Journaling into your Daily Schedule**
- **Effective Time Management**
- **Relaxation Methods**
- **How to make: Homemade Facials, Lip Balm, Hand Treatments,
and Bath Bombs**

You will feel so refreshed and rejuvenated at the end!!

Date: Friday April 20, 2018

Time: 5:30 – 9:00pm

Location: Family Well-Being Building

(Located behind Community Centre)

Contact: Health Centre to register (15 Participants)

Workshop Facilitated By:



ATTENTION:



Post-Secondary and High School Students

Must Pre-Register:

By: Friday, April 20, 2018

Once registered, you will receive a confirmation email, with more details.



Information Received
From:
Chatham-Kent
Employment Resource
Centre

Job Fair Opportunities:


Post Secondary: Monday, April 30 from 2 pm – 7 pm

High School: Wednesday, June 20 from 2 pm – 7 pm

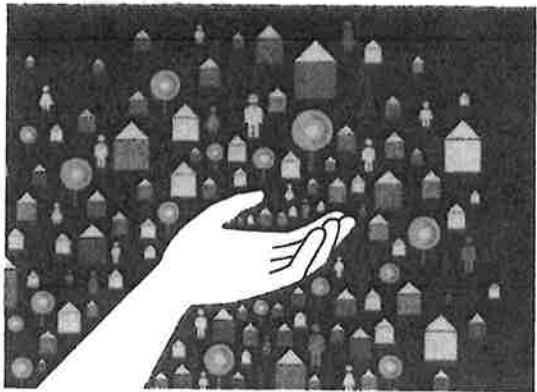
To pre-register, use the following address:

<https://www.surveymonkey.com/r/YJF2018>

This is for the upcoming 2018 summer season.



Community Volunteer Income Tax Program



Need a hand to prepare your tax return?

Volunteers can help you prepare your income tax and benefit return if you have low income and a simple tax situation. Volunteers are not employees or volunteers of the Canada Revenue Agency. Remember to bring all your tax slips and forms with you.

Tax clinic:

Income Tax Clinic

Delaware Nation Employment & Training Center

Monday April 23, 2018

10-2

NOTE: DATE CHANGE

www.cra.gc.ca/volunteer
1-800-959-8281

Cultural Services Assistant

LOCATION: Longwoods Road Conservation Area
DEPARTMENT: Ska-Nah-Doht Village and Museum
REPORTING TO: Karen Mattila, Curator

DATE POSTED: March 29, 2018
CLOSING DATE: April 20, 2018
APPROXIMATE START DATE: May 7, 2018

PURPOSE OF POSITION:

To assist in the daily operations of the Ska-Nah-Doht Village and Museum; including educational programming, community engagement and co-ordinating cultural events. This is a unique entry level, mentored learning experience with an opportunity for the position to turn into a 1 year contract.

QUALIFICATIONS:

- Post-Secondary diploma in First Nations Studies, Museology, Anthropology, History or a related field.
- Experience working with the public for a diversity of ages and needs.
- Must have knowledge of local history and a passion for education, heritage, and culture.
- Must possess strong interpersonal communication skills with an enthusiasm for working with the public.
- Excellent organizational and writing skills. Must have computer and social media skills.
- Experience with museum collections and exhibits are an asset.
- Must be able to work in an outdoor environment with various environmental and seasonal conditions. Does include light lifting.
- Driver's license is required.
- Must possess or be willing to obtain a Vulnerable Sectors Screening.

SPECIFIC RESPONSIBILITIES:

To assist the Curator in daily operations includes conducting and developing curriculum-based educational programming, public programming and cultural events both on and off site in the community. They will be assisting with research and development of the Museum's artifact collections and exhibits. There will be substantial networking with community groups including museum professionals and academics from many fields of study including archaeology and Environmental Sciences. There will be projects involving peers but also a chance for independent study. There is also an opportunity for responsibility and creativity by assisting with the inventory for the on-site *Turtle Trail Gift Shop* and its management.

Lower Thames Valley Conservation Authority Job Posting

COMPENSATION & HOURS:

- Full-time 6 month contract with opportunity for position to turn into a 1 year contract dependent on performance review.
- 35 hours per week with some weekends and evenings.
- Salary: \$17.00/hour

Please send a resume and cover letter by **Friday, April 20, 2018** noting this position to:

Lower Thames Valley Conservation Authority
8449 Irish Drive,
Mount Brydges ON N0L 1W0 or
Fax: 519-264-1562 or
Email: karen.mattila@ltvca.ca

We thank all applicants for their interest. However, only those selected for an interview will be contacted.

The LTVCA is committed to the principles of Employment Equity and to achieving a workforce which is representative of the Canadian population. We strongly encourage candidates to self-identify if they are an Aboriginal person, a member of a visible minority group or a person with a disability. LTVCA is also an equal opportunity employer in accordance with the Accessibility for Ontarians with Disabilities Act, 2005 and the Ontario Human Rights Code. LTVCA is committed to providing accommodations throughout the recruitment, selection and/or assessment process to applicants with disabilities. If you require disability related accommodations, please notify us and we will work with you to meet your needs. Personal information provided is collected under the authority of the Municipal Freedom of Information and Protection of Privacy Act.



Job Summary

Location:

Eelūnaapéewi Lahkéewiit
Delaware Nation
Administration
14760 School House Line
R. R. #3
Thamesville, Ontario N0P
2K0

Industry

Public Works
Recreation
Maintenance and
Weelateexung Nature Trail

Job Status:

Seasonal - 35 hours per week
- 20 weeks (May 07 2018 -
September 28, 2018)

Salary:

Based upon skills &
Experience

CLOSING DATE:
April 20, 2018
@4:00 p.m.

**Eelūnaapéewi Lahkéewiit (Delaware Nation)
Job Posting
Recreation Grounds Workers**

The Eelūnaapéewi Lahkéewiit Council is currently accepting applications for Recreation Grounds Workers, (4) positions within the Eelūnaapéewi Lahkéewiit organization.

SUPERVISION

The Recreation Grounds Worker shall be under the supervision of the Public Works Manager.

EMPLOYMENT CONDITIONS

Contract position - 20 weeks, 35 hours per week, based on funding availability.

SCOPE

The Recreation Grounds Worker will be responsible for the recreation grounds and facility scheduling and maintenance in coordination with Public Works where applicable. Also maintaining the Weelateexung Trail.

DUTIES & RESPONSIBILITIES (to include but not be limited to the following):

- Ensure recreation grounds are maintained and community needs are met (i.e. diamond lights are turned off and on; washrooms are opened and closed in relevance to ground use, etc.)
 - Ensuring access to recreation ground washroom facilities.
 - Maintenance of recreation ground washroom facilities.
 - Monitor operation and maintenance of food booth.
 - Advise administration of supply needs bi-weekly for facilities.
- Coordinate use of recreation grounds facilities, in coordination with Community Support Worker and baseball diamond scheduling.
 - Ensure diamonds are prepared for scheduled games (i.e. dragging and lining diamonds)
 - Weelateexung Nature Trail needs to be maintained.
 - Special Events (Pow Wow, Fall Fair etc.)

OTHER DUTIES:

- May be required to assist with other programs, services or projects as time permits (i.e. cemetery, cenotaph, ground maintenance, housing, etc.)

QUALIFICATIONS:

- Familiarity with the Delaware Nation community
- Experience in working in recreation, parks and planning.
- Time management and organizational skills.
- Good communication skills.
- Valid driver's license and access to reliable transportation would be considered an asset.
- Must provide a copy of recent criminal reference check (CPIC)
- Must be willing to work flexible hours (nights, days, weekends) as required.

Terms of Position:

Employment Term: Seasonal 35 hours per week – 20 weeks
(May 07 2018 – September 28, 2018)

Salary: Commensurate with qualifications and/or experience

Hours of Work: Flexible hours between 8:30 am to 4:30 pm daily;
evenings and / or weekends.

CLOSING DATE FOR APPLICATIONS:

Interested candidates, please submit a **Cover Letter, Résumé and 3 Current Letters of Reference** – two (2) work related and one (1) character in a sealed envelope to:

Eelūnaapéewi Lahkéewiit (Delaware Nation) Administration
14760 School House Line, R. R. #3
Thamesville, Ontario N0P 2K0

**Must be hand-delivered or mailed
Emails will not be accepted**

Marked: CONFIDENTIAL – Recreation Grounds Workers

Closing Date: April 20, 2018 at 4:00 p.m.

Interview Date: April 27, 2018

Pursuant to Section 16(1) of the Canadian Human Rights Act, Delaware Nation gives preference to First Nation applicants.

While we sincerely appreciate all applications, only those candidates selected for interview will be contacted.

Please note the selected candidate will be required to submit a current CPIC and consent to a background reference check.



Job Summary

Location:
Eelūnaapéewi Lahkéewiit
Health Department
14737 School House Line
R. R. #3
Thamesville, Ontario
N0P 2K0

Job Status:
Monday - Friday
35 hours / week

Full Time Position
(Subject to Availability of
Funds)

Salary:
To Be Determined

CLOSING DATE:
Applications must be
submitted
and received by
4:00 p.m.
April 23, 2018

Eelūnaapéewi Lahkéewiit Job Posting

HOME CARE COORDINATOR

Health Department

The Eelūnaapéewi Lahkéewiit (Delaware Nation) Council is currently accepting applications for a Home Care Coordinator within the Health Department.

Position Summary

The Home Care Coordinator (HCC) will administer the Homemakers program for the Eelūnaapéewi Lahkéewiit Health Department utilizing a strong knowledge of the Homemakers and Nurses Services Act. They will interview and provide information for citizens requesting homemaker's services and will further acknowledge and provide routine correspondence to interested parties. They will interact with various stakeholders to improve the quality of care for recipients.

Community Vision Statement

Our vision is a community where people can depend on each other, are respectful, and has the courage to shape our own future.

Definition of Authority

The HCC will report to the Eelūnaapéewi Lahkéewiit Health Director, who in turn is responsible for reporting purposes to the Eelūnaapéewi Lahkéewiit Director of Operations. The Director of Operations reports to the Eelūnaapéewi Lahkéewiit Chief and Council. All material produced within this position will be the sole property of the Eelūnaapéewi Lahkéewiit Council.

Indigenous Awareness Statement

The HCC will have awareness or have a willingness to gain awareness of the unique circumstances of Indigenous Peoples, particularly in areas such as health systems, governance structures, social aspects, values and aspirations.

Homemaker Program, Duties and Responsibilities (shall include but not be limited to)

- Become knowledgeable in the Homemakers and Nurses Services Act
- Establish and maintain linkages and working relationships with First Nations organizations and non-aboriginal organizations involved in Homemaker's issues
- Participate in technical workshops and meeting related to First Nations Homemakers issues with the Provincial/Territorial organizations and other First Nations
- Maintain a directory of all related parties/agencies/organizations dealing with Homemakers matters
- Interview and provide information for applicants requesting Homemakers services
- Acknowledge and prepare responses to routine correspondence and general inquiries for the Homemakers
- Promote education, training and employment opportunities

- Promotion and referral of education and awareness of health-related issues for clients
- Promotion and maintain a policy and procedure manual for the Homemakers Program/Home & Community Care Program
- Liaison with organizations/families/CHN/homemakers and the recipient to improve the quality of care
- Prepare monthly reports to the Health Director
- Complete in the preparation of monthly subsidy claim to the Provincial government and the Indigenous Services Canada
- Prepare Provincial Audits
- Carry out other duties as requested
- Develop yearly workplan to be ratified & approved by the Health Director
- Keep all information pertaining to casework confidential and must sign an Oath of Secrecy Form
- Work under minimal supervision and be willing to seek assistance when required
- Take additional training as required
- Train and supervise existing/new employees
- Set goals and objectives with time parameters
- Documents clear, concise reports
- Work as a team with the other program staff

Home and Community Care, Duties and Responsibilities (shall include but not be limited to)

- The Coordinator is responsible for the planning, implementation, coordination and evaluation of the Home and Community Care service delivery
- Ensures Service Delivery for Home & Community Care clients, by:
 - Conducting client intake and assessment visits, using appropriate assessment tools and documenting information
 - Preparing client care plan in coordination for review by the Home and Community Care Team
 - Organizes program services in the home which will successfully meet the client's needs
 - Providing an objective, non-judgmental approach to client needs
 - Maintaining accurate client files
 - Setting up and working with the Home & Community care team to review and approve client care plans
- Provides direction to Home & Community Care Staff, by:
 - Preparing detailed client care plans
 - Coordinating weekly staff meetings to review duties and care plans
 - Receiving written monthly client reports from the staff
 - Providing supervision of workers under his/her direction
 - Coordinating client care with workers, home care nurse and other health professionals providing client services
- Performs other duties, such as:
 - Training new Home & Community Care workers, as required
 - Providing guidance and some supervision to volunteers working in the program, if applicable
 - Managing the 'Loan' equipment inventory
 - Participating in regular staff meetings with supervisor
 - Providing respite care and personal care to clients on an occasional basis.
 - Identifying on-going needs of elders and persons with disabilities and acts as an advocate to meet those needs

- Assisting clients to access goods and services such as proper lighting, home repairs and furniture and assist with fundraising if required
- Organizing occasional outings for clients and community members as a group
- Coordinating friendly visiting schedule
- Coordinating security checks by security team, band constable, etc.
- Coordinating in-home professional care by nurses, therapists, diabetes program, etc.
- Promoting the Home and Community Care program with outside resources and service agencies
- Attending in-service and training

Other Duties

- May be required to assist with other programs, services or projects as time permits.

Qualifications

- Good communications skills, both written and oral
- Good organizational skills
- Basic computer skills in word processing
- Basic knowledge of Homemakers and Nurses Services Act
- Financial experience is an asset
- Previous experience working with Seniors would be asset
- Must possess or willing to take First Aid/CPR
- Knowledge of Homemakers issues affecting First Nations would be an asset
- Minimum Grade 12 Diploma and/or GED and/or at least five years of successful work experience in health field
- Preferably a background as a Community Health Representative, Personal Support Worker, Registered Practical Nurse, Health Care Aide or have a Gerontology Diploma.
- The successful candidate will be required to provide a CPIC with vulnerable search

Terms of Position

<u>Employment Term:</u>	Full-time (35 hours per week) – Full Time
<u>Salary:</u>	Commensurate with qualifications and/or experience
<u>Hours of Work:</u>	Flexible hours normally between 8:30 am to 4:30 pm

CLOSING DATE FOR APPLICATIONS

Interested candidates, please submit a **Cover Letter, Resume, three (3) current letters of references** – two (2) work related and one (1) character in a sealed envelope to:

Eelūnaapéewi Lahkéewiit (Delaware Nation) Administration
 14760 School House Line, R. R. #3
 Thamesville, Ontario NOP 2K0

<u>Marked:</u>	CONFIDENTIAL – Home Care Coordinator
<u>Closing Date:</u>	April 23, 2018 at 4:00 pm
<u>Interview Date:</u>	April 30, 2018

Pursuant to Section 16(1) of the Canadian Human Rights Act, Eelūnaapéewi Lahkéewiit gives preference to First Nation applications. While we sincerely appreciate all applications, only those candidates selected for interview will be contacted. Please note the selected candidate will be required to submit a current CPIC/Vulnerable Sector Search and consent to a background reference check.



Job Summary

Location:
Eelūnaapéewi Lahkéewiit
(Delaware Nation)
Administration
14760 School House Line
R. R. #3
Thamesville, Ontario
N0P 2K0

Job Status:
Short-term Service
Contract,
May 07 – September 07,
2018

Hours of Work:
Flexible hours
will be required

Salary:
\$17.50 per hour,
as per hours identified in
Service Contract.

Closing Date:

Monday
April 27, 2018
@ 4:00pm

Eelūnaapéewi Lahkéewiit Job Posting POW WOW COORDINATOR Project Description

The Eelūnaapéewi Lahkéewiit (Delaware Nation) Council is currently accepting applications for a Pow wow Coordinator.

SUPERVISION

The Pow Wow Coordinator shall be under the supervision of the Pow Wow committee. If not pow wow committee established, will be under the supervision of the Director of Operations.

Community Vision Statement

Our vision is a community where people can depend on each other, are respectful, and has the courage to shape our own future.

Scope

The Pow Wow Coordinator will be responsible for the planning, development, management, and evaluation of this year's Annual Delaware Nation Pow Wow on September 01 and September 02, 2018.

Service Contract

A short-term service contract position

- May 07 2018 – August 04 @21 hours per week;
- August 05 2018 – September 06, 2018 @35 hours per week
 - o flexible hours.

Duties & Responsibilities (to include but not be limited to the following):

- Oversee the planning, delivery, and evaluation of the Annual Delaware Nation Pow Wow
- Coordinate and oversee fundraising to offset the cost of the powwow
Coordinate fundraising initiatives
- Coordinate and manage event scheduling and details including vendors, dancers, volunteers, drum groups, prizes/honoraria, security, special guests, meals, maintenance, clean-up and give away
- Coordinate & supervise community volunteers to assist with all aspects of the event
- Coordinate and supervise the Miss Moraviantown pageant and/or Youth Ambassador program
- Develop and distribute event advertisements
- Coordinate the purchase or rental of equipment, materials and supplies needed for the event
- Coordinate maintenance of the powwow grounds to ensure the venue is clean and safe
- Produce a final report for presentation to Chief and Council and the community at the annual Gaming Revenue meeting.

Administration

- Develop a comprehensive project work plan and budget
- Responsible for maintaining an organized filing system including but not limited to, activity log book, purchases/receipts, event information
- Report to the Director of Operations on a weekly basis to provide updates

Qualifications

- Familiar with the Delaware Nation community and Annual Pow Wow
- Experience in event planning
- Ability to develop and monitor a budget
- Good communication skills
- Working knowledge of computers, including Microsoft Office
- Must possess a valid driver's license and have access to reliable transportation

Terms of Position

<u>Employment Term:</u>	A short-term service contract position <ul style="list-style-type: none">• May 07 2018 – August 03 @21 hours per week;• August 06 2018 – September 07, 2018 @35 hours per week flexible hours
<u>Salary:</u>	\$17.50 per hour, as per hours identified in service contract
<u>Hours of Work:</u>	Flexible hours

CLOSING DATE FOR APPLICATIONS:

Interested candidates, please submit a **Cover Letter, Resume, three (3) current letters of references** – two (2) work related and one (1) character in a sealed envelope to:

Eelūnaapéewi Lahkéewiit (Delaware Nation) Administration
14760 School House Line, R. R. #3
Thamesville, Ontario N0P 2K0

Marked: CONFIDENTIAL – Pow Wow Coordinator
Closing Date: April 27, 2018 at 4:00 pm
Interview Date: May 04, 2018

Pursuant to Section 16(1) of the Canadian Human Rights Act, Eelūnaapéewi Lahkéewiit gives preference to First Nation applications.

While we sincerely appreciate all applications, only those candidates selected for interview will be contacted.

Please note the selected candidate will be required to submit a current CPIC/Vulnerable Sector Search and consent to a background reference check.



Association of Iroquois and Allied Indians

Annual Health Scholarship

2 Scholarships - \$1,000.00 each

AIAI

The Association of Iroquois and Allied Indians (AIAI) is a Political Territorial Organization (PTO) established in 1969, to represent their seven Member First Nation communities at all levels of government. AIAI represents approximately 20,000 Status First Nation people from Batchewana First Nation, Caldwell First Nation, Delaware Nation Moravian of the Thames, Oneida Nation of the Thames, Wahta Mohawks, Hiawatha First Nation, and Mohawks of the Bay of Quinte (Tyendinaga).

PURPOSE

The AIAI Health Scholarship Award was created in 1989 to promote and recognize First Nations excellence in a Health or Traditional Healing post-secondary program. Ultimately, we strive to increase the number of First Nations people entering into a health profession as their career goal. The successful applicants (2) will receive the \$1000 Health Scholarship and honourable recognition by AIAI's Grand Chief at the 2018 Annual General Assembly. ***At the request of the AIAI Chiefs Council two (2) scholarships will be awarded at \$1,000.00 each.***

SCHOLARSHIP CRITERIA

- All applicants must be of First Nation heritage and be a registered band member with one of the seven (7) AIAI Member Nations - Batchewana, Caldwell, Delaware (Moraviantown), Hiawatha, Oneida, Mohawks of the Bay of Quinte (Tyendinaga), and Wahta Mohawks.
- Applicants can only accept this scholarship as a one time recipient.
- Applicants must be enrolled as a full-time student in a Health related or Traditional Healing post-secondary program for the 2017/2018 academic school year.

Applications Must Include the Following:

- A self profile describing why you are deserving of such a scholarship.
- Transcripts displaying your current academics
- One (1) letter of support from your current program advisor, school counselor, or professor/instructor, etc.
- One (1) letter of support from your Administration Office confirming that you are a registered First Nation member of your community.

AIAI Health Scholarship APPLICATION DEADLINE:

May 11, 2018 at 4:30 p.m.

NOTE: Any applications received after the deadline will not be considered.

Reminder: include your contact information: i.e. Return address, email, and phone number.

Submit your application to the attention of:

Suzanne Nicholas, Health and Wellness Coordinator

Association of Iroquois & Allied Indians

387 Princess Ave. London, ON N6B 2A7

Phone: (519) 434-2761 Fax: (519) 675-1053

email: snicholas@aiai.on.ca

**AIAI EDUCATION
ANNUAL SCHOLARSHIP
\$1,000.00**

Purpose

The AIAI Education Scholarship Award was created in 2011 to promote and recognize a Post Secondary student who overcame obstacles while pursuing his/her Post Secondary education journey.

Criteria

- A returning full time Post Secondary student.
- A registered band member with one of the seven (7) AIAI member Nations.
- Applicants are only eligible for the scholarship one time.

Application Process

- Completion of the AIAI application
- Self profile essay demonstrating overcoming obstacles while pursuing your Post Secondary studies and why you should receive the scholarship.
- One(1) letter of support from your program advisor, school counsellor or professor/instructors, etc.
- One (1) letter of support from your respective Chief confirming that you are a registered First Nation member of your community.

Application Deadline: May 11, 2018

Any applications received after 4:30pm on May 11, 2018 will not be considered.

Selection Review

The AIAI Chiefs Selection Committee will select the successful applicant. The successful applicant will receive the scholarship at the AIAI General Assembly hosted in the Oneida of the Thames First Nation on June 12-14, 2018.

All interested students please submit your application to the attention of:

Gina McGahey, Sr. Education Policy Advisor
Association of Iroquois & Allied Indians
387 Princess Ave, London, Ontario N6B 2A7
Phone: (519) 434-2761 Fax: (519) 675-1053
Email: GMcGahey@aiai.on.ca
Website: www.aiai.on.ca

**CORPORATE
OVERVIEW**

The Association currently represents seven (7) First Nations in Ontario with a membership of approximately 20,000 people. The member Nations are as follows:

- *Batchewana First Nation of Ojibways*
- *Caldwell First Nation*
- *Delaware Nation*
- *Hiawatha First Nation*
- *Mohawks of the Bay of Quinte - Tyendinaga*
- *Oneida Nation of Thames*
- *Wahta Mohawks*

The Association provides political representation and policy analysis in the following areas of mutual concerns:

- *Health*
- *Social Services*
- *Education*
- *Intergovernmental Affairs*
- *Aboriginal Healing & Wellness Strategy*
- *Taxation*
- *Housing/Infrastructure*

**Association of
Iroquois and
Allied Indians**



**Annual A.I.A.I.
First Nation
Education
Scholarship**

The Association of Iroquois and Allied Indians (AIAI) is a political organization to represent seven member Nations in any negotiation or consultation with any level of government affecting the well being of the member Nations as a whole.

How do I sell my things?

It's easy!

1. Get a consignor number
2. Price your items
3. Drop off your items
4. Pick up your money

It's that easy.

Consignors retain **70%** of their sales, the remaining **30%** goes to New to You.

Please Note:

The MOM to MOM Sale planning committee is not responsible for lost or stolen items. For this reason, we strongly discourage you from consigning items with a high monetary value. We also discourage you from having someone else drop off or pick up your items.



37 Main Street E.
Ridgetown, ON

NEW TO YOU is a charitable organization which supports community projects in Ridgetown and area.

In the past 35 years we have supported many local projects, including:

- Free swimming, free skating
- \$10,000 to Medical Centre
- Clothing and quilts to women's shelter, Children Services
- Donations of clothing to Loads of Love
- Assisted skateboard park
- Abiding House
- Teen Challenge
- Chatham-Kent Children Services

THANK YOU FOR YOUR SUPPORT

NEW TO YOU FASHIONS PRESENTS

MOM TO MOM SALE

RIDGETOWN

Saturday, April 21, 2018
9:00am—2:00pm



NEW LOCATION

**Rudy Brown Development Centre
Gymnasium**

**University of Guelph
Ridgetown Campus**

120 Main St E., Ridgetown

Sellers

Items to sell:

children's clothes
(newborn to size 16) ● toys ● books ● bedding ● strollers
● other children's necessities ● maternity items

The following items will NOT be accepted:

soiled or damaged items ■ cribs ■ car seats
■ winter outdoor wear (only accepted at the fall sale in October)



Getting ready to sell:

1. Get your consignor number from NEW TO YOU

Registration opens March 1. Pick up at store or email ridgetownnewtoyou@gmail.com

2. Label your items for sale

Ensure that labels include the following:

- consignor number
- gender
- size (if clothing)
- price, and
- circle a 'D' if you wish the item to be donated if it doesn't sell. The tag above can be used as an example.

CO#	B / G / Unisex
D	
Size:	\$

Please attach labels with safety pins (for clothes) and easily removable tape for toys and books. Do not use staples or stickers as they can damage the item.

3. Bring items to sale

Items for sale can be brought on **Friday, April 20, 2018, from 3:00 to 8:00 pm.** You must empty all boxes/bags on the designated sorting tables. Clothing items must be sorted by gender and size. We are unable to store totes during the sale.

4. Pick up money and unsold items

Come after 2:00 PM on **Saturday, April 21 2018,** to pack your unsold items.

Money is available from 3:00 PM to 5:00 PM.

All items and/or money not picked up by 5:00 pm on Saturday April 21, 2018 will be considered a donation.

Buyers

Great selection of gently used children's items.

Items are sorted by gender and size.

Come early for best selection!

Cash only.

Volunteers

If you would like to volunteer at our sale, please contact us at:

ridgetownnewtoyou@gmail.com

Volunteers are needed on Friday and Saturday.

Only volunteers are free to pre-shop on Friday during set-up and must return for one shift on Saturday.



Jersey Day 2018



NOTE: TIME CHANGE

Spring is Here!



Raised Garden Bed WORKSHOP

*Come and join us for this 2 day workshop,
we will be creating and learning how to care for
our own personal garden.*



Sunday April 29th

11am-4pm &

Monday April 30th

6pmm-9pm

@the Community Centre



ONLY 15 SPOTS AVAILABLE

PLEASE CALL

519-692-3969

TO REGISTER

FITNESS BOOTCAMP

WHERE: DELAWARE NATION COMMUNITY CENTRE

WHEN: April 25th, May 2nd!

TIME 5:30-6:30

COME AND JOIN US WEEKLY FOR THIS FUN AND CHALLENGING
NEW FITNESS BOOTCAMP

