

Eelūnaapéewi Lahkéewiit

(Delaware Nation)

Bi-Weekly Newsletter DATE: April 17th, 2019



Volume 4 issue 2

Please hand in your news items on **MONDAY APRIL 29TH, 2019 BY 4:00PM**

The next Delaware Nation Bi-Weekly Newsletter will be distributed on **Wednesday , May 1st, 2019.**



Eelūnaapéewi Lahkéewiit Council Notice

April 12, 2019

Land wanted to purchase

Community Notice

Delaware Nation Council is interested in purchasing land in the community for future development. Any interested community band member who has raw land or land/buildings for sale is asked to contact Director of Operations Bev Hills at 519-692-3936 to discuss this opportunity.



All Eelūnaapéewi Lahkéewiit buildings are closed. April 19th, 2019 for Good Friday and April 22th, 2019 for Easter Monday. Regular business hours will resume Tuesday April 23rd, 2019 @8:30am



For more news and information check out our website
www.delawarenation.on.ca

Delaware Nation Administration Office: 519-692-3936



Eelūnaapéewi Lahkéewiit Council

COMMUNITY BULLETIN

RE M I N D E R

Unlicensed Cannabis Dispensaries

The Eelūnaapéewi Lahkéewiit Council is issuing this community bulletin regarding the retailing of unlicensed and unregulated Cannabis and Cannabis-related products.

Both the Federal and Provincial governments have proceeded with the implementation of the legalization and, as a result the following motion was issued by the Council on August 29, 2018:

MOTION NO. 05 SUBJECT: UNLICENSED CANNABIS DISPENSARIES

“That the Eelūnaapéewi Lahkéewiit Council hereby directs that there will be no unlicensed cannabis dispensaries within the Eelūnaapéewi Lahkéewiit territory (Moraviantown) until there are proper Tribal law and regulations in place.

Failure to comply will result in legal action.

This law and regulations will be in place prior to the legalization of recreational cannabis.”

This means that all unlicensed (*as per federal and provincial statutes*) cannabis dispensaries are subject to enforcement of warrants, seizures and charges by the Eelūnaapéewi Lahkéewiit Police Service, effective August 29, 2018.

A community referendum will be held during the 2019 Council Elections on the future of retail cannabis within the Eelūnaapéewi Lahkéewiit territory.

Eelūnaapéewi Lahkéewiit (Delaware Nation)

General Council Meeting:

Saturday April 20, 2019

9:00 a.m.

Delaware Nation Community Centre

Open to Eelūnaapéewi Lahkéewiit members.

Eelūnaapéewi Lahkéewiit **(Delaware Nation)**

Special Gaming Revenue

Meeting:

Topics:

Language Immersion Program

Library

DATE: Saturday, May 18, 2019

TIME: 9:00 a.m.

PLACE: Nation Community Centre

Open to Eelūnaapéewi Lahkéewiit members

COMMUNITY CLEAN-UP

EARTH DAY

Thursday, April 18th, 2019
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.



Saturday, April 27, 2019

MOVIE OUTING

Community Presentation

Chatham Cineplex Theatre

**School Bus
Transportation**

**Film Rated:
PG**



**Admission &
Snacks
Included**

**Film starts
9:30am**

Only 150 spots available

Please hand registration form to Justin Logan at Delaware Nation Housing & Lands Department. Any questions please call (519) 692-4290





Based on a true story, the Grizzlies tells the story of a young hotshot from southern Canada who heads up to the Arctic for a year to teach history to high school students in the remote Nunavut community of Kugluktuk. There he finds a group of kids who have little interest in school and are struggling to find ways just to persevere through a harsh environment beset by alcoholism, abuse, suicide, and the legacies of colonialism.

In an attempt to reach out to his students, he strikes upon the idea of starting a school lacrosse team. Once the idea starts to catch on, the young teacher learns that not everybody in the community is happy about the team, and that he might have just as much to learn from the Inuit as he has to teach them.



Community Presentation "The Grizzlies" @Chatham Cineplex

Chatham, Ontario
Saturday, April 27, 2019



Registration Form

"Free Community Presentation"

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 can be handed into Justin Logan at the Housing & Lands Department
2. Only 150 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. 2. 3. 4.	<input type="checkbox"/> Yes <input type="checkbox"/> No Total: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Total: _____	

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

Parent/Guardian Signature: _____

Date: _____

Staff Signature: _____

Date: _____

EMPLOYMENT OPPORTUNITY

GENERAL MANAGER JOB DESCRIPTION

Eelūnaapèewii Lahkéewiit (Delaware Nation) owns and operates with Naahii Inc. & Lunaapeew Development LP, the Naahii Gas Station and Tim Hortons franchise. The Naahii Gas Station began operations February 2, 2016 and the Tim Hortons location opened on August 30, 2016. Eelūnaapèewii Lahkéewiit is looking to fill the position of General Manager to ensure operations are functioning efficiently.

JOB DESCRIPTION:

We are looking for a talented and passionate leader to manage the operation of the Naahii Gas Station and Tim Hortons. In this role, you will oversee the two businesses, and be responsible for the day-to-day operations.

The General Manager will work directly with the staff and suppliers, providing leadership, direction and supervision of all employees. You will demonstrate the highest of standards for integrity and ethics and be able to communicate and enforce policies and procedures for proper compliance related to the businesses. The General Manager will also identify strategies to grow the business and work towards furthering our merchandising and operational standards.

The General Manager will report directly to the Board of Directors on the day-to-day operations of the businesses. The reporting will illustrate monthly financial data and information on human resources, supplier details, inventory flow, profits & losses, cash flow, forecasting, budgeting, marketing and advertising campaigns.

Duties & Responsibilities:

- Prepare and review staff schedules for the month
- Prepare financial statements
- Monitor accounts payable, accounts receivable, bank reconciliation, financial statements and bank balances with the bookkeeper and be accountable for financial objectives
- Monitor all inventory flow including in-stock and identify opportunities to prevent shrinkage
- Ensure that fuel and merchandise inventories meet daily needs, and that fuel prices reflect current economic trends
- Meet regularly with all suppliers of the enterprise to ensure quantity and quality of products and services, secure arrangements for future deliveries and relationships
- Align business goals to company values
- Prepare monthly reporting for the Board of Directors and provide administrative support to the Board
- Coach, build and motivate staff to improve productivity, engagement, retention, and foster a team environment
- Other duties as assigned from time to time
- Must be able to work flexible schedule from time to time, such as evenings, weekends and holidays

Knowledge, Skills and Abilities

Our ideal candidate will have:

- * strong financial management skills, with a solid understanding of accounting and budgeting
- * human resource management skills, including team leadership
- * strong strategic and problem-solving skills
- * effective communications skills
- * ability to produce digital spreadsheets, reports and policies
- * a commitment to maintain standards of conduct, demonstrating sound work ethics
- * be respectful, consistent and fair
- * possess cultural awareness and sensitivity
- * demonstrate a dedication to the position and the community

Education and Experience:

Relevant Bachelor's or Associate's degree and /or certification, plus minimum of 3 to 5 years proven experience in retail management or a combination of experience and education. A valid driver's license, reliable transportation and a current CPIC is also required. Experience in the gas station industry considered a strong asset.

Salary range \$40,000 to \$65,000 commensurate with experience.

Interested candidates, please submit a **Cover Letter, Résumé and three (3) references:** Two [2] work related and one (1) character

Attention: Lunaapeew Development Limited Partnership
Eelūnaapéewi Lahkéewiit Administration Office
14760 School House Line,
R. R. #3 Thamesville, ON
NOP 2K0

Marked: CONFIDENTIAL – General Manager

This position will be posted until filled.

Pursuant to Section 16(1) of the Canadian Human Rights Act, Eelūnaapèewii Lahkéewiit (Delaware Nation) gives preference to First Nation applications. While we sincerely appreciate all applications, only those candidates selected for interview will be contacted.

Please note, in addition to a current CPIC, the selected candidate will be required to consent to a background reference check.



New Stainless Steel Tank-3,500 gallon (16,000 litres)

Stock#: Y14340

Year: 2007

Make: International

Model: 5600i

Engine: CAT C15

HP: 475

Odometer (Kilometers): 522,438

PRICE: BEST OFFER (seller reserves the right to accept or reject any offer)

Transmission: 18 speed

Front Axle (LBS): 20,000

Rear Axle (LBS): 46,000

Suspension: Air Ride

Wheelbase (IN.): 302

Tires: 425/65R/22.5 40% Front

11R22.5 20% Rear

Contact: Delaware Nation (Moravian of The Thames) Eelunaapewi Lahkéewiit

Phone; (519)692-3936 information

Eelūnaapéewi Lahkéewiit

Delaware Nation

Looking for an easy way to pay water bills, loan payments or rent?

Can't make it in during office hours?

Now accepting

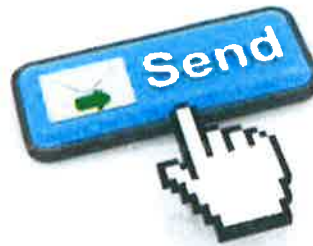
Interac e-Transfers

Send to: receipt.accounting@delawarenation.on.ca

Security Question: Department responsible

Security Response: Finance

Message: (include details of your payment)



Please feel free to stop by the finance dept. if you have any questions or just need a little help



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 21st @ 9:00 a.m. Celebration of Easter



Following the service there will be a time of fellowship and refreshments, including Hot Crossed Buns.

Thursday, May 2nd

2:00 p.m. – 4:00 p.m.

Please join us in the afternoon for conversation, tea and coffee. There will be assorted crafts to choose from and quilting if you wish.

Thursday, May 2nd

5:00 p.m. Please join us for supper and a Bible Study session to follow.

Sunday, May 5th @ 9:30 Worship Service

Thursday, May 9th

2:00 p.m. – 4:00 p.m.

Please join us in the afternoon for conversation, tea and coffee.

Please join us – Everyone is always welcomed



Expression of Interest for the Provision of
Catering Services
To be supplied to Southern First Nations Secretariat

SFNS is seeking letters of interest from groups or individuals who wish to be considered to provide catering services on a rotational basis. SFNS endeavours to rotate through its roster of caterers, however, by accepting a letter of interest, SFNS is in no way obligated to utilize a particular group or individual on a regular basis or continue to use a caterer once services have been initiated.

Groups and individuals are invited to submit **in writing** an Expression of Interest (EOI) to provide catering services to SFNS from time to time. Please be sure to include the following information in your EOI:

- Name of Contact Person
- Contact Information i.e. Address, Telephone Number, Email
- Preferred Location(s) for catering [i.e. within a specific First Nation(s)]
- Menu (if available)

Please direct any questions regarding the EOI to Lori Fisher, Executive Assistant.

When utilized, the catering services will be for:

- a) Supply and preparation of food for serving and when requested, provide disposable plates and utensils. Because SFNS is an environmentally friendly facility, all cutlery, dishes, and glassware are provided unless otherwise specified.
- b) Set up of serving area, including providing serving dishes and utensils, and clean-up of serving area (no less than one hour following the serving of meal).

This scope applies to all SFNS meals as requested.

Catering for SFNS requires a buffet style meal consisting of a main course, two side dishes, a dessert, and a variety of drinks. Tea and coffee are not required for meals at SFNS. Meal time is usually between 12pm and 1pm. The number of attendees varies but is always a minimum of ten people. Payment from SFNS will be provided on the Friday immediately following the event, unless otherwise specified or arranged.

Please submit your Expression of Interest, no later than Friday, May 3, 2019, to the attention of Lori Fisher, Executive Assistant:

In person: Southern First Nations Secretariat
22361 Austin Line, Bothwell, ON N0P 1C0
By Email: exec.assistant@sfns.on.ca
By Phone: 1-800-668-2609 ext. 234
By Fax: 519-692-5976

We thank all parties interested, however only those being considered will be contacted.

22361 Austin Line, Bothwell, Ontario N0P 1C0
Tel. 519-692-5868 Fax. 519-692-5976 Toll Free. 1-800-668-2609
www.sfns.on.ca



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 2019 Annual General Assembly.

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 2018/2019 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 17, 2019 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

Eelūnaapéewi Lahkéewiit Education Department News

Trades Career Fair April 16, 2019 info!



Thank you to all the High School students that came out to the Trades Career Fair. We had a total of 36 students attend from grades 7 to 12 including from Ridgeway, Wallaceburg, Lambton Kent Composite, John McGregor and Chatham Kent Secondary schools. We also would like to say “ANUSHIIK” to our Trades People who gave their time to share their experiences and answer questions. This year trades involved were: beading, plumbing, iron work, millwright, trucking, auto mechanics, and bricklaying. It was a pleasure working

with the Lambton Kent District School Board’s Denise Helmer-Johnston (Special Projects Teacher for Indigenous Studies) and Nicole Beuckelare (Ontario Youth Apprenticeship Program) to make this event a success!! Thank you to Employment and Training for the gifts we handed out to the students.

R.D.H.S – Lunch and Learn – April 25

The next session on helping students prepare for summer employment opportunities will take place during first lunch break on Thursday April 25, in coordination with LKDSB, Goodwill Career Centre and Delaware Nation Employment & Training.

Post-Secondary – Fall 2019 Intake deadline is May 15. Applications are in our office and/or can be found on our website www.delawarenation.on.ca .

AIAI HEALTH SCHOLARSHIP – deadline for this post-secondary scholarship is May 17, go to www.aiai.on.ca for more information.

P.A. Day – Friday June 7/19

Good Friday – April 19/19

Easter Monday – April 22/19



Naahii Ridge May Lunch Orders Due April 28, 2019 and every Friday pizza is available if you missed the sign up at a cost of \$2.00.

Eelūnaapéewi Lahkéewiit Education Department
14753 School House Line Thamesville, ON
www.delawarenation.on.ca
T - 519-692-5551
F - 519-692-5951

Crime Stoppers Program

Crime doesn't pay but Crime Stoppers does!



Crime Stoppers is a not-for profit community-based charitable program involving the co-operative efforts of the community, the media and the police in the fight against crime.

The public is encouraged to call Crime Stoppers with information concerning crimes that have been committed, are being committed, or are about to be committed.

Ontario has 38 active Crime Stoppers programs covering the entire Province. Community Safety Services is responsible for overseeing the Crime Stoppers program for the OPP.

Crime Stoppers' Statistics:

- [Ontario Crime Stoppers](#)
- [Canada Crime Stoppers](#)

You may contact Crime Stoppers from anywhere in Ontario at **1-800-222-8477**, or by leaving an [anonymous tip online](#).



MAY 3RD, 2019

CHILDREN'S CELEBRATION

Located at the Community Centre
10am - 12 pm
Lunch at 12

Head Veteran: Robert Daly
Head Dancer: TBA
Drums: Little Bears Drum

**PLEASE BRING BLANKETS AND LAWN CHAIRS
KINDLY RSVP TO (519) 692 - 3623**

Picnic Lunch | Water & Freezies Served to Everyone



Craft Class

@

The Early Learning Centre

Tuesday's

April 9, 16, 23, 30

5—7

◆ **Come Out and Work At
Your Craft**

◆ **Ask Others How To**

Refreshments

And

Light Snack

Everyone Welcome





**Parenting Class
Begins
Tuesday's
APRIL 16, 23, 30
May 7, 14**

**Everyone
Welcome**

**Guest
Speakers**

**Breakfast
At
10 am**

**Come Out to The
Early Learning Centre
Join Us
For
Breakfast**

Program Funded by Early Learning Centre, ON Works,
Delaware Nation Child and Family Services
Drug and Alcohol Free Event

Wuskiixaskwal waak waapsowihleewi-niipaahum

Grass and Geese Moon

April 2019

Family Room Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 Craft Class 5-7	10	11	12	13
14	15	16 Parenting 10-12 Craft Class 5-7	17	18	19 Good Friday	20
21 Easter Sunday	22 Easter Monday	23 Parenting 10-12 Craft Class 5-7	24	25	26	27
28	29	30 Parenting 10-12 Craft Class 5-7		A cartoon illustration of a white rabbit wearing a purple bow tie and a yellow scarf, holding a basket. Next to it is the text "Happy Easter" in a green, bubbly font, with four pink tulips below.		



LAST CHANCE!!! TAX CLINIC



**Welcome to the Delaware Nation Community Volunteer Income Tax
Clinic being offered at the Employment and Training Centre
Wednesday April 24th 2019
9:00 a.m. to 4:30 p.m.**

You will be required to call 519-692-4175 to make an appointment or leave message about your appointment request along with your contact information so we can confirm your appointed time and date



**We will not be able to accept drop
- ins nor will you be allowed to
leave your tax information to be
completed.**



**YOU MUST HAVE AN APPOINTMENT AND YOU MUST BE IN ATTENDANCE
WHILE YOUR TAXES ARE BEING PREPARED.**

Tax preparer : Candi Heidbrick

These 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.

The program is in Partnership with Canada Revenue Agency.

Lite Bites

Ice Cream & More



Announcement...

***Our opening date for the 2019
Season will be May 1st at 1:00 PM***

***We Invite everyone to visit us
during our Hours of Operation...***

1:00 PM to 9:00 PM Daily

Over 30 Flavours of “Scoop” Ice Cream
Vanilla and Chocolate Soft Serve including “twist”
Any flavour “Shakes”
No sugar added and lactose free available
Fruit Smoothies
Sundaes
Traditional Frozen Yogurt
Banana Splits and more...

DELAWARE NATION
EMPLOYMENT AND TRAINING

JOB BOARD

Week of
April 15, 2019 - Page One

LISTING OF EMPLOYMENT OPPORTUNITY IN THE AREA. TO SEE A FULL DESCRIPTION PLEASE CHECK OUT THE JOB BOARD AT THE TRAINING CENTRE

POSITION	LOCATION	EMPLOYER	SALARY	CLOSING DATE
Secondary School Secretary	Ursuline College, Chatham	Catholic Secondary School	\$22.68-\$25.24 per hr.	April 10, 2019
Executive Assistant, RFT	Chatham Kent	CK Health Alliance		April 12, 2019
Operations Works	St. Clair	Township of St. Clair		April 12, 2019
Gas Controller (5 positions)	Chatham-Kent	Enbridge		April 16, 2019
Museum Ambassador	Chatham Kent	Municipality	\$14.-\$14.25	April 17, 2019
Legal Aid Worker-Indigenous Legal Services	Sarnia	Legal Aide Ontario	\$48,164.16-\$71,742.13	April 17, 2019
Case Worker	Sarnia	John Howard Society		April 19, 2019
Admin. Assistant III	Dresden	Enbridge		April 19, 2019
Economic Development Assistant	Sarnia	Aamjiwnaang		April 19, 2019
Mental Health First Response Outreach Worker	Sarnia	Canadian Mental Health Association	\$49,930.00-\$72,669.00	April 23, 2019
Accounts Receivable/Receptionist	Oneida	Oneida First Nation		April 23, 2019
Temp Admin Pool	Chatham	Municipality of Chatham-kent	\$22.30 per hr	April 23, 2019
Employment Counselor	London	Leads Employment Services	\$19.48-\$22.55 per hr.	April 26, 2019
Volunteer Support Coordinator	Chatham	4-H Ontario		April 26, 2019
Return to Work Specialist	Chatham	Municipality of Chatham Kent	\$31.67-\$35.80 per hr.	April 26, 2019
Cleaning Technician	Chatham	Hugh's Floor & Upholstery Cleaning		April 30, 2019
Project Assistant	Chatham	Transform Shared Services		April 30, 2019
Community Mentor	Oneida	Oneida First Nation		May 1, 2019
Data Entry Clerk	Chatham	Chatham Kent Police Services		May 2, 2019
Fulfilment Worker	Chatham	Intellitix Technologies		May 3, 2019
Jr. Recreation Staff Student	Chatham	Municipality of Chatham Kent	\$14.00 per hr.	May 3, 2019
Registration Clerk	Chatham	Chatham Kent Health Alliance		May 4, 2019

DELAWARE NATION
EMPLOYMENT AND TRAINING

JOB BOARD

Week of April 15, 2019 - Page Two

LISTING OF EMPLOYMENT OPPORTUNITY IN THE AREA. TO SEE A FULL DESCRIPTION PLEASE CHECK OUT THE JOB BOARD AT THE TRAINING CENTRE

POSITION	LOCATION	EMPLOYER	SALARY	CLOSING DATE
Registered Nurse- Women and Children's Health	Chatham	Chatham Kent Health Alliance		May 9, 2019
Summer Position - West Nile Virus Control Bicycle Technician	Chatham	Canadian Centre for Mosquito Management Inc.	\$16.22-\$21.75 per hr	May 15, 2019
General Labour - Septic Systems	Chatham	Renaissance Personnel Inc.	\$15.00 per hr.	May 5, 2019
Cashier	Chatham	Home Depot		Soon as possible
Customer Service Rep. Work from Home	Sarnia	Concentrix		
Overnight Fulfillment Associate	Chatham	Walmart		
Fulfillment Associate	Chatham	Walmart		
Administration Assistant	Sarnia	VIP Rail ULC	1 yr. contract	
Tour Guide	Dresden	Uncle Tom's Cabin Historical Site	\$14.00 per hr.	
Human Resource Coordinator	Chatham	Gateway Casino		
Restaurant Manager - Match	Chatham	Gateway Casino		
Assistant General Manager	Chatham	Gateway Casino		
Restaurant Manager - Buffet	Chatham	Gateway Casino		
General Maintenance Worker	Sarnia	Lambton College	\$24. 63 per hr.	
Enrolment Services Professional & Convocation Coordinator	Sarnia	Lambton College	\$33.67 per hr.	

Copies of Job Descriptions can be viewed at the Training and Employment Centre. Additional listings will be at the training centre as they become available.

Don't forget Employment Counselor is available every Wednesday at the Training Centre between hours of 9:30 a.m. - 1:30 p.



Start a career
you love TODAY!

 **NOW HIRING ALL POSITIONS**

Looking to start a new career in customer service? We are now hiring for all positions at our brand new Cascades Casino Chatham. Join our team and learn from industry leaders with 20+ years of experience in Gaming and Hospitality. No experience required.



 **WHERE & WHEN**

We will be doing interviews on the spot. Please bring your resume with you! Interviews will be conducted at the John D. Bradley Center 565 Richmond Street, Chatham on Wednesday, May 1 from 9am to 7pm.

 **WHAT WE OFFER**

- Superior compensation and benefit packages
- Opportunities for advancement across all properties
- Paid training and uniform included
- Employee discount program

CASCADES CASINO CAREER FAIR

WEDNESDAY, MAY 1 • 9AM - 7PM

www.gatewaycasinos.com/careers

For a complete list of current job openings


Play Smart
Knowledge you can bet on.



GATEWAY
CASINOS & ENTERTAINMENT LIMITED

To be considered for employment at Gateway Casinos, applicants must be 18 years of age or older and not be self-excluded or trespassed at any Ontario Gaming Facility.

Academic Upgrading

Courses and Programs

We are committed to providing you with the Education and training you need. Please let us know how we can help! Thank you.

Rate your commitment to attend scheduled Educational opportunities:

1 2 3 4 5

Low

High

Have you attended training courses at Employment and Training in the past? List:

Please check your main areas of interest:

Computer Training

Yes | No

- Beginner

Yes | No

- Advanced

Yes | No

- Working with iPad/Tablets

Yes | No

Academic Upgrading for High School

Yes | No

(Math or English Assistance)

Academic Upgrading for College

Yes | No

(Preparing for College Entrance)

Online Courses with teacher assistance

Yes | No

****Many Courses are available online.**

Other Areas of Interest/Learning:

Time of Day:

Daytime

Afternoon

Evenings

If interested please complete the survey and including your name, phone/cell number and drop off at Training Centre or Band Office or you can call the training centre and complete this survey over the phone.

Computer Basics for Life: Leading to Training and Education

- Basic computer operations – the how and why of computer software and hardware
- Problem solving – remove the mystery – Basic File Management
- Troubleshooting – Basic maintenance, saving information
- Practice with keyboarding-increase speed and confidence

- Programs basics for life and education:
 - Microsoft Word introduction
 - Microsoft Excel introduction
 - Microsoft Publisher/PowerPoint introduction

- Learn the **BEST Internet uses** for life, education and employment
 - Email set-up and management
 - Other useful internet resources
 - Internet safety and privacy
 - Scam spotting

Computer Job Readiness: Advanced Skills for Job Searching and Employment

- **Use programs needed for job searching and Employment**
 - Microsoft Word for letters, memos, and office documents
 - Microsoft Excel for budgets, payroll, records and schedules
 - Microsoft Publisher/PowerPoint for presentations
 - Use iPads - gain skills with a touch screen
- **Use email and internet resources to research employment and training opportunities**
 - How to access and download documents
 - How to share files using online applications
 - Managing online applications and updating online documents

Certification Training Module

This training module will give you the opportunity to add some valuable certificates to your resume and make you more appealing to a potential employer. In this module you will have the opportunity to obtain the following:

- Customer service training
- Smart Serve
- Safe Food Handling
- First Aid/CPR
- Whmis (Workplace Hazardous Materials Information System)
- Workplace Health and Safety Awareness Training

If you are interested in taking this training module, please contact the Training and Employment Centre to register 519-692-4175. Feel free to leave a message with your contact information and we will get back to you immediately. Thank You.

Sign Up Today

Help Us to Help You

We need your help in planning upcoming training modules. Please take the time to review the following and select training that would be of interest to you. Session can be offered during the day or thru evening classes.

Please review the following registration forms and once you have made your selection drop off at the Training Centre or the Band office or call in your selections. You may be eligible for some type of incentive or completion bonus from each session you take. We would like to start doing some training session starting in May 2019.

GOODWILL
CAREER CENTRE



Please tell us about yourself...

Name: _____

I live in: _____

Telephone #: _____

Email: _____

Age: 15 - 29 ... 30 - 44 ... 44 + ...

What workshops/training opportunities are you interested in? Check all that apply:

- ABC's of Success in the Workplace
- Career Exploration/ Career Cruising
- Conflict Resolution
- Personality Dimensions
- Resume & Cover Letter Development
- Customer Service Excellence
- Digital Dirt
- Job Awesomeness
- Online Job Search Tools
- Interview Skills
- Networking
- Soft Skills in the Workplace
- WHMIS/Workplace H&S Certifications
- Smart Serve
- Safe Food Handling
- First Aid/CPR
- Customer Service



SPRING HOURS

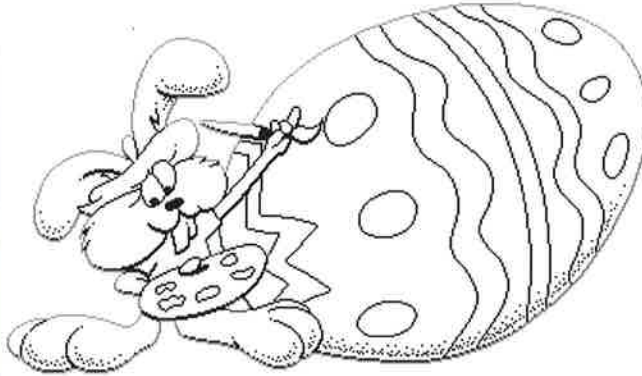
Monday 9:00 am - 12:00 pm
 Tuesday 3:00 am - 6:00 pm
 Wednesday 3:00 pm - 6:00 pm
 Thursday 3:00 am - 6:00 pm
 Friday - 9:00 am - 12:00 pm

R.R.#3
 Thamesville, Ontario N0P 2K0
 Tel. 591-692-3411
 Email: Library@Delawarenation.on.ca
 Facebook: Delaware Nation Library



REMINDER

Please return or renew overdue library books.



LIBRARY CLOSED
 Good Friday - April 19
 Easter Monday April 22

Re-Open
 Tuesday April 23

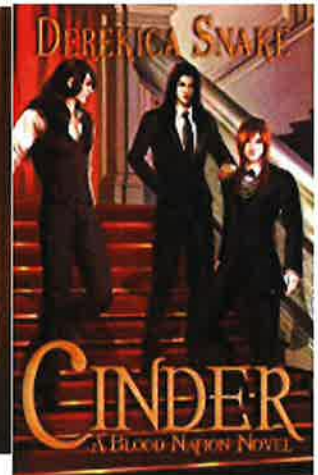


Movie Night
 April 17th
**Spider-man into
 the spiderverse**
 4:30 pm - 6:00 pm

WRITERS

Come on out and work on
 your project or
 just talk about the process

Self publishing /ebooks
 April 24th
 4:30 pm - 6:00 pm



SOUP DAY @ THE HEALTH CENTRE

FREE

April 8th & 23rd, 2019

11:30am-2:00pm (or until gone)

You may eat in or get it to go!



SENIORS DATES TO REMEMBER

April 10 – Chair Massages with Shelley Elijah
Kindergarten @ Srs. For lunch

April 17 – Diabetes Education @ Srs.

April 18 – Srs. Trip to Colasanti's. Van leaves @9:30am.
Sign up by calling Health Centre.

April 24 – Potluck & Bingo & Birthday Cake

May 1 – Breakfast in Rodney @9:30am
Van leaves Srs. Centre @9:00am

May 8 – Kindergarten @ Srs. For lunch

May 15 – Chair Massage with Shelley Elijah

May 30 – Port Huron Trip. Leaving @8am.
Sign up by calling Health Centre.

Postponed -- Seniors Centre Outing

The Seniors trip to Colasanti's has been postponed until May 10, 2019.

**Van limited to 10. Any Seniors wanting to drive themselves are welcome to join us for a buffet lunch.*

The van will leave the Seniors Centre at 9:30 am.

Please call the Health Centre to ride in the van.

55 & over Lunch and Museum outing

April 26, 2019

11:00 -- van leaves the health centre

12:00 -- Lunch at Boston Pizza

1:30 -- visit the Chatham Kent Museum

3:00 -- Leave Chatham to return to the Health Centre

- *Call the Health Centre to register at 519-692-3936.*

Van seating limited to 10

The Chatham Kent Museum has a collection of artifacts from the war of 1812. They also have transportation items including the Chatham made Gray Dort Car and horse drawn vehicles.

MASSAGES

WITH

JENNIFER KENNEDY

WEDNESDAY, APRIL 17, 2019

9:00AM - 4:00PM

DELAWARE NATION HEALTH CENTRE

PLEASE CALL 519-692-3969 TO BOOK AN
APPOINTMENT

SNACKS PROVIDED

AROMATHERAPY MASSAGES

WITH

JOANNE CHEECHOO

WEDNESDAY, APRIL 24, 2019

9:00AM - 4:00PM

DELAWARE NATION HEALTH CENTRE

SNACKS PROVIDED

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



YOGA CLASSES

with Velma Noah



Classes held on Wednesdays

5:30pm to 6:45pm

April 17th and 24th

May 1st 2019

@ Community Centre

The physical benefits of Yoga

The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome. It also improves athletic performance, increased flexibility, increases muscles strength and tone, and protection from injury.

Beginners Welcome!!!

Perfect for all athletes

Come on out and try something new!!



TRADITIONAL KNOWLEDGE KEEPERS

Jake and Mary Pine



Where: Delaware Nation Health Centre Board Room

When: April 30th, May 1st, & 2nd, 2019

Time: 9:00am-4:00pm. (Lunch 12-1)

*Please call the Health Centre to reserve your spot. 1-hour appointments.
(519) 692-3969*



SPRING BINGO



Date: April 25th

Time: 5:00pm-:00pm

BOOKS

Limit of 4 books per player.

Cannot play other players/child's books.



ADMISSION

\$5.00- Band/Residency

\$10.00- Non-Band Member Includes Meal and Cards

Don't forget your bingo dabber!
Sponsored by: DN Health Centre

TAE-KWON-DO



Sunday.April.28.2019

Saturday.May.11.2019

Saturday.May.18.2019

Sunday.May.26.2019

2:00pm-3:30pm

@Community Centre.

We would like class to

start on time.

PLEASE arrive by 1:30pm

and be dressed.



ATTENTION YOUTH

AGES 10-17 years old.



Looking to do spring training? Weight lifting, Core Strength, Volleyball, Soccer, Baseball training etc.

Where: Anywhere that does training for youth.

The Delaware Nation Health Centre will cover 50% of the cost for sessions that are more than 6 weeks.

For more information call the Community Health Representative Natasha Timothy.

(519) 692-3969



SMOKE DANCE

LESSONS!!!!

WHEN: MAY 8TH, 15TH, & 22ND

TIME: 7:00PM – 8:30PM

WHERE: COMMUNITY CENTRE

Open to All Ages.



Call the Delaware Nation Health Centre to sign up.

(519) 692-3969



VON Foot Care Clinic

Date: May 2, 2019

Time: 9:00am to:1200 pm

Location: Health Centre

Please call to make an appointment @ 519-692-3969 . VON is only here as long as they have scheduled appointments.



FOOT CARE CLINIC With Tammy Hall Foot Care Nurse

DATE: April 29, 2019

TIME: 9:00AM TO 12:00

Please call to make an appointment @ 519-692-3969. If no appointments booked Tammy will leave after last booked appointment.



**NARCAN NASAL SPRAY
TRAINING
WITH
CHATHAM KENT HEALTH UNIT**

MONDAY, MAY 13, 2019

5:00PM - 6:30PM

**DELAWARE NATION COMMUNITY
CENTRE**

*****SUPPER PROVIDED*****

PLEASE CALL 519-692-3969 TO RESERVE YOUR SPOT

CLASS LIMIT IS 15 PERSONS



**INFORMATION SESSIONS ABOUT
COMMERCIAL TOBACCO**

WITH

**LISA BEEDIE - CANCER CARE
ONTARIO**

MONDAY, MAY 6, 2019-12-1PM

MONDAY, MAY 13, 2019-12-1PM

WEDNESDAY, MAY 22, 2019-5-6PM

MONDAY, MAY 27, 2019-12-1PM

DELAWARE NATION HEALTH CENTRE

**PLEASE CALL 519-692-3969 FOR MORE
INFORMATION**

Just in time for Spring

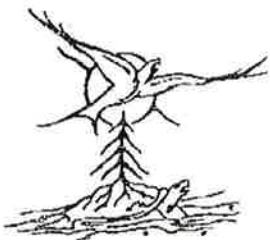
IT'S AS
EASY AS

1 GARBAGE
GOES
HERE!

2 GARBAGE
GOES HERE !



* Workers will be present for Assistance



Delaware Nation
Public Work Department

**Eelūnaapéewi Lahkéewiit
Community Clean -Up
Event From
April 29th – May 3rd, 2019
8:30am – 4:30pm**

Eelūnaapéewi Lahkéewiit 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.

Metals can be dropped off on site: Fridges, stoves, washers & dryers, bicycles, metal futon/bed frames, stainless sinks, fixtures, etc....

The (2) bins 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

***Eelūnaapéewi Lahkéewiit
Reception by
April 26, 2019 @ 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 29 – May 3, 2019

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



Mocc Walk 2019

get active · get fit · have fun
May 1st - June 30th, 2019

April 1, 2019

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 2019**” - 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 2019 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. Box 15-684 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/mocwalk

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 2019

get active · get fit · have fun
May 1st - June 30th, 2019

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 Wednesday, May 1st and will end 11:59 pm on Sunday, 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, 2019.
- 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, 2019.

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 2019

get active · get fit · have fun

May 1st - June 30th, 2019

REGISTRATION FORM

Participant Type:

Individual Team: _____
Team Name

Participant #1

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

Participant #2

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

Participant #3

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

Participant #4

Name: _____	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female
Address: _____	
City: _____	Postal Code: _____
Phone: _____	Fax: _____
Email: _____	
Age: <input type="checkbox"/> 0-13 <input type="checkbox"/> 14-17 <input type="checkbox"/> 18-25 <input type="checkbox"/> 26-35 <input type="checkbox"/> 36-45 <input type="checkbox"/> 46-55 <input type="checkbox"/> 56-65 <input type="checkbox"/> 66+	
Status: <input type="checkbox"/> Off Reserve <input type="checkbox"/> On Reserve <input type="checkbox"/> Inuit <input type="checkbox"/> Métis <input type="checkbox"/> 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, 2019.

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 2019



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	2	3	4	
			START!				Weekly Total =
5	6	7	8	9	10	11	
						Weekly Total =	
12	13	14	15	16	17	18	
						Weekly Total =	
19	20	21	22	23	24	25	
						Weekly Total =	
26	27	28	29	30	31	Weekly Total =	
						Monthly Total =	
							

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

380 Ray Blvd · Thunder Bay, ON P7B4E5 · Toll Free: 1-800-657-0815 · Tel: 807-623-3442 · Fax: 807-623-1104 · Email: diabetes@onwa.ca



MOCC WALK - JUNE 2019



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 Weekly Total =
2	3	4	5	6	7	8 Weekly Total =
9	10	11	12	13	14	15 Weekly Total =
16	17	18	19	20	21	22 Weekly Total =
23	24	25	26	27	28	29 Weekly Total =
30 END!						Weekly Total = Monthly Total =

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

380 Ray Blvd - Thunder Bay, ON P7B4E6 - 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

WASTE CONNECTION OF CANADA

Garbage and Recycling Collection Schedule

April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2 Garbage Pick-up	3	4 Recycling	5	6
7	8	9 Garbage Pick-up	10	11	12	13
14	15	16 Garbage Pick-up	17	18 Recycling	19 <i>Goodfriday</i>	20
21	22 	23 Garbage Pick-up	24	25	26	27
28	29	30 Garbage Pick-up				
COMMUNITY CLEAN - UP 8:30-4:30						

May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2 Recycling	3	4
COMMUNITY CLEAN - UP 8:30-4:30						
5	6	7 Garbage Pick-up	8	9	10	11
12	13	14 Garbage Pick-up	15	16 Recycling	17	18
19		21	22 Garbage Pick-up	23	24	25
NO Service collection is one day later this week						
26	27	28 Garbage Pick-up	29	30 Recycling	31	