



... nál ná niipáahum waasúléxiin wáxkit wéeski-púnihlaat koon,
... then as the moon shines on top of the new fallen snow
eelaangóomeengw wáak weechóosúmeengw wiiwúnohkwéepúwak
as family and friends sit around
tundéewung, wéetümu - nú wtakanáxun kwiishkwtoonheet ...
the fire while the gentle wind softly whispers

küwiingiilaweemulóhmwa.
wishing you all

wiingeelundamuwáakan,
joy

wúlaangoondúwáakan,
friendship

ahwaaltuwáakan,
love

**Kxánitkw Wiingeelúndang Kulúshmish
Wáak
Weelúndang Néwijaal!**

**Have a Merry Christmas
And
Happy New Year!**

**Kíhkay, Eehaachúmohekéesak, Meeyaawíhtiit,
Chief, Councillors, Director of Operations**

Eeleskhiikes wáak Eelalohkéhtiit.

Receptionist and Staff.



*Wishing You
A Safe and Happy Holiday Season*

*From the
Training and Employment Centre*

Wíngunéew'Eénda-Lunaapeewáhkíing -Welcome to the land of the Delaware's

Eelūnaapéewi Lahkéewiit

Bi-Weekly Newsletter DATE: December 18th, 2019

Volume 12 issue 2



HOLIDAY SEASON CLOSURE



**All Eelūnaapéewi Lahkéewiit Buildings Will Be Closing At 4:30 P.M.
On Friday December 20th, 2019
Will Re-Open On Monday, January 6th, 2020 At Regular Business Hours.**

News Items Due:

Monday January 6th, 2020 @ 4:00 pm

Next Publication Distributed:

Wednesday, January 8th, 2020



Dog and Cat Food

Available @ Wulamaliswiikaan Health Centre



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

Eelūnaapéewi Lahkéewiit Administration Office: 519-692-3936

NEW YEARS EVE

• COMMUNITY LUNCHEON •

DEC
31ST

| AT THE COMMUNITY CENTRE |

BURNS CATERING | FREE

12PM-
2PM

Sponsored by *Eelmaapeewi Lakhéewit (Delaware Nation)
Planning Committee*

Eelūnaapéewi Lahkéewiit
Education Department News

Naahii Ridge

Dec 18th-Holiday Activities
Dec 19th -Skating (Sheppy/Pfaff)
-Carol Singing
Dec 20th-Green and Red Day

Láap-úch Kūnéewul 2019

Kūwíngu-néewul 2020

R.D.H.S

December 18th ¾ Marks go Home, grades 9-12

Education Staff Notes:



Our office will be closed for the two-week period beginning Dec 23, 2019, and we will return Jan 6th, 2020. Another year come and gone by! Education Staff wishes everyone a Merry Christmas and Happy New Year!

Bell Times

Elementary 9:15 start of classes
11:15 – 11:55 first break
1:35 – 2:15 second break
3:35 dismissal

High School Period A 8:05 am - 9:20 am
Period B 9:28 am - 10:43 am
Lunch 10:43 am - 11:23 am
Period C 11:23 am - 12:38 pm
Period D 12:45 pm - 2:00 pm

P.A. Day – Jan 31

Statutory Holiday-Feb 17

March Break-March 16-20

Statutory Holiday-Apr 10

Josh

Brat
Angela Johnson
Diana



Eelūnaapéewi Lahkéewiit Education Department
14753 School House Line Thamesville, ON

www.delawarenation.on.ca

T - 519-692-5551

F - 519-692-5951

Shawn
Merrill

Curt

Isaac
Amber



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

Sunday, December 22nd @ 9:30 Worship Service, 4th Sunday in Advent

December 24 – Christmas Eve Service - 7:00 p.m. @ Moravian United Church

***This is a joint worship with St. Peter's Anglican Church.
The Sacrament of Holy Communion will be celebrated.
Please join with us as we celebrate the Birth of the Christ Child.***



January 3rd @ 12:00 noon Join us for Lunch followed by a movie

Sunday, January 5th @ 9:30 Worship Service to celebrate Epiphany

Monday, January 6th Drop in time for conversation, coffee, tea and snacks – opportunities are offered quilt or knit, or if you wish or bring a craft you are working on.

Please join us – Everyone is always welcomed

The congregation of Moravian United Church wishes to thank all for your support in our various fundraising efforts throughout the year! We extend our wishes for safe and blessed Christmas and New's Years Holiday.

Motivational Life Skills Workshop

with

Diane Forbes
Motivation Through Inspiration



Date: Tuesday, January 14, 2020

Time: 5:00pm-8:00pm

Location: DN Community Centre

Goal Setting Vision Board

This exciting workshop will help inspire you to discover your pathway to self empowerment for your goal setting success. You are the writer, producer and director of your life! Every day is an opportunity for new beginnings, focus on the positive and live the life you've imagined!

"If you can DREAM it and BELIEVE it, you can ACHIEVE it!"

Transform a piece of art board into an inspirational creative masterpiece with a collage of pictures, motivational affirmations poems and write the goals you would like to have in your life. By hanging this vision board art as a self help tool in your home, you will be able to remind yourself about your goals, hopes and dreams inspiring making them a reality.



Call the Health Centre to register @ (519) 692-3969



Free energy-efficient upgrades, such as LED light bulbs, appliances and more, are available through the First Nations Conservation Program.

There's no cost to you.
You can make your home more comfortable and save energy.

Learn more about the program!

Thursday, January 16, 2020

5:00 pm – 7:00 pm

Delaware Nation Community Centre

*****Dinner will be provided*****

For any questions, please contact Roberta Peters at 519-692-4290



DELAWARE NATION
EMPLOYMENT AND TRAINING
JOB BOARD

For the Week of December 16, 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
Day Care/Head Start Manager	Kettle Point	Chippewas of Kettle and Stony Point		Dec. 20/19
Family Social Worker	London	SOAHAC		Dec. 24/19
Mental Health Counsellor	London	SOAHAC		Dec. 24/19
RN, Medicine	Wallaceburg	CK Health Alliance		Dec. 26/19
RN Emergency	Chatham	CK Health Alliance		Dec. 26/19
RN Medicine	Chatham	CK Health Alliance		Dec. 26/19
Volunteer Coordinator	Chatham	C/K Victim Services		Dec. 20/19
Knowledge Coordinator	Thorold	Indigenous Diabetes Heath Circle		Dec. 12/19
Mental Health Counsellor	London	SOAHAC		Dec. 24/19
Family Social Worker	London	SOAHAC		Dec. 24/19
Registered Early Childhood Educator Coordinator	London	N' Amerind Friendship Centre	\$20.00 per hr.	Dec. 30/19
Program Coordinator Restorative Justice Chatham Kent	Chatham	Restorative Justice Chatham Kent	\$36,000-\$38,500	Dec. 31/19
Early Childhood Educator	Ridgetown	Ridge K.I.D.S.		Jan. 6/20
First Nations Police Constable	Chippewa	Chippewa of Thames First Nation		Jan. 24/20
Professor, Indigenous Studies	Sarnia	Lambton College	\$65,250.00-\$113,115.00	March 31,20
Metal Trim Shop Worker	Rodney	Rodney Rona		Soon as Possible

**DELAWARE NATION
EMPLOYMENT AND TRAINING
JOB BOARD**

For the Week of December 16, 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
Clerical Assistant	Chatham	Express Employment Professionals	\$15.00 per hr.	Soon as possible
Café Associate	Chatham	Gateway Casino		Soon as possible
Independent Resource Contractor	Chatham	Family Service Kent	\$18.- \$20. Per hr.	Soon as possible
Variety of Roles	Sarnia	CIBC		Soon as possible
Receptionist	Sarnia	SNC- Lavalin		Soon as possible
General Labourer	West Lorne	Rockland Flooring	\$18.54-\$19.71 per hr.	Soon as possible
Server	Chatham	Gateway Casino		Soon as possible
Gas Station Lead	Walpole Island	Walpole Gen & Fuel		Soon as Possible
General Labourer/Machine Operator	Chatham/Kent	Nu-Co Plastics	\$15.25- \$17.00 Per hr.	Soon as possible
Management Trainee	Chatham	Enterprise Holdings		Soon as possible
Assistant Fire Chief	Chatham	CK Fire & Emergency Services	\$105,198.00 - \$123,850.00	January 31/20
Community Support Worker	Wallaceburg	Community Living Wallaceburg		January 14/20

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.

DELAWARE NATION
EMPLOYMENT AND TRAINING
JOB BOARD

For the Week of December 16, 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:

Due to Holiday Hours Academic Upgrading and the Employment Counselor will not be available until the new year.

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

Academic Upgrading Is available every Monday and Thursday between the hours of 12:30 - 4:30. Come out and meet Lori Sheppard, she has more to offer like on-line courses, willing to provide Individualized training In basic and advanced computer skills, upgrade or update your math skills, etc. assist with budgeting etc. Drop In to see If she can help you.

Personal Budgeting Workshop Available in the New Year!!! Come out and join us for this two-day session starting at 10 a.m. to 3:30 p.m. each day. A nice hot lunch will be provided also with door prizes. Call to book your seat early in new year. 519-692-4175.

Students!! not to early to start looking for that summer jobs. Many places will be advertising on federal and provincial website in new year.



January 2020 Youth Group



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1	2	3	4
5	6	7	8	9	10	11
		YOUTH GROUP 2:30PM-6-30PM	YOUTH GROUP 2:30PM-6-30PM HIGHSCHOOL ONLY	YOUTH GROUP 2:30PM-6-30PM		
12	13	14	15	16	17	18
		YOUTH GROUP 2:30PM-6-30PM	YOUTH GROUP 2:30PM-6-30PM HIGHSCHOOL ONLY	YOUTH GROUP 2:30PM-6-30PM		
19	20	21	22	23	24	25
		YOUTH GROUP 2:30PM-6-30PM	YOUTH GROUP 2:30PM-6-30PM HIGHSCHOOL ONLY	YOUTH GROUP 2:30PM-6-30PM		
26	27	28	29	30	31	
		YOUTH GROUP 2:30PM-6-30PM	YOUTH GROUP 2:30PM-6-30PM HIGHSCHOOL ONLY	YOUTH GROUP 2:30PM-6-30PM		

Delaware Nation Youth Center
Program Registration Form

Participant Information

Name: _____ Date of Birth: _____ Health Card #: _____
Gender: _____ Grade: _____ Age: _____

Parent/Guardian Information

Name: _____ Relationship: _____
Home Phone #: _____ Work Phone #: _____
Cell Phone #: _____ (optional)

Emergency Contact Information

Name: _____ Relationship: _____
Home Phone #: _____ Work Phone #: _____
Cell Phone #: _____ (optional)

Name: _____ Relationship: _____
Home Phone #: _____ Work Phone #: _____
Cell Phone #: _____ (optional)

Medical Information

Does your child have any medical condition(s) that we should be aware of e.g. Asthma, Diabetes, Heart Condition, and Allergies etc.? Please list and provide any explanation.

Does your child have any physical limitations, an intellectual disability or any special needs that will affect his/her participation? Please explain below.

Is your child currently taking any medication(s)? Please list the names of the medications and what they are administered for.

My child may walk home: Yes _____ No _____

My child will be picked up by:

Name: _____

Name: _____

Name: _____

Name: _____

Is there anyone who cannot pick up your child? Yes _____ No _____

If you answered yes, please specify the name of the person(s) below.

Name: _____

Name: _____

Name: _____

Name: _____

Are you able to be a volunteer driver for youth activities/outings?

Yes _____ No _____ Maybe _____

1. Name of Volunteer: _____

Phone Number: _____

2. Name of Volunteer: _____

Phone Number: _____

Want a fun way to get fit?

**Join us for POW WOW ZUMBA
with instructor Lisa Hill.**

At the DN Community Centre

January 6th, 13th, 20th & 27th, 2020

From 6:00PM-7:00PM

**No previous Yoga, Dance or Zumba experience
necessary!**

All ages welcome!



What is Pow Wow Zumba?

Pow wow Zumba is a combined dance movement using traditional Zumba moves as well as pow wow dance moves. Starting with Chair Yoga to ground and center, Lisa will flow through various types of aerobic exercise and dance, then ending with returning to Chair Yoga.

DON'T FORGET TO BRING YOUR WATER BOTTLE AND COMFORTABLE SHOES!

FOR MORE INFO CONTACT THE DN HEALTH CENTRE @ 519-692-3969



WULAMALISWIIKAAN

Eelūnaapéewi Lahkéewiit

Delaware Nation Health Centre



“Our goal is to provide quality, equitable and accessible programs and supports which enhance the health and well-being of our community. Our programs focus on education, prevention, intervention and aftercare in a way which supports Delaware Nation’s cultural values”

Programs and Services Offered:

- **Health Information Sessions** – Lunch & Learns; diabetes education; memory tips & tricks; etc.
- **Foot Care** - a monthly service provided by VONs; foot care specialists; and a chiroprapist.
- **Frozen Meal Delivery Service** – once a month applicants can pick up their frozen meals.
- **Food Bank** – once a month; applicants can access the food bank
- **Food Bank Emergency** – if needed community members can drop in to get emergency food.
- **Community Fitness** – yoga, bootcamp, urban poling, Fitness centre, volleyball, open gyms, golf league, etc.
- **Welcome Baby Packages**- New Mothers receive a package with various baby-related baby items
- **Traditional Healing** –a traditional healer comes to the community to promote wholistic wellness through their approaches, knowledge and beliefs while using ceremonies and mineral based medicines.
- **Wellness Days** – to assist with emotional, spiritual, mental, physical health through various activities such as massages, cedar/ion foot soaks, essential oils; etc.
- **Home Care Services**- In-home Support, hospital visits and care plans
- **Medical Transportation** – a service available to community members that have no access to reliable transportation. Medical drivers are prior approved and are from the community.
- **Immunizations/Flu Shots**- Provided as needed by the CHN
- **Pre-Natal & Nutrition Vouchers**- For Expecting/Breast Feeding Mothers
- **Smoking Cessation Group** – provides information and materials about the benefits of quitting smoking, how to quit and where to get support.
- **FNIHB information & assistance** – our Community Health Representative assists with information regarding FNIHB.
- **Medical Equipment Lending services** – various medical equipment available to be loaned out and returned when no longer needed.
- **Diabetes Counselling & Screening** – a service provided by Diabetes Educators and support.
- **Counselling & Referrals** – community members can access counselling services through our Healing and Wellness worker; as well as SOAHAC’s Mental Health Counsellor and be referred to various services if needed.
- **Customary Care Assistance & Support** – Service as required

- **Family Support & Referrals** – Child Advocate Worker/ Child and Family Services workers works with children and provides support and dealings with Children’s Aid Society to ensure the safety of our children. Also provides prevention support.
- **Various Programming** – Diabetic and Healthy Eating Cooking class; crafts; outings; soup days; etc.
- **Cultural Fund Support** – to provide support for community members living in the territory requiring assistance for culture related activities.
- **Naloxone Training** – training is offered to community members and Narcan kits are available upon request
- **Cultural Component** – drum bag making; drums; naming ceremonies; medicine wheel teachings, etc.
- **Adult Self Care Drop ins** – community members can have access to the free food table, a meal; shower and toiletries.
- **Treatment Centre Referrals** – community members can be referred to treatment centres and assisted by our healing and wellness worker.
- **Social Gatherings** – adult dances; community dances; bingos; game days; community outings
- **SOAHAC Services** – mental health counsellor available Monday-Thursday; every Tuesday a doctor is available; every Thursday the nurse practitioner is available. Traditional Healer available as well on specified dates.
- **Animal Care** – once a year a service provided for community members cat/dogs for shots/wellness checks at a discounted rate. Throughout the year there is free cat/dog food at health centre.
- **Seniors Program** – meet once a week at senior centre; also go on various outings/trips. Programming – crafts; bingo; chair massage; diabetes education; cooking etc.
- **Car Seat Clinics** – clinic provided for community members on how to properly install their child’s car seats. New car seat draws for participants.
- **Training** – WHIMIS, CPR/First Aid, Naloxone, Safe Food Handling.
- **Summer Youth Cultural Program** – provided for youth ages 12-17yrs.
- **Summer Playground Program** – provided for youth ages 6-12yrs.
- **Youth Centre Program** – provided throughout the year for ages 6-18yrs
- **Afterschool Mental Health Program** – covering various mental health topics, self-care and support.

Please contact the Health Centre or emails below, if you would like more information.



Health Team

- | | | |
|-----------------------------------|-------------------------|----------------------------------------------------------------------------------------------------|
| • Health Director | Joanna Noah | jonoah@xplornet.com |
| • Community Health Nurse | Stacy Timothy | stimothy@xplornet.ca |
| • Home Care Coordinator | Janet Hopkins | jhopkins@xplornet.com |
| • Health Clerk | Kelly Jacobs | health.reception@delawarenation.on.ca |
| • Child Advocate | Desiree Logan | Advocate.Worker@delawarenation.on.ca |
| • Mental Wellness Worker | Kendra Hopkins | kghopkins@xplornet.com |
| • Community Health Representative | Natasha Timothy | ntimothy@xplornet.ca |
| • Healing and Wellness Worker | Kelley Noah | knoah@xplornet.com |
| • Youth Service Leader | Vacant | dnyouth@xplornet.ca |
| • Community Support Services | Jon Snake | jsnake@xplornet.com |
| • Custodial Maintenance Worker | Bill Noah | n/a |
| • Child and Family Services | Jessica Stonefish-Snake | Jessica.Stonefish@delawarenation.on.ca |
| • Child and Family Services | Sybil Snake | Sybil.snake@delawarenation.on.ca |
| • Child and Family Services | Carrie Snake | csnake@delawarenation.on.ca |

Delaware Nation Health Centre

14737 School House Line RR#3

Thamesville, ON

N0P 2K0

T: 519-692-3969

F: 519-692-3182



**AA MEETING
WITH
EDDIE STONEFISH**

SUNDAY, JANUARY 5, 2020

6:00PM-7:300PM

**DELAWARE NATION HEALTH
CENTRE**

****SNACKS & COFFEE ARE PROVIDED****

****A FELLOWSHIP OF MEN AND WOMEN WHO
SHARE THEIR EXPERIENCES, STRENGTH AND HOPE
TO STAY SOBER AND HELP OTHER ALCOHOLICS
ACHIEVE SOBRIETY****



FOOD BANK

THURSDAY, JANUARY 9, 2020

1:30PM - 4:00PM

**DELAWARE NATION HEALTH
CENTRE**

****IF YOU ARE UNABLE TO PICK UP ON
THIS DATE, PLEASE CALL
519-692-3969 TO MAKE OTHER
ARRANGEMENTS****

*****PLEASE REMEMBER TO BRING
YOUR BLUE GROCERY BAGS*****



SMOKING CESSATION GROUP

WITH

LISA BEEDIE - CANCER CARE ONTARIO

TUESDAY, JANUARY 7, 2020

TUESDAY, JANUARY 14, 2020

TUESDAY, JANUARY 21, 2020

TUESDAY, JANUARY 28 2020

5:00PM-7:00PM

DELAWARE NATION HEALTH CENTRE

PLEASE CALL 519-692-3969 FOR MORE
INFORMATION

SNACKS ARE PROVIDED

HOT STONE MASSAGES

WITH

JOANNE CHEECHOO

WEDNESDAY, JANUARY 22, 2020

9:00AM - 4:00PM

DELAWARE NATION HEALTH CENTRE

SNACKS ARE PROVIDED

PLEASE CALL 519-692-3969 TO RESERVE
YOUR SPOT





LUNCH & LEARN

NIMKEE

NUPIGAWAGAN

HEALING CENTRE

INFORMATION

TUESDAY, DECEMBER 17, 2019

12:00PM-1:00PM

DELAWARE NATION HEALTH CENTRE

*****LUNCH IS PROVIDED*****

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

FREE

SOUP DAY @ THE HEALTH CENTRE

January 14th & 28th, 2020

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

You may eat in or get it to go!



SENIORS CENTRE DATES TO REMEMBER

55+ and over

January 8th – Bingo and Potluck

January 15th – massages with Shelley Elijah

January 22nd – lunch with Kindergarten

January 29th – hand lotion demonstration with Theresa

January 30th – bowling with Kindergarten (Ridgetown)

WASTE CONNECTION OF CANADA

Garbage and Recycling Collection Schedule

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Garbage Pick -up	4	5	6
9	10 Garbage Pick -up	11	12 Recycling (no clear/bluebags)	13
16	17 Garbage Pick -up	18	19	20
23	24 Garbage Pick -up		26 BOXING DAY Collection is one day later this week →	27 Recycling (no clear/bluebags)
30	31 Garbage Pick -up			

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			2	3
6	7 Garbage Pick -up	8	9 Recycling (no clear/bluebags)	10
13	14 Garbage Pick -up	15	16	17
20	21 Garbage Pick -up	22	23 Recycling (no clear/bluebags)	24
27	28 Garbage Pick -up	29	30	31