



Eelūnaapéewi Lahkéewiit

Wiingu-néewEénda-Lunaapeewáhkiing -Welcome to the land of the Delaware's



Office Closure ~ In Lieu of Remembrance Day

All Eelūnaapéewi Lahkéewiit Building will be closed on Wednesday November 11th, 2020

Regular Hours will resume on Thursday November 12th, 2019. @ 8:30am

FOR SALE-Kerosene Space Heater—used 2 or 3 times , some kerosene available, instruction booklet. Price—\$75.00—Call to 519-692-3727

Thank you to Moravian Corner Store for the delicious Halloween Cookie kits. That was such a nice surprise! Cathy, Jess, Sybil & Family.

Thank you for all the Halloween kits and treats provided by the health centre staff and youth workers. We appreciate your generosity and thoughtfulness.

Anushiik, Liv, Seth, Mia, Lynkin & Sophie.

Eelūnaapéewi Lahkéewiit Water Accounts

REMINDER - Outstanding Water Accounts

If your water account is in arrears, please contact the Eelūnaapéewi Lahkéewiit Finance Department to bring your water account up to date – 519-692-3936

Failure to resolve these accounts will result in the disconnection of your water service.

Water payments assist in the ongoing water service and water delivery to the homes and businesses of the Eelūnaapéewi Lahkéewiit Community.

Anushiik for your co-operation.

News Items Due: Monday November 23rd, 2020 @ 4:00 pm

Next Publication Distributed: Wednesday, November 25th, 2020



DELAWARE NATION COUNCIL

Moravian of the Thames

Phone: (519) 692-3936
Fax: (519) 692-5522
www.delawarenation.on.ca

14760 School House Line R.R. #3
THAMESVILLE, ON
N0P 2K0

Community Notice

Starting November, 30 2020 the water tower will be offline and will remain offline for about 4 weeks due to needed repairs. We request that the community conserve water during this time. Water Plant operators will be onsite at the water plant 24hours a day until repairs are complete.

If you have any questions or concerns please do not hesitate to contact me.

Plant - 519-592-9612
Cell - 1-519-709-2796
Administration - 519-692-3936

Thank You

Chris Doxtator
Water Plant Operator

-Eelūnaapéewi Lahkéewiit Radio Working Group-
104.3 The Buck

Radio Bingo

Sunday, November 15, 2020 @ 5:00PM

One "Three Strip" - \$ 5.00

Dual Dab Special - \$ 3.00

Extra Jackpot Cards - \$ 2.00

50/50 Draw Ticket - \$ 1.00

****Dual Dab Special based on 50% of sales****

**Progressive Jackpot is now \$673.00
(Must be won in 53 numbers)**

Game # 1 – One Line \$100 and Two Lines \$200

Game # 2 - One Line \$100 and Two Lines \$200

Game # 3 - One Line \$100 and Two Lines \$200

****Dual Dab Special – Full Card****

Game # 4 - One Line \$100 and Two Lines \$200

Game # 5 – Inside Square \$200.00 and

Full Card Consolation - \$250.00

Attention:

All winners must pick up their winnings directly after bingo at the Training Centre/Radio Station. If transportation is an issue, please call and we will deliver!

Bingo cards go on sale at 3:00pm to 5:00pm at the Training Centre/Radio Station.

Bingo winners please call (519) 692-4175

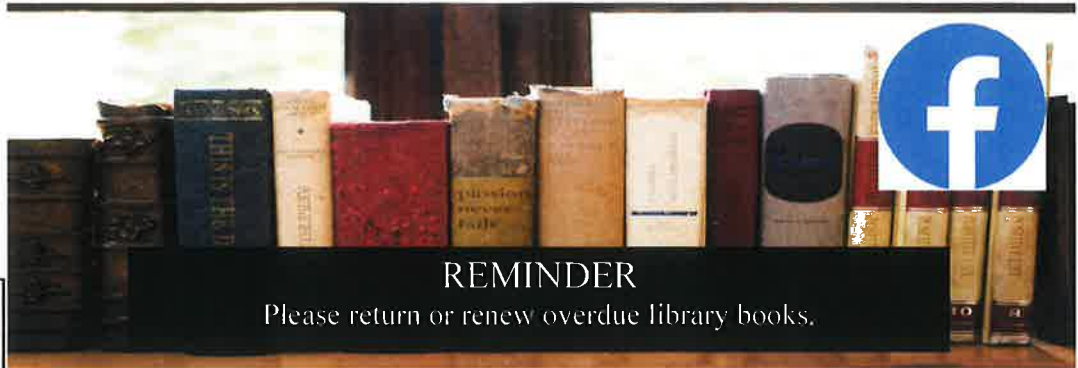


REGISTER FOR
YOUR LIBRARY CARD

WINTER HOURS

Monday 9:00 am - 2:00 pm
Tuesday 9:00 PM - 2:00 pm
Wednesday 9:00 pm - 2:00 pm
Thursday - closed
Friday - closed

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.

HEALTH & SAFETY

The Library continues to move forward in improving the health and safety issues. A new furnace is being installed since the last one bit the dust. The new shelving has missing lumber and is being resolved.

MASKS REQUIRED

I require an operation and recovery time.

The Library will be closed from November 16 - December 4.



Derekica

TO ABORIGINAL WAR VETERANS IN CANADA AND TO THOSE THAT HAVE FALLEN

This monument is raised in sacred and everlasting honour of the contributions of all Aboriginal Canadians in war and peacekeeping operations.

Many thousands of Aboriginal people saw action and endured hardship in the First and Second World Wars and the Korean War. They served with honour and distinction in all branches of the service and in every rank and appointment from Private to Brigadier. They fought overseas to defend the sovereignty and liberty of allied nations, in addition to supporting the cause at home. Their dedication continues in peacekeeping operations in faraway lands.

Their heroic acts earned many decorations for bravery as well as the



respect and enduring friendship of their comrades in arms. Hundreds from across Canada gave fully of their lives so that all Canadians might know peace and inherit freedom.

We who would follow in their path are humbled by the magnitude of their sacrifice and inspired by the depths of their resolve. We owe them a debt of gratitude we cannot soon hope to repay.

Artist : Noel Lloyd Pinay

Eelunaapeewi Lahkeewiit JOB POSTING

Family Support Coordinator

Department: Health Centre



Location:

D.N. Youth Centre
"Takwax Wiikiht"
14809 School House Line

Job Status:

Full-time,
1 year Contract

Wages:

Based on qualifications

Hours of Work:

8:30 am to 4:30 pm
Flexible hours may be
required including some
evenings and weekends

CLOSING DATE:

**November 27, 2020 at
4:00pm**

QUALIFICATIONS:

POSITION SUMMARY

Under the direction of the Health Director, the Family Support Coordinator will administer the Journey Together Program. The overall goal of the program is to develop an understanding of the needs of our Youth in improving and maintaining the 4 Quadrants of healthy living in Children (0-6years) by developing programming to assist their caregivers in implementing Healthy Development.

DUTIES AND RESPONSIBILITIES:

- Develop and monitor annual program work plan;
- Monitor approved budget and maintain files on all program expenditures;
- Maintain files on all aspects of the program;
- Prepare and submit reporting requirements to appropriate funding sources and/or Chief and Council;
- Work with clients to determine supports and services to be provided for Referrals to various agencies as required (i.e. Jordan Principle)
- Plan and deliver a culturally relevant youth program focusing on all aspects of well-being; physical, mental, emotional and spiritual;
- Design and implement programs based on 0-6 years age group
- Develop partnerships with other programs and encourage sharing of resources within the Delaware Nation;
- Network with other community programs in an integrated approach to community health and well-being.
- Complete cheque requisitions and Mileage claims providing supporting documentation as needed
- Completion of financial and narrative reports to funders in a timely manner
- Maintain and report statistics including; number of clients assisted, number of workshop attendees
- Must adhere to common ethical standards of practice including client confidentiality
- Provide regular updates on events through the Newsletter, Office Boards and via email to other departments

Qualifications

- Must be a R.E.C.E certified or R.N.E.C.E
- Experience working with Indigenous children, parents and community an asset.
- Familiarity with the Delaware Nation Community
- Knowledge of the Delaware Nation Language and Culture an asset
- Knowledge of MS Office (Word, Excel, PowerPoint), Internet search engines and email.
- Demonstrated leadership qualities.
- Must possess strong organizational, communication (verbal and written), listening and interpersonal skills.
- Demonstrated leadership and team work skills;

- Able to maintain high ethical standards and confidentiality;
- Willing to work flexible hours, including evenings and weekends
- Ability to multi-task within respective deadlines.
- Must be reliable, punctual and responsible.
- Friendly, helpful and enthusiastic attitude.
- Ability to work in a team environment and independently depending on the circumstance.
- Valid Ontario Driver's License and access to a reliable vehicle.
- Must be able to attend meetings, training sessions or travel as required;
- Must provide a recent copy of CPIC with Vulnerable Sector Search.
- First Aid/CPR Certificate is considered an asset.

All interested candidates, please submit a **Cover Letter and Résumé,**
3 Letters of Reference
(2 work related and 1 character) to:

WULAMALISWIKAAN Health Centre
14737 School House Line
R.R. 3 Thamesville, Ontario N0P 2K0

Marked: "Confidential:"

By Email: jonoah@xplornet.com

LATE APPLICATIONS WILL NOT BE CONSIDERED.

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

While we sincerely appreciate all applicants, 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.

WORKING WOMEN 2020

Indigenous Women in Business Symposium

AGENDA

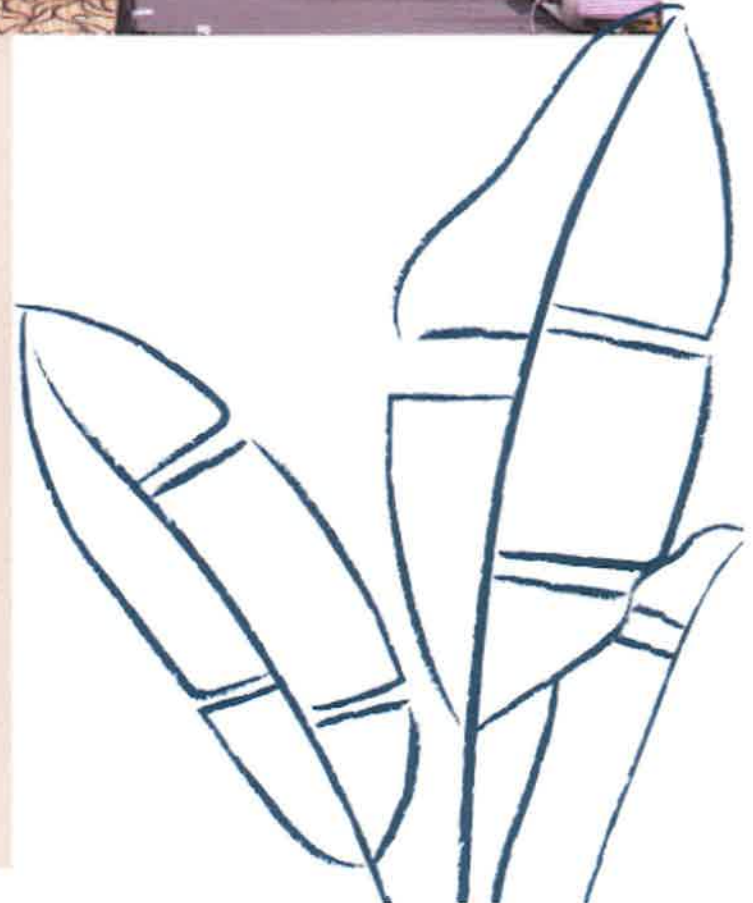


November 12

- 1:00 pm Welcome
- 1:10 pm Candace Scott-Moore, Keynote
- 2:10pm BREAK
- 2:25pm Indigenous Funding Opportunities by TCDC
- 2:40 pm Genevieve Fisher, Presentation & Performance

November 13

- 1:00 pm Sofie Andreou, Social Media Best Practices tips & tricks
- 2:00 pm BREAK
- 2:15 pm Tasha Shields, Balancing Life & Work at Home
- 3:15 pm BREAK
- 3:30 pm Lisa Hill, Self Care with Moccasin Flow





WORKING WOMEN 2020

Indigenous Women in Business Symposium

We're going virtual!

12-13 NOVEMBER 2020

1:00 P.M. DAILY

VIA ZOOM

Must Pre-Register by 3:00pm on
November 9, 2020

You will receive the Zoom Link the day
before the first day of the event.

*** You will need access to a device with internet
connection, audio and video capability***

Limited spots available

To REGISTER contact:

Mary McGahey

mam@cdc.on.ca

1-519-332-5151

Event Coordinator: Portia Shipman

Funded by:

Women Entrepreneurship Strategy



Federal Economic Development
Agency for Southern Ontario



Keynote
Presentation by
**CANDACE
SCOTT-MOORE (WILDE)**



Special Presentation &
Performance by
**GENEVIEVE
FISHER**

DOOR PRIZES EACH DAY!



Eelūnaapéewi Lahkéwiit
Education Department News
November 10, 2020



Koolamálsi!

Naahii Ridge



On November 13 students will be receiving progress reports.

This year parent/teacher interviews will occur either via a scheduled Google Meets or with a phone call that the teacher will individually schedule. These interviews will take place over two weeks, between Monday, November 16 and Friday, November 27.

November 16-20 is Bullying Awareness & Prevention Week.

Some Spirit Days have been planned for each Friday:

November 13 – Crazy Hair Day

November 27 – Hat Day

December 4 – Backward Day

*We have PPE masks!
 We will be delivering
 this week. If we missed
 you, let us know.*



Eenda Akehkiimunjiik

We are presently closed and the status of opening is reviewed by leadership monthly. We miss all those smiley faces, but safety is paramount ☺ The Kindergarten continues to be pro-active in supplying students with educational packages on a weekly basis. *Parents: Thanks to those that sent in their surveys, if you haven't sent in yours yet, please do so as soon as you can.*

Virtual Learning / Face-to-Face Learning

If you wish to move your student from one learning platform to the other, contact your student's school and be aware of the following dates:

Date to Notify School	New Program Start Date
October 22, 2020	November 16, 2020
January 12, 2021	February 3, 2021
March 30, 2021	April 20, 2021

Tutoring

We are taking names of students that would benefit from tutoring. Also, if any virtual students need assistance with their devices or learning applications, in addition to tutoring, please contact our office. 519-692-5551.

Secondary Students:

The first quadmester is coming to an end this Friday, November 13. The Lambton Kent District School Board will be using this day to assist classrooms to prepare for the start of the second quadmester on Monday, November 16. Therefore, this Friday there will be no school for all secondary students – both face-to-face and virtual learning platforms.

1 st Quadmester	September 14 – November 13
2 nd Quadmester	November 16 – January 29
3 rd Quadmester	February 3 – April 16
4 th Quadmester	April 19 – June 25



**Opposite sides of a
dice always add up
to seven?**



Lunch Program November 12 & November 26, 2020



We are teaming up with the Child & Family Services office to bring a lunch program to students within the community that are doing either remote learning or face-to-face. We have been in contact with Naahii Ridge and RDHS and the lunches will be individually wrapped to meet the school board guidelines.

Lunch Delivery: November 12

Next Sign Up Date: November 20.

Buses

Due to an increase in students going back into school to do face-to-face learning, we have had to add an additional elementary bus. The routes have changed from last year:

Turtle	Wolf
School House Line	Centre Road
Selton Line	Knoll Road
Knoll Road	East part of River Line
East and West part of River Line	

As in previous years, we have one Ridgetown high school bus that picks up all students.

Post Secondary

Funding Application Deadlines:

Fall Semester (September – December)	May 15
Winter Semester (January - April)	October 1
Spring/Summer Semester (May – August)	April 1

Applications are available on our website: www.delawarenation.on.ca/post-secondary/



Eelūnaapéewi Lahkéewiit Education Department
14753 School House Line Thamesville, ON

www.delawarenation.on.ca

T - 519-692-5551

F - 519-692-5951

Education.manager@delawarenation.on.ca

APPLICATION #1

“Brrr, it’s cold outside!”
“Turn the heat up, it’s cold in here!”
“It’s dark in here, turn on the lights!”



With cold temperatures here, we can expect an increase to our utility costs and with the rising costs of healthy food, the National Child Benefit Reinvestment Program and the Early Learning Centre & Health Centre are working together to offer assistance in dealing with increased day-to-day costs during the holiday season.

15th ANNUAL WINTER (CHILD) NUTRITION PROGRAM

Gift Certificates will be available to families with children 18 years and younger who meet the following criteria:

If you answered **YES** to **ALL** of the following questions, your child is **eligible** to access funding.

Completed form will ONLY be accepted from November 12, 2020 to November 30 2020.

- | | | | |
|---|------------|-----------|-----------|
| 1) Child is a Delaware Nation Band Member (<u>OR</u> a valid DNC residency permit); AND | YES | or | NO |
| 2) Child is 18 years (as of December 1, 2020) and under; AND | YES | or | NO |
| 3) Parent/Guardian is in receipt of 2019/2020 Canada Child Tax Credit Benefit on behalf of child (ren) listed below. | YES | or | NO |

Parent/Guardian Name: _____

911 address: _____

Child’s Name: _____ Age as of December 1st: _____

Child’s Name: _____ Age as of December 1st: _____

Child’s Name: _____ Age as of December 1st: _____

**** GIFT CERTIFICATES will be available the week of Dec. 7-11 & 14-16, 2020.** All inquiries may be directed to Amanda Logan or Kamryn Whiteye at (519) 692-3936 (Band Office).

(Signature is required by parent/guardian) I, _____ confirm that the above criteria had been met and I received (no.) _____ Gift Certificates on (date) _____.

Parent/Guardian Signature _____





Eelunaapeewi Lahkéewiit
Christmas Turkey and
Gift Card Giveaway

The Eelunaapéewi Lahkéewiit Council will be providing a Turkey and Gift Card to members residing within the Eelunaapéewi Lahkéewiit territory (one per household)

You may pick up your turkey and gift card on:

WEDNESDAY, NOVEMBER 25, 2020

12:00PM - 4:00PM

EELUNAAPEÉWI LAHKÉEWIIT COMMUNITY CENTRE

**Please drive to the front door and someone will come out,
DO NOT get out of your vehicle.**

Pick up is available on November 25th ONLY

If you are 55+ and would like your items delivered on November 25th
please contact Cathy Stonefish @ 519-692-3936.

Deadline: Monday, November 23, 2020 @ 4:00pm

**MERRY CHRISTMAS FROM
EELUNAAPEÉWI LAHKÉEWIIT CHIEF & COUNCIL
AND ADMINISTRATION**



**In Partnership with:
Administration, Early Learning Centre,
Economic Development, Education, Health,
Lands, Ontario Works and Special Events.**



Eelunaapeewi Lahkeewiit

DELAWARE NATION COUNCIL

Phone: (519) 692-3936
Fax: (519) 692-5522
www.delawarenation.on.ca

14760 School House Line, R.R. #3
THAMESVILLE, ON

NOTICE RESIDENTS-SNOW REMOVAL PUBLIC WORKS DEPARTMENT

The Public Works Department will be providing the SNOW REMOVAL SERVICE again this year (2020/2021).

The waiver forms for the removal of snow during the winter season must be filled out, before any snow removal services will be provided and forwarded to the Public Works Department.

The forms will be provided in the Bi-weekly Newsletter along with the Snow Removal Policy.

DUE DATE: FRIDAY NOVEMBER 27/2020 (after this date we will no longer be accepting waiver forms).

**Anushiik and Happy Holidays and STAY SAFE!
PUBLIC WORKS DEPARTMENT**

Snow and Ice Removal

During the Winter season, snow and ice removal will be conducted by the Eelūnaapéewi Lahkéewiit Public Works Department in accordance with the Snow Removal Policy.

During an especially concentrated storm, it may be necessary to continually return to plowing the roadways and that the areas lower on the priority list may have to wait until the storm subsides.

The priority list of snow and ice removal will be as follows:

- Roads within Eelūnaapéewi Lahkéewiit Territory
- Eelūnaapéewi Lahkéewiit Buildings
- Seniors (medical)
- Seniors (65 and older)
- Seniors (55 - 64)
- Band Rental Units
- Other Community household driveways

Your understanding, patience and cooperation are most appreciated. Anushiik.

- Public Works Department

**In order to continue with this COMPLIMENTARY SNOW REMOVAL,
please return the bottom portion to the Administration Office.**

Eelūnaapéewi Lahkéewiit (Delaware Nation)

Complimentary Snow Removal Service

WAIVER

I _____, hereby request Eelūnaapéewi Lahkéewiit to clear snow from my driveway subject to the following:

I understand that the service is complimentary and is subject to the availability of employees and equipment to perform the service.

I have been duly informed that injury or damage can occur in the process, including but not be limited to damage to my driveway or objects in or near my driveway. I understand that Eelūnaapéewi Lahkéewiit will use best efforts not to incur injury or damage to my property, but I accept all liability for any injury or damage in consideration of the complimentary service.

I understand the risks, known and unknown, including risk of injury or damage, but knowing those risks, it is my desire to utilize Eelūnaapéewi Lahkéewiit complimentary snow removal service.

I assume all risks and hazards, known and unknown, and I agree to release and discharge Eelūnaapéewi Lahkéewiit Council, its agents, employees, successors and assigns and all other persons associated with the snow removal service from liability for any injuries, claims, costs and damages arising out of, or related to, the complimentary snow removal service, howsoever caused.

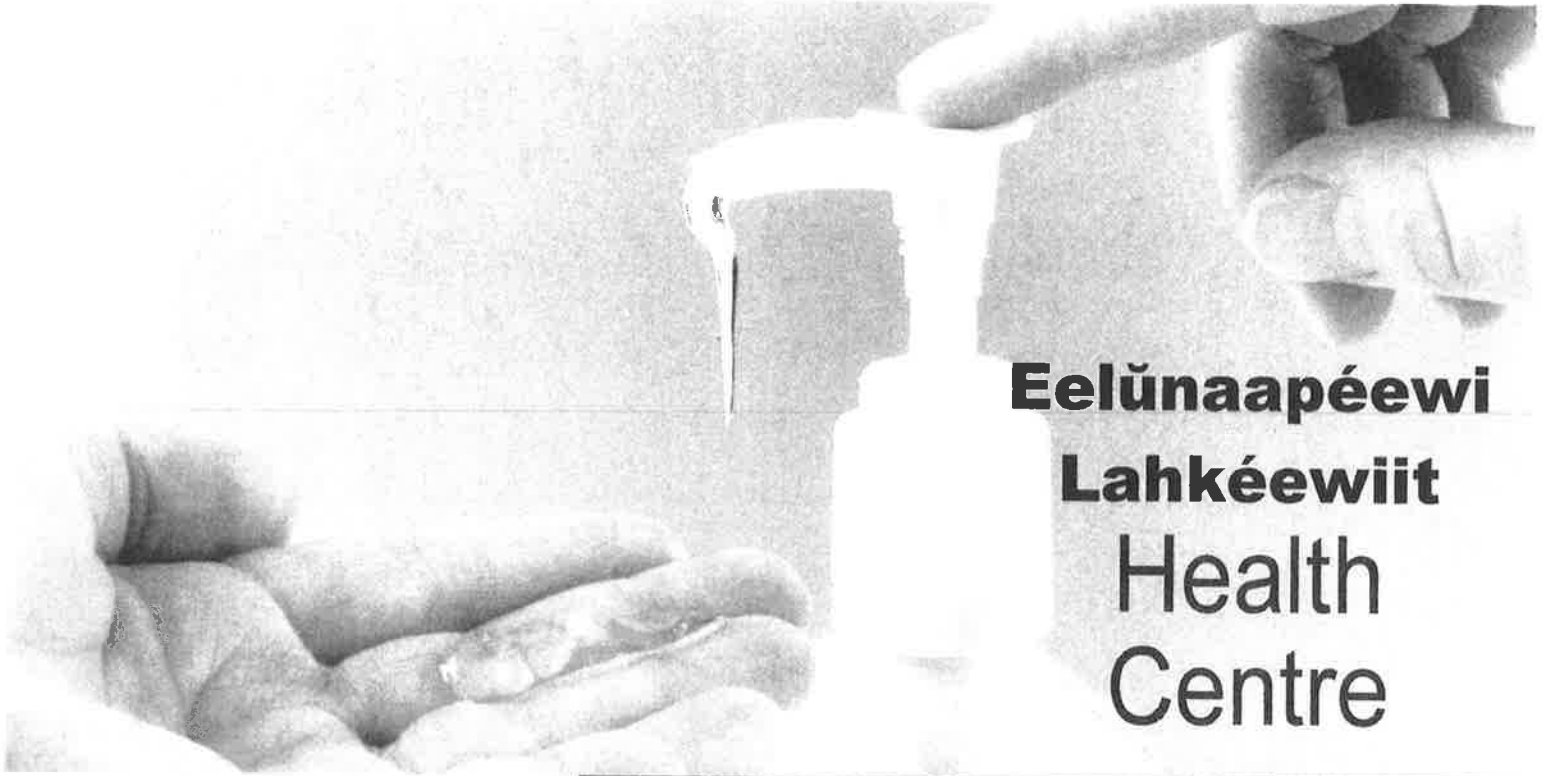
I fully understand this waiver and I am aware that this is a release of liability in favour of Eelūnaapéewi Lahkéewiit (Delaware Nation) Council and others and I sign it of my own free will.

Name (please print)

Signature

Date

ADDRESS: _____



Eelūnaapéewi Lahkéewiit Health Centre

Recall Of Certain Hand Sanitizers That May Pose A Health Risk

List of Products:

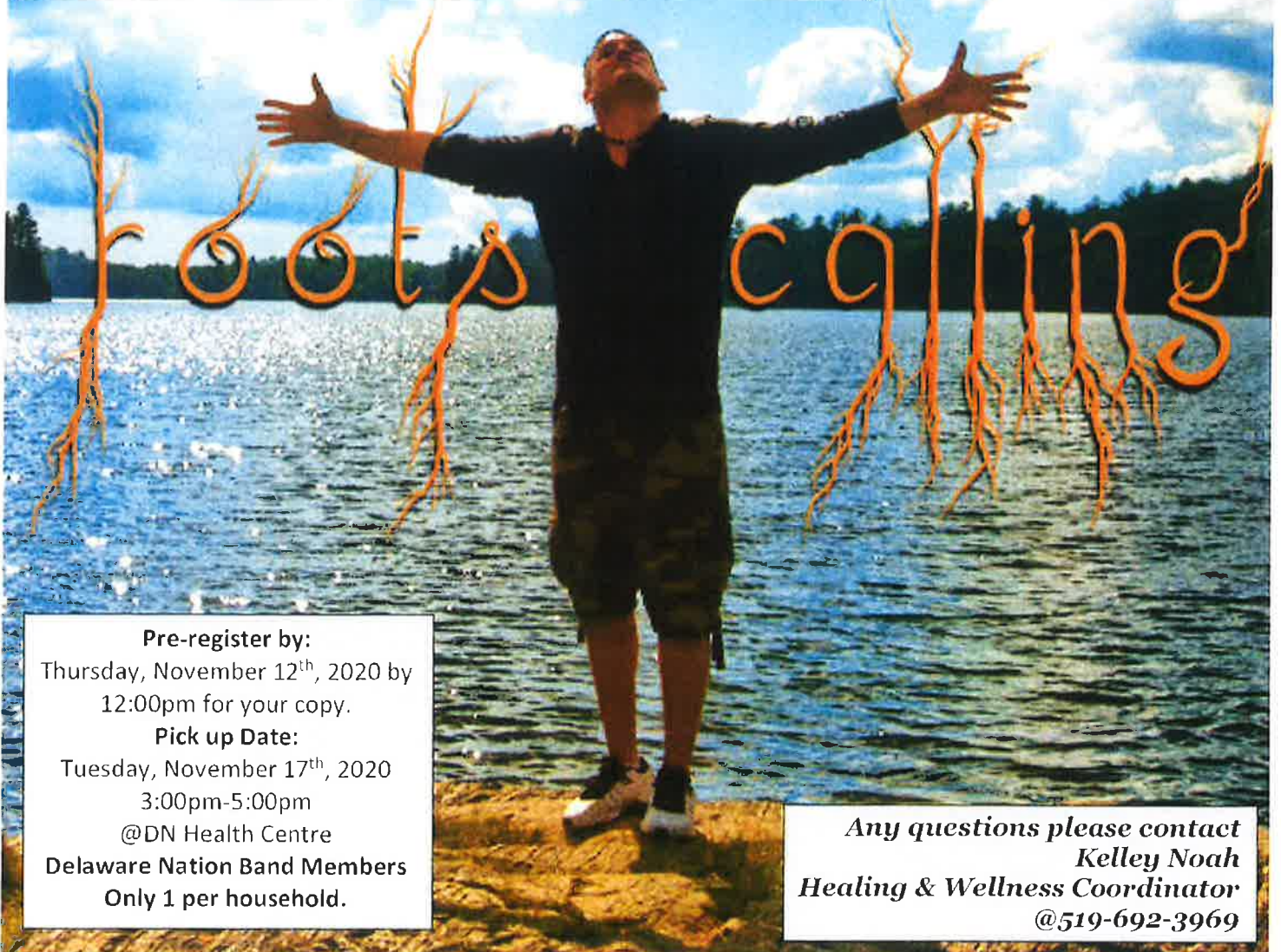
- ### Reasons for Recall
- The sanitizers contain ingredients that are not permitted by Health Canada
 - The sanitizers are not labelled properly and are missing important information

- Birds & Bees Distillery
- Blindman Brewing
- Clean & Green hand Sanitizer Gel
- Clean Freak
- Dash Vapers Hand Sanitizer
- Defend Gel hand Sanitizer
- Dermogen
- Eltraderm hand Sanitizer
- eSafe
- Farmessentials
- Gel700 Hand Sanitizer
- Gentle Hand Sanitizer with Aleo
- Germ Eliminator

Where do you belong? What defines you?

Roots Calling is the unfolding story of a young, Anishinaabe man who was adopted by a Caucasian family at 6 months old. After a lifetime of troubles and feeling disconnected and incomplete, Eddie went in search for his true identity.

This documentary takes a look at how identity affects mental health and why it's important to connect, embrace and celebrate our heritage.



Pre-register by:

Thursday, November 12th, 2020 by
12:00pm for your copy.

Pick up Date:

Tuesday, November 17th, 2020

3:00pm-5:00pm

@DN Health Centre

Delaware Nation Band Members

Only 1 per household.

*Any questions please contact
Kelley Noah
Healing & Wellness Coordinator
@519-692-3969*



Eelūnaapéewi Lahkéewiit



Children's Christmas Present APPLICATION

Thursday, December 3rd, 2020

Dear Eelūnaapéewi Lahkéewiit Parents/Guardians:

In order to ensure that every child/youth from ages 0-17 receives a gift from Santa Claus this year, please complete this form and return to the Delaware Nation Health Centre by Wednesday, November 25th, 2020 by 4pm

If you answer **YES** to ALL of the following below, your child is eligible to receive a gift on December 3rd, 2020.

1. Child is a Delaware Nation Band Member or has a valid DNC residency permit; and
2. Child is 12 years old as of December 31, 2020 and under;

AND/OR

Child is 13-17 years old as of December 31, 2020.

Parent/Guardian Name: _____

Child's Name	Date of Birth	Age



**** Form must be completed and returned to the Health Centre by Wednesday, November 25th, 2020 @ 4:00pm in order for your child to receive a gift on December 3rd, 2020.****

FREE BAILS OF STRAW

Looking for some straw? Need to keep your dog's house warm this winter, or other animals?

Call the Health Centre by November 18th, 2020.

(519) 692-3969



Please let us know if you would like 1 bail or ½ bail. Pick up your bail of straw at the Health Centre.

Friday, November 20th, 2020

1:30pm-4:30pm

Seniors Breakfast Club

Update

If you missed the sign-up you are still eligible to sign up at any time for the remaining dates. You will be added to the next week.

Please add these dates to your pick-up dates.

December 9th & 16th, 2020 (2:00pm-4:00pm)

**Reminder: No breakfast club
on Wednesday, November
11th, 2020.**

Any questions please call Janet Hopkins.

(519) 692-3969

Eelünaapéewi Lahkéewiit Health Centre



Meal to Go Program

First **15 families** that sign up will be in our **First** Meal to Go Program.

***Delaware Nation Members Only! One per household!**

It will pack 1 meal in it and recipes for theses meals for yourself to cook at home!

Pick Up will be Every Tuesday for 4 weeks!

After the four weeks, I will do another list of different households for the next 4 weeks. If you have already received this program, you're not eligible for this at this time!

Call the Health Centre on **January 6th, 2021 to Sign up!**

Leave name and phone# 519-692-3969

Norma Logan – CHR

Eelünaapéewi Lahkéewiit Health Centre



Guidelines for the Program **must** be followed:

- EVERY WEEK ON THE TUESDAY BETWEEN 3:30 p.m. and 4:30 p.m. YOU MUST PICK UP YOUR MEAL TO GO BAG!
- IF THIS IS NOT PICKED UP, I WILL BE DONATING IT THE NEXT DAY!
- Participants that have received this first program, are not eligible until the I put a call out for everyone, to apply again.
- We have an overwhelming response to this program and We want to help as many households as possible. This is why we are taking turns in 15 households per program.

Thanks for Understanding and Enjoy your Meal to Go Bag!

Norma Logan – CHR

Any question phone 519-692-3969

Seniors 55+ Goodie Bags!!!



Sign up by

Wednesday, November 18th, 2020

Pick-up

Wednesday, December 9th, 2020

Where

DN Health Centre

Time

2:00pm-5:00pm



Delaware Nation Band Members Only

Please call the Health Centre to sign up.

(519) 692-3969

Remember to social distance and wear your mask on pick-up day. Please make arrangements if you are unable to pick up your bag.

HALLOWEEN - 2020

**Thank you to everyone that participated and submitted
a picture of their Halloween costume.**



Aubrey Goodburn



Ravynne Noah



Kelton Goodburn



Sienna Stonefish



Aria Johnson



Liv Snake



Jamie-Lee Whiteye
+ Family



Keegan Summers



Mya Summers



Zachary Summers



Atley Huff



Addalyn Noah



Syllus Whiteye



Kyle Hopkins
Ava Hopkins

NOVEMBER MEAL

*& Healthcare
Information Package*

For
Seniors
60+



Deliveries will
begin @11am
Wednesday,
November 25th,
2020

If you are a senior 60+ and would
like to receive a meal please call
the Health Centre and leave your
name and address.

Register by
Monday, November 23rd, 2020
@ (519) 692-3969

DRUG GUIDE FOR PARENTS:

LEARN THE FACTS TO KEEP YOUR KIDS SAFE

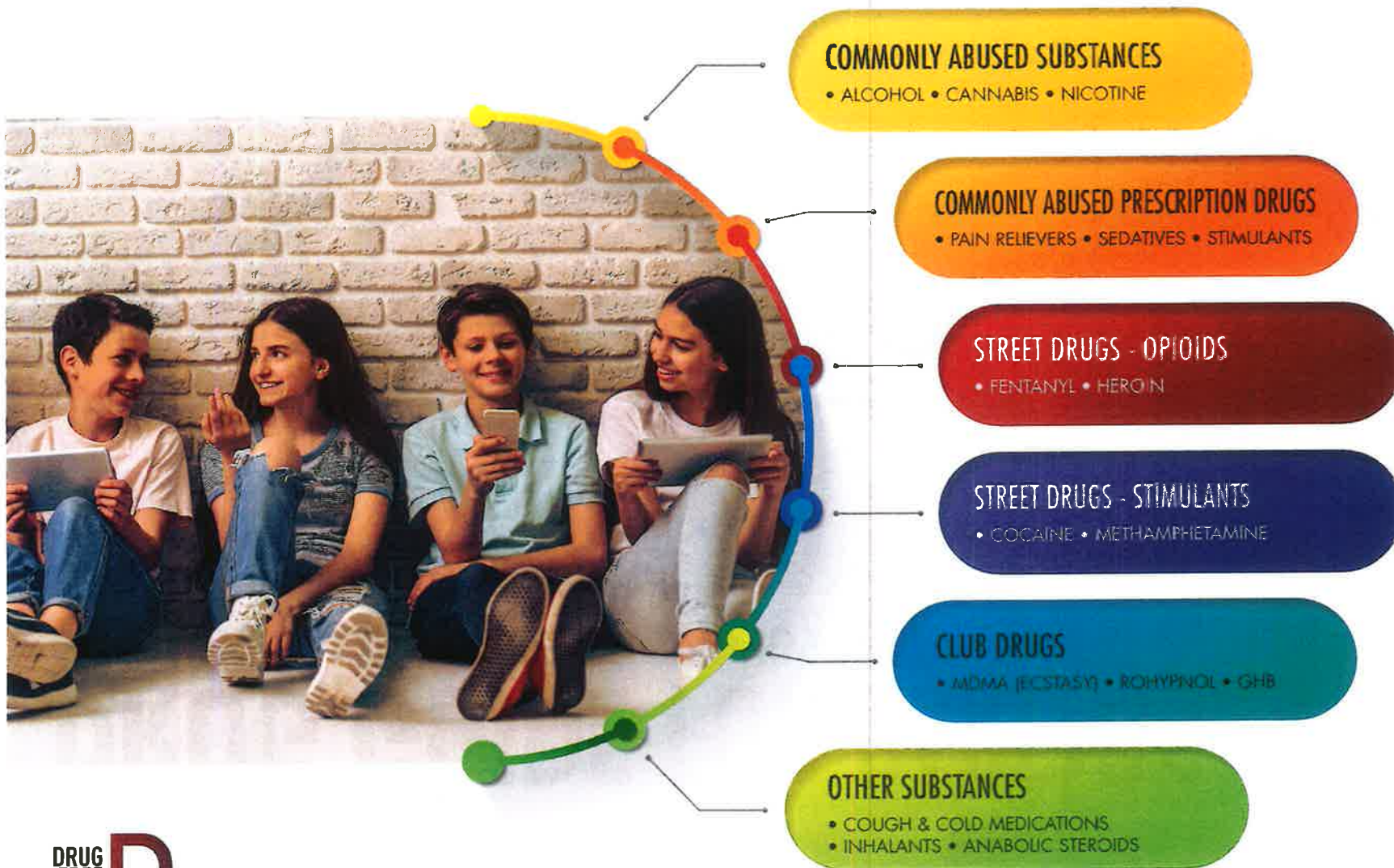


DRUG
FREE
KIDS
CANADA.ORG



Drug Free Kids Canada Where families come for help

It's important to know as much as possible about the drugs and other substances your pre-teens and teens may have heard about or been exposed to in order to help you better understand what they are and what their hazards can be. As the parent, you are in the best position to provide your child with factual information about these drugs, early and often.



CORONAVIRUS

Covid-19 or 2019-nCov



WHAT IS IT? Q

COVID-19 is a new virus and so health officials are still learning about its impact and severity. At this time, it appears to cause an illness similar to the flu with the most common signs of infection being fever, cough and shortness of breath. In severe cases patients can develop pneumonia, severe respiratory distress, kidney failure and death.



PREVENTION



Stay at home when you are sick



Avoid touching eyes, nose, & mouth with unwashed hands



Avoid close contact with people who are sick



Clean & disinfect frequently touched objects and surfaces



Wash your hands at least 20 seconds



Use a hand sanitizer that contains at least 60% alcohol



Cover your cough or sneeze with a tissue



Avoid crowded places and all unnecessary travel



SYMPTOMS

Common

Less typical



Fever



Headache



Fatigue



Diarrhea



Hemoptysis



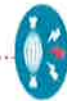
Dry Cough



Phlegm Buildup



Shortness of breath



Aching muscles



INCUBATION

Because the early symptoms of COVID-19 are similar to other respiratory illnesses, if you have any of the common symptoms (fever, cough and shortness of breath) you should contact your doctor's office and arrange to have a consultation.

Diabetes Canada and type 1 diabetes

300,000 Canadians live with type 1 diabetes

Most are diagnosed during childhood and adolescence. For the rest of their lives, they must follow a daily regimen of administering insulin, measuring the amount of carbohydrate in each meal and snack, testing blood sugar and working with a health-care team to stay healthy. Many feel isolated as they are usually the only one in their community or school with type 1 diabetes.



Diabetes Canada helps Canadians with type 1 diabetes in the following ways:

Diabetes Canada D-Camps

- 1,900+ youths with type 1 diabetes and family members attend Diabetes Canada's 9 D-Camps every year. They are a meeting place to overcome isolation and inspire young people to manage their diabetes well

Research

- For 40+ years, Diabetes Canada-funded research has been contributing to the development of
 - an artificial pancreas
 - insulin-producing cell transplantation
 - a cure for type 1 diabetes



Speaking out

- Diabetes Canada speaks out for people with type 1 diabetes. In recent years, we successfully obtained at least partial coverage of insulin pumps in every province. More needs to be done

Helping children with type 1 diabetes in schools

- 1 in 300 Canadian children has type 1 diabetes - about one student in each Canadian school
- Diabetes Canada is working to improve the support for children with type 1 diabetes in schools by:
 - advising provincial Ministries of Education and school boards on policies to keep children with type 1 diabetes safe at school
 - supporting parents who advocate to schools about their child's rights
- Partnering with organizations such as the Canadian Paediatric Society and CPEG, to create diabetes@school.ca, a resource for families, schools and caregivers

Type 1 conferences

- Our No Limits with T1D events in Toronto and Vancouver are day-long education events for youth and adults that cover diabetes management, research breakthroughs, and new products and services.

#EndDiabetes

**DIABETES
CANADA**

LET'S END DIABETES TOGETHER

**DIABETES
AWARENESS
MONTH**

Type 2 diabetes risk factors

Today, 11 million Canadians live with diabetes or prediabetes

Every three minutes, another Canadian is diagnosed. About 90 per cent have type 2 diabetes, a disease in which the body does not make enough insulin or cannot properly use the insulin it produces.



Out of 35 million Canadians:

11 million have diabetes or prediabetes

about 90% have type 2 diabetes

Type 2 diabetes risk factors

Factors you can't change

- >40 years of age
- Family history of diabetes
- Indigenous, Asian, Hispanic, Arab, South Asian or African descent



The environment you live in

- **Lack of access to healthy food**
4 million Canadians do not have good access to affordable, healthy food – particularly in remote and northern regions, in the Atlantic provinces and in Indigenous communities
- Neighbourhoods not designed for walking

Lifestyle factors

- **Lack of healthy eating, which contributes to** 60% of adults and one-third of young people being overweight or obese



- **Lack of physical activity**
78% of adults and 91% of children and youth are NOT getting the recommended amount of physical activity

- **Smoking**
15% of Canadians smoke



Signs you may have diabetes can include



Significantly increased thirst



Frequent urination



Weight gain or loss



Extremely tired or no energy



Blurred vision

If you have any of these signs, contact your health-care provider. If you are 40 or older, get tested regularly – at least every three years – even if you don't have signs, as you may not display any.

#EndDiabetes

DIABETES
CANADA

LET'S END DIABETES TOGETHER

DIABETES
AWARENESS
MONTH



It takes a community to prevent a fall:
We all have a role to play!

November is Fall Prevention Month.

Falls are the leading cause of injury among older adults and **one-third** of those who fall will never return home.*

The Fall Prevention Month website has:

- Pre-planned activities, posters and social media posts
- Resources you need to make a difference in your community

Together, we can help keep people active, independent, injury-free and healthy.

Find out more and download these resources at
www.fallpreventionmonth.ca

*Data Source: Statistics Canada: Health at a Glance, <https://www150.statcan.gc.ca/n1/pub/82-624-x/2014001/article/14010-eng.htm>. Adapted by the Ontario Neurotrauma Foundation



Be Ready, Be Steady

Are You Thinking of Quitting Smoking? The STOP on the Net Program Can Help!

The STOP on the Net Program is an online research program from the Centre for Addiction and Mental Health (CAMH) designed to help adults attempt to quit smoking.

**This program provides
4 weeks of free nicotine
patches and gum/lozenges
to help participants
attempt to quit smoking**

You may be eligible to participate if you:

- o Live in Ontario
- o Are 18 years of age or older
- o Meet other specific eligibility criteria

This program is supported by the CAMH Smoking Treatment for Ontario Patients (STOP) Program.

For more information about programs and services at CAMH, please visit www.camh.ca or call 416-535-8501 (or 1-800-463-6273)



To learn more about the
program and to enroll,
please visit:

www.stopstudy.ca

REV 10/13/2019
Version 3.0
2011/2010

****If you have any questions, please contact Kelley Noah, Healing & Wellness Coordinator*

*519-692-3969****



Gwekwaadziwin Miikan

Youth Mental Health
& Addiction Program

**90 Day LandBase Program
for Ontario Residents Age 19-30 yrs**

**Our next cohort will start on
January 19th, 2021**

We continue to accept applications on an ongoing basis. Applications for this cohort will be accepted up until Nov. 20th Information can be found on our website at www.gwek.ca or by leaving a message with admissions at 705-370-5307 ext 314.

****If you have any questions, please contact Kelley Noah, Healing & Wellness Coordinator
519-692-3969****

NEED TO TALK?

Support is a
phone call away.

Call the
First Nations and Inuit
Hope for Wellness
Help Line

1-855-242-3310

Pub: 160359



Health
Canada

Santé
Canada

Canada 

1 855 554 HEAL

Talk Healing

TALK • TEXT • CHAT



**Free, confidential help, advice
and support for Indigenous
women, by Indigenous women**



Call or text us at **1-855-554-4325**



Or visit **Talk4Healing.com** today



HEAD OFFICE:
ONEIDA NATION OF THE THAMES



387 PRINCESS AVENUE
LONDON, ONTARIO
N6B 2A7

www.aiai.on.ca

PHONE (519) 434-2761
FAX (519)675-1053

TERM CONTRACT LIFELONG LEARNING POLICY COORDINATOR

The Association of Iroquois and Allied Indians is inviting applications for a Lifelong Learning Policy Coordinator. Under the supervision of the AIAI Education Manger, the Lifelong Learning Policy Coordinator is responsible for supporting the Association of Iroquois and Allied Indians and its Member Nation Communities in the ongoing development and implementation of federal and provincial education initiatives.

The Lifelong Learning Policy Coordinator will work with an interdisciplinary team, external partners, such as: Member Nations, federal and provincial education files and shall be responsible for the following:

DUTIES/RESPONSIBILITIES

- Coordinate the collection and analysis of data and information as required;
- Attend relevant meetings and gatherings to further AIAI member Nation community priorities;
- Manage and oversee small projects, task teams within allocated budgets;
- Plan, organize and execute meetings and gatherings;
- Research and consolidate information and develop appropriate written communications; briefing notes, correspondence, etc.
- In collaboration with the AIAI Education Manger, liaise and strengthen relationships between member Nations, Provincial Territorial Organizations (PTOs), federal and provincial education systems;
- Collaborate and share information with AIAI Member Nation Communities on key developments, priorities and initiatives;
- To serve as an AIAI representative on working groups in the development and implementation of the work plan priorities as identified in the provincial Bilateral Lifelong Learning and other federal initiatives.

REQUIREMENTS

- A Post-Secondary diploma/degree in the area of public administration and/or education or a related area of study;
- Three (3) years related work experience;
- Extensive knowledge of federal, provincial education and Indigenous education systems; programming and policies;

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FAX (519)675-1053

- Must possess excellent oral, written and interpersonal communication skills with strong research and writing abilities;
- Working knowledge of Microsoft suite office programs;
- Must possess strong project management skills;
- Must be able to meet tight deadlines and execute flawlessly on projects in a fast-paced, often pressured environment and see a project through to completion;
- Must have the ability to work effectively in a team;
- The ability to develop and maintain strong professional relationships with internal and external stakeholders and work effectively with all sectors of AIAI is critical.
- Knowledge of Indigenous traditions, cultures, and values; understand the history and relationship between Indigenous Nations and the Crown;
- Indigenous ancestry is preferred;
- Possess a valid Ontario Drivers License;

WORK CONDITIONS

- Travel may be required
- Ability to attend and conduct presentations
- Manual dexterity required to use desktop computer and peripherals
- Overtime as required
- Lifting or moving up to 10lbs may be required

DURATION: November 2020 - June 2021 (with possibility of extension)

SALARY: \$ 46 170.00 to \$57 670.00/year (based on qualifications and experience)

APPLICATION DEADLINE: posted until position filled

Please submit a covering letter and resume with three (3) references to:

ATTENTION: Hiring Committee
Association of Iroquois and Allied Indians
387 Princess Avenue
London, Ontario, N6B 2A7
Email: gstonefish@aiai.on.ca
Phone: (519) 434-2761
Fax: (519) 675-1053

The Association of Iroquois and Allied Indians would like to thank all those that apply, however, only those who are granted an interview will be contacted



Employment Opportunity – External Posting

Education Policy Advisor

The Association of Iroquois and Allied Indians is inviting applications for a Policy Advisor for our Education Sector. Under the supervision of the AIAI Education Manager and working with the Education Team, the Policy Analyst Advisor is responsible for supporting the Association of Iroquois and Allied Indians and its member Nation Communities in the ongoing development and implementation of federal and provincial education initiatives.

The Policy Advisor will work with an interdisciplinary team, external partners, such as: Member Nations, federal and provincial education files and shall be responsible for the following:

DUTIES/RESPONSIBILITIES

- Coordinate the collection and analysis of data and information as required;
- Attend relevant meetings and gatherings to further AIAI Member Nation Community priorities;
- Manage and oversee small projects, task teams within allocated budgets;
- Plan, organize and execute meetings and gatherings;
- Research and consolidate information and develop appropriate written communications, briefing notes, correspondence, etc.
- In collaboration with the AIAI Education Team, liaise and strengthen relationships between Member Nations, Provincial Territorial Organizations (PTOs), federal and provincial education systems;
- Collaborate and share information with AIAI Member Nation Communities on key developments, priorities, and initiatives;
- To serve as AIAI representative on working groups in the development and implementation of the work plan priorities as identified in the provincial Bilateral Lifelong Learning and other federal initiatives;

REQUIREMENTS

- A Post-Secondary diploma/degree in the area of public administration and/or education or a related area of study.
- Three (3) years related work experience.

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www.aiai.on.ca

PHONE (519) 434-2761
FAX (519) 675-1053

- Extensive knowledge of federal, provincial education and Indigenous education systems; programming and policies;
- Must possess excellent oral, written and interpersonal communication skills with strong research and writing abilities;
- Working knowledge of Microsoft suite of programs;
- Must possess strong project management skills;
- Must be able to meet tight deadlines and execute flawlessly on projects in a fast-paced, often pressured environment and see a project through to completion;
- Must have the ability to work effectively in a team;
- The ability to develop and maintain strong professional relationships with internal and external stakeholders and work effectively with all sectors of AIAI is critical;
- Knowledge of Indigenous traditions, cultures, and values; understand the history and relationship between Indigenous Nations and the Crown;
- Indigenous ancestry is preferred;
- Possess a valid Ontario Drivers License.

WORK CONDITIONS

- Travel may be required
- Ability to attend and conduct presentations
- Manual dexterity required to use desktop computer and peripherals
- Overtime as required
- Lifting or moving up to 10lbs may be required

SALARY: \$53 550 - \$65 890 (based on qualifications and experience)

Application Deadline – posted until position filled

- Resume must include a cover letter and 3 references (two employment related)
- Please submit via email:

Geoff Stonefish, Director of Operations
Association of Iroquois and Allied Indians
387 Princess Ave.
London, Ont. N6B 2A7
Phone (519) 434-2761
Fax (519) 675-1053
Email – gstonefish@aiai.on.ca



EMPLOYMENT OPPORTUNITY

Housing Support Worker

LONDON, ON

Posting Date: November 4, 2020
Posting ID: 009

AtlohSA Family Healing Services is seeking a motivated and dynamic individual to fill the role of **Housing Support Worker**. As the Housing Support Worker, you will be responsible for providing support for community members who are experiencing homelessness as part of AtlohSA's Rapid Rehousing program. Using a holistic Indigenous-led approach to principles of Harm Reduction and Housing First, the successful applicant will offer compassionate and assertive care and support to community members who may be experiencing homelessness, social stigma, mental health imbalance, trauma, violence and substance use.

Role and Responsibility

The primary role of the Housing Support Worker is to assist Indigenous community members experiencing homelessness to integrate back into the community using an Indigenous culture-based housing stability approach. Working in close collaboration with the City of London and community partner agencies to support a Coordinated Access approach, the Housing Support Worker will provide in-home supports to moderate acuity program referrals. The Housing Support Worker provides a warm, welcoming and culturally safe approach while fostering a sense of family and community with program participants and community members. The Housing Support Worker uses a team-based approach to case management and will use relevant assessments (VI SPDAT; SPDAT; NWA) to base goals on the strengths, abilities, needs and preferences of program participants. The Housing Support Worker will be familiar with motivational interviewing and coaching skills for learning and achievement of activities such as budgeting, personal hygiene, chores, socialization etc. This may also include providing lay counselling and proactively intervening when crisis or conflict arises. The Housing Support Worker will record accurate and detailed shift notes, be proficient in the use of HIFIS, and must be able to provide clear, concise objective communication regarding community members who are supported through AtlohSA's Rapid Rehousing program.

Suitability

- Demonstrated knowledge and understanding of the languages, traditional ways, history, and cultures of the Indigenous population in the London region
- Current knowledge of Indigenous community services and resources
- Understanding of Indigenous homelessness
- Experience with working with marginalized individuals
- Demonstrated ability to receive training support, supervision, and direction
- Demonstrated strengths in interpersonal relations, problem-solving, crisis intervention, group dynamics, community development and other innovative approaches
- Understanding of cultural safety and an awareness of its impact on practice
- Skills in conflict resolution, mediation, and negotiation (to build trust and resolve disagreements)
- Excellent organizational and coordination skills and the ability to prioritize multiple competing workload demands in fast paced environment
- Effective communication (both written and verbal) and interpersonal skills with the ability to interact with others in a respectful manner as defined in the AtlohSA Code of Conduct
- Current Vulnerable Sector check required
- Current Driver's license and clean driving abstract

Applicants of Indigenous Ancestry preferred.

EMPLOYMENT TERM: Full-time contract until December 31, 2020.

CLOSING DATE: Until filled

REMUNERATION: Competitive compensation and benefits package based on qualifications.

Please submit a cover letter and resume or referral to:

AtlohSA Family Healing Services Inc.
2212 Elm Ave
Southwold, ON N0L 2G0
Tel No. 519-438-0068 | Fax No.: 519-438-0070 | Email: jobs@atlohSA.com

Full Job Description Available Upon Request. We thank all those who apply however only those selected for an interview will be contacted.

ONEIDA NATION OF THE THAMES

ONEIDA ADMINISTRATION OFFICE
2212 ELM AVENUE, RR #2
SOUTHWOLD, ONTARIO
N0L 2G0



Handwritten initials

TELEPHONE: (519) 652-3244

FAX: (519) 652-9287

JOB POSTING

Cannabis Education and Awareness Coordinator

Term: Temporary Full Time, ending March 31, 2023, 35 hours per week

Salary: TBD – Based on Experience and Education, includes benefits

Posting Date: November 10, 2020

Closing Date: November 25, 2020 @ 4:30 p.m.

JOB SUMMARY:

Under the direction of the Community Wellness Coordinator, the Cannabis Education and Awareness Coordinator will implement and continue to develop the 2020-21 work plan objectives and activities. This new project will create cannabis education and awareness in the Oneida community with Covid-19 health restrictions in place i.e. Social distancing, on-line education, etc.

DUTIES AND RESPONSIBILITIES:

1. Conduct Environmental scan of materials/tools available through various sources (CAMH; Thunderbird Partnerships; Ministry of Education, etc.)
2. Engage services of project evaluator and work with project evaluator to design and collect evaluation data for project to document effectiveness and impacts.
3. Meet with staff, key informants, community focus groups, set up networks with agencies to inform development of plan, implementation, and evaluation.
4. Hold meetings with program/agency/organization partners to coordinate efforts
5. Develop and participate in a cannabis awareness committee.
6. Compile information for the creation and development of varied educational materials/tools for distribution at the community level.
7. Work with committee to develop and implement community education, organize and offer cannabis awareness programming and events.
8. Stay informed with newest developments about cannabis.
9. Presenting, facilitating discussion, organizing activities related to cannabis use and its' impacts.
10. Research newest methods of virtual communications in delivering of education and awareness to community and staff. (i.e. PowerPoint, webinars, zoom, Teams, etc.)
11. Research info on cannabis – distribute via newsletters, social media
12. Prepare monthly reports and final project report.

SKILLS AND KNOWLEDGE:

1. Excellent communication skills;
2. Self-directed learner and initiative;
3. Familiar with Microsoft office, social media, and video communication;
4. Experience in delivering presentations and facilitation skills;
5. Knowledge about cannabis awareness and harm reduction principles.

QUALIFICATIONS:

1. A College Diploma or University Degree, in Mental Health & Addictions, Social Sciences, Public Health or related discipline;
2. O.S.S.D;
3. 1- 2 years related-work experience, required;
4. Familiar with Microsoft office, social media, and video communication;
5. Experience in delivering presentations and facilitation skills;
6. Knowledge of cannabis awareness and harm reduction principles is an asset.

REQUIREMENTS:

1. The successful candidate will provide a recent (within 1year) CPIC-vulnerable screening, at own expense, prior to starting employment;
2. The successful candidate will provide a copy of driver's license and a current copy of driver's abstract, prior to starting employment;
3. The successful candidate will provide a photocopy of all applicable educational qualifications (certificates, diplomas, degrees).

MANDATORY DOCUMENTATION WITH APPLICATION

1. Cover letter
2. Resume
3. One (1) supervisor reference and two (2) character references (i.e. Teacher/Academic Advisor, Coaches, Music Instructor, Volunteer Leader) (names and telephone numbers only).

Submit all mandatory documentation to hr.recruitment@oneida.on.ca

Due to COVID-19 Pandemic, offices are closed to the public.

We are ONLY accepting electronic copies at this time.

- All applications will be screened according to the above qualifications, including a full and complete application as requested.
- Only those selected for an interview will be contacted.
- A registered member of a First Nation as per Section 16(1) of the Human Rights Act, is a preference
- Where non-Aboriginal employees have accepted, as a term of their employment, that they may be displaced in preference to an Aboriginal candidate, the Oneida Nation of the Thames must still treat the non-Aboriginal employee in a fair and reasonable manner, by for example, ensuring that adequate notice of termination is given. It is not acceptable to dismiss a permanent employee in favour of an Aboriginal employee if no preferential policy or practice was in place at the time of the permanent hiring.
- Oneida Nation is committed to workplace diversity and provides accommodations to applicants with disabilities throughout our hiring process. If you require accommodations, please contact Human Resources.

To request a full job profile, contact the Human Resource Department at 519-652-3244 ext. 825.

"People of the Standing Stone"

oneida.on.ca