



# *Eelūnaapéewi Lahkéewiit*

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

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## **Regular Council Meeting**

### **(Open Meeting)**

**DATE: Thursday, February 22nd, 2024**

**TIME: 6:00 p.m.**

**PLACE: Delaware Nation Community Centre**

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## **Upcoming Dates;**

**DATE: Wednesday, March 13th, 2024**

**TIME: 6:00 p.m.**

**PLACE: Delaware Nation Community Centre**

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**DATE: Wednesday, April 17th, 2024**

**TIME: 6:00 p.m.**

**PLACE: Delaware Nation Community Centre**

***Open to Eelūnaapéewi Lahkéewiit Members.***

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***News Items Due: Monday, February 5th by 4:00 PM***

***Next Publication Distributed: Wednesday February 7th, 2024***

# ITEM OF INTEREST

## Girls Hockey

On Monday, March 6, the junior girls played against the Ridgetown Esso Novice team winning 10 to 2.

Local scorers were: Christen Buchanan, 3 goals; Kim Sproule, 3 goals; Rhonda Whiteye, 2 goals; Kerry Liberty, 1 goal; Elizabeth Saylor, 1 goal.

Playing super defence were: Melissa Wright, Pamela Bodkin, Tanya Liberty, Jolene Whiteye, Landy Whiteye and last but certainly not least, a great game of goal played by Cheryl Hopkins. Well Done Girls!

Our next game will be on Saturday, March 11, at 12:00 noon, against Bothwell Novice Boys. This should prove real exciting as we each have won a game.

The senior girls will be playing a game at 5:00 on March 11 against some very brave Ho Girls.

Come out and support girls hockey!

Article submitted by D. Whiteye



### Groundhog Groundhog

### What Do You See?

Groundhog, groundhog what do you see?

I see the sunshine looking at me!

Sunshine, sunshine what do you see?

I see a shadow looking at me!

Shadow, shadow what do you see?

Six more weeks of winter there will be!





# Breakfast Cafe



**JANUARY 25TH '24**

**7:30AM - 9AM**

**@THE COMMUNITY CENTRE**



the wolf and turtle buses will stop at the community centre on these mornings between 8:10am-8:20am to pick any children/youth up for school.



Limited amount of Bagged snack bags available morning of for in person youth JK-Gr8



the education department will contact high school families regarding lunch incentives.



**PANTRY OPEN. LIMITED QUANTITY. FIRST COME FIRST SERVE.**



Program partnerships: Child & Family Services, Education, Early Learning Centre, Ec Dev & Health Depart..





# MORAVIANTOWN UNITED CHURCH

*Rev. Joan Golden, Pastor can be reached at 519-495-9383*

*Rev. Phil Schuyler, Volunteer Associate Minister can be reached at 519-245-5436*

**Sunday, January 28<sup>th</sup> @ 9:30      Worship Service**

**Monday, January 29<sup>th</sup> @ 10:00 a.m. – 3:00 p.m.** Drop-in time for conversation, coffee, tea, snacks and lunch at 12:00 noon. A quilt is set up if you wish to quilt or bring a craft that you are working on. Everyone is welcome

**Sunday, February 4<sup>th</sup> @ 9:30      Worship Service**

**Monday, February 5<sup>th</sup> @ 10:00 a.m. – 3:00 p.m.** Drop-in time for conversation, coffee, tea, snacks and lunch at 12:00 noon. A quilt is set up if you wish to quilt or bring a craft that you are working on. Everyone is welcome

**Sunday, February 11<sup>th</sup> @ 9:30      Worship Service – Transfiguration Sunday**

**Monday, February 12<sup>th</sup> @ 10:00 a.m. – 3:00 p.m.** Drop-in time for conversation, coffee, tea, snacks and lunch at 12:00 noon. A quilt is set up if you wish to quilt or bring a craft that you are working on. Everyone is welcome

# Eelunaapéewi Lahkéewiit GOOD FOOD Pilot Program

## FEBRUARY GOOD FOOD

**INTAKE DATE: FRI. JAN 26TH '24**

**TIME: 9AM - 4PM**

**LOCATION: CHILD & FAMILY SERVICES**

**DISTRIBUTION DATE: MON FEB 12TH '23**

**TIME: 9AM - 4PM**

**LOCATION: CHILD & FAMILY SERVICES**

- \* All people listed on application must reside permanently at the residence
  - \* Must be a registered Delaware Nation Member
  - \* 1 application per month per household.
- \* Must have status card(s) in hand for the first initial intake only.
  - \* In person intake only, no faxing or emailing applications.
- \* You must come into the office each month to register for this program.
  - \*\*\*\* Absolutely No Late applications will be accepted\*\*\*\*

**PLEASE NOTE: ANY GIFT CARDS NOT PICKED UP THE DAY OF DISTRIBUTION, WILL BE DONATED BACK TO THE PROGRAM OR GO TO ANOTHER FAMILY. PLEASE COME BETWEEN ABOVE NOTED TIME.**



*A Chief & Council initiative being sponsored by Child & Family Services.*

**FREE**  
**GRAB & GO**

**HOT**



**MEAL**

**TUESDAY JAN 30TH '24**

**4PM - 6PM (or until sold out)**  
**Location: Child & Family Services**

**MENU:**  
**BROASTED CHICKEN,**  
**MASHED POTATOES,**  
**GRAVY, BAKED**  
**BEANS, CORN,**  
**DINNER ROLL & DRINK**

**LIMITED AMOUNT OF MEALS AVAILABLE. FIRST COME FIRST SERVE.**

*Sponsored by:*  
*Child & Family Services*



9

Feb

ELEMENTARY  
SCHOOL  
HOCKEY

**TOURNAMENT**

9

AM



We are looking for hockey players of **all skill levels**, to play in this one-day fun filled hockey tournament.

There will be 2 age divisions - Primary for grades 1 -3 and Junior for grades 4-7

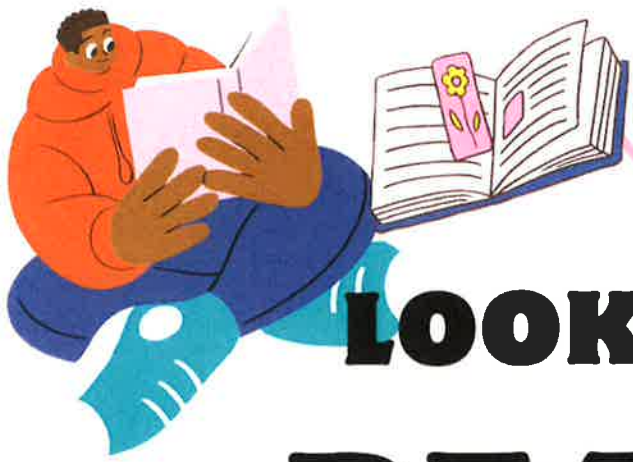
Please contact Karen Stonefish at the Education Office at 519-692-5551 to add your child's name to the roster.

**1738 FORTH LINE ROAD**

Ohswegen, ON

NOA 1M0

**SIX NATIONS SPORTS & CULTURE MEMORIAL ARENA**



# LOOKING FOR READING BUDDIES

We are looking for volunteers to come out and assist with reading to our students.

Perfect opportunity for High School Students to earn community hours.

If you are interested, please contact Karen at the Education Office at 519-692-5551





# ELGIN COUNTY CITIZENS' POLICE ACADEMY



## 9 FREE SESSIONS

Hosted Tuesday Nights (8pm-10pm)

Starting March 19, 2024

In Dutton, Ontario

**Applications Accepted  
Until March 1, 2024**

Presentations from various  
Specialty Units of the OPP like:  
Forensics, Canine, Major Crime,  
and more!



**PICK UP & SUBMIT  
APPLICATIONS AT**

**Elgin County OPP - St. Thomas Detachment  
42696 John Wise Line, St. Thomas**

# GOSHAWK CAFE

UNOFFICIAL  
FOOD FOR THE:



Sunday, February 11th, 2024  
14921 River Line, Bothwell, NOP 100  
11:30am - 5:00pm or Sold Out  
Order Ahead: +1 (519) 350-3460

or  
Emma Hannah K Stonefish on Facebook

## Food

Texan Chilli Cheese Nachos - \$6.00  
(Supreme for an Extra \$2.00!)

Texan Chilli Cheese Hot Dog - \$7.00

Regular Hot Dog - \$5.00

Jalapeño Poppers - \$3.00 or 5/\$12.00

Theatre Style Popcorn - \$3.00

Canned Pop - \$1.00  
(Pepsi, Pepsi Zero & Diet Pepsi)

Sports Drink - \$2.00

(Blue, Red, Yellow, and Orange Gatorade & Purple Gatorade Zero)

Water - \$1.00

## Drinks

## SUPER MEALS

### 1. THE T' COMBO.

2 Chilli Cheese Dogs  
1 Nachos Supreme  
2 Jalapeno Poppers  
Any Drink

FOR \$25.00

### 2. THE PLAIN CAMBO.

2 Hot Dogs  
1 Theatre Style Popcorn  
Water / Canned Pop

FOR \$10.00

Delivery Fee - \$2.00 on Rez & \$5.00 Beyond

# Southern Ontario PSW Certificate Training Program - April 2024

- Are you a caring and compassionate person?
- Do you want to make a difference in people's lives and within the Community?
- Would you like to start a career in Canada's fastest-growing job sector?

**Become a Certified Personal Support Worker in  
7 months with Saint Elizabeth Health's  
Blended Delivery Training Program.  
In-person Program Sessions in Woodstock, Ontario.**

Learn more about the difference you can make!

## INFORMATION SESSION

**Wednesday, January 31st, 2024  
Health Centre Boardroom**

**Everyone Welcome!  
Refreshments and Snacks Provided.**

If you are unable to attend one of these sessions but would still like information, please email [homecare@xplornet.ca](mailto:homecare@xplornet.ca) or call 519-692-3969 ext. 105



**First Nations, Inuit  
& Métis Program**

# Soup Day

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**When:** Thursday February 1st/24

**Where:** DN Health Centre

**Time:** 11:30am-1:00pm  
or until gone



**Sponsored by DN Health Centre**

# Seniors Dates To Remember

Wednesdays

10:00am-2:00pm

**January 24<sup>th</sup>** – Lunch with Kindergarten

**January 30<sup>th</sup>** – No Program

**February 1<sup>st</sup>** – Lunch and bowling meet @

Rice and Noodle at 11:30

**February 6<sup>th</sup>**- Lunch and thrift shopping

Meet at Molly & OJ's @ 11:30



HEALTH CENTRE



*Valentine's  
Bag  
0-6 Years*



**PLEASE CALL THE HEALTH  
CENTRE TO REGISTER BY  
FEB 2, 2024**



**PICK UP FEB 13, 2024**

**@2:00-5:00PM AT THE HEALTH  
CENTRE**



**Any questions call Kealy Noah  
519-692-3969**



# BINGO NIGHT!

**Sunday,  
February 4th, 2024**

*Light Meal @4:00pm  
Bingo Starts @4:30pm*

**@ Community Centre**

**Limit: 4 books per player.**

**Don't Forget Your Dabber!!**

**Sponsored by :  
DN Health Department**



# Youth Wellness Wednesdays

**Crafts**

**Life  
Skills**

**GAMES**

**Ages 7-18yrs**

**Jan.31**

**Feb 7, 14, 21**

**Where: DN Youth Centre**

**TIME: 4:00pm-630pm**

**Light Supper provided**

Sponsored by DN Health Centre







## **POW WOW ZUMBA CLASSES**

**WITH**

**LISA**

~~SATURDAY, JANUARY 13, 2024~~

~~SATURDAY, JANUARY 20, 2024~~

**SATURDAY, JANUARY 27, 2024**

**8:30AM-9:30AM**

**DELAWARE NATION COMMUNITY CENTRE**

**\*\*LIMITED SPOTS AVAILABLE\*\***

**PLEASE CALL 519-692-3969 TO RESERVE  
YOUR SPOT**



## **SMOKING CESSATION**

**WITH**

**LISA BEEDIE**

**INDIGENOUS CANCER CARE  
ONTARIO**

**TUESDAY, JANUARY 30, 2024**

**5:00PM -6:00PM**

**DELAWARE NATION HEALTH CENTRE**

**PLEASE CALL 519-692-3969 FOR MORE  
INFORMATION AND TO RESERVE YOUR SPOT**

**\*\*SNACKS ARE PROVIDED\*\***



# DIABETES CLASS

Come Join Us

**MONDAY JAN. 29, 2024 | 12:00 NOON TO 1:00PM**

HEALTH CENTRE BOARD ROOM

TOPIC: New Years Resolutions and Fad Diets

A1C Machine will be available for testing

# Women's Group

A Peer Support Group For Women Living With A Mental Illness

**A safe space to gain support  
and a sense of empowerment**

Topics Include:

- Accepting Yourself
- Understanding Symptoms
- Resources for Women
- Relapse Prevention
- Mental Health Recovery
- Stigma
- Self-Esteem
- Goal Setting
- Relationships
- Communication

**When:** Every Tuesday from 1pm to 2pm

**Location:** Mental Health Network of C-K  
(Hope House)  
71 Raleigh Street, Chatham

For more information please contact Jenny at  
[jenny@mhnc.com](mailto:jenny@mhnc.com) or call (519) 351-3100



Mental Health Network of Chatham-Kent  
71 Raleigh Street, Chatham, ON, N7M 2M9



(519) 351-3100  
[www.mhnc.com](http://www.mhnc.com)



# MEN'S GROUP

A Peer Support Group For Men Living With A Mental Illness

**When: Every Tuesday from 1pm to 2pm**

**Location: Mental Health Network of C-K (Hope House)**

**71 Raleigh Street, Chatham, ON**

A safe space for discussion, support and understanding around topics such as: self-identity, goal setting, communication, self-esteem, stigma, mental illnesses and relapse prevention.

**For more information please contact Jeff at [jeff@mhcnck.com](mailto:jeff@mhcnck.com) or call (519) 351-3100**



Mental Health Network of Chatham-Kent  
71 Raleigh Street, Chatham, ON, N7M 2M9

(519) 351-3100

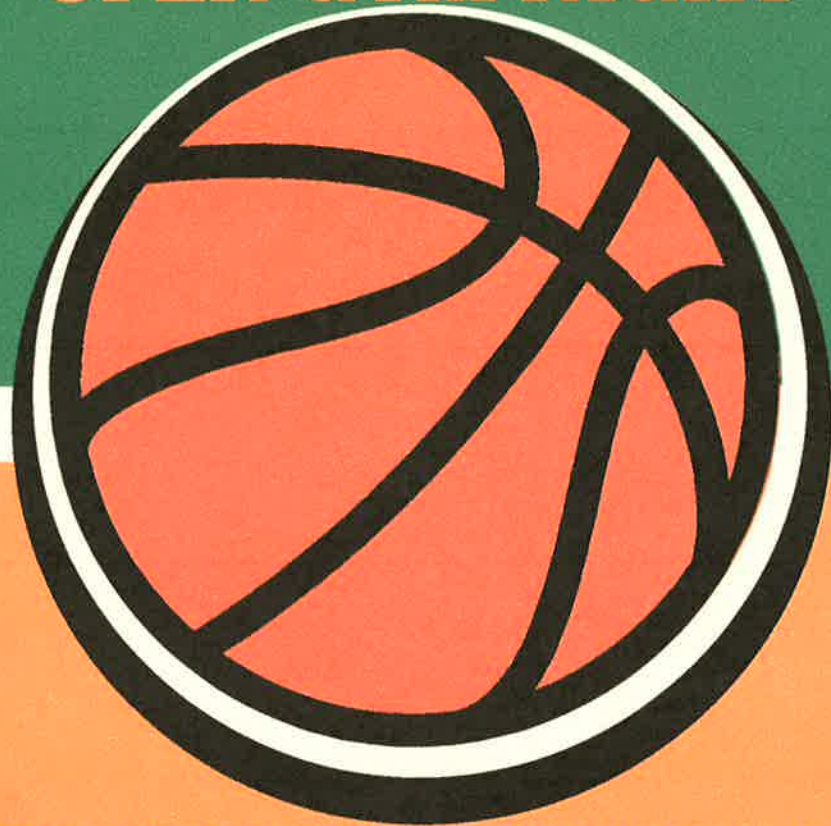
[www.mhcnck.com](http://www.mhcnck.com)



EELUNAAPEEWI LAHKÉEWIT (DELAWARE NATION)  
COMMUNITY CENTRE

# BASKETBALL

**OPEN GYM NIGHT**



**CONTINUES MONDAYS FEBRUARY 5, 12, 19 & 26**  
**DOORS OPEN 6PM UNTIL 9PM**

**OPEN TO ALL**  
**SURROUNDING COMMUNITIES**

**14811 SCHOOL HOUSE LINE, THAMESVILLE ON, N0P 2K0**  
**AGES 16+ | UNDER 16 REQUIRES A CHAPERONE**

**MORE INFO CONTACT KALYN: [COMMUNITYC@XPLORNET.COM](mailto:COMMUNITYC@XPLORNET.COM)**

EELUNAPÉEWI LAHKÉEWIIT  
(DELAWARE NATION)  
COMMUNITY CENTRE

# VOLLEYBALL

## OPEN GYM NIGHT

CONTINUES THURSDAYS  
FEBRUARY 1, 8, 15 & 29

AGES  
**16+**

UNDER 16  
CHAPERONE  
REQUIRED



**OPEN TO ALL SURROUNDING  
COMMUNITIES**

DOORS OPEN AT 6PM UNTIL 9PM  
14811 SCHOOL HOUSE LINE, THAMESVILLE ON, N0P 2K0

FOR MORE INFORMATION CONTACT KALYN  
EMAIL: [COMMUNITYC@XPLORNET.COM](mailto:COMMUNITYC@XPLORNET.COM)



# MobileCare

Community Health Outreach



**TRAVELLING THROUGHOUT CHATHAM-KENT INCREASING ACCESS TO PRIMARY CARE, MENTAL HEALTH AND ADDICTION SERVICES.**

**1 (866) 299-7447**

**[mobilecareclinic.ca](http://mobilecareclinic.ca)**

## Services:

- ✓ Primary care
- ✓ Early intervention
- ✓ Mental health services
- ✓ Addiction services
- ✓ Community support services
- ✓ Housing supports

**WALK-IN APPOINTMENTS**

**NO REFERRAL NEEDED**

**NO COST FOR SERVICE**

Visit [mobilecareclinic.ca](http://mobilecareclinic.ca) for locations & schedule.

**Connect with us @MobileCareCK**



Canadian Mental Health Association  
Lambton Kent  
Mental health for all

CHATHAM-KENT  
*Health Alliance*



Chatham - Kent OHT  
ONTARIO HEALTH TEAM



Chatham-Kent Community Health Centres  
Centres de santé communautaire de Chatham-Kent

# MobileCare



- Blenheim Arena (199 King St)
  - Chatham Homeless Shelter (215 Murray St)
  - Chatham Hope Haven (183 Wellington Street West)
- Delaware Nation Community Centre (14811 School House Line)
  - Dresden Arena (1212 North St)
  - Thamesville United Church (107 Elizabeth St)
  - Tilbury Arena (49 Bond Ave)
  - Wallaceburg Arena (600 Wall St)
- Walpole Island Warming Shelter (770 Tecumseh Rd)





# MobileCare

Community Health Outreach

MobileCare is a clinic on wheels that provides access to primary, mental health, and addictions care.

- Walk-in appointments
- No referral needed
- No cost for service

For more information:

**-866-299-7447**

[www.mobilecareclinic.ca](http://www.mobilecareclinic.ca)

[@MobileCareCK](#)



# JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2 <b>Walpole Island Warming Shelter</b> 770 Tecumseh Rd 12:00 pm - 3:00 pm	3 <b>Tilbury Memorial Arena</b> 49 Bond Ave 12:00 pm - 3:00 pm	4 <b>Thamesville United Church</b> 107 Elizabeth St 12:00 pm - 3:00 pm	5
8	9 <b>Wallaceburg Memorial Arena</b> 600 Wall St 12:00 pm - 3:00 pm	10 <b>Chatham Victoria Park Place</b> 215 Murray St 12:00 pm - 3:00 pm	11 <b>Delaware Nation Community Centre</b> 14811 School House Line 12:00 pm - 3:00 pm	12
15	16 <b>Walpole Island Warming Shelter</b> 770 Tecumseh Rd 12:00 pm - 3:00 pm	17 <b>Blenheim Memorial Arena</b> 199 King St 12:00 pm - 3:00 pm	18 <b>Thamesville United Church</b> 107 Elizabeth St 12:00 pm - 3:00 pm	19
22	23 <b>Wallaceburg Memorial Arena</b> 600 Wall St 12:00 pm - 3:00 pm	24 <b>Tilbury Memorial Arena</b> 49 Bond Ave 12:00 pm - 3:00 pm	25 <b>Delaware Nation Community Centre</b> 14811 School House Line 12:00 pm - 3:00 pm	26
29	30 <b>Walpole Island Warming Shelter</b> 770 Tecumseh Rd 12:00 pm - 3:00 pm	31 <b>Chatham Hope Haven</b> 183 Wellington St. W 12:00 pm - 3:00 pm	1 <b>Thamesville United Church</b> 107 Elizabeth St 12:00 pm - 3:00 pm	2



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[@MobileCareCK](#)



# FEBRUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 <b>Delaware Nation Community Centre</b> 14811 School House Line 12:00 pm - 3:00 pm	2
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Indigenous Services    Services aux  
Canada                      Autochtones Canada

Department of Indigenous Services Canada  
First Nations and Inuit Health Branch  
Environmental Public Health Services  
6th Floor, Federal Building  
457 Richmond Street  
London, Ontario  
N6A 3E3

PH (519) 645-5886  
FX (519) 645-5169

January 16, 2024

Chief and Council  
Moravian of the Thames First Nation  
RR# 3  
Thamesville, On.  
N0P 2K0

Dear Chief and Council:

**Re: Water Analysis Result-Morovian of The Thames First Nation-Health Centre**

Water samples taken from the Morovian Health Centre on Jan 11, 2024 come out with sodium level 66.6mg/l. The result indicates that sodium level analysed is above 20 mg/L.

The guideline for sodium in the Guidelines for Canadian Drinking Water Quality and the standard for sodium in the Ontario Drinking Water Quality Standards is 20 mg/L for those on **sodium restricted diets** and 200 mg/L **for non-sodium restricted diets**. Sodium in drinking water is not considered to be toxic to a healthy person, however if someone is on a sodium restricted diet they should seek the advice of a physician. Please see the attached information sheet

If you have any questions or comments, please do not hesitate to contact my office at (519) 645-5886 or my cell at 519-200-5260

Thanks

Mahendren Chinniah CPHI (C)  
Environmental Public Health Officer

cc. Water Treatment Plant Operator  
Community Health Representative  
Shaun Mackie, REPHM

Canada

## SODIUM IN DRINKING WATER

This fact sheet is intended to convey information about sodium levels in drinking water in Morovian Nation of Thames

The level of sodium in the Health Centre, Morovian of The Thames First Nation water system is 66.6 mg/L. The Aesthetic objective for sodium in drinking water is 200mg/L. However, when sodium levels is higher than 20mg/L local residents should be informed to help person with sodium restricted diets control their sodium intake.

This is bacteriologically safe water supply. Drinking up to two litres of water per day would contribute (66.6 mg/L x2 L) 133.2 milligrams of sodium to a person's diet. For healthy adults, this sodium level in drinking water **does not pose a risk**. Most adults consume 4000-5000mg of sodium per day. For people on very strict, strict or moderate sodium restricted diets, the amount of sodium in the water may be significant. (See chart below)

Your body needs sodium in order to maintain blood pressure, control fluid levels and for normal nerve and muscle function. Food or water is not the only source of sodium in our diets. Sodium also can be found in drugs such as antacids, laxatives, aspirin and cough medicines. Sodium also can be obtained from table salt. One teaspoon of table salt contains 2300mg of sodium.

Sodium Restricted Diet Summary

	Maximum intake of sodium allowed per day	Amount of sodium in 2L of water
Very strict diet	500mg/day	133.2 mg/day
Strict diet	1000mg/day	133.2mg//day
Moderate diet	2000mg/day	133.2 mg/day
Mild Diet	3000mg/day	133.2mg/day

If you any questions about sodium in your drinking water, please consult your physician or call your health centre at:

Canada's  
food guide

# Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

Discover your food guide at

[Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

# Eat well. Live well.

Healthy eating is more than the foods you eat



**Be mindful of your eating habits**



**Cook more often**



**Enjoy your food**



**Eat meals with others**



**Use food labels**



**Limit foods high in sodium,  
sugars or saturated fat**



**Be aware of food marketing**

Discover your food guide at

**Canada.ca/FoodGuide**

# RECOMMENDATIONS FOR DIAGNOSIS AND CLASSIFICATION OF DIABETES – 2024

## CRITERIA FOR TESTING FOR DIABETES AND PREDIABETES IN ASYMPTOMATIC ADULTS – TABLE 1

DIABETES TYPE	RISK FACTORS and FREQUENCY OF SCREENING and TESTING FOR DIABETES
<i>Type 1</i>	Screen for presymptomatic type 1 diabetes, by testing autoantibodies to insulin, GAD, islet antigen 2, or ZnT8 is recommended. Also test antibodies for those with <b>type 1 phenotypic risk</b> (younger age, ketoacidosis, etc.)
<i>Type 2</i>	<ol style="list-style-type: none"> <li>Test all adults starting at age <b>35</b> for prediabetes and diabetes using Fasting Plasma Glucose, A1C or OGTT.</li> <li>Perform risk-based screening if BMI ≥ 25 or BMI ≥ 23 in Asian Americans with 1 or more risk factors: <ul style="list-style-type: none"> <li>History of cardiovascular disease</li> <li>Physical inactivity</li> <li>First or second degree relative with diabetes</li> <li>History of GDM (repeat test at least every 3 years)</li> <li>HDL ≤ 35 mg/dl or triglyceride ≥ 250 mg/dl</li> <li>Hypertension ≥ 130/80 or on therapy for HTN</li> <li>If taking antipsychotic, antiretroviral meds*</li> <li>A1c ≥ 5.7% or Impaired Fasting Glucose (test yearly)</li> <li>Other conditions associated with insulin resistance (PCOS, Acanthosis Nigricans)</li> <li>High risk ethnicity (African American, Latino, Native American, Asian American, Pacific Islanders)</li> </ul> </li> <li>If results normal, repeat test at a minimum of 3-year intervals or more frequently based on risk status.</li> <li>*Screen people with HIV, exposure to high-risk medicines, history of pancreatitis and re-check annually.</li> </ol>

## TESTS TO DIAGNOSE DIABETES - TABLE 2

STAGE	For all the below tests, in the absence of unequivocal hyperglycemia, Confirm results by repeat testing.			
	A1C <i>NGSP certified &amp; standardized assay</i>	Fasting* Plasma Glucose (FPG) <i>*No intake 8 hrs.</i>	Random Plasma Glucose	Oral Glucose Tolerance Test (OGTT) 75-g <i>(Carb intake of ≥ 150 g/day for 3 days prior to test.)</i>
<b>Diabetes</b>	A1C ≥ 6.5%	FPG ≥ 126 mg/dl	Random plasma glucose ≥ 200 mg/dl plus symptoms <sup>1</sup>	Two-hour plasma glucose (2hPG) ≥ 200 mg/dl
<b>Prediabetes</b>	A1C 5.7 – 6.4%	Impaired Fasting BG (IFG) = FPG 100-125 mg/dl	<sup>1</sup> Random = any time-of-day w/out regard to time since last meal; symptoms include usual polyuria, polydipsia, and unexplained wt. loss.	Impaired Glucose Tolerance (IGT) = 2hPG 140 -199 mg/dl
<b>Normal</b>	A1C < 5.7%	FPG < 100 mg/dl		2hPG < 140 mg/dl

## GESTATIONAL DIABETES (GDM)\*

PREGNANCY SCREENING	TEST	DIAGNOSTIC CRITERIA
Screen to identify abnormal glucose metabolism before 15 weeks gestation Test those w/ risk factors (table 1) to identify undiagnosed prediabetes or diabetes at first prenatal visit.	Standard Diagnostic Testing and Criteria as listed in Diagnosing Diabetes –Table 2	Standard Diagnostic Testing and Criteria as listed in Diagnosing Diabetes –Table 2 Those with fasting of 110-125 or A1C of 5.9% to 6.4% are at higher risk of adverse outcomes (GDM, need insulin, preeclampsia and other)
Screen for GDM at 24–28 wks gestation for those without known diabetes.  Screen those with GDM for diabetes 4 - 12 wks postpartum with 75-g OGTT. Lifelong screening at least every 3 yrs. <i>*Please see reference below for complete guidelines.</i>	Can use either IADPSG consensus: <b>“One Step” 75-g OGTT</b> fasting and at 1 and 2 h (perform after overnight fast of at least 8 h)  <b>“Two step” NIH Consensus – Step 1:</b> 50gm glucose load (non fasting) w/ plasma BG test at 1 hr. If BG ≥ 130-140*, go to <b>Step 2 &gt;</b>	<b>One Step:</b> GDM diagnosis when ANY of following BG values are exceeded: <ul style="list-style-type: none"> <li>Fasting ≥92 mg/dl,</li> <li>1 h ≥180 mg/dl</li> <li>2 h ≥153 mg/dl</li> </ul> <b>Two Step -Step 2 - 100g OGTT (fasting)</b> GDM diagnosis if at least 2 of 4 BG measured at fasting, 1h, 2h, 3h after OGTT meet or exceed 95, 180, 155, 140 mg/dL respectively.

\*Reference – Diagnosis & Classification of Diabetes. American Diabetes Association Standards of Medical Care in Diabetes. Diabetes Care 2024 Jan; 47 (Supplement 1): S20-S42. Compliments of Diabetes Education Services www.DiabetesEd.net

# SICK DAYS AND DIABETES:

## BE PREPARED

Infections can lead to elevated blood sugar levels. Be prepared. Work with your diabetes team to figure out a plan ahead of time for medications and blood sugar targets.

### IF YOU ARE SICK:

- 1. Keep taking** your insulin or your diabetes medications. Your diabetes medications may need to be adjusted up or down to keep blood sugars in target. Contact your healthcare team if your blood sugar is above or below your target range so they can help you make any needed changes in your usual plan.
- 2. Test your blood sugar levels every four hours and keep a log.** Knowing your blood sugar levels helps you and your diabetes team make any needed changes to your usual diabetes medication routine. If you are unable to check your own blood sugar levels, ask someone to help you check.
- 3.** If your blood sugar is **240mg/dl or higher** check for ketones (if instructed to do so by your diabetes team). If your ketones are moderate to large call your provider right away.
- 4.** Try to **eat as much of your regular meals and snacks as possible**. Smaller, more frequent meals, and liquid or soft foods may be easier to tolerate.



- 5. Still able to eat?** Make sure to drink plenty of non-calorie liquids like tea, broth, and water to prevent dehydration. This is especially important if are vomiting, have diarrhea or have frequent urination.
- 6. If you are unable to eat** your regular meal plan, substitute the below foods that have 15 grams of carbohydrate every 1 to 2 hours. If you have been throwing up or are nauseated, choose liquids and sip very slowly. The box below is a list of foods with one serving of carbohydrate.
- 7.** Ask about getting a flu, pneumonia, RSV and COVID-19 vaccine when you are well.

#### Snacks with 15 grams of carbohydrate:

- |                    |                            |
|--------------------|----------------------------|
| • ½ fruit juice    | • ½ cup applesauce         |
| • Small fruit      | • ½ cup regular soft drink |
| • 1 slice toast    | • ½ cup ice cream          |
| • ½ cup hot cereal | • 6 saltine crackers       |



## 8. Be prepared for illness. Have a Sick Day Kit Ready!

- Extra medications for diabetes and other symptoms
- Blood glucose testing equipment
- Thermometer
- Pulse oximeter oxygen saturation monitor (for COVID)
- Sugary and non-sugary fluids
- Ketone test strips (if instructed by your healthcare team)
- A sick day plan of action



## 8. During illness, call your healthcare provider if:

- If you can't get your blood sugar levels below **300mg/dl**.
- You have a persistent fever.
- You vomit more than once or have diarrhea 5 or more times within 24 hours.
- You are very weak, have stomach pain or difficulty breathing.
- If your urine shows moderate or large amounts of ketones.
- For other reasons that you and your provider have discussed.



## DIABETES AND COVID – 19

- **Prevent transmission.**
  - Wash hands, wear a face covering, stay home and keep a six feet distance from others.
- **Symptoms of COVID-19 include:**
  - Fever, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of smell or taste, sore throat, congestion or runny nose, diarrhea, nausea or vomiting.
- **Emergency Symptoms - Seek Medical Attention Immediately: \***
  - Trouble breathing    Bluish lips or face
  - Persistent pain or pressure in the chest                  Inability to stay awake                  New confusion.

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning you.

Infant Formula Recall	
To:	Community Leadership, Health Directors, Community Health Representatives, Nurses, and other allied service providers and supports in Ontario Nursing Stations, Health Centres, Health Centres with Treatment, and Home and Community Care
From:	FNIHB-OR: CD Unit
Date:	January 3, 2024
Regarding:	Recall on infant formula: Enfamil brand Nutramigen A+ LGG Hypoallergenic

- In case you have not received through other channels, please find below details regarding a recall of infant formula.
- **Please share as appropriate with programs, business or community members in your area.**
- Communities are encouraged to sign up for Canadian Food Inspection Agency recall notifications by following the link: [Sign up for recall notifications by email](#)

On December 31, Health Canada released an advisory and a recall was made by the company for **Enfamil brand Nutramigen A+ LGG Hypoallergenic infant formula**, due to possible contamination with *Cronobacter sakazakii*.

Issue: The affected products are being recalled from the marketplace due to possible *Cronobacter sakazakii* contamination.

What you should do:

- If you think you, or someone you know, became sick from consuming a recalled product, contact your healthcare provider
- Check to see if you have recalled products
- Do not consume, serve, use, sell, or distribute recalled products
- Recalled products should be thrown out or returned to the location where they were purchased

Food contaminated with *Cronobacter sakazakii* may not look or smell spoiled but can still make you sick.

*Cronobacter sakazakii* is not commonly linked to human illness but in rare cases it can cause fatal bloodstream and central nervous system infections. It has also been associated with severe intestinal infection and blood poisoning, especially in newborns.

Health Canada indicates there have been no reported illnesses associated with the formula but batches with an expiry date of January 1, 2025, involving the 561 gram containers should not be consumed or sold.

Batches affected include:

UPC	Codes		
0 56796 00498 2	Item# 3230626	Expiry 01-JA-2025	Batch # 0704376 (ZL3FVY)
0 56796 90498 5	Item# 3230626	Expiry 01-JA-2025	Batch # 0704376 (ZL3FVY)

The Canadian Food Inspection Agency (CFIA) is conducting a food safety investigation, which may lead to the recall of other products. The CFIA is verifying that industry is removing recalled products from the marketplace.

For more information please visit the [Food Recall Warning](#).

*Please note, this advice is intended to supplement, not replace, the advice of local public health authorities.*

# 13 Moons Land-Based Healing

## TRADITIONAL HUNTING, FISHING, AND TRAPPING TEACHING CAMP

13 MOONS OFFERS A SAFE LEARNING EXPERIENCE ROOTED IN LAND CONNECTION FOLLOWING THE 13 MOON CYCLES. GOAL: CONNECTING INDIVIDUALS TO NATURE THROUGH LAND-BASED LEARNING AND TRADITIONAL TEACHINGS, KNOWLEDGE, AND VALUES.

### FOR AT RISK INDIGENOUS YOUTH:

- LOOKING FOR 20 YOUTH,  
AGES 14-19

### ACTIVITIES:

- LAND-BASED KNOWLEDGE
- STORY TELLING
- LAND-BASED EXPEDITIONS
- LAND EXCURSIONS
- THANKSGIVING ADDRESS
- MEDICINE PREPARATIONS

### CAMP DATES:

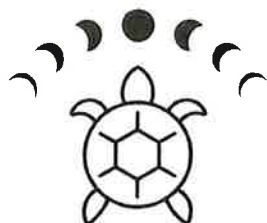
JANUARY 27th,  
FEBURARY 10th, 17th, 24th  
MARCH 2nd and 9th

### TIME:

10:00 am - 4:30 pm

### LOCATION:

668 HAZEL RD. ONEIDA  
FIRST NATION TERRITORY



13 MOONS LAND  
BASED LEARNING

FOR MORE INFORMATION PLEASE CONTACT

Garrette Stonefish @  
[stonefig@uwindsor.ca](mailto:stonefig@uwindsor.ca)

or

Primo Whiteye @  
[kanp@caifc.ca](mailto:kanp@caifc.ca)  
(519) 253 3242 Ext. 224  
Cell (519) 982 8429



Any Youth interested in attending you can also contact the DN Health Centre (519)-692-3969

**Eelūnaapéewi Lahkéewiit (Delaware Nation)**

**JOB POSTING**

**Seniors Outreach Worker – Health Department**



**Location:**

Eelunaapeewi Lahkéewiit  
14737 School House Line  
R.R.3 Thamesville, Ontario  
N0P 2K0

**Job Status:**

One year Contract  
(may be extended, subject  
to availability of funding)

**Wages:**

Based on qualifications

**Hours of Work:**

35 hours per week  
Flexible hours may be  
required

**Closing Date:**

4:00 pm  
February 02, 2024

**POSITION SUMMARY:** Under the direction of the Home and Community Care Coordinator, the Senior's Outreach Worker will administer the Senior's drop-in Centre. The overall goal of the program is to create programming, facilitate meetings and discussions with the Senior's on future programming.

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

- Responsible for the daily overall management of the Senior's Drop-in Centre building and grounds.
- Develop and monitor annual program work plan;
- Organize daily and/or weekly programming for the seniors, based on feedback from community seniors.
- Plan and deliver a culturally relevant seniors program focusing on all aspects of well-being; physical, mental, emotional and spiritual;
- Oversee any fundraising initiatives as discussed by seniors and implement targets to achieve fundraising goal.
- Develop partnerships with other programs and encourage sharing of resources within the Delaware Nation;
- Organize yearly special events for the seniors (Thanksgiving, Christmas, New Year's, Grandparents Day, etc.)
- Facilitates and arranges the registration, bookings and travel arrangements for out-of-community events or outings.
- Maintain and report statistics including; number of clients assisted, number of workshop attendees
- Must adhere to common ethical standards of practice including client confidentiality
- Monitor proper records management of financial files and manages the senior's funding budgets and reports as required.
- Completes and prepares the final reports to Chief and Council on annual basis.
- Creates and prepares monthly calendar, notify seniors of events and prepare newsletter items.

**QUALIFICATIONS:**

- Must have O.S.S.D Diploma or GED equivalent
- Must have Post-Secondary certification in Gerontology, Elder Care or equivalent
- Must have First Aid and C.P.R Certificate.
- Must have Valid Ontario Driver's License and access to a reliable vehicle.
- Must provide a recent copy of CPIC with Vulnerable Sector Search.
- Familiarity of the Delaware Nation Language and Culture would be an asset.
- Must have knowledge of MS Office (Word, Excel, PowerPoint), Internet search engines and Email.
- Must possess strong organizational, communication (verbal and written), listening and interpersonal skills.
- Demonstrated leadership and team work skills would be an asset;
- Previous experience organizing and facilitating meetings would be an asset.
- Working with small and large groups, and organizing and planning activities and events would be an asset.
- Must have the ability to advocate for clients and relate to the senior community members
- Must sign Oath of Confidentiality

All interested candidates, please submit a  
**Cover Letter** (Outlining your qualifications as per job posting), **and Résumé,**  
**3 current Reference**  
**(2 work related and 1 character) to:**

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

Marked: "Confidential: Seniors Outreach Worker"

Deadline Date to apply: 4:00 p.m. February 02, 2024

**LATE APPLICATIONS WILL NOT BE CONSIDERED.**

*Pursuant to Section 16(1) of the Canadian Human Rights Act, Eelunaapeewi Lahkéewiit 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.*



**Eelūnaapéewi Lahkéewiit**  
**Early Learning Centre / Teacher's Assistant**  
**JOB POSTING**

**POSITION REPORTS TO:** The Teacher's Assistant shall be under the supervision of the Eelunaapeewi Lahkéewiit Early Learning Centre Director

**SUMMARY OF POSITION:**

The Teaching Assistant will ensure the development and provision of a high quality, wholistic, culturally relevant and individual educational program. The Teacher Assistant will support and assist in all program service areas of the Eelūnaapéewi Lahkéewiit Learning Early Centre

**PROGRAM DELIVERY:**

- Follows through with the Child Care Licensing Manual and the Head Start Mandate
- Plans, implements and coordinates classroom activities
- Responsible for classroom management and instruction
- To provide for the safety and wellbeing of the children during both on and off-site activities promoting the six components of Head Start
- Ability to communicate effectively and Professionally to parents, staff and community partners
- Creating and planning activities for individual children and groups according to the child's developmental level in accordance with "How Does Learning Happen?"
- Maintain regulated and required documentation, reporting and record keeping
- To organize space, equipment and materials to allow child experiences
- Complete daily playground inspections
- Any other relevant duties as assigned by the Eelūnaapéewi Lahkéewiit Early Learning Centre Director

**ADMINISTRATIVE:**

- Develop and monitor an annual work plan and calendar
- To ensure daily recording of names, ages and parent/caregivers name, allergies, dietary concerns or other relevant matters
- Designs learning activities utilizing the High Scope curriculum and assessment tool as well as other available resources.
- Attend meetings and training as required by the Early Learning Centre Director
- Submit regular reports and maintain licensing requirements to the Director and complete any other reporting as required by funding and licensing sources.
- Maintain active, accurate and confidential filing system
- Is aware of and adheres to the current policies and procedures of the Eelunaapeewi Lahkéewiit, Early Learning Program as well as be familiar with the Child Care and Early Years Act.

**Location:**

Eelunaapeewi Lahkeewiit  
14762 School House Line  
R.R. 3 Thameville, Ontario  
N0P 2K0

Industry  
Early Childhood  
Education

**Job Status:**

35 hours per week  
ONE YEAR CONTRACT

**Salary:**

TBD

**CLOSING DATE:**

**Until Position is Filled**

**QUALIFICATIONS:**

- Early Childhood Education Diploma from an accredited post-secondary institution preferred
- Experience working with Aboriginal children, their parents and their communities
- Knowledge of the Lunaapeew Language and Culture would be an asset
- Strong interpersonal skills, excellent planning skills, excellent oral and written communication skills
- Must be computer literate
- Ability to work cooperatively in a team approach and maintain confidentiality
- Must be willing to take training as needed
- Ability to work flexible hours
- Must provide copy of recent criminal reference check with vulnerable sector search
- Medical Certificate and First Aid/CPR due upon employment
- Ontario driver's license would be an asset

**TERMS OF POSITION:**

Employment Term: Hours: 35 hours/week.  
Salary: Commensurate with qualification and/or experience  
Hours of Work: Daily from 8:30 am to 4:430 (flexible hours required)

**CLOSING DATE FOR APPLICATIONS**

Interested candidates please submit a **Cover Letter, Résumé, and 3 references (2 work related and 1 character)** to:

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

**Marked: CONFIDENTIAL "ELC/Teaching Assistant"**

**Closing Date: Until Position is Filled**

**DELAWARE NATION BAND MEMBERS ARE ENCOURAGED TO APPLY.**

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

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

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

## EELŪNAAPÉEWI LAHKÉEWIIT JOB POSTING

### After Hours Worker 2 positions Job Description



#### Job Summary

**Location:**  
Eelūnaapéewi Lahkéewiit  
Child & Family Services  
22359 Austin Line  
R.R. #3  
Bothwell, Ontario  
NOP 2K0

#### **Term:**

Full-time  
35 hour per week  
Flexible hours will be  
required

**Salary:**  
TBD

#### **Closing Date:**

Until Position is Filled

#### **SUMMARY OF DUTIES:**

To represent the Eelūnaapéewi Lahkéewiit in matters related to Child Protection as identified in Provincial, territorial, federal and other countries legislation.

The Representative will serve as primary contact afterhours for Child Welfare agencies to conduct their business both on and off reserve as required.

The Representative will ensure best interests of all are considered in accordance with Eelūnaapéewi Lahkéewiit culture, heritage and traditions.

#### **SUPERVISION:**

For daily operations of the program, worker will be under the direct supervision of the Site Supervisor/ Child Advocate.

#### **RESPONSIBILITIES (INCLUDED BUT NOT BE LIMITED TO):**

- Ensure child welfare agencies are accompanied and consultations are completed and adhered to regarding afterhours calls.
- Afterhour's worker will be required to answer calls after office closure and participate as necessary on the phone or via zoom.
- Complete case notes and forward to Band Representative for follow up the next day.
- Liaison with other services/ programs to arrange for needs of clients and to prepare Eelūnaapéewi Lahkéewiit based plans as required that will ensure the client's connection to community.
- Advocacy and promotion of Eelūnaapéewi Lahkéewiit family values and community services.
- Research and maintain up to date knowledge with Provincial, Federal and other countries legislation, case law, criminal, family court, privacy as well as other Nations Family Wellbeing laws.
- Record and maintain necessary stats and make recommendations for program improvements and accountability.
- Maintain accurate records including case notes and a filing system.
- Engage with families and community to build a positive working relationship
  - Recognize and understand the historical impact of colonization and the associated trauma on individuals, families, communities and Nations.
  - Engage in facilitation and promotion of Customary Care homes.
  - Establish and maintain an active working relationship with all Child & Family Service Agencies and other First Nation Band Representative/ Child Advocates.
- Participate in personal and professional activities including creating a plan for self-care and participate in staff training, meetings and community events.



**QUALIFICATIONS:**

- Post Secondary Diploma in Social work, Social Science or related field
- Minimum 2 years experience working in the Social Service Field
- Knowledge of Child Youth and Family Services Act and C-92, Federal legislation, as well as other related laws and acts associated with field.
- Knowledge of court proceeding involving Indigenous Children and Family Matters
- Knowledge of Customary Care
- Willing to work flexible hours and travel with minimal notice
- Proficiency in MS Office applications, various software and intranet
- Must provide valid license and own a vehicle, willingness to obtain necessary insurance and necessary liability.
- Excellent written and oral communication including public speaking.
- Crisis intervention, negotiation and ability to work in stressful situations
- Strong demonstration of negotiation skills and advocacy
- Knowledge of community services and cultural practice.
- Excellent written and oral communication including public speaking.
- Excellent interpersonal skills
- Successful candidate must submit Criminal Record - Vulnerable Sector Check.

**Terms of Position:**

Employment Term: Full-time, 35 hours per week, One year Contract.

Salary: Commensurate with qualifications and/or experience

Hours of Work: Daily from 8:30 am to 4:30 pm (flexible hours required)

**CLOSING DATE FOR APPLICATIONS:**

Interested candidates, please submit a **Cover Letter, Résumé and three (3) References:**

- Two (2) work related and one (1) character

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

**Marked: CONFIDENTIAL – “After Hours Worker”**

**Deadline: Until Position is Filled.**

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

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

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



### **Job Summary**

**Location:**  
Eelūnaapéewi Lahkéewiit  
Child Family Services  
22359 Austin Line  
R. R. #3  
Bothwell, Ontario  
NOP 1C0

**Industry**

**Job Status:**  
Full Time  
35 hours per week  
Flexible hours will be  
required

**Salary:**  
TBD

**Closing Date:**

Until Position is Filled

## **Eelūnaapéewi Lahkéewiit Job Posting 'Band Representative' 2 positions Job Description**

### **SUMMARY OF DUTIES:**

To represent the Eelūnaapéewi Lahkéewiit in matters related to Child Protection as identified in Provincial, Territorial, Federal and other countries legislation.

The Representative will serve as primary contact for Child Welfare agencies to conduct their business both on and off reserve as required.

The Representative will ensure best interests of all are considered in accordance with Eelūnaapéewi Lahkéewiit culture, heritage and traditions.

### **SUPERVISION:**

For daily operations of the program, worker will be under the direct supervision of the Site Manager/ Child Advocate.

### **RESPONSIBILITIES (INCLUDED BUT NOT BE LIMITED TO):**

- Act as point of contact for agencies and individuals involved with Child Welfare agencies and determine **Eelūnaapéewi Lahkéewiit** position.
- Ensure child welfare agencies are accompanied and consultations are completed and adhered to regarding Intakes, Eligibility Coding, Investigations, Safety Assessments, Verification Conferences, Plans of Service, placements of Children, Plans of Care and attendance in Home and other places as required.
- Liaison with other services/ programs to arrange for needs of clients, and to prepare Eelūnaapéewi Lahkéewiit based plans as required that will ensure the clients connection to community.
- Develop Protocols, Service Agreements or Memorandum of Understanding as necessary with programs in community and outside organizations for delivery of service.  
Advocacy and promotion of Eelūnaapéewi Lahkéewiit family values and community services.
- Research and maintain up to date knowledge with Provincial, Federal and other countries legislation, case law, criminal law/family court, privacy as well as other Nations Family Wellbeing laws.
- Develop and provide community education on current practice and developments in the area, as needed to help make informed decisions and have understanding of process and supports available.
- Advocacy and promotion of Eelūnaapéewi Lahkéewiit family values and community services.
- To ensure Eelūnaapéewi Lahkéewiit is represented in Child Protection court matters, including completion of court materials and relevant correspondence is submitted and filed.
- Consultation with Legal council as needed and required.
- Complete required reports to leadership and funding sources, including preparing of documents needed to apply for new funding when available.
- Record and maintain necessary statistics and make recommendations for program improvements and accountability.
- Maintain accurate records including case notes and a filing system.

- Perform case management, coordination of services with other providers and work with other communities and Nations in best interests of community and families.
- Engage with families and community to build a positive working relationship
- Recognize and understand the historical impact of colonization and the associated trauma on individuals, families, communities and Nations.
- Engage in facilitation and promotion of Customary Care homes, including recruitment, retention and advocacy.
- Establish and maintain an active working relationship with all Child & Family Service Agencies and other First Nation Band Representative/Child Advocates.
- Participate in personal and professional activities including creating a plan for self-care and participating in staff training, meetings and community events.

**QUALIFICATIONS:**

- Post – Secondary Diploma in Social work, Social Science or related field
- Degree in Social field or years of experience would be considered an asset
- Minimum 2 years experience working in the Social Service Field
- Knowledge of Child Youth and Family Services Act and C-92, Federal legislation, as well as other related laws and acts associated with field.
- Knowledge of court proceeding involving Indigenous Children and Family Matters
- Knowledge of Customary Care
- Willing to work flexible hours and travel with minimal notice
- Proficiency in MS Office applications, various software and internet
- Must provide valid license and own a vehicle, willingness to obtain necessary insurance and necessary liability.
- Excellent written and oral communication including public speaking.
- Crisis intervention, negotiation and ability to work in stressful situations
- Strong demonstration of negotiation skills and advocacy
- Knowledge of community services and cultural practice.
- Excellent written and oral communication including public speaking.
- Excellent interpersonal skills
- Successful candidate must submit Criminal Record - Vulnerable Sector Check.

**Terms of Position:**

Employment Term: Full-time, 35 hours per week, One year Contract.

Salary: Commensurate with qualifications and/or experience

Hours of Work: Daily from 8:30 am to 4:30 pm (flexible hours required)

**CLOSING DATE FOR APPLICATIONS:**

Interested candidates, please submit a **Cover Letter, Résumé and three (3) References:**

- Two (2) work related and one (1) character

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

**Marked: CONFIDENTIAL – “Band Representative”**

**Deadline: Until Position is Filled.**

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

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

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

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## EELUNAPEEWI LAHKEEWIIT-DELAWARE NATION

### JOB POSTING

## Director of Operations



### Job Summary

**Location:**  
Delaware Nation  
Administration Office  
14760 School House Line  
R. R. #3  
Thamesville, Ontario  
N0P 2K0

#### **Job Status:**

One Year Contract  
(renewable based on  
evaluation)

#### **Education Level:**

**Preferred:**

University degree in Business  
Administration

College Diploma in Public  
Administration or  
management related program

#### **Starting Salary:**

\$100,000.00

Based upon  
experience & skills

#### **Application Closing Date:**

**Job Posting Open until  
Position is Filled**

#### **Overview**

The Director of Operation is a dedicated, highly organized and experienced individual who would not only work collaboratively with the Eelūnaapéewi Lahkéewiit (Delaware Nation) Council but would also welcome the challenge of playing a key role in ensuring the smooth and efficient administration of the day to day activities of the organization.

The Director of Operations that has been created to meet the changing needs of the Eelūnaapéewi Lahkéewiit (Delaware Nation) Council as it changes away from the administrative decision-making and transitions towards developing a strong governing council for the membership of the Eelūnaapéewi Lahkéewiit.

The Director of Operations will oversee all operations and is responsible for the management, administration and delivery of all the First Nation's programs and services are in order to ensure that the needs of the First Nation's Members are met in a reasonable, effective and efficient manner.

This position has the authority of setting directions and work plans within the overall administration and budgets. On matters related to new practices, policies, procedures and broad guidelines are given and approved by the Eelūnaapéewi Lahkéewiit Council as a whole.

#### **Responsibilities**

The Director of Operations has been given full authority to manage day-to-day administrative affairs.

The Director of Operations reports to the elected Chief of the Eelūnaapéewi Lahkéewiit (Delaware Nation).

#### **Director of Operations Executive Limitations**

With respect to operating with the Delaware Nation Administration, the Director of Operations shall not cause or allow any practice, operational circumstance, activity, or decision that is either irresponsible or in violation of professional ethics.

Assets may not be inadequately maintained, unnecessarily risked, or unprotected. Actual financial conditions and performance shall not incur jeopardy or compromise the Council's Results & Priorities

#### **Knowledge, Skills and Abilities**

##### **Knowledge**

- Financial management and generally accepted accounting principles
- Human resources management
- Program management and delivery
- Program evaluations

**Skills**

- Team leadership and management skills
- Strategic planning skills
- Analytical and problem-solving skills
- Decision making skills
- Negotiation skills
- Effective communications skills

**QUALIFICATIONS:****Education**

- University degree in Business Administration preferred
- College diploma in Public Administration or management related program preferred
- College diploma in Human Resources, a definite asset

**Experience**

- Minimum of five (5) years of proven administration with leadership experience in the management of a First Nation/First Nations organization or First Nation agency

**Knowledge**

- Through knowledge and understanding of accounting principles and requirements as related to financial management
- Of government and financial policies as related to First Nation business activities

**Other**

- Valid driver's license and reliable insured vehicle
- Must be able to travel
- Must be flexible to attend evening and/or weekend meetings
- Must be willing to verify proof of recent criminal reference check

**CLOSING DATE FOR APPLICATIONS**

Candidates interested in this position are asked to submit:

- A cover letter
- A resume
- 3 letters of references- 2 work related and 1 character

Please address your application package to the attention of:

Chief  
Delaware Nation Administration Office  
14760 School House Line  
R.R. #3  
Thamesville, Ontario  
NOP 2KO

Marked: **CONFIDENTIAL - Director of Operations**

**Deadline:** All applications will be received until position is filled

**\*NOTE: ONLY THOSE CANDIDATES SELECTED FOR AN INTERVIEW WILL BE CONTACTED\***

## Eelünaapéewi Lahkéewiit



**(Delaware Nation)**

### **Emergency Assistance**

#### **Emergency contacts:**

Chris Doxtater: **(519)709-2796** - Water Plant Operator

Brian Snake Sr. **(226)626-4603**- Public Works Manager

Norman Logan **(519)636-6343**- Roads Worker

**HYDRO ONE 1(800)-434-1235 (power lines down or branches on the lines/  
outages etc.)**

Any emergencies with the water services, **call/text** Chris Doxtater and Water will be shut-off, until the repairs are made to your water system. **(Sorry- We do not make these repairs)**

Weather conditions will cause trees or branches to fall across roadways. **(Hydro is responsible for the trees on the Powerlines)**

**★ Call/Text Public Works Manager or Roads Worker for assistance in clearing the roadway, of trees or large branches.**

**Anushiik,**

**Public Works Department**



**GATHERING OUR COMMUNITY FOR A**

# **ROUND DANCE**

**EMCEE: BEENDIGAYGIZHIG DELEARY**

**FRIDAY FEBRUARY 9TH, 2023**

**TIME: 4:00 - 8:00 P.M.**

**@ EELŪNAAPÉEWI LAHKÉEWIIT COMMUNITY CENTRE  
14811 SCHOOLHOUSE LINE**

**FEAST WILL BEGIN @ 4:00 P.M.**

**EVERYONE IS WELCOME**

**DRUG & ALCOHOL FREE EVENT**

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**More information to follow, if you have any questions  
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