



# *Tel̥naapéewi Lahkéewiit*

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



## **OFFICE CLOSURE**

**ALL BUILDINGS WILL BE CLOSED ON  
MONDAY SEPTEMBER 7TH, 2026**

**REGULAR BUSINESS HOURS WILL RESUME  
TUESDAY SEPTEMBER 8TH, 2026 @ 8:30**



**DO NOT PASS**



**WHEN LIGHTS  
FLASHING**

**Welcome Back to School**

**Drivers please watch for flashing lights!**

**Good luck to all students  
have fun and stay safe**



**Speed Limit**



**News Items Due: MONDAY SEPTEMBER 14TH, 2026 BY 4:00 PM**

**Next Publication Distributed: Wednesday September 16th, 2026**





3 - S. Smith (+8)

BRITISH COLUMBIA GOLF

# INDIGNEOUS CHALLENGE MATCH



BEAR MOUNTAIN  
GOLF RESORT

22-24  
SEPT 2026

# TACO SALE

FUNDRAISER TO HELP  
SAVANA SMITH ATTEND  
THE INDIGNEOUS  
CHALLENGE MATCHES IN  
VICTORIA, BRITISH  
COLUMBIA

TEAM ONTARIO VS TEAM BC

THURSDAY SEPTEMBER 10TH  
11AM - 5:30PM OR SOLD OUT  
@ THE WELL-BEING BUILDING

TACO AND A  
POP OR WATER  
\$12



INDIGENOUS  
ONTARIO  
CHAMPIONSHIP

# EELŪNAAPÉEWI LAHKÉEWIIT EDUCATION DEPARTMENT

## NAAHII RIDGE NEWS



### ★ Welcome Back Naahii Students! ★

I am so excited to see everyone and start a new school year together.

This is a fresh start filled with opportunities to learn, grow, and make memories.

I look forward to supporting you throughout the year—let's make it one full of kindness, effort and success.

*I'm so glad you are here!* ❤️

*Ms. Andrea*



### SCHOOL BUS SAFETY RULES



Follow the Bus Drivers' Instructions the 1st time.



Remain seated and keep aisle clear at all times.



No vandalism or littering while riding the bus. Keep hands, feet and belongings to self.



Do not stick your hands, arms or head out the window



Talk quietly and with kind words



No eating, drinking, smoking or vaping on the bus



### EELŪNAAPÉEWI LAHKÉEWIIT Education Department



14753 School House Line  
Thamesville, ON. N0P 2K0



519-692-5551



Jolene Whiteye

Education Manager

[Education.Manager@delawarenation.on.ca](mailto:Education.Manager@delawarenation.on.ca)



Karen Stonefish

Reception

[Education.Reception@delawarenation.on.ca](mailto:Education.Reception@delawarenation.on.ca)



Andrea Tobias

Gr. 1-6 Student Success Worker

[Andrea.Tobias@delawarenation.on.ca](mailto:Andrea.Tobias@delawarenation.on.ca)



Angel Lascelles

Gr. 7-12

[Angel.Lascelles@delawarenation.on.ca](mailto:Angel.Lascelles@delawarenation.on.ca)



Garrette Stonefish

First Nations Advocate Worker

[Garrette.Stonefish@delawarenation.on.ca](mailto:Garrette.Stonefish@delawarenation.on.ca)

# **Post Secondary Application Deadlines:**

**Fall (September – December) – May 1**

**Winter (January – April) – October 1**

**Spring/Summer (May – August) – March 1**

Applications can be downloaded from our website:

[www.delawarenation.on.ca](http://www.delawarenation.on.ca)

If you require a hard copy of the application, please contact our office:

519-692-5551 or 519-350-5140

Eelūnaapéewi Lahkéewiit Education Department

14753 School House Line Thamesville, ON

[www.delawarenation.on.ca](http://www.delawarenation.on.ca)

T - 519-692-5551

F - 519-692-5951

1-833-592-3949

[Education.manager@delawarenation.on.ca](mailto:Education.manager@delawarenation.on.ca)

[Post.secondary@delawarenation.on.ca](mailto:Post.secondary@delawarenation.on.ca)



### **Job Summary**

#### **Location:**

**Eelūnaapéewi Lahkéewiit**  
(Delaware Nation)  
Education Department  
14753 School House Line  
Thamesville, Ontario  
N0P 2K0

#### **Industry**

Education Dept.

#### **Job Status:**

Part-time  
15 hours per week  
September – June  
(school term)

#### **Salary:**

TBD

#### **Closing Date:**

**Open until  
Positions are Filled**

## **Lūnaapéewi Lahkéewiit** (Delaware Nation) **JOB POSTING**

### **EDUCATION DEPARTMENT – 2 Bus Monitors**

The Delaware Nation Council is currently accepting applications for one Bus Monitor within the Delaware Nation Education Department.

#### **SUPERVISION**

Reports to Education Manager.

#### **SUMMARY**

The Bus Monitor manages and monitors student behaviour while entering, riding and exiting the vehicle.

#### **EDUCATION DEPARTMENT VISION STATEMENT**

Through the continuation of our Ancestral Teaching, we will develop respectful, confident individuals who will reflect the traditions and culture throughout their life's journey.

In pursuit of educational endeavours we will encourage and support Lunaapeew peoples to achieve a life-long knowledge process that is relevant to their individual needs.

To stress the importance of education, we will foster a foundation that builds on our unique Lunaapeew history, culture, language, teachings and spirituality for all of our future generations.

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

##### **1. Safety During Transport**

- Ensure safety of students while entering, exiting and riding the vehicle.
- Assist students as needed to cross street to get to, or leave the vehicle.
- Attend to student's physical, medical or emotional needs while entering, riding, or exiting the vehicle.
- Supervise student-seating arrangements.
- Foster and promote safe, positive and orderly environment during trips.
- Enforce Lambton-Kent District School Board bus rules and regulations governing student conduct.
- Follows approved emergency or evacuation procedures to assist students and driver during an emergency.
- Maintains safety, control and custody of students outside of vehicle during an emergency.
- Additional duties related to the safety of students and transport as requested by Education Manager.

##### **2. Administrative**

- Report and refer parent complaints to Education Manager.
- Immediately advise Education Manager of incidents, hazards, accidents or safety violations.
- Complete and maintain daily reports, logs or documentation as requested.
- Prepare and submit own timesheet
- Adhere to all personnel policies of the Delaware Nation and the Education Department.

**QUALIFICATIONS (minimum)**

- Previous, recent experience with school aged children preferred.
- Current criminal reference check and Vulnerable Sector Search.
- Current C.P.R. and First Aid Certification or willingness to obtain within 30 days of hire.
- Knowledge of and ability to execute emergency and evacuation procedures.
- Proven verbal communication skills.
- Working knowledge of various computer software, email and Internet.
- Ability to calmly diffuse conflict or difficult situations.
- Ability to sign and comply with an Oath of Confidentiality and Delaware Nation Employee Code of Ethics.

**CLOSING DATE FOR APPLICATIONS:**

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

Mike Deleary – Director of Operations  
Eelūnaapéewi Lahkéewiit (Delaware Nation) Administration Office  
14760 School House Line, R. R. #3  
Thamesville, Ontario  
N0P 2K0

**Marked: CONFIDENTIAL “Bus Monitor”**

Must be hand-delivered or mailed  
Emails will not be accepted  
**Closing Date: Until filled**

**Eelūnaapéewi Lahkéewiit (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/Vulnerable Sector Search and consent to a background reference check.*

# **NOTICE**

- **The Four First Nations Education Association (FFNEA) – Aamjiwnaang, Chippewas of Kettle & Stony Point First Nation, Eelünaapéewi-Lahkéewiit (Delaware Nation), and Bkejwanong Territory – Walpole Island First Nation are looking for:**

## **First Nation Trustee**

### **To represent the FFNEA on the Lambton Kent District School Board**

**Effective November 15, 2026**

#### **The Role of First Nation Representatives:**

Section 188 (5) of the *Education Act* allows for a regulation to provide First Nation representation on school boards. Regulation 462/97, First Nations Representation on Boards, lists the conditions for appointing First Nation Trustees, provided a tuition agreement is in place. These are:

- When the lesser of 10 percent of the students of a board or 100 students are from First Nations communities, the First Nations communities may name, and the board must appoint, one representative. That person is deemed to be elected to the board.
- When 25 percent of the students of a board are from First Nations communities, the board may appoint a second representative.
- When the First Nations students' number is fewer than the lesser of 10 percent and 100, the appointment of the First Nation representative is at the discretion of the board.

The role of all Trustees is to help create the vision and set the strategic direction that will guide the board and its schools. As the representative of the First Nations community on the school board, the First Nation Trustee is in a unique position to ensure that the Indigenous culture is part of that vision and that the strategic direction of the board includes the interests of the First Nations community.

#### **Representation:**

- Under the Education Act, the Lambton Kent District School Board (LKDSB) may appoint one representative from the four First Nations - Aamjiwnaang, Chippewas of Kettle and Stony Point First Nation, Bkejwanong Territory – Walpole Island First Nation and Eelünaapéewi-Lahkéewiit (Delaware Nation).

The First Nation Trustee is a full voting member of the Board, and will work with elected Trustees, Student Trustees, and members of Senior Administration. The LKDSB has schools located in a number of urban and rural communities throughout the Municipality of Chatham-Kent, the City of Sarnia, and the County of Lambton.

This progressive system has 62 elementary and secondary schools, approximately 22,000 students, approximate total staff of 3,400 and a budget of approximately \$415 million.

### **Responsibility of the First Nation Trustee:**

The First Nation Trustee is responsible for:

- monitoring the negotiation of the tuition agreement;
- ensuring that the actions of the board reflect the tuition agreement;
- ensuring that both parties of the agreement are fulfilling their obligations;
- ensuring that mechanisms are in place for effective accountability to the First Nations community;
- ensuring that racism and harassment are not part of the First Nation students' experience at school.

### **Responsibilities of all LKDSB Trustees as per Section 10 the LKDSB Procedural By-laws - Role of Trustees**

The responsibilities of Trustees are defined in the Education Act and include but are not limited to:

- a) establishing and monitoring Board policy;
- b) implementing Provincial education policy;
- c) establishing a budget and monitoring its implementation;
- d) providing, equipping and maintaining schools;
- e) holding the Director of Education accountable for student achievement and student well-being;
- f) employing and compensating staff;
- g) accountable to ratepayers;
- h) advocating public education;
- i) ensuring the effectiveness of Board programs and services.

Trustees are expected to attend Board Meetings and serve on Board committees and keep confidential all information discussed in Private Session. Trustees are expected to follow the School Board Member (Trustee) Code of Conduct for the Board.

The First Nation Trustee can also encourage the involvement of the parents/guardians and the First Nations community in the First Nation students' education. One of the recommendations of the *Report of the Royal Commission of Aboriginal Peoples* (Volume 3, page 472) is that "all schools serving Aboriginal children adopt policies that welcome the involvement of Aboriginal parents, elders and families in the life of the school-for example, by establishing advisory or parents committees, introducing teaching by elders in the classroom, and involving parents in school activities."

Education Services Agreement (Tuition) agreements also provide for First Nation representation on school councils and the LKDSB Special Education Advisory Committee. The LKDSB Indigenous Liaison Committee provides a forum for discussing Indigenous education issues. The First Nation trustee is the co-chair, and membership includes a representative from each of the First Nations communities that have students in the LKDSB schools.

### **Qualifications:**

Trustee candidates need to have the following qualifications:

- Band member of one of the Four First Nations – Aamjiwnaang, Chippewas of Kettle and Stony Point First Nation, Bkejwanong Territory – Walpole Island First Nation and Eelünaapéewi-Lahkéewiit (Delaware Nation).
- At least 18 years old.

### **Length of Term:**

The Term is four (4) years in length effective November 15, 2026.

### **Trustee Honorarium:**

Trustees are entitled to receive an honorarium for each year of the term beginning on November 15, 2026, as outlined in the LKDSB Regulations *Trustee Honoraria*.

### **Allowable Expenses:**

Trustees are entitled to claim expenses related to Board business, including travel to Board and Committee Meetings, as per LKDSB Regulations on *Expense Reimbursement for Staff, Trustees and Student Trustees*.

### **Selection Process:**

Each of the four First Nations will submit the name of their candidate to the Four First Nations Education Association who will then select one to be named as the appointed representative and a second as alternate. Each First Nation will then submit in writing, to the LKDSB, naming the appointed representative and alternate. The LKDSB will then appoint the representative as the First Nation Trustee (and alternate) representing the four First Nations. The Public Sessions for LKDSB meetings are open to all community members.

**Further information about the Lambton Kent District School Board is available at [www.lkdsb.net](http://www.lkdsb.net)**

Interested applicants must submit the following information to the Eelūnaapéewi-Lahkéewiit Education Committee in a sealed enveloped clearly marked “**First Nation Trustee Position**”:

- Cover letter
- Resume
- Current Criminal Reference Check

**Submit to:** Eelūnaapéewi-Lahkéewiit (Delaware Nation) Administration Office  
14760 School House Line  
Thamesville, Ontario  
N0P2K0

**DEADLINE DATE - September 25, 2026 @ 4:00 P.M.**

# **Moraviantown**

## **United Church News**



**Church Services Sundays at 9:15am**

**CLOSED Sept. 6<sup>th</sup> for Pow Wow**

**Next Service Sunday Sept. 13th**

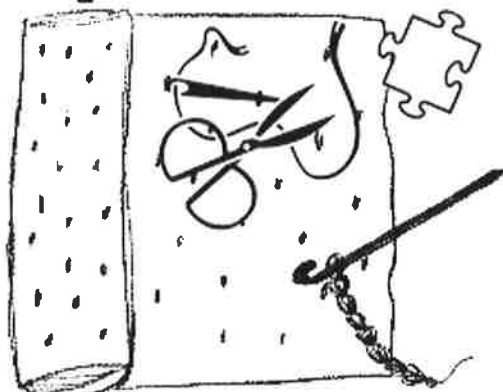
**Minister Vanessa Benoit: 519-328-9709**

**vanessajanebenoit@gmail.com**

### **Upcoming Events**

#### **LIGHT LUNCH & CRAFT THURSDAYS:**

**September 10<sup>th</sup> & 24<sup>th</sup> 11-2pm**



Homemade salad or  
soup & sandwiches,  
coffee, tea.

Quilting, crochet,  
puzzles and more.

**3-5pm Sunday September 27th**

**Free Drive-thru dinner**

*Eelünaqpéewi Lahkéewit Child & Family and Early Learning Centre present*

# **September**

**2**  
WED

**PARENTING CLASS**  
**10:00 - 12:30 p.m.**  
**@ Community Centre**

**9**  
WED

**PARENTING CLASS**  
**10:00 - 12:30 p.m.**  
**@ Community Centre**

**16**  
WED

**PARENTING CLASS**  
**10:00 - 12:30 p.m.**  
**@ Family Wellbeing Centre**

**23**  
WED

**PARENTING CLASS**  
**10:00 - 12:30 p.m.**  
**@ Community Centre**

**30**  
WED

**PARENTING CLASS**  
**10:00 - 12:30 p.m.**  
**@ Community Centre**

***\*Please arrive before 10:30 to be eligible for incentives\****

**EELUNAAPÉEWI LAHKÉEWIIT**

**GOOD  
FOOD  
PROGRAM**



**SEPTEMBER GOOD FOOD**

**Intake Date:**

**Fri Aug 28**

**9:00AM-4:30PM**

**Distribution Date:**

**Fri Sept 11**

**9:00AM-4:30PM**

**Location: Eelunaapéewi Lahkéewiit Child & Family Services**

- \* All people listed on application must reside 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 program
- \* All gift cards must be picked up on the date and between the time advertised

**\*\*\*FOR ANY UNPICKED UP CARDS, you must call the next business day to schedule an appointment to pick up gift card\*\*\***

**\*\*\*\* Absolutely No Late applications will be accepted\*\*\*\***



***In partnership with Ontario Works and Eelunaapéewi Lahkéewiit Child & Family Services. Any questions please call 519-692-9300***

# INTERMEDIATE FIRST AID

Be Prepared to Save a **LIFE!**



**ONE DAY ONLY!**



## BLENDLED LEARNING

Reduces time in the classroom



## LEARN AT YOUR OWN PACE

Flexible and convenient



## VALID FOR 3 YEARS



## WSIB & CSA APPROVED



## OPEN TO COMMUNITY MEMBERS



### DATE:

Monday  
Sept 21, 2026



### TIME:

9am-4pm  
(Lunch Provided)



### LOCATION:

Training & Employment Centre  
14763 School House Line  
Thamesville, ON  
N0P2K0



**OPEN TO  
COMMUNITY  
MEMBERS**

## TO REGISTER:



### CONTACT

**JON SNAKE**

CALL **519-692-4175**



### EMAIL:

[Training.Centre@delawarenation.on.ca](mailto:Training.Centre@delawarenation.on.ca)



For registration we need name for the certificate  
and your email to receive the online portion.



# Psychological First Aid Workshop

**Where:** Employment & Training Centre

**When:** Friday September 18

**Time:** 9am – 4:30pm

*Please leave your name and email by Monday September 14<sup>th</sup> if you wish to attend the Workshop. You will need to complete some online work before the workshop*

**Lunch Refreshments and snacks will be provided**

**Any Questions feel free to contact Jon Snake at (519)692-4175 or by email: [Training.Centre@delawarenation.on.ca](mailto:Training.Centre@delawarenation.on.ca)**

**Hours of Operation are 8:30am – 4:30pm closed 12pm – 1pm everyday**

The background of the entire image is a repeating pattern of stylized tropical leaves in various shades of gray. The leaves include large, rounded monstera-like leaves and long, feathery palm-like fronds. In the center of the image is a large, solid black circle that serves as a backdrop for the main text.

# Contact North Rep coming Sept 15<sup>th</sup>

**10:00am-Noon**

A representative from Contact North will be coming to the Employment & Training building if you have any questions. Snacks and refreshments will be available. For further info contact Jon at (519)692-4175 or email: [Training.Centre@delawarenation.on.ca](mailto:Training.Centre@delawarenation.on.ca)

**EXCITING  
OPPORTUNITY!!  
JOIN THE  
CARPENTER'S  
UNION**  
**Bring your Resume  
To the E&T Centre**

**Must have G License and reliable  
transportation due to a lot of  
travelling involved**

**Contact Jon Snake at Employment & Training Centre  
(519)692-4175 or email:**

**[Training.Centre@delawarenation.on.ca](mailto:Training.Centre@delawarenation.on.ca)**

**Open 8:30am – 4:30pm closed Noon – 1pm everyday**

**Any Band Member's  
Looking for Safe  
Chainsaw  
Handling Certification  
I am taking Names and  
Numbers of anyone  
interested  
In taking this Training  
Course October 5<sup>th</sup>**

**Open 8:30am-4:30pm Monday to Friday closed Noon – 1pm**

**Please contact Jon at (519)692-4175 or email:**

**[Training.Centre@delawarenation.on.ca](mailto:Training.Centre@delawarenation.on.ca)**



# SCHOOL LUNCH CHECKLIST

**MAIN MEAL** MIX & MATCH 1 FROM EACH COLUMN

| PROTEIN                                                                                                                                                                                                                                                                                                                 | STARCH                                                                                                                                                                                                                                               | SIDE                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> low sodium deli meats<br><input type="checkbox"/> pepperoni<br><input type="checkbox"/> eggs (scrambled, boiled)<br><input type="checkbox"/> fish (tuna, fish sticks)<br>grilled chicken<br>hummus<br>chick peas<br><input type="checkbox"/> beans<br>cheese (cubes, string)<br>cottage cheese | <input type="checkbox"/> pita<br><input type="checkbox"/> whole wheat bread<br><input type="checkbox"/> tortilla<br><input type="checkbox"/> crackers<br>pancake or waffles<br>bagel<br>rice<br><input type="checkbox"/> couscous<br>quinoa<br>pasta | <input type="checkbox"/> vegetables + dip<br><input type="checkbox"/> popcorn<br><input type="checkbox"/> string cheese<br><input type="checkbox"/> chips + guacamole<br>pretzels<br>dried fruit<br><input type="checkbox"/> olives<br><input type="checkbox"/> fruit salad<br>smoothie<br>yogurt |

## HOT LUNCH IDEAS (pack a thermos)

|                                    |                                  |                                          |                                                  |
|------------------------------------|----------------------------------|------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> leftovers | <input type="checkbox"/> pasta   | <input type="checkbox"/> stir fry        | <input type="checkbox"/> grilled cheese sandwich |
| <input type="checkbox"/> chili     | <input type="checkbox"/> soup    | <input type="checkbox"/> chicken nuggets | <input type="checkbox"/> mixed veggies with rice |
| <input type="checkbox"/> corn dogs | <input type="checkbox"/> lasagna | <input type="checkbox"/> meatballs       | <input type="checkbox"/> pizza                   |

**PACK THE RAINBOW** MIX & MATCH 3+ SERVINGS

## FRUIT & VEGETABLE

|         |                                      |                                    |                                         |                                       |                                       |
|---------|--------------------------------------|------------------------------------|-----------------------------------------|---------------------------------------|---------------------------------------|
| FRUITS  | <input type="checkbox"/> apples      | <input type="checkbox"/> grapes    | <input type="checkbox"/> mango          | <input type="checkbox"/> strawberries | <input type="checkbox"/> blackberries |
|         | <input type="checkbox"/> banana      | <input type="checkbox"/> pears     | <input type="checkbox"/> kiwi           | <input type="checkbox"/> blueberries  | <input type="checkbox"/> peaches      |
|         | <input type="checkbox"/> oranges     | <input type="checkbox"/> melon     | <input type="checkbox"/> pineapple      | <input type="checkbox"/> raspberries  | <input type="checkbox"/> cherries     |
| VEGGIES | <input type="checkbox"/> carrots     | <input type="checkbox"/> cucumber  | <input type="checkbox"/> grape tomatoes | <input type="checkbox"/> peas         | <input type="checkbox"/> mushrooms    |
|         | <input type="checkbox"/> celery      | <input type="checkbox"/> snap peas | <input type="checkbox"/> spinach        | <input type="checkbox"/> broccoli     | <input type="checkbox"/> lettuce      |
|         | <input type="checkbox"/> bell pepper | <input type="checkbox"/> corn      | <input type="checkbox"/> zucchini       | <input type="checkbox"/> cauliflower  | <input type="checkbox"/> squash       |

# DELAWARE NATION HEALTH CENTRE

## PET

**DATE: EVERY TUESDAY & FRIDAY**

**TIME: 8:30AM-4:30PM**

**LOCATION: NEXT TO PAVILLION @**

**DN HEALTH CENTRE**

**FIRST COME FIRST SERVE**

Questions Call Health Centre  
519-692-3969



# **N.I.H.B**

## **DID YOU KNOW!!**

**Did you know that**

- \* Tylenol**
- \* Ibuprofen**
- \* Benadryl**
- \* Head Lice Medicine**

**Are covered with a prescription  
from your doctor!**

**Call Health Centre if you have any  
questions 519-692-3969**



# September 2026



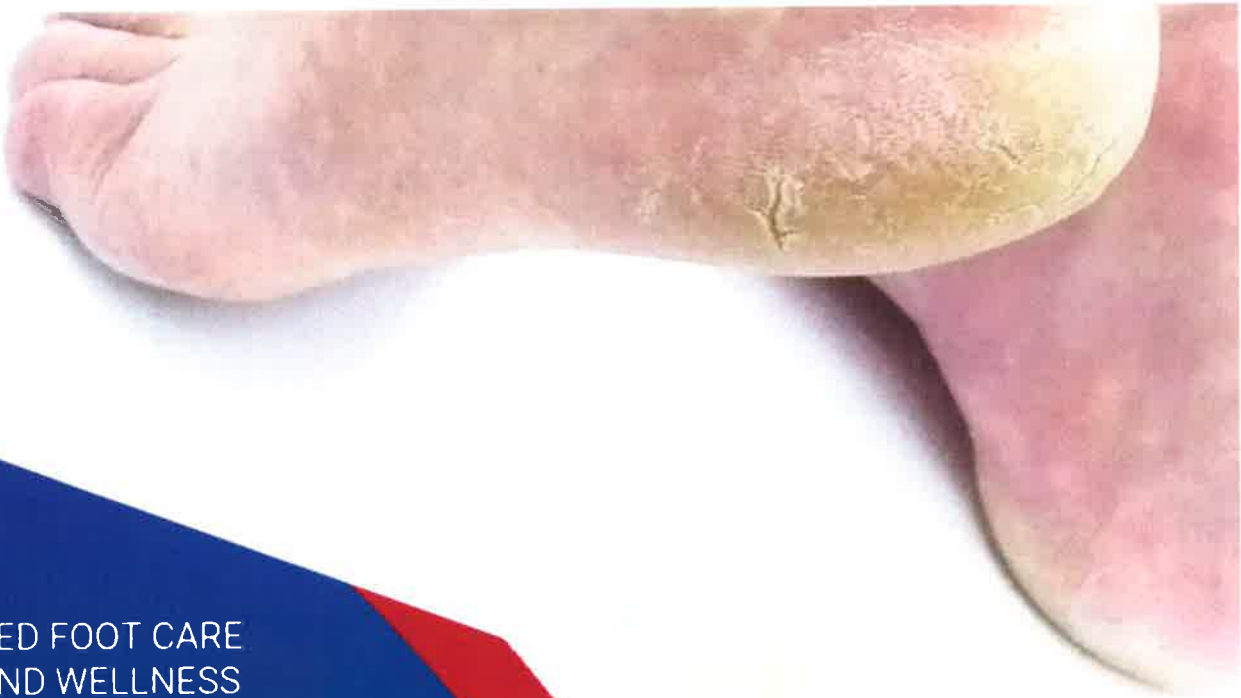
## Delaware Nation Senior's 55+ Monthly Programs

| Monday                                                                                  | Tuesday                                                         | Wednesday                                                                 | Thursday                                                                                                         |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
|                                                                                         | 1<br>Language 10:00<br>Lunch & learn 11-12<br>Diabetes          | 2                                                                         | 3<br>Horseshoes 1:00                                                                                             |
| 7<br>Labour Day<br>Holiday                                                              | 8<br>Language 10:00                                             | 9<br>Crafts 10:00<br>Euchre 6:00                                          | 10<br>Movie Night 3:00<br>Killer of the flower<br>Moon at senior's<br>centre                                     |
| 14<br>Chair Yoga<br>11:00-11:45<br>Crafts 1:00                                          | 15<br>Language 10:00<br>Lunch & learn AIAI<br>Healthy Lifestyle | 16<br>Crafts 10:00<br>Euchre 6:00<br>Lunch & Learn<br>Stability           | 17<br>Breakfast 10:00<br><b>Registration required</b>                                                            |
| 21<br>Chair Yoga<br>11:00-11:45<br>Fall Centerpiece1:00<br><b>Registration required</b> | 22<br>Language 10:00                                            | 23<br>Meeting 10:00<br>Pot Luck Lunch<br>With kindergarten<br>Euchre 6:00 | 24<br>Bingo 10:00                                                                                                |
| 28<br>Chair Yoga<br>11:00-11:45<br>Crafts 1:00                                          | 29<br>Shopping Trip 10:00<br><b>Registration required</b>       | 30<br>Crafts 10:00<br>Euchre 6:00                                         | <div>Sunday Sept 27<sup>th</sup><br/>Grand Bend Flea<br/>market 7:00 a.m.<br/><b>Registration required</b></div> |

### REGISTER WITH DELAWARE NATION HEALTH CENTRE 519-692 3969 Barb 519-360-7094

Please call the Delaware Nation Health Centre to register every Wednesday@ 8:30a.m. for next week's activities.

- If the activity has been filled your name will be placed on the waiting list.
- Due to unforeseen circumstances, an activity may be cancelled or changed.
- For the safety of all participants, mandatory liability waivers will be completed on an annual basis for organized outings. "No waiver, no participation policy is in place.
- No community member is permitted to leave the Delaware Nation on an organized outing without a full completed and signed liability for on file.



ADVANCED FOOT CARE  
NURSE AND WELLNESS  
CENTRE PRESENTS:

# ***COMMUNITY FOOT CARE CLINIC***

**Friday, September 18th, 2026  
@ Wulamaliswiikan**

- Nail trimming and filing
- Callus and Corn removal
- Diabetic foot care
- Ingrown toenail management
- Foot massage and hydration



*Please call 519-692-3969 for an appointment time.*

*Services provided by M. Ireland, RPN, FCN*

# Regional Indigenous Cancer Program

## Calendar

### September

Sept 5<sup>th</sup>-6<sup>th</sup> Eelunaapeewi Lahkeewit Pow Wow  
Sept 12<sup>th</sup>-13<sup>th</sup> Bkejwanong Harvest Moon Pow Wow  
Sept 18<sup>th</sup> ESC Indigenous Health Planning Committee  
Sept 19<sup>th</sup> Powley Day Regional Rendezvous (MNO)  
Sept 22-23<sup>rd</sup> AIAI Health & Wellness Conference  
Sept 26<sup>th</sup> Truth & Reconciliation Gathering (Windsor)  
Sept 30<sup>th</sup> Truth and Reconciliation Healing Walk (Wallaceburg)  
Sept 30<sup>th</sup> National Day For Truth and Reconciliation

### October

Breast Cancer Awareness Month  
Oct 9<sup>th</sup> Youth Career Fair Kettle & Stony Point  
Oct 12<sup>th</sup> Thanksgiving  
Oct 16<sup>th</sup> SWRCP Present's "The Cancer Journey"  
Conference (N'Amerind Friendship Centre)  
Oct 17<sup>th</sup> National Mammography Day  
Oct 23<sup>rd</sup> Erie St. Clair Regional Cancer Program Summit  
Oct 23<sup>rd</sup> Indigenous Breast & Cervical Screening Day  
(Middlesex Hospital Alliance)  
Oct 24<sup>th</sup> Brain Cancer Awareness Day  
Oct 31<sup>st</sup> Halloween

## Highlights

### November

Men's Health and Prostate Cancer Awareness  
Nov 4-5<sup>th</sup> Indigenous Health Unit Annual Regional  
Indigenous Cancer Program Meeting  
Nov 8<sup>th</sup> Indigenous Veterans Day  
Nov 11<sup>th</sup> Remembrance Day  
Nov 30<sup>th</sup> Stomach Cancer Awareness Day  
Lung Cancer Awareness Month

## Community Shout-Out

**Thank-you to all First Nations, Métis and Indigenous organizations who welcomed our team to your summer Pow Wows, Community Gatherings, and Unity Events.**

These opportunities allowed us to connect with community members, share information about cancer prevention and screening, and learn from one another. We are grateful for every invitation and look forward to strengthening relationships and participating in future events throughout the coming season.



## Looking Ahead

We have officially opened up this year's nominations for our summit awards. During this year's Summit we will highlight the nominees and recipients of the 2025 ESC RCP Summit Awards. This year's nomination process will be online. We invite you to share this opportunity with your team and/or nominate someone! We are looking forward to hearing about the wonderful work being done around our region.

Nominations can be submitted online at  
[www.wrh.on.ca/ESCRCPSummit](http://www.wrh.on.ca/ESCRCPSummit)



The Summit Award was created to recognize people who have made significant strides in cancer care and improved the lives of those living with cancer in the Erie St. Clair (ESC) region.

The deadline for award nomination submissions is October 2nd, 2026, at 5pm EST.

### Health Care Excellence Award

This award recognizes a member of a healthcare facility/organization or educational institution, who has gone the extra mile in their work to make a difference in cancer care across the region.

### Community Champion Award

This award recognizes a patient, PFAC member, family member, care partner, volunteer or member of the public for their impact on cancer care in the region.

### Outstanding Partnership Award

This award recognizes a group or team that has worked to improve the impact of cancer care in the region.

# Cancer Program Screening News

A message from Dr. Chintan Shah, MD, CCFP,  
Regional Indigenous Cancer Lead

## Colorectal Cancer Screening

FIT Now Starts at Age 45

Ontario has lowered the recommended starting age for colorectal cancer screening from 50 to 45 years for people at average risk.

- ✓ Complete an at-home FIT Kit every 2 years
- ✓ Screen from ages 45 to 74
- ✓ Easy and private to do at home

### Talk to a Health Care Provider If You Experience:

- Blood in your stool
- Ongoing diarrhea or constipation
- Persistent stomach discomfort
- Unexplained weight loss
- Low iron or anemia
- Narrower stools than usual

### Ontario Lung Screening Program

The Ontario Lung Screening Program is now available in the Erie St. Clair region.

You may qualify if you:

- ✓ Are 55 to 80 years old
- ✓ Smoked cigarettes daily for 20 years or more
- ✓ Have OHIP coverage

Early detection can lead to more treatment options and better outcomes. Ask your family doctor or nurse practitioner for a referral, or self-refer by calling 519-255-8690.



**Louise Moss**  
Indigenous Patient  
Navigator



Need a Referral?  
Scan Here or Email  
louise.moss@wrh.on.ca



## Protect Your Pumpkins!

October is **Breast Cancer** Awareness Month.

Breast cancer continues to be one of the most commonly diagnosed cancers affecting women in our region and can have a significant impact on First Nations, Métis, and Inuit individuals, families, and communities. Early detection through regular screening can help find breast cancer sooner, when treatment is often more effective.

This October, join our "Protect Your Pumpkins" campaign and help spread awareness about the importance of breast health and cancer screening.

**ON WEDNESDAYS  
WE WEAR  
PINK**



We challenge community members, organizations, schools, and workplaces to wear pink every Wednesday throughout October in support of those affected by breast cancer.

📷 Share Your Photos 📷

Show us your pink! Send photos of your community, workplace, family, or team wearing pink to [rcp coordinators@wrh.on.ca](mailto:rcp coordinators@wrh.on.ca). We may feature your photos in future community updates and awareness campaigns.



## CIBC RUN FOR THE CURE

See You at CIBC Run for the Cure  
Watch for members of our team at this year's CIBC Run for the Cure in Windsor as we join others in raising awareness and supporting those impacted by breast cancer.

🙋 Be a Voice for Early Detection 🙋

Talk to your family, friends, and community members about breast cancer screening.  
Scan the QR code to learn more or book your mammogram.

## Suggestion Box

If you have any suggestions or feedback on our newsletter or ideas for future topics, please contact us! [Indigenous@wrh.on.ca](mailto:Indigenous@wrh.on.ca)



# Preparing for your doctor's visit

Fill out this checklist. Share it with your doctor. Answer any questions your doctor asks. Be honest about changes in your life — or changes that you've noticed in someone else.

## Do you or someone you care about have any of these problems?

### 1. Attention

- ☐ Being easily distracted
- ☐ Losing focus in conversation

### 2. Memory

- ☐ Asking the same questions over again
- ☐ Repeating the same information many times
- ☐ Losing things
- ☐ Leaving the stove on, tap running or door unlocked
- ☐ Forgetting meetings or the current month

### 3. Language

- ☐ Having problems remembering people's names
- ☐ Struggling to use common words
- ☐ Using the wrong words
- ☐ Finding it hard to follow a conversation with many people
- ☐ Having trouble with simple spoken and written instructions

### 4. Vision and space

- ☐ Not recognizing faces
- ☐ Getting lost in familiar places
- ☐ Having difficulty finding the way when driving or walking

### 5. Judgment

- ☐ Having problems planning daily activities (like managing money, or going out alone)
- ☐ Not knowing what to do if there is a fire or if someone becomes sick
- ☐ Having problems with driving or using appliances

### 6. Coordination

- ☐ Can't put actions in order (like taking the right steps to make a cup of tea)
- ☐ Having problems using utensils to eat or using tools to groom

### 7. Mood

- ☐ Feeling sad or frustrated a lot
- ☐ Losing interest in doing things

### 8. Personality and behaviour

- ☐ Seeing or hearing things that other people do not
- ☐ Being suspicious (like thinking people want to hurt you)
- ☐ Becoming upset or frustrated fast
- ☐ Seeing changes in your personality
- ☐ Being impolite, or acting out of character
- ☐ Having strange food cravings

### 9. Daily function

- ☐ Hard to finish familiar tasks (like bathing, or getting dressed)





# **FLYING SQUIRREL TRAMPOLINE PARK**

**CHATHAM**



**SEPT 4TH**  
STARTING AT **7PM**



**CALL THE DELAWARE NATION  
HEALTH CENTRE TO SIGN UP!**  
**519-692-3969**



**PLEASE FILL OUT THE WAIVER:**

<https://waiver.roller.app/FlyingSquirrelChatham/home>



**BAND MEMBERS /  
RESIDENCY**



**ALL AGES  
FAMILY FUN**

**JUMP. FLY. HAVE FUN!**



# Chatham

## FOOT HEALTH + ORTHOTICS CENTRE

### OUR SERVICES

Foot Care: Callus/Corn Treatments  
Ingrown Toenail Bracing/Surgery  
Diabetic Foot Care/Wound Care  
Custom Foot Orthotics  
Compression Stockings

**FOLLOW US ON SOCIAL MEDIA**  
**@CHATHAMFOOT**

Sasha Kozera-Faye B.Sc. D, Ch

**Booking for Sept!**

**Sept 24th, 2026**  
**Health Centre**  
**Call to make an**  
**appointment**

**519-6923969**

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

[hello@chathamfoot.com](mailto:hello@chathamfoot.com)

# Foot Massages

Use the power of  
massage and  
reflexology  
to soothe heal  
energize and  
excite

Jennifer  
Kennedy

Sept 16th, 2026

Call Health Centre to  
book a time!  
519-692-3969

*Sponsored by Health Centre*

*Light as a feather. Gentle as a breeze.*

Improve  
your  
Balance,  
Strength,  
Agility &  
Coordination

# Tai Chi

11:00 A.M TIL 1:00 P.M

COMMUNITY CENTRE

MONDAY SEPT 14TH & 21ST

CALL AND LEAVE NAME HEALTH CENTRE

519-692-3969

# 12 Actions to Improve Overall Brain Health & Reduce Your Risk of Dementia

## 1. Be physically active each day.

Reduce sedentary time and move more. This can include all types of physical activities, including walking, running, weightlifting, gardening, yoga, tai chi, swimming, dancing, biking, team sports and yard work.

## 2. Protect your heart.

Monitor your blood pressure, cholesterol and diabetes closely. What's good for the heart is also good for the brain.

## 3. Stay socially active.

Make sure to be engaged with friends and family. Maintain your social network and stay connected.

## 4. Manage your medical conditions.

Keep on top of your overall health. This is directly linked to your brain health and your ability to avoid dementia as you get older.

## 5. Challenge your thinking.

Take on mental leisure activities that you enjoy. Always try to learn new things, no matter what your age.

## 6. Get a good night's sleep every night.

Try to sleep 6 to 8 hours each night to help maintain your brain health.

## 7. Have depression treated.

Remember that depression is more than just feeling down. Seek help to improve the functioning of your brain.

## 8. Avoid excessive alcohol intake.

Limit your intake of wine, beer and other alcoholic beverages.

## 9. Maintain your hearing.

Use hearing aids if you need them. Protect your hearing from loud noises. Get your hearing tested.

## 10. Find meaning in life.

Find a purpose to get out of bed each day. This is associated with better brain health and reduced dementia risk.

## 11. Avoid all types of head injury.

Steer clear of activities where you might put your brain at risk of harm.

## 12. Adopt healthy behaviours.

Make healthy food choices, reduce avoidable stress, quit or reduce smoking, and get regular check-ups with your doctor.

**ARE YOU 55+?, VULNERABLE?, LIVING ALONE?**

# Health Centre Wellness Checks

***Your choice: a personal phone call, a friendly home visit, or both!***

---

During such events as:

- Extreme weather
- Power outages
- Social isolation, stressful life events



Phone the Health Centre to join our list:

**519-692-3969**



# Fitness Centre HOURS

|            |                  |
|------------|------------------|
| MONDAY     | 6 A.M. - 10 P.M. |
| TUESDAY    | 6 A.M. - 10 P.M. |
| WEDNES DAY | 6 A.M. - 10 P.M. |
| THURSDAY   | 6 A.M. - 10 P.M. |
| FRIDAY     | 6 A.M. - 10 P.M. |
| SATURDAY   | 6 A.M. - 10 P.M. |
| SUNDAY     | 6 A.M. - 10 P.M. |



**HEARING CLINIC**

# **HEARING TEST**

**September 11 2026  
10am -2pm**

**Call to book an  
appointment  
Open to everyone**

**519-692-3969**

**Delaware Nation  
Health Centre**



# 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  
Chatham-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

Community Health Outreach

A team of healthcare providers travelling across Chatham-Kent in a clinic on wheels to provide care in your community.

No appointment needed.

Free services include:

- Mental Health First Response
- Primary Care
- Community Referrals

In the event of a service disruption, we will post an update on social media @mobilecareck.



More Information

1-866-299-7447

www.mobilecareclinic.ca

@mobilecareCK

## CHATHAM-KENT

## SEPTEMBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|                                                                                                                                                               |           |           |                                                                   |                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>31</b><br><b>CMHA</b><br>Lambton Kent<br>240 Grand Ave W.<br>9:30 - 3:00pm<br><b>Walpole Island Arena</b><br>770 Tecumseh Rd.<br>9:30am - 2:30pm           | <b>1</b>  | <b>2</b>  | <b>3</b><br><b>Please Note</b><br>Nurse Practitioner Unavailable  | <b>4</b><br><b>Bothwell Fire Station 9</b><br>137 Elm St E,<br>9:30am - 3:00pm                    |
| <b>7</b><br><b>Labour Day</b><br><b>Please Note</b><br>Services Unavailable                                                                                   | <b>8</b>  | <b>9</b>  | <b>10</b><br><b>Please Note</b><br>Nurse Practitioner Unavailable | <b>11</b><br><b>Wallaceburg Community Living</b><br>1100 Dufferin Ave.<br>9:30am - 3:00pm         |
| <b>14</b><br><b>Chatham WISH Centre</b><br>117 King St E,<br>9:30am - 3:00pm<br><b>Walpole Island Arena</b><br>770 Tecumseh Rd.<br>9:30am - 2:30pm            | <b>15</b> | <b>16</b> | <b>17</b>                                                         | <b>18</b><br><b>Dresden Arena</b><br>1212 North St.<br>9:30am - 3:00pm                            |
| <b>21</b><br><b>North Buxton</b><br>21975 AD Shadd Rd,<br>9:30am - 3:00pm<br><b>Walpole Island Arena</b><br>770 Tecumseh Rd.<br>9:30am - 2:30pm               | <b>22</b> | <b>23</b> | <b>24</b><br><b>Please Note</b><br>Nurse Practitioner Unavailable | <b>25</b><br><b>Delaware Nation Community Centre</b><br>14811 School House Ln.<br>9:30am - 3:00pm |
| <b>28</b><br><b>Ridgetown Adult Activity Centre</b><br>40 Erie St S,<br>9:30am - 3:00pm<br><b>Walpole Island Arena</b><br>770 Tecumseh Rd.<br>9:30am - 2:30pm | <b>29</b> | <b>30</b> | <b>1</b>                                                          | <b>2</b>                                                                                          |





# CHATHAM-KENT

# OCTOBER 2026

## MobileCare

Community Health Outreach

A team of healthcare providers travelling across Chatham-Kent in a clinic on wheels to provide care in your community.

No appointment needed.

Free services include:

- Mental Health First Response
- Primary Care
- Community Referrals

In the event of a service disruption, we will post an update on social media @mobilecareck.



More Information

1-866-299-7447

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

@mobilecareCK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|                                                                                                                                                                      |    |    |    |                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|-------------------------------------------------------------------------------------------|
| 28<br><br><b>Walpole Island Arena</b><br>770 Tecumseh Rd.<br>9:30am - 2:30pm                                                                                         | 29 | 30 | 1  | 2<br><b>Delaware Nation Community Centre</b><br>14811 School House Ln.<br>9:30am - 3:00pm |
| 5<br><b>Chatham WISH Centre</b><br>117 King St E,<br>9:30am - 3:00pm<br><br><b>Walpole Island Arena</b><br>770 Tecumseh Rd.<br>9:30am - 2:30pm                       | 6  | 7  | 8  | 9<br><b>Wallaceburg Community Living</b><br>1100 Dufferin Ave.<br>9:30am - 3:00pm         |
| 12<br><b>Thanksgiving Holiday</b><br><br><b>! Please Note</b><br>Services Unavailable                                                                                | 13 | 14 | 15 | 16<br><b>Dresden Arena</b><br>1212 North St.<br>9:30am - 3:00pm                           |
| 19<br><b>North Buxton</b><br>21975 AD Shadd Rd,<br>9:30am - 3:00pm<br><br><b>Walpole Island Arena</b><br>770 Tecumseh Rd.<br>9:30am - 2:30pm                         | 20 | 21 | 22 | 23<br><b>Blenheim Memorial Arena</b><br>119 King St,<br>9:30am - 3:00pm                   |
| 26<br><b>Delaware Nation Community Centre</b><br>14811 School House Ln.<br>9:30am - 3:00pm<br><br><b>Walpole Island Arena</b><br>770 Tecumseh Rd.<br>9:30am - 2:30pm | 27 | 28 | 29 | 30                                                                                        |



## Glycemic Index Categories

**GREEN** = **LOW GI**  
(55 or less)  
Choose MOST Often

**YELLOW** = **MEDIUM GI**  
(56 to 69)  
Choose SOMETIMES

**RED** = **HIGH GI**  
(70 or more)  
Choose LEAST Often

Foods in the high GI category can be swapped with foods in the medium and/or low GI category.

### Benefits of a low GI diet

- Decrease risk of type 2 diabetes.
- Help manage your blood sugar.
- Decrease risk of heart disease and stroke.
- Feel full longer.

### Meal planning ideas

- Cook your pasta al dente (firm). Check your pasta package instructions for cooking time.
- Make foods and drinks such as fruits, and milk or alternatives part of your meal. These foods often have a low GI.
- Try lower GI grains, such as barley and bulgur.
- Swap half of your higher GI starch food serving with beans, lentils or chickpeas. For example, instead of having 1 cup of cooked short grain rice, have ½ cup of cooked rice mixed with ½ cup of black beans.

The **glycemic index (GI)** is a scale that ranks a carbohydrate-containing food or drink by how fast it raises blood sugar levels after a set amount is eaten. Foods with a high GI tend to increase blood sugar faster than foods with a low GI.

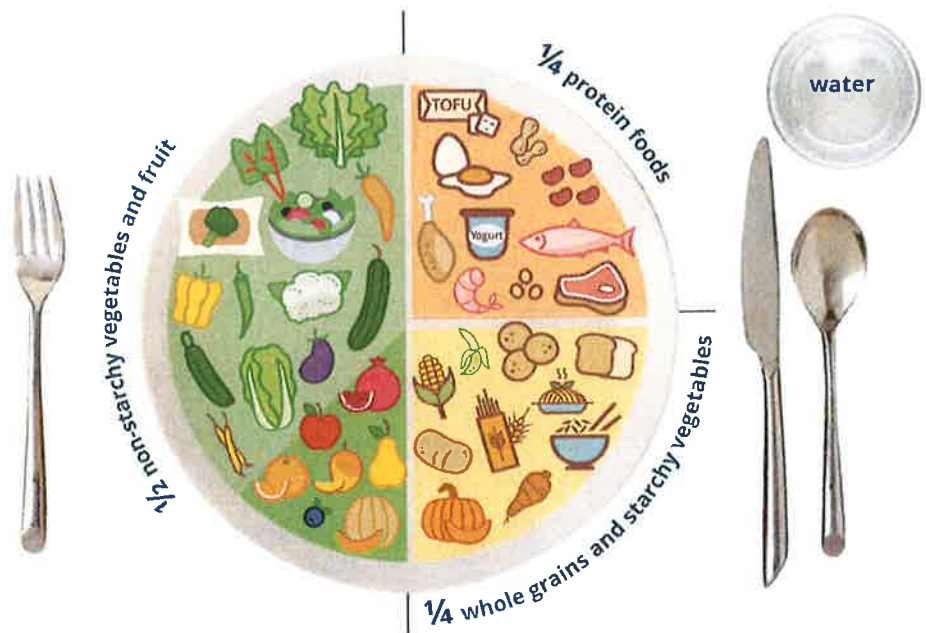
On top of the type of carbohydrate you choose, the quantity or serving size also has a role to play in managing your blood sugar. Even low GI foods need to be eaten in a specific amount or serving size to avoid a high blood sugar response.

The GI of the food can change based on the serving size eaten, cooking method and by combining the food with other ingredients in a meal or snack. By pairing a high GI food with a combination of non-starchy vegetables, lean protein and healthy fats at each meal or snack, you can reduce the overall glycemic response.

While this is a tool to help people living with diabetes better understand blood sugar changes in response to foods eaten, every body is different. You may find that some high GI foods do not impact your blood sugar as much while some low GI foods do!

## The Balanced Plate Method

Using a standard dinner plate, follow this model for a balanced meal.



Some carbohydrate-containing foods and drinks have so little carbohydrate that they do not have a GI value. This means that they can be included as part of a healthy diet with little to no impact on blood sugar. Examples include animal based proteins, many vegetables, herbs, spices, lemons and limes. These foods are not included in the lists below but can be included in a balanced meal or snack.

Diabetes Canada recommends choosing lower GI foods and drinks more often to help control blood sugar. If possible, work with a Registered Dietitian to add foods and drinks to your lists, create action plans that include choosing lower GI foods, adapt your favourite recipes, and find ways to swap/substitute low GI foods into your meal plan.

**Checking your blood sugar before, and 2 hours after a meal is the best way to know how your body handles certain foods and drinks.**

Items marked with an \* are foods to be enjoyed occasionally. Some items are ranked based on the average of multiple inputs from the International Tables of Glycemic Index & Glycemic Load. Reference provided below.

| GRAINS & STARCHES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Low Glycemic Index<br>(55 or less)<br>Choose MOST Often                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Medium Glycemic Index<br>(56 to 69)<br>Choose LESS Often                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | High Glycemic Index<br>(70 or more)<br>Choose LEAST Often                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Breads:</b><br>English Muffin (Whole Wheat, Multigrain)<br>Dosa (Foxtail Millet + Dhal)<br>Idli (Brown rice + Dhal)<br>Flaxseed/Linseed Bread<br>Mixed Grain Heavy Breads<br>Multigrain, Seeded Bread<br>Pumpernickel Bread<br>Sprouted Grain Bread<br>Tortilla (Whole Wheat, White, Corn)<br><b>Cereal:</b><br>All-Bran™ Cereal<br>All-Bran Buds™ With Psyllium Cereal<br>Red River Cereal<br>Oats (Steel Cut)<br>Oat Bran™<br><b>Grains:</b><br>Adlay, Job's Tears, Chinese Barley (Boiled, Flaked)<br>Barley<br>Buckwheat<br>Bulgur<br>Chickpea flour<br>Egg Noodles<br>Kamut<br>Mung Bean Noodles<br>Pasta (Wheat - Al Dente, Firm)<br>Pulse Flours<br>Quinoa<br>Rice (Brown)<br>Rice (Wild) | <b>Breads:</b><br>Chapati (White, Whole Wheat)<br>Gluten-free Bread (Sourdough, Buckwheat, Quinoa, Oat, Pulse)<br>Milk Bread<br>Oat Bread<br>Paratha<br>Pita Bread (White, Whole Wheat)<br>Spelt Bread<br>Sourdough (Whole Wheat, Rye)<br>Roti (White, Whole Wheat)<br>Rye Bread (Light, Dark, Whole Grain)<br>Whole Grain Whole Wheat Bread<br><b>Cereal:</b><br>All-Bran Flakes™ Cereal<br>Cornmeal porridge<br>Cream of Wheat™ (Regular)<br>Granola<br>Muesli<br>Oats (Large Flake, Rolled, Old Fashioned)<br>Oats (Quick)<br>Raisin Bran™<br><b>Grains:</b><br>Amaranth<br>Cornmeal<br>Couscous (Regular, Whole Wheat)<br>Gluten Free Pasta<br>Millet (Foxtail, Little, Kodo, Proso, Barnyard)<br>Ramen Noodles (Fresh, Buckwheat, Whole Wheat)<br>Rice (Basmati)<br>Rice (Parboiled)<br>Rice (Long Grain)<br>Rice Noodles<br>Soba (Buckwheat) Noodles<br>Spelt<br>Tapioca<br>Teff<br>Udon Noodles | <b>Breads:</b><br>Bread, Bagel, Baguette (White, Whole Wheat)<br>Dosa (Rice Flour, Finger Millet + Dhal)<br>English Muffin (White)<br>Gluten-free Bread (White, Rice, Corn)<br>Idli (White rice + Dhal)<br>Matzo<br>Naan (White, Whole Wheat)<br>Rice Bread<br>Rice Cakes<br>Sourdough (White)<br><b>Cereal:</b><br>Cheerios™ Cereal<br>Corn Flakes™ Cereal<br>Cream of Wheat™ (Instant)<br>Puffed Wheat Cereal<br>Rice Krispies™ Cereal<br>Shredded Wheat™<br>Special K™ Cereal<br>Oats (Instant)<br><b>Grains:</b><br>Millet (Finger, Pearl)<br>Ramen (Instant)<br>Rice (Instant)<br>Rice (Jasmine)<br>Rice (Sticky, Sushi, Short Grain)<br>Rice Porridge (Congee)<br>Sorghum |

## GRAINS & STARCHES (continued)

| Low Glycemic Index<br>(55 or less)<br>Choose MOST Often                                                                                                                                                                                                   | Medium Glycemic Index<br>(56 to 69)<br>Choose LESS Often                                                                                                                                                                                                                                                                                    | High Glycemic Index<br>(70 or more)<br>Choose LEAST Often                                                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Other:</b><br>Carrots (Cooked)<br>Melba Toast (Whole Grain, Rye, Oat)<br>Green Peas**<br>Plantain (Green, Boiled)<br>Popcorn (Air-popped)<br>Sunflower Oat Crisp Crackers (e.g. Ryvita Crispbread™)<br>Sweet Potato (Boiled, Steamed)<br>Winter Squash | <b>Other:</b><br>Ancient Grain Cracker<br>Beets (Cooked)<br>Breton™ Wheat Crackers<br>Chestnuts (Roasted, Steamed)<br>Corn<br>French Fries*<br>Parsnip<br>Potato (Cooked Cooled)<br>Pumpkin<br>Rye Crisp Crackers (e.g. Ryvita Rye Crispbread™)<br>Semolina<br>Taro, Eddoe (Boiled)<br>Triscuit™ Original Crackers<br>Yam (Steamed, Boiled) | <b>Other:</b><br>Cassava (Peeled, Boiled, Steamed)<br>Corn Starch<br>Gnocchi<br>Plantain (Ripe, Fried)<br>Potato (Instant Mashed)<br>Potato (Cooked Hot)<br>Pretzels<br>Rice Cakes<br>Rice Crackers<br>Soda Crackers<br>Sweet potato (Fried, Baked)<br>Yam (Roasted, Mashed) |

\*\*Snow and snap peas are considered non-starchy vegetables so are not included in the chart.

## FRUITS

|                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                |                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| Apple<br>Applesauce (Unsweetened)<br>Apricots (Fresh, Dried)<br>Banana (Green, Unripe)<br>Berries<br>Breadfruit (Boiled)<br>Cantaloupe<br>Cherries (Fresh)<br>Dates (Fresh, Dried)<br>Durian<br>Figs (Fresh)<br>Guava<br>Grapefruit<br>Honeydew Melon<br>Kiwi<br>Longan<br>Mandarin<br>Mango<br>Nectarines<br>Orange<br>Papaya<br>Passionfruit<br>Peach<br>Pear<br>Plum<br>Pomegranate<br>Pomelo<br>Prunes<br>Starfruit | Banana (Ripe, Yellow)<br>Cherries (Canned)<br>Cranberries (Dried)<br>Figs (Dried)<br>Grapes<br>Lychee (Fresh)<br>Jackfruit<br>Pineapple<br>Persimmons<br>Raisins<br>Watermelon | Banana (Brown, Overripe)<br>Breadfruit (Roasted) |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|

Some fruits have not been assigned a GI because they contain less than 15 g of available carbohydrate per serving (e.g. lemon and lime).

## DAIRY & ALTERNATIVES

### Low Glycemic Index (55 or less) Choose MOST Often

Almond Milk  
Chocolate Milk (1%, 2%)\*  
Cheese (Natural, e.g. cheddar)  
Cottage Cheese  
Cow's Milk (Skim, 1%, 2%)  
Frozen Yogurt (Reduced Fat)\*  
Greek Yogurt (Plain, 0%, 2%, Reduced Sugar)  
Ice Cream (Reduced Fat)\*  
Kefir (Plain, Unsweetened)  
Soy or Nut Cheese  
Soy Milk (Unsweetened, Reduced Sugar)  
Yogurt, (Plain, Reduced Sugar-0%, 2%)

### Medium Glycemic Index (56 to 69) Choose LESS Often

Oat Milk, unsweetened  
Processed Cheese (e.g. processed cheese slices, cream cheese)\*

### High Glycemic Index (70 or more) Choose LEAST Often

Rice Milk

## PROTEIN SOURCES

Baked Beans  
Black Beans  
Black Eyed Peas  
Chickpeas  
Hummus  
Kidney Beans  
Lentils  
Mung Beans  
Nuts, Seeds  
Romano Beans  
Soybeans/Edamame/Tempeh  
Split Peas

Lentil Soup (ready-made)  
Split Pea Soup (ready-made)

Broad Beans

**Additional Items:**

**Additional Items:**

**Additional Items:**

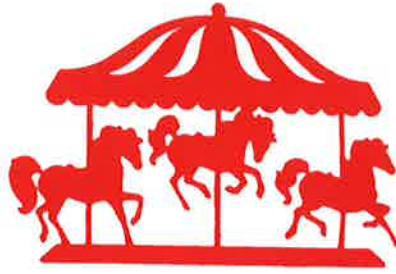
### References:

*International tables of glycemic index and glycemic load values, 2021,  
University of Sydney, Glycemic Index Research, GI Search Tool*



[diabetes.ca](https://diabetes.ca) | 1-800 BANTING (226-8464) | [info@diabetes.ca](mailto:info@diabetes.ca)

# SAVE THE DATE



## Eelūnaapéewi Lahkéewiit



## 2026 FALL FAIR

## OCTOBER 03, 2026

Eelūnaapéewi Lahkéewiit  
Recreation Grounds

*More details to follow later.*

Sponsored by  
Eelūnaapéewi Lahkéewiit Chief & Council,  
In partnership with EL Departments.



**Day for  
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Cash prize:  
\$500

**Submissions will be reviewed by the AIAA Education Committee**

