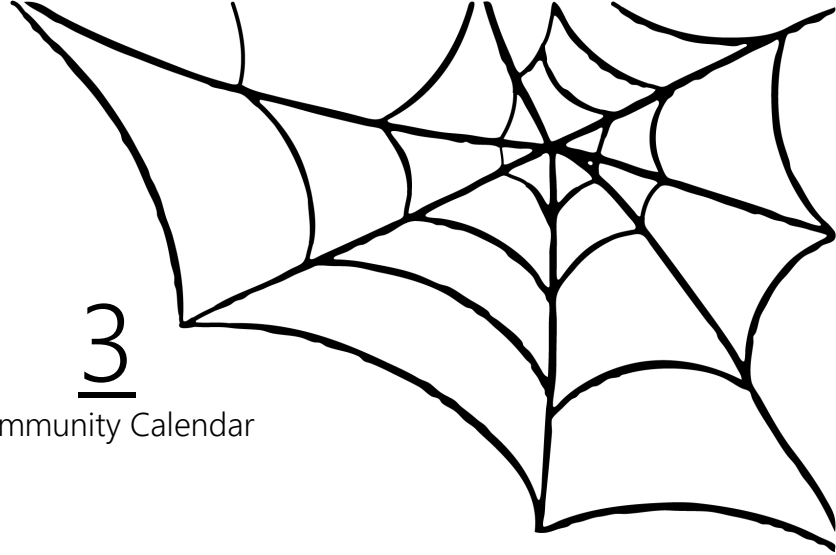




**KZA_GBFN
COMMUNITY NEWSLETTER
OCTOBER 2019**

digital version available online at
www.gullbayfirstnation.com

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follow us on twitter and Instagram

@KZA_GBFN



Community Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Poker Night/ Bake Sale GB Rec Centre 6:00pm-10:00pm Primary Care Travelling Team	2 Primary Care Travelling Team	3 Painting Shells	4 Fun Bingo for Thanksgiving Health Centre - Turtle Room 1:30pm-4:00pm
7	8 Beading on a Beadloom Health Centre - Turtle Room 1:30pm-4:00pm	9	10 Ontario Works Workshop GB Rec Centre Begins at 10:00am Beading on a Beadloom Health Centre - Turtle Room 1:30pm-4:00pm Good Food Box Order Date	11 Office Open ½ Day
14 Thanksgiving All Offices Closed	15 Beenz Aapwin with Rolande Velliux Health Centre - Turtle Room 11:00am-2:00pm (Lunch Served)	16 Sewing: Making Halloween Wall Hangings Health Centre - Turtle Room 1:30pm-4:00pm Ontario Works Deposit	17 Sewing: Making Halloween Cushion Covers Health Centre - Turtle Room 1:30pm-4:00pm	18 Fun Bingo for Halloween Health Centre - Turtle Room 1:30pm-4:00pm
21 Canadian Federal Election GB Rec Centre 9:00am-9:00pm	22 Beading: Lanyard beading or Loom beading Health Centre - Turtle Room 1:30pm-4:00pm	23 Sewing: Making Halloween Decorations Health Centre - Turtle Room 1:30pm-4:00pm	24 Ontario Works Workshop GB Rec Centre Begins at 10:00am Sewing: Making Halloween Decorations Health Centre - Turtle Room 1:30pm-4:00pm Good Food Box Delivery	25 Office Open ½ Day
28 Beenz Aapwin with Rolande Velliux Health Centre - Turtle Room 11:00am-2:00pm (Lunch Served)	29 Baking: A Halloween Treat Health Centre - Turtle Room 1:30pm-4:00pm	30 Baking: A Halloween Treat Health Centre - Turtle Room 1:30pm-4:00pm	31 Fun Bingo for Halloween Health Centre - Turtle Room 1:30pm-4:00pm Ontario Works Deposit	HALLOWEEN MAZE & DANCE Saturday, October 26, 2019 Maze- 4:00pm to 8:00pm Dance- 8:00pm to 12:00pm (kids 8-10, adults 10-12)

GAME NIGHT

The background of the poster features a collection of stacks of poker chips in various colors (black, red, white) and several playing cards, including a prominent Ace of Hearts and Ace of Spades, all arranged on a green felt surface. The lighting is dramatic, highlighting the textures of the chips and cards.

TUESDAY, OCTOBER 1, 2019
GULL BAY RECREATION CENTRE
6:00PM TO 10:00PM

TEXAS HOLD'EM POKER
\$10.00 BUY IN
\$10.00 RE BUY-IN (ONE TIME)

THERE WILL
ALSO BE A
BAKE SALE DURING
THIS EVENT, SEE
POSTER FOR
DETAILS
(KZA NEWSLETTER)

OTHER GAMES
INCLUDE:
TEN THOUSAND, YAHTZEE, SETS, CRIB

REFRESHMENTS WILL BE SOLD DURING
THE EVENT, ALL PROCEEDS GO TOWARDS
THE HALLOWEEN MAZE AND DANCE EVENT

18+ EVENT
NO DRUGS OR ALCOHOL

KZA Halloween Maze & Dance Fundraiser

Bake Sale



Tuesday, October 1 2019
Gull Bay Recreation Centre
6:00pm to 10:00pm

All proceeds go towards the KZA Halloween Maze & Dance



**CASH PRIZES FOR
SCARIEST & FUNNIEST COSTUMES**

**HALLOWEEN
MAZE & DANCE**

SATURDAY, OCTOBER 26, 2019

GULL BAY ARENA & RECREATION CENTRE

MAZE HOURS: 5:00PM to 8:00PM

DANCE HOURS: Kids 8:00PM to 10:00PM, Adults 10:00PM to 12:00AM

ADMISSION

**FREE WITH FULL COSTUME, \$2.50 WITHOUT COSTUME
(ALL DOOR ADMISSION FEE'S WILL BE GIVEN AS PRIZES DURING THE DANCE)**

@KZA_GBFN Halloween Maze & Dance Community Feedback

*Thank you for taking the time to complete this survey,
once complete it can be dropped off at the Government Office
or you can email it to info@gbfn.ca*

What genre of music would you like to hear? (Dance)

What are some things you'd like to see? (Maze & Dance)

What games should we play? (Dance)

Music Suggestions? (Dance, please leave song title and artist (family friendly))

Other Suggestions?

Interested in volunteering?

Name: _____

Contact Number: _____

Email: _____



October is Breast Cancer
Awareness Month

Are you in need of a Mammogram
Have you or anyone in your family had
Cancer? Are you at high risk?

Ladies Talk your Dr. or NP
To see if you are due for screening

IT CAN SAVE YOUR LIFE

Cold and Flu Season is Coming

Washing your hands with Soap and Water

Can help stop the spread of **GERMS**

Let's Wash Our Hands!

Whooshy washy!
Wet our hands
Under running water
Add some soap and
Rub them hard
Don't miss any part!
Between our fingers
Under the nails
Rid germs without fail
Front and back
And round the wrist
No germs will be missed!
They may hide
But we shall seek
So we will not fall sick!
Splishy splashy
Bye bye germs
Down the drain they squirm
With clean towels
We dry our hands
Now let's show our friends!

1 Palm to palm
2 Between fingers
3 Back of hands
4 Base of thumbs
5 Back of fingers
6 Fingernails
7 Wrists
8 Rinse and wipe dry

Remember to wash our hands:

- After using the toilet
- After sneezing or coughing
- After playing with pets
- After sports or playing outside
- Before eating



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BACK TO SCHOOL..BACK TO BUGS

There are some important steps that you can take to prevent getting and spreading illnesses



Wash your hands often

- even after getting the flu shot, washing with soap and water for at least 15 seconds helps prevent the spread of the virus, which **can live on your hands for up to 3 hours**



Cover your mouth when you cough or sneeze

- use a **tissue** and **throw it out** rather than putting it in your pocket, on a desk or table
- if you don't have a tissue, cough into your **upper sleeve**



Don't touch your face

- the flu virus spreads when people with the flu cough, sneeze or talk and **droplets enter your body** through your eyes, **nose** or **mouth**



Stay at home when you're sick

- viruses **spread more easily in group** settings, such as businesses, schools and nursing homes



Clean (and disinfect) surfaces and shared items

- viruses live on **hard surfaces** like countertops, door handles

Good Food Box



Individual

- Cost \$15
- Available 12 months/year
- Eat Healthier!
- Sized for an individual



Family

- Cost \$25
- Available 12 months/year
- Add Healthy produce to your diet
- Save Money!

Individual **\$15.00**

Family Size **\$25.00**

For more information or to order, please contact **Stacey Barry** at the KZA_GBFFN Government Office at (807) 982-0006

Payment Date: **Thursday, October 10 2019**

Delivery Date: **Thursday, October 24 2019**



Federal Canada

ELECTION DAY

Monday, October 21, 2019

Where you can Vote:

Gull Bay First Nation Recreation Centre

Time: 9:30am – 9:30pm



Advance voting takes place on:

Friday, October 11, 2019
Saturday, October 12, 2019
Sunday, October 13, 2019
Monday October 14, 2019

Where you can Vote in advance:

Whitesand Multiplex
4A Whitesand Drive
Whitesand First Nation

The elector can correct or even register at elections.ca. Here you will also find information on what pieces of ID you need to vote, who the candidates are in your area, accessibility needs and much more.

For assistance, you can see your Community Relations Officer **AJ Esquega** at (807) 982-0006 or see him at the Gull Bay First Nation Government Office.

Did you know!

Electors can vote every day until October 15 at 6:00pm at the Returning Office in Thunder Bay.

Main Office:

County Fair Mall
1020 Dawson Road, Suite 19
Thunder Bay, Ontario P7B 1K6

Toll-free Phone: 1-866-202-5220
Toll-free fax: 1-866-212-1505
Returning Officer: Dale Jon Mason

Hours of Operation

Monday to Friday: 9:00am – 9:00pm
Saturday: 9:00am – 6:00pm
Sunday: Noon – 4:00pm



This map is offered for your convenience and is provided by Google Maps. Elections Canada is not responsible for the content or accuracy of this map.

Canadian Federal Election 2019

Meet your candidates for Thunder Bay-Superior North



The Honorable

PATTY HAJDU

Liberal Party of Canada

Incumbent



ANNA BETTY

ACHNEEPINESKUM

NDP



FRANK PULLIA

Conservative Party of Canada



BRUCE HYER

Green Party of Canada



YOUSEEF KHANJARI

People's Party of Canada



***GULL BAY
POLICE SERVICE***

***FOR EMERGENCIES
PLEASE CALL***

1-888-310-1122

***For Employment
Opportunities***

***Please visit the
Employment
Opportunities
Page at***

***www.gullbayfirstnation.com
under Administration***