KZA-GBFN

KZA_GBFN
Community Newsletter
November 2019

Digital Version available online at
www.gullbayfirstnation.com

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follow us on twitter and Instagram

@KZA_GBFN

Community Calendar

Sunday	Monday	Tuesday
3 **Women's Gathering** Health Centre - Turtle Room 6:00pm-7:30pm	4 **Community Walk** Health Centre 9:00am **Painting Shells** Health Centre - Turtle Room 10:00am-12:00pm **Dilico Primary Care** **Canada Food Guide** Health Centre - Turtle Room 1:00pm-2:00pm **Youth 12-24 Floor Hockey** Rec Centre 4:00pm-6:00pm	5 **Community Walk** Health Centre 9:00am **Fur Removal Tool Build** Rec Centre 1:00pm-3:30pm **Dilico Primary Care** In the community
10	11 **Remembrance Day** **OFFICES CLOSED** **Women's Gathering** Health Centre - Turtle Room 6:00pm-7:30pm	12 **Community Walk** Health Centre 9:00am **Beenz Aapwin with Roland V.** Health Centre - Turtle Room 11:00am-2:00pm **Fur Removal** Rec Centre 1:00pm-3:30pm
17 **Women's Gathering** Health Centre - Turtle Room 6:00pm-7:30pm	18 **Community Walk** Health Centre 9:00am **Painting Shells** Health Centre - Turtle Room 10:00am-12:00pm **Bannock Making** Rec Centre 4:00pm-6:00pm	19 **Community Walk** Health Centre 9:00am **Sewing - Cushion Covers** Health Centre - Turtle Room 9:00am-12:00pm **Stretching Hide** Rec Centre 1:00pm-3:30pm
24 **Women's Gathering** Health Centre - Turtle Room 6:00pm-7:30pm	25 **Community Walk** Health Centre 9:00am **Beenz Aapwin with Roland V.** Health Centre - Turtle Room 11:00am-2:00pm	26 **Community Walk** Health Centre 9:00am **Sewing - Cushion Covers** Health Centre - Turtle Room 9:00am-12:00pm **Final Hide Prep** Rec Centre 1:00pm-3:30pm **JK-Gr. 8 Children's Game Night** Rec Centre 6:00pm-8:00pm

Wednesday	Thursday	Friday
		1
6 **Community Walk** Health Centre 9:00am **Loom Beading** Health Centre - Turtle Room 1:30pm-4:00pm **Addictions Awareness with Ron Kanutski** Health Centre - Turtle Room 1:30pm-3:30pm	7 **Community Walk** Health Centre 9:00am **Loom Beading** Health Centre -Turtle Room 9:00am-12:00pm **Ontario Works Workshop** (Naloxone Training) Rec Centre 10:00am	8 **Community Walk** Health Centre 9:00am
13 **Community Walk** Health Centre 9:00am **Healing through Culture** Health Centre - Turtle Room 1:30pm-3:30pm	14 **Community Walk** Health Centre 9:00am **Loom Beading** Health Centre - Turtle Room 9:00am-12:00pm **Diabetes Basics** Health Centre - Turtle Room 1:00pm-3:00pm **Youth 12-24 Traditional Craft Night** Rec Centre 6:00pm-8:00pm	15 **Grade 5-8 Activity** Health Centre - Turtle Room 10:00am-11:00am **Ontario Works Deposit**
20 **Community Walk** Health Centre 9:00am **Destressing your Family** Health Centre - Turtle Room 1:30pm-3:00pm	21 **Community Walk** Health Centre 9:00am **Loom Beading** Health Centre - Turtle Room 9:00am-12:00pm **Ontario Works Workshop** (Dilico) Rec Centre 10:00am	22 **Community Walk** Health Centre 9:00am
27 **Community Walk** Health Centre 9:00am **National Addiction Awareness** Rec Centre 1:30pm-4:00pm	28 **Community Walk** Health Centre 9:00am **Loom Beading** Health Centre - Turtle Room 9:00am-12:00pm **Cooking Card Special** Rec Centre 1:00pm-3:30pm	29 **Community Walk** Health Centre 9:00am **Ontario Works Deposit**

Dilico
Anishinobek Family Care

November 2019

Dilico
Anishinobek Family Care

Gull Bay — Dilico Staff Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Admin Day	2
3	4	5 Mental Health Walk-in Clinic 1-3pm Sports Night Dilico Recreation	6	7 Cultural Day with Larry & Jaylene 1-2pm	8 Admin Day	9
10	11 Dilico Office Closed Remembrance Day	12	13	14	15 Admin Day	16
17	18 Community Kitchen 11-1pm	19	20 De-stressing Family Workshop @130pm	21	22 Admin Day	23
24	25 Mental Health Walk: Benefits of Exercise 1-2pm	26 Arts & Crafts with Dilico Recreation	27	28	29 Admin Day	30

Dates/Times are subject to change

807-982-2253 or 807-982-2121

Jennifer Switzer— Family Wellness (Mondays, Wednesdays & every other Friday)
Jaylene Macdonald— KZA Community Mental Health & Addictions (Monday & Thursday 10am-3pm—Subject to Change)
Recreation Workers– Kelsey/Kyla (Twice a month)
Larry Wanakamik– Cultural Coordinator (Every Monday & Thursday 10am-3pm)
Roberta Shapwaykeesic– Native Child & Family counsellor (Every Tuesday & Wednesday 11am-3pm)
Yvette Kwandibens– Family Preservation (Nov. 11th/12th, 18th-20th)

WOMEN'S GATHERING

A time for woman to gather & talk
No children

Every Sunday Night

(On Holiday Monday's It will be on the Monday)

Keep an eye on the Activities Calendar

6-730pm
Turtle Room at KZA Health Center

Dessert & Tea will be served
Contact is Sandra 982-2104
sandra.gbfn@gmail.com

YOUTH DROP IN

CRAFT & GAMES!!!

TUESDAY NOVEMBER 5TH
4:30-6:30 PM
@ THE RECREATION CENTRE

Ages 8+

Dilico
Anishinabek Family Care

KIASHKE ZAAGING ANISHINAABEK
Gull Bay First Nation

JOB FAIR

For the KZA-GBFN Water Treatment Plant Construction Project

FINN WAY
GENERAL CONTRACTOR INC.

Date: Wednesday November 6th, 2019
Time: 10:00 a.m. – 3:00 p.m.
Location: KZA Community Recreation Centre

Come by and meet the FINN WAY General Contractors team.

FINN WAY will be hiring KZA-GBFN members
who are interested, motivated and excited working
on building the new water treatment facility
that will bring clean fresh drinking water for the
Community of Gull Bay First Nation.

Bring your resumes

Please contact
Councillor Marcel Shonias
(807) 982-0006
for more information
Miigwetch

KIASHKE ZAAGING
ANISHINAABEK

GIIZIS ENERGY

23,111 LITRES

OF DIESEL FUEL REDUCED AS OF OCTOBER 31, 2019

What's happening this month?

Solar PV Performance Testing

Independent Engineer Review

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_GBFN Government Office at (807) 982-0006

Payment Date: **Thursday, November 7 2019**
Delivery Date: **Thursday, November 21 2019**

Dilico
Anishinabek Family Care

Primary Care Travelling Team

PCTT: A multidisciplinary collaborative health care team

To access services call – 1.855.623.8511 (ext. 5249)

Speech Language Pathologist

Specializes in the evaluation, diagnosis, and treatment of speech, cognition, and swallowing disorders..

Pharmacist

Advises on the selection, dosage, and side effects of medications and in monitoring of drug programs or regimens.

Registered Practical Nurse

Support the delivery of primary care services, both clinical and educational.

Mental Health Nurse

Focus on psychological therapies and medication, building therapeutic alliances, and dealing with challenging behaviour.

Nurse Practitioner

Work directly with community members providing comprehensive primary care services and refers to other PCTT services where applicable.

PCTT

Our allied health care team is focused on bringing respectful holistic health care services to First Nation communities.

Psychologist

Assess, diagnose, and treat psychological problems and behavioral dysfunction related to physical and mental health, and play a major role in the promotion of healthy behavior and improved quality of life.

Social Worker

Provide individual, group, or family counselling and deliver specialized clinical mental health services.

Chiropodist

Specializes in assessing, managing, and preventing dysfunctions, disorders and diseases of the foot.

Traditional Healing Liaison

Promotes and helps incorporating traditional medicines and practices into the primary care plan.

Registered Dietician

Advises on healthy food and nutrition choices, and creates affordable nutritional plans.

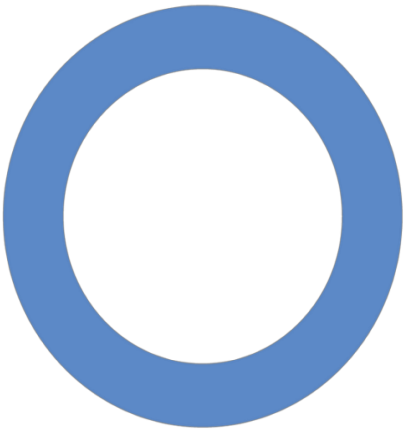
Influenza Vaccinations

Available

Gull Bay Health Centre

October 29th 2019

For anyone 6 months and older



world diabetes day

14 November

Join Jo-Ann RN

1-3pm

Turtle Room

For basic and refresher information

Regarding Diabetes

Snack will be provided

HEY KIDS

COME TO THE

TURTLE ROOM

FRIDAY NOV 15th @10 – 11am

Kids Grade 5-8 welcome

Snacks will be served

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

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Discover your food guide at

Canada.ca/FoodGuide

Health Canada Santé Canada

Canada

Canada's food guide

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

Health Canada Santé Canada

Canada

Ojibwe – Ojibwée

Kanata miijim kinoomaaw-sawin

Ga-mna-wiisin. Weweni gnawendizan.

Ga-miijin ebkaanak mna-bmaadziwin miijim endso-giizhgak

Ga-mkaan kinoomaawsawin oodi

Canada.ca/FoodGuide

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Health Canada Santé Canada

Canada

Ojibwée – Ojibwe

Kanata miijim kinoomaaw-sawin

Ga-mna-wiisin. Weweni gnawendizan.

Mna-bmaadziwin-miijim ooshme dowendaagod iw shwii gwa ebmidewang

Ga-wiingez emiijiyin

Ga-jiibaakwe pane

Ga-mnanwez miijim emiijiyin

Ga-wiidoopnge

Ga-kindaan ezhibiigaadeg maa miijim

Gegwa miijiken ebaatiinak ziiwtaagan, ziisbaakwad, saturated-wiinan maage

Aangwaamzin miijim ebwaa-gwakwang

Ga-mkaan kinoomaawsawin oodi

Canada.ca/GuideAlimentaire

Santé Canada Health Canada

Canada

Employment Opportunities

First Nation Administrator

Accountable to the government of GBFN, being the duly elected chief and council, the roles and responsibilities of the First Nation Administrator include, but are not limited to: the implementation of Council's decisions in regards to the management , administration and completion of audit/reporting requirements for all programs and services under the jurisdiction of Council; the advisement and provision of information and the identification of programs, opportunities and initiatives that may contribute to sustainable social and economical development of the community; the maintenance of operational requirements which ensure the health, security and well-being of GBFN members; the planning, organization, directions and controls of the operations along with the human, financial and material resources of all the sectors of FN activities; as well as many other tasks involving community and intergovernmental relations.

Desired applicants should possess base core competencies of; thinking capabilities, leadership effectiveness, self-management and social awareness. To be successful in this position, individuals should emote the personal attributes of: knowledge; education; experience; personal suitability; abilities. Skills and aptitudes; occupational and literacy/numeracy proficiency.

The successful candidate should have a relative university degree and a minimum of 5 years of service in a similar position. Compensation will be commiserative with education and experience. Since the FN Administrator must live in the community and work Monday through Friday, Council is prepared to offer staff accommodation to the candidate at no cost during their tenure. In accordance with GBFN equity hiring practices, the Nation will give priority standing to candidates who are members of the community first, then to any person of FN status, and finally to all others expressing interest.

Resumes, along with 3 letters of reference from previous employers and/or business contacts, may be faxed to the GBFN Government Office at
(807) 982-0009.

School Bus Driver

For all persons interested in receiving training as a school bus driver OR any licensed and qualified persons interested/available to work as an alternate driver, this information is for your use.

Kiashke Zaaging Anishinaabek – Gull Bay First Nation requires the services of an alternate school bus driver for the GBFN / Armstrong Public School daily route, as well as for community events such as powwows, children's activities and other such occasions.

Successful training candidates will be paid during the course of their learning experiences and for scheduled and on-call driving times. GBFN will pay the cost of the associated required checks.

To be considered, please note that you must possess the following:

- An unrestricted valid drivers license and current driving abstract
- A physician's medical in accordance with MTO standards
- A Criminal record check including a vulnerable sector check (for more info, please refer to www.thunderbaypolice.ca/service/criminal-records-search)

Any interested person should submit a copy of their resume and drivers license to Herman Lee (in Armstrong) or Chief Wilfred King (in GBFN).

Miigwetch

Medical Van Driver

For all persons interested applying as a Medical Van Driver, this information is for your use. Kiashke Zaaging Anishinaabek – Gull Bay First Nation requires TWO (2) qualified staff to operate the van in accordance with the GBFN Medical Transportation Protocol. In association with GBFN/Health Referral Staff, the driver will be responsible for conducting the various associated activities such as:

- Report any vehicle malfunctions or needed repairs.
- Report delays, accidents, or other traffic and transportation situations, using telephone or
- mobile two-way radios.
- Drive gasoline or diesel powered multi-passenger vehicles to transport clients between the
- community, the Thunder Bay designated drop spot, and return, AND drive without passengers
- o other related activities (for example prescription and Health Centre cleaning supply pick ups).
- Check the condition of a vehicle's tires, brakes, windshield wipers, lights, oil, fuel, water, and
- safety equipment to ensure that everything is in working order.
- Comply with traffic regulations in order to operate vehicle in a safe and courteous manner.
- Follow safety rules as clients are boarding and exiting vehicle, and as they cross streets near
- vehicle stops.
- Regulate heating, lighting, and ventilation systems for passenger comfort.
- Escort clients into and out of vehicle as required.
- Keep vehicle interiors clean for passengers.
- Maintain knowledge of first-aid procedures.
- Maintain order among clients during trips, in order to ensure safety.
- Prepare and submit reports that may include the number of passengers or trips, hours worker,
- mileage, fuel consumption, and/or pick up activities etc.

To be considered, please note that you must possess the following:

- Candidates require a competent level of literacy and numeracy skills (Grade 12)
- Candidates should possess a valid unrestricted drivers license
- Candidates must submit to an MTO physicians physical and provide the report
- Candidates must provide a criminal records check (GBFN will support/pay)
- Candidates should be prepared to work flexible hours

This is the LAST opportunity to maintain a vital service to community members. GBFN has lost its van drivers due to the failure of certain community members to follow the simple safety protocol and place undue stress and hardship on the drivers.

Any interested person should submit a copy of their resume and drivers license to Chief Wilfred King by fax (807) 982-0009 or in person at the Government Office in GBFN