KZA-GBEN

MARCH 2020 NEWSLETTER

Kiashke Zaaging Anishinaabek

TABLE OF CONTENTS

3-4

MARCH/DILICO CALENDAR

The month of March at a glance for Gull Bay & Dilico

5

ONTARIO WORKS

Calendar, important dates, reminders and workshops, along with fun upcoming activities

9

MARCH BREAK WINTER CARNIVAL

Full event schedule,
Bingo Night program

14

EDUCATION

Back to School... Back to Bugs: Important steps to staying healthy

15

HEALTH

LifeLabs in Gull Bay,
Save the Date: Pap-A-Palooza

17

EMPLOYMENT OPPORTUNITIES

Current employment and training opportunities in the community

Kiashke Zaaging Anishinaabek

2020

MARCH 2020

S	M	T	W	T	F	S
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

○ Ontario Works Workshop

□ Ontario Works Deposit

5th - Adult Paint Activity 1 pm - 3 pm OW

12th - Taxes: Info Session 10 am - 3 pm OW

16th - 19th March Break Winter Carnival

18th - LifeLabs 9:30 am - 1 pm HEALTH

DILICO

Dilico
Anishinabek Family Care

March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 KZA Community Kitchen with Cheryl Mundell Turtle Room 11am – 1pm Cheryl Mundell Health Office 11am-3pm Larry Wanakamik Health Office 10-3pm	3 Primary Care Travelling Team Turtle Room All Day Roberta Shapwaykeesic Health Office 11-3pm	4 Primary Care Travelling Team Turtle Room All Day Roberta Shapwaykeesic Health Office11-3pm Jaylene MacDonald Health Office All Day	5 Sharing Circles with Larry Wanakamik Turtle Room 11am-12pm Larry Wanakamik Health Office 10-3pm Jaylene MacDonald Health Office All Day	6	7
8	9 Bannock & Tea: Looking Within Turtle Room 11am-2pm Walk-in Clinic 0-16years 11am-3pm Cheryl Mundell Health Office 11am-3pm Larry Wanakamik Health Office 10-3pm	10 Walk-in Clinic: Adults, Elders with Shanna Morrison Health Office 9am-1:30pm Roberta Shapwaykeesic Health Office 11-3pm	11 Roberta Shapwaykeesic Health Office 11-3pm Jaylene MacDonald Health Office All Day Yvette Kwandibens Health Office 2-3pm	12 Sharing Circles with Larry Wanakamik Turtle Room 11am-12pm Mental Health Walk: Jaylene MacDonald Health Office 4-5pm Larry Wanakamik Health Office10-3pm Jaylene MacDonald Health Office All Day	13	14
15	16 School March Break KZA March Break Cheryl Mundell Health Office11am-3pm	17 School March Break KZA March Break	18 School March Break KZA March Break Jaylene MacDonald Health Office All Day Roberta Shapwaykeesic Health Office11-3pm	19 School March Break KZA March Break Jaylene MacDonald Health Office All Day	20 School March Break	21
22	23 Ages & Stages with Cheryl Mundell Health Office 1pm Cheryl Mundell Health Office 11am-3pm Larry Wanakamik Health Office 10-3pm	24 Walk-in Clinic: Adults, Elders with Shanna Morrison Health Office 9am-1:30pm Roberta Shapwaykeesic Health office 11-3pm	25 Roberta Shapwaykeesic Health Office 11-3pm Jaylene MacDonald Health Office All Day	26 Sharing Circles with Larry Wanakamik Turtle Room 11am-12pm Smudge & Storytelling with Jaylene MacDonald Turtle Room 4-5pm Larry Wanakamik Health Office 10-3pm Jaylene MacDonald Health Office All Day	27	28
29	30 Smudging with Larry Wanakamik Turtle Room 1-2pm Walk-in Clinic: 0-16years 11am-3pm Cheryl Mundell Health Office 11am-3pm Larry Wanakamik Health Office 10-3pm	31	Lawrence Wanakamik | Cultural Coordinator Roberta Shapwaykeesic | Native Child & Family Counsellor Jaylene MacDonald | Community Mental Health & Addictions Worker (0-18 years) Cheryl Mundell | Community Mental Health & Addictions Worker (0-18 years) Melanie Cheesaquay | Family Wellness Worker (KZA once a week) Shanna Morrison | Adult Mental Health Yvette Kwandibens | Family Preservation Worker			

ONTARIO WORKS

WORKSHOP ○

DEPOSIT □

2020

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	○9	10	11
12	13	14	15	□16	17	18
19	20	21	22	○23	24	25
26	27	28	29	30	□31	

February

S	M	T	W	T	F	S
						1
2	3	4	5	○6	7	8
9	10	11	12	13	□14	15
16	17	18	19	○20	21	22
23	24	25	26	27	□28	29

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	○12	13	14
15	□16	17	18	19	20	21
22	23	24	25	○26	27	28
29	30	□31				

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	○9	10	11
12	13	14	15	□16	17	18
19	20	21	22	○23	24	25
26	27	28	29	□30		

May

S	M	T	W	T	F	S
					1	2
3	4	5	6	○7	8	9
10	11	12	13	14	□15	16
17	18	19	20	○21	22	23
24	25	26	27	28	□29	30
31						

June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	○11	12	13
14	15	□16	17	18	19	20
21	22	23	24	○25	26	27
28	29	□30				

July

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	○9	10	11
12	13	14	15	□16	17	18
19	20	21	22	○23	24	25
26	27	28	29	30	□31	

August

S	M	T	W	T	F	S
						1
2	3	4	5	○6	7	8
9	10	11	12	13	□14	15
16	17	18	19	○20	21	22
23	24	25	26	27	28	29
30	□31					

September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	○10	11	12
13	14	15	□16	17	18	19
20	21	22	23	○24	25	26
27	28	29	□30			

October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	○8	9	10
11	12	13	14	15	□16	17
18	19	20	21	○22	23	24
25	26	27	28	29	□30	31

November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	○12	13	14
15	□16	17	18	19	20	21
22	23	24	25	○26	27	28
29	□30					

December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	○10	11	12
13	14	15	□16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	□31		

Ontario Works Notice

Dear Ontario Works Recipient,

This is a reminder that **Income Statements** are due on the **16th of every month**.

Along with any:

- Board and Lodge Receipts
- Wood Receipts
- Fuel Receipts
- Propane Receipts
- Hydro Receipts

The following documents are **required prior** to processing your next Ontario Works assistance cheque. Should you fail to submit documents, your assistance will not be processed until the next processing date.

If you have any questions or concerns, please feel free to contact Stacey or Kateri at the Government Office.

Sincerely,

Stacey Barry – Ontario Works Administrator

Kateri Rioux – Ontario Works Caseworker

IMPORTANT

If you miss an Ontario Works Workshop (**The first time**) your Ontario Works Assistance cheque will be held for 30 days, for failure to comply with your participation agreement. *As per Ontario Works Directive 9.1: Reviewing Eligibility*

If you miss an Ontario Works Workshop (**The second time**) your Ontario Works Assistance cheque will be held for 3 months, for failure to comply with your participation agreement. *As per Ontario Works Directive 9.1: Reviewing Eligibility*

Adult Paint Activity

Thursday March 5, 2020

1-3pm

Rec Centre

Canada Revenue Agency | Agence du revenu du Canada

DOING YOUR TAXES

WHAT'S IN IT FOR YOU?

Come to an information session to find out about benefit and credit payments you could get from the Canada Revenue Agency if you do your taxes every year.

Representatives from the Canada Revenue Agency will share information on how benefits are calculated, how and when you should apply for benefits, and will answer any questions you might have.

WHEN: **Thursday - March 12, 2020**

10am -3pm

WHERE: **Recreation Centre**

Canada

MARCH BREAK WINTER CARNIVAL

gbfn march break 20

mar. 16-19

event schedule Version 5 – February 12, 2020

gbfn march break 20

Day	March 2020			
	16 Monday	17 Tuesday	18 Wednesday	19 Thursday
Morning	◆ Face Painting 10:00am – 12:00pm	◆ Crafts 10:00am – 12:00pm	◆ Crafts 10:00am – 12:00pm	△ Scavenger Hunt 10:00am – 12:00pm 🏅
	◆ Tug of War 10:00am – 10:30am	◆ Obstacle Race 10:00am – 12:00pm 🏅	◆ Target Shooting 11:00am – 12:00pm 🏅	▲ Poker Walk 10:00am – 12:00pm 🏅
	◆ Snakes and Ladders 10:30am – 12:00pm 🏅	▲ Snowshoe Race Men's 11:00am – 12:00pm 🏅	▲ Snowshoe Race Women's 11:00am – 12:00pm 🏅	◆ Curling 11:00am – 12:00pm 🏅
Afternoon	△ Bingo 1:00pm – 2:00pm 🏅	◆ Team Relay Race 1:00pm – 2:00pm 🏅	△ Puzzle Contest 1:00pm – 3:00pm 🏅	△ Snowshoe Race 1:00pm – 2:00pm 🏅
	▲ Fire Making (with flint) 1:00pm – 2:00pm 🏅	△ Mini Sticks Hockey 2:00pm – 3:00pm	△ Soccer 2:00pm – 3:00pm	▲ Darts 1:00pm – 3:00pm 🏅
	Broomball △ Youth Game ★ Chief & Council vs. Staff 1:00pm – 3:00pm	▲ Broomball Women's Mini Tournament 1:00pm – 4:00pm 🏅	▲ Broomball Men's Mini Tournament 1:00pm – 4:00pm 🏅	◆ Lumberjack Challenge ▲ Log Cutting ▲ Log Throwing ◆ Nail Driving 1:00pm – 3:00pm 🏅
Evening	▲ Card Hockey ▲ Sets Card Game ▲ Dice/Boardgames 7:00pm – 10:00pm 🏅	▲ Bingo Night 7:00pm – 9:30pm 🏅	▲ Poker Night ▲ Puzzle Contest 7:00pm – 10:00pm 🏅	Feast and Prize Giveaway 5:00pm – 7:00pm

Please note that all events are at the Recreation Centre

Week Long	◆ Snow Sculpture Competition Begins at 10:00am on Monday, March 16 Ends at 10:00am on Thursday, March 19 Judging at 11:00am on Thursday, March 19 🏅
	▲ Wood Carving Competition Begins at 10:00am on Monday, March 16 Ends at 10:00am on Thursday, March 19 - participant must bring the wood carving by 12:00pm on March 19 Community will vote on their favourite, voting ends at 2:00pm on Thursday, March 19 🏅

△ Youth Event
▲ Adult Event
◆ Youth/Adult Event
★ Other Event
🏅 Prized Event

prizes

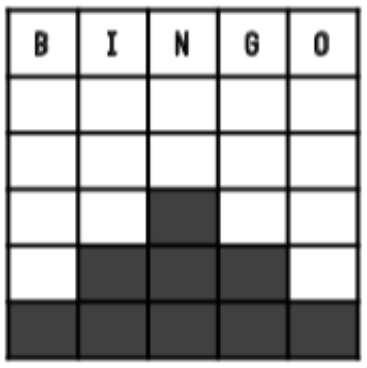
EVENT	AGE CATEGORY 0-8		AGE CATEGORY 9-12		AGE CATEGORY 13-17		AGE CATEGORY 18+	
	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	WOMEN'S	MEN'S
Snakes and Ladders	◢		◢		◢		◢	
Fire Making (with flint)							◢	◢
Obstacle Race	◢		◢		◢		◢	
Snowshoe Competition	◢		◢		◢		◢	◢
Team Relay	◢ ◢		◢ ◢		◢ ◢		◢ ◢	
Target Shooting	◢	◢	◢	◢	◢	◢	◢	◢
Puzzle Contest	◢		◢		◢		◢	
Scavenger Hunt	◢							
Poker Walk							◢	
Darts							◢	◢
Lumberjack Challenge (3 stages)							◢	◢
Nail Driving	◢	◢	◢	◢	◢	◢		
Snow Sculpture	◢ ◢ ◢							
Wood Carving							◢ ◢ ◢	
Broomball							◢ x 8	◢ x 8
Mystery*								
Random Participation*								

EVENT	AGE CATEGORY 0-5		AGE CATEGORY 6-10		AGE CATEGORY 11-17		AGE CATEGORY 18+	
	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	WOMEN'S	MEN'S
Curling	◢		◢		◢		◢	

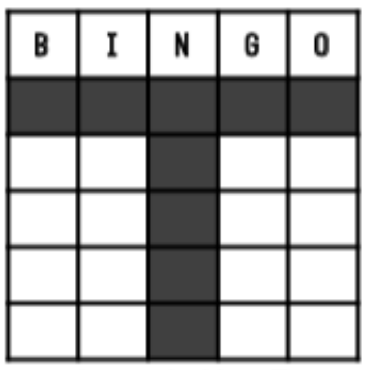
Kiashke Zaaging Anishinaabek – Gull Bay First Nation

Bingo Night Program
Tuesday, March 17, 2020
Bingo starts at 7:00PM

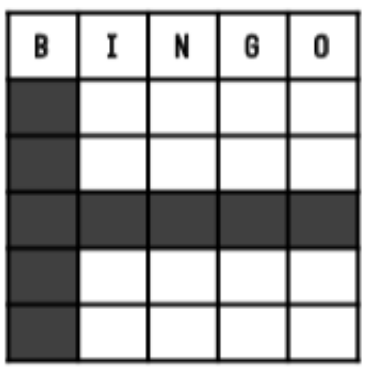
gbfn march break 20



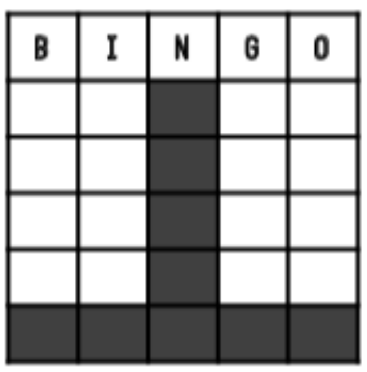
Pyramid



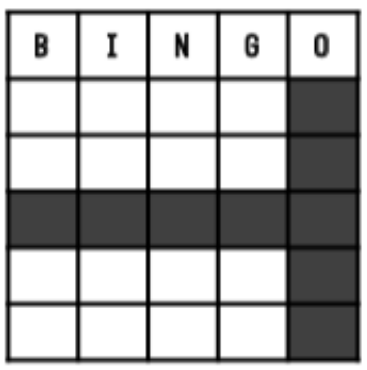
Crazy Letter T



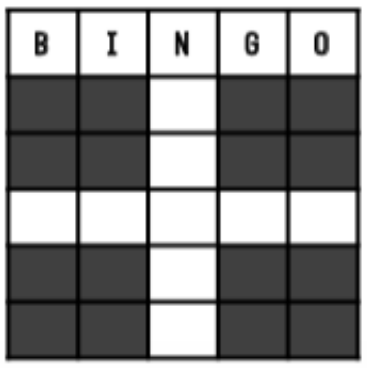
Crazy Letter T



Crazy Letter T



Crazy Letter T



4 Stamps

Game 1 – Blue

1 Line or 4 Corners $20.00
2 Lines $30.00

Game 2 - Orange

1 Line or 4 Corners $20.00
Pyramid $30.00

Game 3 - Green

1 Line or 4 Corners $20.00
Crazy Letter T $30.00

Game 4 - Yellow

2 Stamps $20.00
4 Stamps $30.00

Game 5 – Pink (Special)

6 Pack – Hard Way (No Free space) $50.00
9 Pack $100.00

- Intermission -

Game 6 – Grey

1 Line or 4 Corners $20.00
2 Lines $30.00

Game 7 - Lime

1 Line or 4 Corners $20.00
Letter X $30.00

Game 8 – Brown (Special)

Inside Square $50.00
Outside Square $100.00

Game 9 - Red

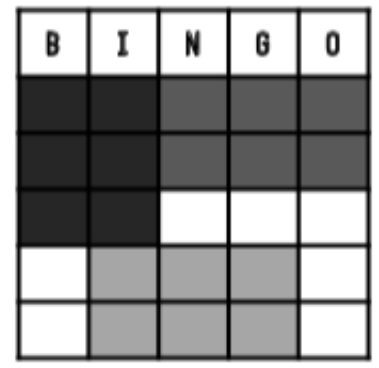
1 Line or 4 Corners $20.00
Zero $30.00

Game 10 – Bonanza

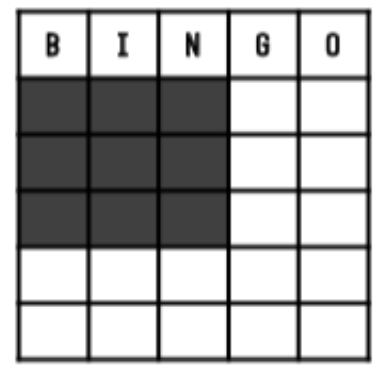
Full Card ..... $ Total of Bonanzas Sold

Game 11 – Purple - JACKPOT

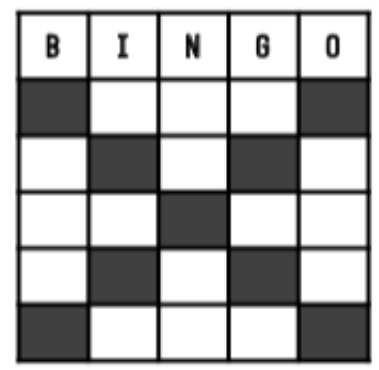
Full Card ..... Starts at $1,000.00



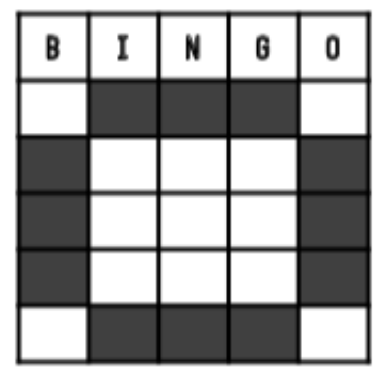
6 Pack



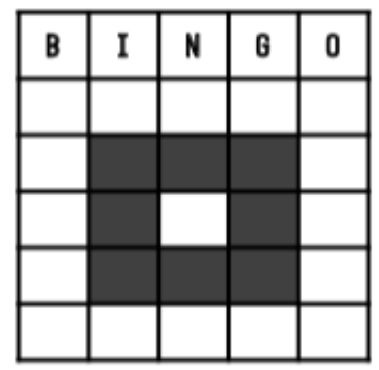
9 Pack



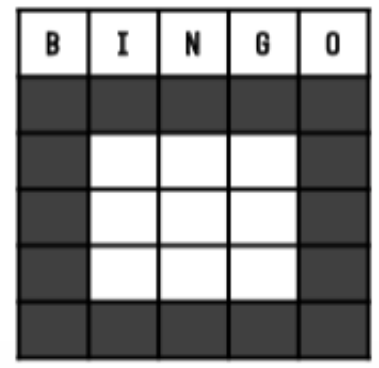
Letter X



Zero



Inside Square



Outside Square

B	I	N	G	O
1	16	31	46	61
2	17	32	47	62
3	18	33	48	63
4	19	34	49	64
5	20	35	50	65
6	21	36	51	66
7	22	37	52	67
8	23	38	53	68
9	24	39	54	69
10	25	40	55	70
11	26	41	56	71
12	27	42	57	72
13	28	43	58	73
14	29	44	59	74
15	30	45	60	75

EDUCATION

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

HEALTH

LifeLabs

Wednesday March 18 2020

Wednesday April 15 2020

Wednesday May 20 2020

Hours are 9:30-1:00 OPEN DURING LUNCH

Appointments are available.

Walk-ins Welcome

Please bring your lab req with you or have DR/NP fax to Nurses.

COME OUT AND USE THIS GREAT SERVICE

SAVE THE DATE

PAP-A-PALOOZA

APRIL 2020

Anyone with a cervix between the ages of 21 and 69 years, who has ever been sexually active, should complete a Pap test to screen for cervical cancer every three years.

April 2020 will mark the fifth Pap-A-Palooza cervical cancer screening event! This initiative aims to increase cervical cancer screening rates across Northwestern Ontario, especially among under or never screened women.

For more information, contact Julia Bailey at (807) 684-7241 or baileyj@tbh.net.

Thunder Bay Regional Health Sciences Centre

EMPLOYMENT OPPORTUNITIES

Application forms are available for download at www.gullbayfirstnation.com, or in person at the Government Office in GBFN

IMPALA CANADA

One University Avenue, Suite 1601
Toronto, Ontario M5J 2P1

(416) 360-7590

Impala Canada is the only Canadian pure play palladium producer. Located in Northern Ontario, Lac des Iles Mine (LDI) features a world class orebody consisting of an open pit and one of the largest underground mines in Canada. Mine operations are data driven, supported by the latest in mine technology and equipment, real time mine management, and automation. At LDI we employ over 580 of Canada's best and brightest in their field. Driven to exceed, our people are motivated by a culture of safety in a positive and collaborative work environment. With a modern infrastructure, significant exploration portfolio, and dedicated employees Impala Canada is a well-positioned, low cost, long term, sustainable palladium producer.

Summer Students – 27-2020

Lac des Iles Mines is currently recruiting for several summer student positions to work in the Maintenance, Warehouse or Mill Departments during the period May 1 to August 31, 2020. Experience in a mining or industrial setting is an asset.

To be eligible, students must be eighteen (18) years of age or older prior to commencing employment.

The schedule worked will be dependent on the work assignment area and could be 7 days on and 7 days off, or 14 days on and 14 days off.

Each student will be paid an hourly wage. The amount will depend on which area the student will be assigned to.

If you are interested in this opportunity, please submit your resume along with references via email to rjuurakko@nap.com or by fax to 807-448-2088. Please include the job number on the upper left hand side of your resume and in the subject line of your email response.

Please note, that all job offers are conditional upon successful completion of a pre-employment criminal record check and drug and alcohol test.

We thank all applicants for their interest; however, only those selected for an interview will be contacted. Please visit www.nap.com for more information regarding Lac des Iles Mines Ltd.

Closing Date for Applications: **March 31, 2020**

APPLICATION AVAILABLE AT
WWW.GULLBAYFIRSTNATION.COM

AETS
Anishinabek Employment and Training Services

LINE CREW GROUND SUPPORT TRAINING

APRIL 20, 2020 TO JULY 31, 2020

15 WEEK CERTIFICATE PROGRAM

Cambrian College, Sudbury Campus

Gezhtoojig Employment and Training in partnership with the Infrastructure Health and Safety Association and Cambrian College are seeking interested ABORIGINAL participants for this 15 week job readiness program.

This program will prepare individuals for integration into employment opportunities in the Power Line and Construction sector. As new power grids and infrastructure projects are being developed across Canada, the need for skilled workers in these industries are increasing.

This program is designed to prepare the trainee for entry level and pre-apprenticeship opportunities with various power and construction companies seeking safety conscious ready to work employees.

****REQUIREMENTS****

Valid Drivers License

Grade 12 Diploma

Must be 18 & over

TRAINING MODULES

- WHMIS
- Construction Health & Safety
- Traffic Control Temp. Work Zones
- Defensive Driving-Commercial
- Hoisting & Rigging-Basic Safety
- Mobile Crane Operator 0-8 Ton Anchors
- Elec. Safety-Hydrovac Operators
- Equipotential Grounding & Bonding
- Pole Line Construction ...
- 1) Climbing 2) Framing 3) Theory
- 4) and Transformers
- Introduction to Electrical Theory
- Electrical Safety High Voltage
- Working at Heights-Fundamentals of Fall Prevention
- Propane in Construction
- Confined Space Hazard Awareness for construction
- Ladder Handling
- MSD Prevention Workshop-Trades
- Safe Pole Handling
- Hydraulic Aerial Equipment

APPLICATION DEADLINE MARCH 10 2020

Anishinabek Employment &
Training Services
aets@aets.org
807-346-0307

Financial Assistance is Available

Visit our website www.aets.org

LIKE US on

Canada Ontario

Anishinabek Employment & Training Services, 285 Red River Road P7B 1A9
Thunder Bay ON Tel: 1-807-346-0307 Fax: 807-346-0310 www.aets.org