



Shovel
service
\$15/hr

INSIDE:

- Yay Fusion! young adults gather on Jan. 22
- Ask An Expert monthly parent night returns
- Business recycling pick-up available
- Literacy Outreach Centre students get creative

STILL STAND
2 METRES
APART

STILL COUGH INTO
YOUR ELBOW!

since 1962

Inclusion
NWT

WASH HANDS
OFTEN FOR
20 SECONDS



We provide lifelong support for individuals with disabilities and their families in the NWT, since 1962.

inclusion nwt newsletter
01/21/2021

INCLUSION NWT'S

"DRAGONS DEN"



Young ADULTS

If you were going to run a business, what would it be? Have you wanted to run a video game store? Or design and sell custom t-shirts? What about a food truck or an ice cream stand? Come convince our judges that your business will be a success!

Friday, January 22, 2021

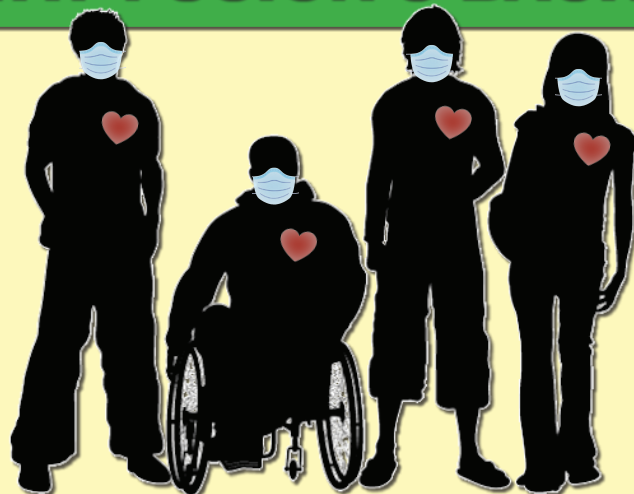
6:30 pm – Drop off at Abe Miller
8:00 pm – Presentation to the judges
8:30 pm – Pick up at Abe Miller

Light snacks will be provided.

Yay Fusion is a free social group for youth living with or without a disability. Email coordinator@inclusionnwt.ca for more information.



YAY FUSION'S BACK!



New participants welcome!
Events for teens & young adults
scheduled for Jan. 15 & Jan. 22

by Inclusion NWT Staff

INCLUSION NWT Family & Children's Services re-launched its youth group, Yay Fusion!, with a Sledding and Hot Chocolate Night on Jan. 15.

An entrepreneurship workshop for young adults is scheduled for Jan. 22.

Yay Fusion!

Yay Fusion! is a dynamic, free social group for teens and young adults, with or without a disability. The group went on hiatus in Spring 2020 to keep youth and staff as safe as possible.

On Dec. 10, with an abundance of caution, the group convened for a movie night at Capitol Theatre, during

which participants shared ideas for future gatherings in the New Year.

"The youth had some great suggestions and we are looking forward to making them happen in the New Year," said Abby Goodwin, Youth Co-ordinator with Inclusion NWT.

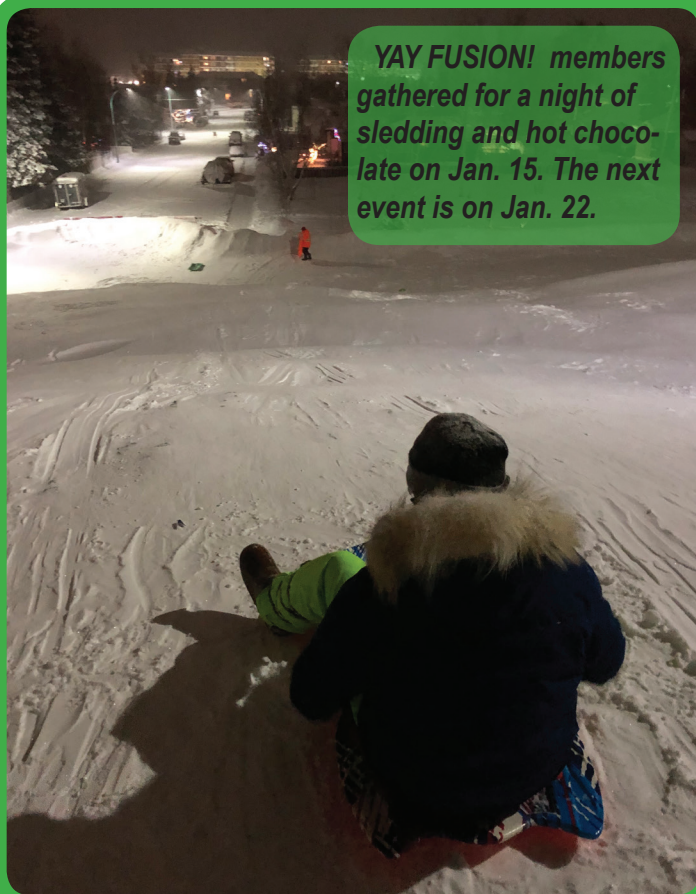
"We are always looking for new members. If you know of any youth (aged 13 to young adult) living with or without an intellectual disability or on the Autism Spectrum, please let them know of our upcoming programming."

January 22, 2021:

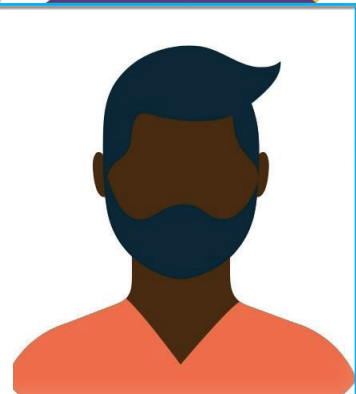
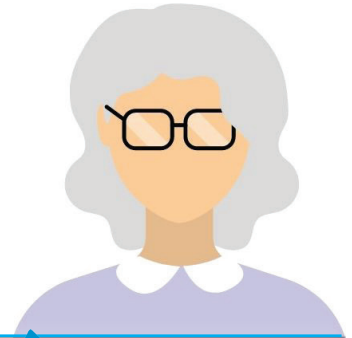
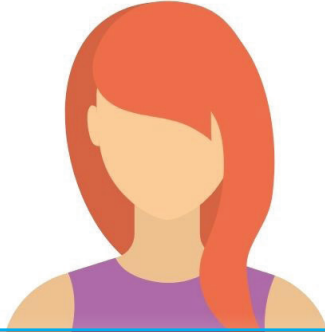
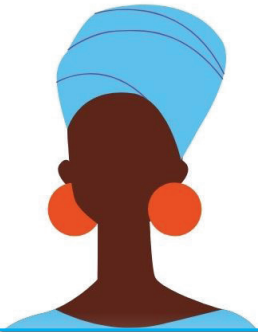
Enter the Dragon's Den for entrepreneurship tips and feedback from local experts (young adults pre-register).

To pre-register, contact Abby at:
youth@InclusionNWT.ca
or call/text: (867) 446-1772

YAY FUSION! members gathered for a night of sledding and hot chocolate on Jan. 15. The next event is on Jan. 22.



PARENTING



PARENT NIGHT

ON THE LAST WEDNESDAY OF EACH MONTH, Inclusion NWT will host an hour-long Parent Night session, designed to stimulate conversation and share insightful strategies for parents and caregivers of individuals with a disability.

Each month will feature a specific topic presented by an expert in their field, such as:

- Screen time and technology
- Learning through play
- Promoting literacy skills
- Nutrition for a busy family

For now, our sessions will be offered virtually on Zoom, during which an expert will provide a 30-to-45-minute presentation followed by questions at the end.

The Zoom sessions will be held on the last Wednesday of the month starting at 7:30 pm.

To register, or if you have suggestions for speakers or topic ideas, please contact Abby: coordinator@inclusionnwt.ca.

THE ODD JOB SQUAD

58 DAYS OF WINTER REMAIN

Let The Odd Job Squad help make the homestretch easier for your household!

by Inclusion NWT Staff

THE ODD JOB SQUAD shovels dozens of driveways throughout Yellowknife, Ndilo and Dettah every week throughout the winter.

The fee is \$15 per hour / per worker (seniors age 65+ receive service free).

The Odd Job Squad also does dump runs, doorstep-to-doorstep furniture delivery, firewood-stacking,

The Squad also offers refundable recyclables pick up free of charge!

To hire The Squad (weekdays only), call or text: (867) 445-6967.



ADAM LEPRIEUR, left, and Kevin Scottie of The Odd Job Squad shovel alongside Skills Facilitator Billy Refugia. photo courtesy of Mieke Cameron

LETTERS TO THE ODD JOB SQUAD

Good morning NWT Inclusion:

Ahhhh, so much snow, but at 9 am, I heard shoveling! Sure enough, the Odd Squad Job Crew of 3 young men were out there shoveling & scraping, including the stairs and the sidewalk!

I put on my housecoat & stuck my head out the door to thank them, but the two didn't respond, just stood & stared at me. #3 was the team leader & around the corner, doing stairs.

So, I got dressed, opened my garage door and stood there until Billy (I think) came over. I thanked them, took some pictures, "for Lynn".

I'VE NEVER SEEN THE DRIVEWAY SO WELL CLEANED!! ANGELS came by this morning, truly!!

Please thank the people who made this happen.

~Mieke Cameron

If you are out and about in Yellowknife South this morning you may see a bunch of wonderful folks from the Odd Job Squad delivering the holiday cards and newsletter. Make sure to wish them a Happy Holiday if you do!

~Caroline Wawzonek
MLA Yellowknife South

Rave to the Odd Job Squad and Inclusion NWT!

My downstairs neighbours and I have been a little lax with our shoveling, and after the warm weather and cold snaps there was a ton of packed snow and ice on our outdoor stairs.

I hired the Odd Job squad and they did not just the three flights but the garden steps, the landings, a path to my neighbour's door and my entire deck!

They're incredibly thorough and a great value, and were a dream to work with!

~Jessica Davey-Quantic

You guys do so much for the community – I thank you for that.

~Luthfun Nahar
Rebecca's Flowers

We are so grateful to the crew at The Odd Job Squad for all of their help delivering supplies to the clinic.

They are our go-to team for all odd jobs in Yellowknife and we are happy to support the wonderful programs at (Inclusion NWT).

The Odd Job Squad is designed to

assist under-employed individuals who self-identify with a disability to derive a small income from one-time or short-term work while they search for permanent employment.

Give them a call for all of your odd job needs at 867-445-6967 or follow them @InclusionNWT.

~LCP Health

The Odd Job Squad have worked for us on several occasions and have done an awesome job. I will recommend them to anyone.

~Steve Wasserman

To The Odd Job Squad: I'm writing to THANK YOU for coming and shoveling the snow.

You doing that for me means a lot as I cannot do it anymore (too old hee hee).

You really are SNOW ANGELS!

~Sincerely,
Ardith Dean



Letters:
info@InclusionNWT.ca

BUSINESS SERVICES

Inclusion NWT news

DOCUMENT DISPOSAL



Terry Kuliktana

SHREDDING services are available weekdays through the Inclusion NWT Business Services Team.

Team members will shred one bankers box full of documents for \$15 each.

If you cannot deliver your shredding to our office yourself, the Team will pick-up your shredding for a flat-rate \$5 delivery fee, no matter how many boxes you have.

Call: 920-2644

Inclusion NWT on social media



LIKE AND FOLLOW Inclusion NWT on Facebook and Twitter!

Visitors will see almost-daily photos depicting our clients in action – on the job, at home and in the community, along with current news and events.

Invite your friends to like Inclusion NWT, too!



We pick up business recycling!

.....
Eva Charlo and Adam LePrieur pick up recycling for a business customer downtown, as part of their role as members of the Business Services Team.

A message from our friends at the Status of Women Council

920-2644

STRICTLY SANITIZING!

FOR OFFICE & WORKPLACE

Inclusion NWT

Duncan is on the job!

DUNCAN BEST is a hard worker who aims to please his customers as a member of The Odd Job Squad.

It's easy for Duncan to achieve that goal because he enjoys his work.

"I like to shovel with The Odd Job Squad," he said. "I enjoy it. I like working with my colleagues."

Duncan also makes dump runs for customers and removes pet waste from backyards.

"I don't mind picking up dog poop," he said. "I appreciate the work."

To hire The Odd Job Squad, contact: (867) 445-6967.



SEASONAL SERVICES



Tree pick-up service

...close to 50 customers served!

SAM PAMEOGORAK, left, and Jon Proulx collect Christmas trees from customers as members of The Odd Job Squad until Jan. 29.

THE ODD JOB SQUAD has picked up close to 50 old Xmas trees from area residents over the past 19 days.

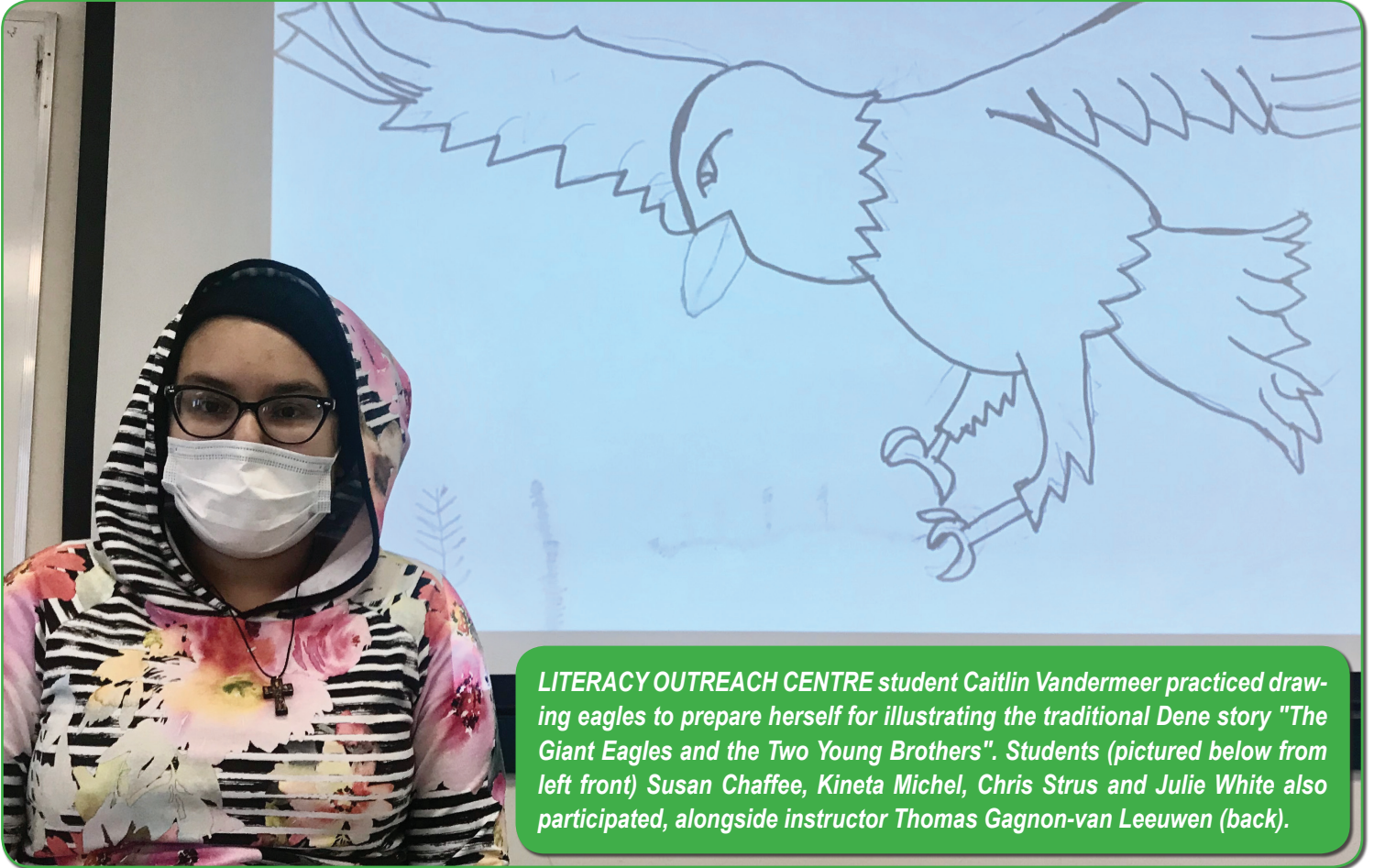
All tree pick-up fees are paid to the nine Squad members who provide this service.

The service continues until Friday, Jan. 29, for residents of Yellowknife, Ndilo and Dettah.

To schedule a tree pick-up, call or text The Odd Job Squad hotline at: (867) 445-6967 or email: info@InclusionNWT.ca.



LITERACY OUTREACH CENTRE



LITERACY OUTREACH CENTRE student Caitlin Vandermeer practiced drawing eagles to prepare herself for illustrating the traditional Dene story "The Giant Eagles and the Two Young Brothers". Students (pictured below from left front) Susan Chaffee, Kineta Michel, Chris Strus and Julie White also participated, alongside instructor Thomas Gagnon-van Leeuwen (back).

CREATIVITY TAKES FLIGHT

Students illustrate Dene legends

by Inclusion NWT staff

STUDENTS with the Literacy Outreach Centre have been learning traditional Dene legends to improve their reading skills this month.

They watched a video of the traditional Dene story "Yamoria and the Giant Wolverine" as told by the late Elder George Blondin, documented in the Yamoria virtual exhibit (nwtexhibits.ca/yamoria).

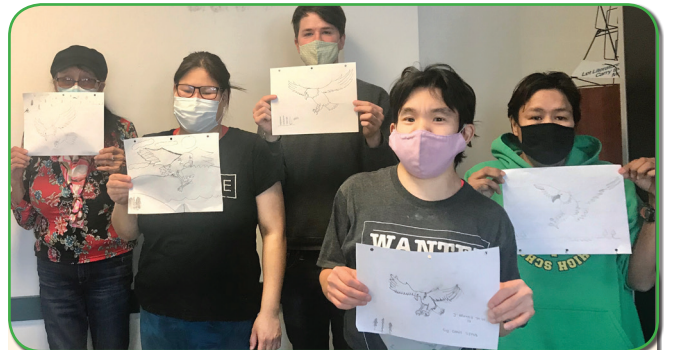
Susan Chaffee shared one

of the stories her grandmother used to tell her when she was a child, "The Giant Eagle and the Two Young Brothers".

Together, clients are turning this story into an illustrated photo book, using their own drawings.

To get started, they each drew a bald eagle with the help of a YouTube instructional video. They were all surprised at how well they did!

If illustrating the whole story goes this well, they may want to share their work.



"The ancient Dene lived in a dangerous and unpredictable world. Their land, Denendeh, was filled with giant animals who preyed upon people. Animals and humans could shift form and people often lived in fear.

During this period, a powerful man named Yamoŋria appeared in Denendeh. He journeyed throughout the territory in order to help the people. Yamoŋria destroyed the giant animals and separated people from animals, establishing a relationship based on mutual respect and understanding. He gave the people laws to enable them to live together in harmony. Yamoŋria is remembered throughout Denendeh as the great traveller and lawmaker." (nwtexhibits.ca/yamoria/)

STAFF

'Winner attitude!'

Why I work at Inclusion NWT...

by James Galasinao

I work with Inclusion NWT as a Supported Living co-ordinator. It has been almost five years since I started working here.

I see my role as a way to contribute to an exciting, forward-thinking, fast-moving organization by sharing my skills with a diverse team.

Positive place

Inclusion NWT gives me the opportunity to grow and gain experience working in collaboration with my supervisors and colleagues.

Inclusion NWT has been good to me and has taught me positivity to help me achieve my goals and find success in the workplace.

Let's say that I learned a "winner attitude!"

I love the job because everyone shares their visions – and all are dedicated to the same mission.

My favorite part of the job is working with our clients. It is a challenge and a pleasure to communicate with individuals who may have their own unique ways of understanding, some of whom have worked with the organization for years before I started.

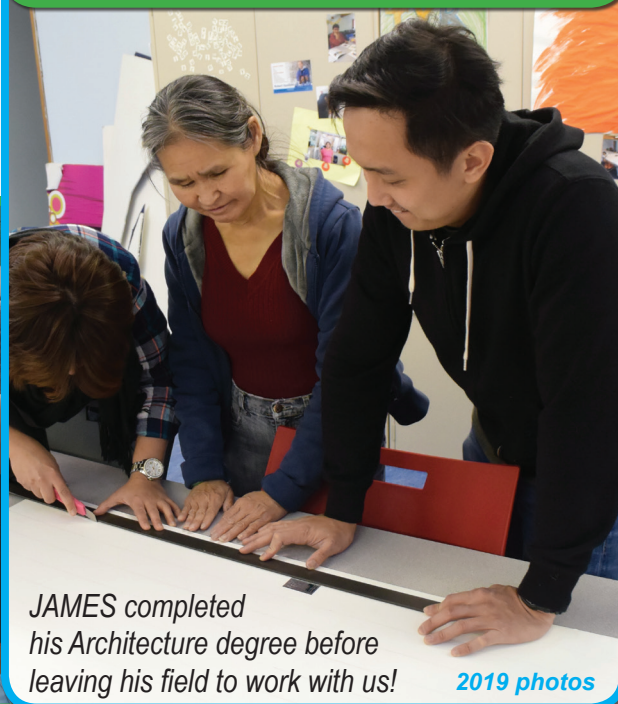
With regards to work-life balance, I am granted a great degree of control and freedom within my job.

Apply to work with Inclusion NWT

Definitely everyone can apply to work with Inclusion NWT, as long as you have a valid driver's licence, a clean criminal record check, and the heart and dedication to serve our clients.



We are hiring! Please send resume to: ed@InclusionNWT.ca



JAMES completed his Architecture degree before leaving his field to work with us!

2019 photos



Art enthusiast wanted

- Good conversationalist
- Patient & kind
- Avid reader
- References



ed@InclusionNWT.ca



Baking in the Niven Kitchen!

by Inclusion NWT staff

BERTHA TAYLOR and Supported Living Home Lead Halima Ali prepared Vanillekipferl – traditional German shortbread cookies – using a recipe from canadainternationalhealth.ca.

Because this recipe does not call for eggs, the dough takes a bit of muscle to knead, but the effort results in a light, loose and crumbly cookie with a delicious melt-in-your-mouth texture.

The women shared their baking with Richard Kolson, who enjoys shortbread very much! Bertha and Halima bake together every week and Richard often joins them.

INGREDIENTS

- 2 cups all-purpose flour
- 1 cup unsalted butter, softened at room temperature
- 2 large egg yolks (optional; it does make the otherwise dry/crumbly dough much easier to work with but the cookies won't have quite the same melt-in-your-mouth texture *see Note)
- 4 ounces (about 1 cup) ground almonds (see blog post for more info)
- 1 package (1 1/2 teaspoons) vanilla sugar
- 3/4 cup powdered sugar
- small pinch of salt
- For Dusting:
 - 1/2 cup powdered sugar
 - 1 packet (1 1/2 teaspoons) vanilla sugar



DIRECTIONS

1. Place all of the ingredients in a large bowl and knead until thoroughly combined. Unless you're using the egg yolks the dough will be pretty dry and flaky, like shortbread cookie dough. Shape the dough into a log and wrap with plastic wrap. Chill in the refrigerator for at least an hour.
2. Preheat the oven to 350 degrees F.
3. Cut off small pieces of the dough and shape them into crescents. Place the crescents onto a non-stick or parchment-lined cookie sheet. Bake on the middle rack for 12-15 minutes (depending on the size of the crescents) or until the edges begin to turn golden.
4. Combine the powdered sugar and vanilla sugar. Let the cookies sit for one minute and then use a sifter to dust them with the vanilla-powdered sugar while they're still hot. Let the cookies cool completely and then give them a second dusting.
5. Stored in an airtight container in a cool place, these cookies will keep for several weeks.

Vanillekipferl

Guten appetit!