

INSIDE:



You can WIN this egg: Pg 6



Spanish Night: Pg 8



**There's no I in
"on the land!"**

Literacy class
field trip Pg 2

**STILL STAND
2 METRES
APART**

**STILL COUGH INTO
YOUR ELBOW!**

since 1962

Inclusion

**WASH HANDS
OFTEN FOR
20 SECONDS**

NWT



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

inclusion nwt newsletter

04/07/2021

Inclusion NWT • (867) 920-2644 • info@InclusionNWT • www.InclusionNWT.ca

**Jasmine Powder displays the
catch from the nets during the
Literacy, Land & Culture trip,
on March 9th.**





LITERACY, LAND & CULTURE TRIP

by LOC students
with instructor

Thomas Gagnon van Leuwen

We are the Adult Literacy class at the Literacy Outreach Centre. On March 9th, we went on the land. We went to Bobby Drygeese's camp outside Dettah. We wanted to learn about land and culture.

First, we learned about the Yellowknives Dene and we heard stories.

Then, we checked fish nets. We cleaned the fish and we filleted it.

Afterwards, we had lunch.

At the end, we went for a walk and we hauled wood together.

Chris liked filleting the fish because Susan helped him with it.

Teamwork!

Jasmine liked when we pulled and checked the fish net as a team, because it is our lunch. They also liked getting help from Bobby's staff.

Kineta liked cleaning the fish and having lunch.

Caitlin liked to clean the jackfish at the kitchen table with Susan.

Julie liked when we hauled wood together as a team because it was teamwork.

Thomas liked feeling the sun and the wind on his face during the Ski-doo ride.

Thank you to the NWT On-the-Land Collaborative for the funding that made our trip possible!



JOIN US FOR FUN!



The Inclusion NWT Yay Fusion! youth group offers fun activities and social outings twice per month for teens and young adults, with or without a disability.

All young people are welcome and encouraged to participate. All events are 100% free to attend.

For more information, or to pre-register for this month's gatherings (Nature Night and/or Glass Etching Class), please contact Taylor at:

YOUTH@InclusionNWT.ca

GLASS ETCHING CLASS

With Old Town Glass Works

4:30 PM - Meet at Abe Miller Building.

5:00 PM - 6:30 PM Drive to Old Town Glass Works for a glass etching workshop. Participants will **design their own** personal glass to take home.

7 PM Pick-up at Abe Miller.



We have **6 spots** available. They will be filled on a **first come first serve basis**. Please RSVP by emailing **youth@inclusionnwt.ca**, or by phoning **(867) 446-1772**.

YAY Fusion is a free, social group for those living with or without disability.



**Friday,
April 9**



YAY FUSION!

Yellowknife Youth Fusion Group

NATURE NIGHT

FRIDAY, APRIL 23RD

5 PM - DROP OFF AT ABE MILLER

5:20 PM TO 6:30PM - PARTICIPATE IN A SCAVENGER HUNT WHILE EXPLORING TIN CAN HILL

6:30 PM TO 7PM - PIZZA AND GAMES AT THE ABE MILLER BUILDING

7 PM - PICK-UP AT ABE MILLER BUILDING

RESERVE A SPOT BY EMAILING YOUTH@INCLUSIONNWT.CA TODAY!



MARK YOUR CALENDARS: Summer Buddies returns!

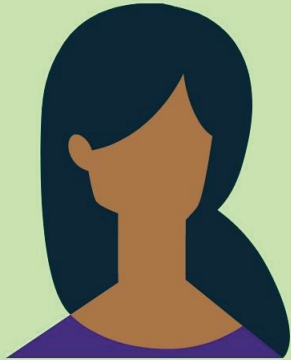
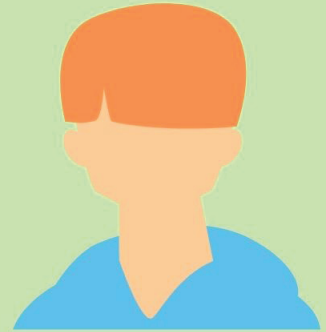
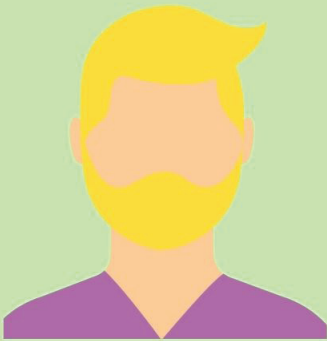


Inclusion NWT is pleased to be offering our Summer Buddies program again this July and August. Priority is teens but there are also spaces for the younger crowd.

Tons of summer fun with one staff working with one or two clients.

The program runs daily Mon-Fri and participants are given a 2-to-3-hour slot each day or, if your family prefers, 2 or 3 days per week.

YOUTH@InclusionNWT.ca



April Parent Night

An Introduction to Puberty, Healthy Relationships and Sexuality for Children and Youth with Intellectual Disabilities and/or Autism Spectrum Disorder

Wednesday, April 28 at 7:30 pm via Zoom



Growing up and going through puberty can be exciting but scary too – for both children and their parents! In this session you will learn about the physical, social and emotional changes that happen to all children in adolescence. This hour long workshop will give you practical tools and strategies to guide your child or teen through puberty and beyond and introduce resources to help build your comfort and skill in working with your child.



Email youth@inclusionnwt.ca to get the zoom link today!

94



177
ODD JOBS
COMPLETED
in March!

Odds + Ends

29

Recycling removal,
Retail store pick-ups,
Deliveries, Yard work,
Garage cleaning & more!

10



2



7



THE
ODD JOB
SQUAD

23



March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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			

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WHAT IS THE GUMBIRD QUEST?

The 2nd annual Gumbird Quest is not a fundraiser, it's a FUN-RAISER! Designed to connect residents virtually during the 2020 lockdown, this year's edition continues to inspire residents of all ages to compete for amazing prizes in a Covid-safe fashion. **No fundraising required!**

HOW TO PARTICIPATE:

Visit InclusionNWT.ca & register your flock of five teammates. Document bird species listed on the Gumbird Quest scorecard between April 21st & May 7th, while completing the daily Gumbird Challenges (avian trivia)!

Don't miss your chance to win this egg, etched in the Pysanky style courtesy of:



Frisky Kistky

SCAN ME



Register your flock early to receive your Early Bird Tally Card!
Lots more chances to earn prize ballots before April 21!



Win Wildknife art prints!

11 FLOCKS REGISTERED SO FAR!



The Wild Birds



Alaska



Team Fowler



Ruffled Feathers



Caw-Caw on Calder



Merc Flock



No Egrets



The Binders Birders



Family-feathered Fun



Armstrongs



INCLUSION NWT CLIENTS Terry Kullikana, Bertha Taylor, Clara Tutcho and Julie White participate in snowshowing workshops with Special Olympics NWT (not affiliated with Inclusion NWT).

OUTDOOR EXERCISE



JOEY OOGAAQ, left, and Supported Living Worker Lian Villan and Katie Miller made separate visits to the Snow Castle.



Thank you to our good friends at:

THE YELLOWKNIFE

Book Cellar

...for their generous cash donation in support of Inclusion NWT.

Inclusion NWT news

Easter celebration



SAM PAMEOGORAK enjoyed an Easter Egg hunt in his front yard at home on April 4th, alongside his roommate Joey Oogaaq and Supported Living Worker Clayton Christie.

Later that day, Sam helped prepare Easter dinner alongside Supported Living Worker Dexter Castada. When Joey returned home from a visit with friends, the three shared their meal of ham, veggies, salads and pie.

Summer students wanted!

HELP WANTED

send resume to:
ed@InclusionNWT.ca

APPLY TODAY!

Summer students wanted for a variety of seasonal programs at Inclusion NWT. Please share our contact info with young people in your orbit!



SPANISH NIGHT with Yay Fusion!

Alberto Valero, Inclusion NWT staff, hosted Spanish Night on Friday, March 12th.

Eight enthusiastic young people participated in the event, which included Spanish cuisine, an intro to Spanish culture, samples of Spanish music and a Spanish dancing workshop...

by Alberto Valero

I'm very pleased to have been able to celebrate my culture with everyone and would like to share with you a summary of what happened at the event.

It was exciting to meet so many young people interested in the Spanish culture and looking forward to a pleasant evening.

Food is a big part of the Spanish culture, therefore there was "Tapas" and "Paella" offered at the event. Paella is one of the most popular dishes in Spain. It is tradition to eat Paella with all the family together on Sundays.

During the event, participants showed lots of interest in learn-

ing about the ingredients used and how colourful the food was.

After the tasting, we presented some photos of my visits to Spain while sharing some stories of my life in Spain.

We had a short Spanish lesson where the participants enjoyed and showed interest in learning the language.

Last but not least we ended the night with dancing and listening to some Spanish songs. I

was very happy to see everyone enjoying the

Spanish culture.

The Spanish night was a success and I would like to say thank you to everyone who helped organize, and a special thank you to my colleagues Abby Goodwin and Taylor Shephard for making this event happen.

