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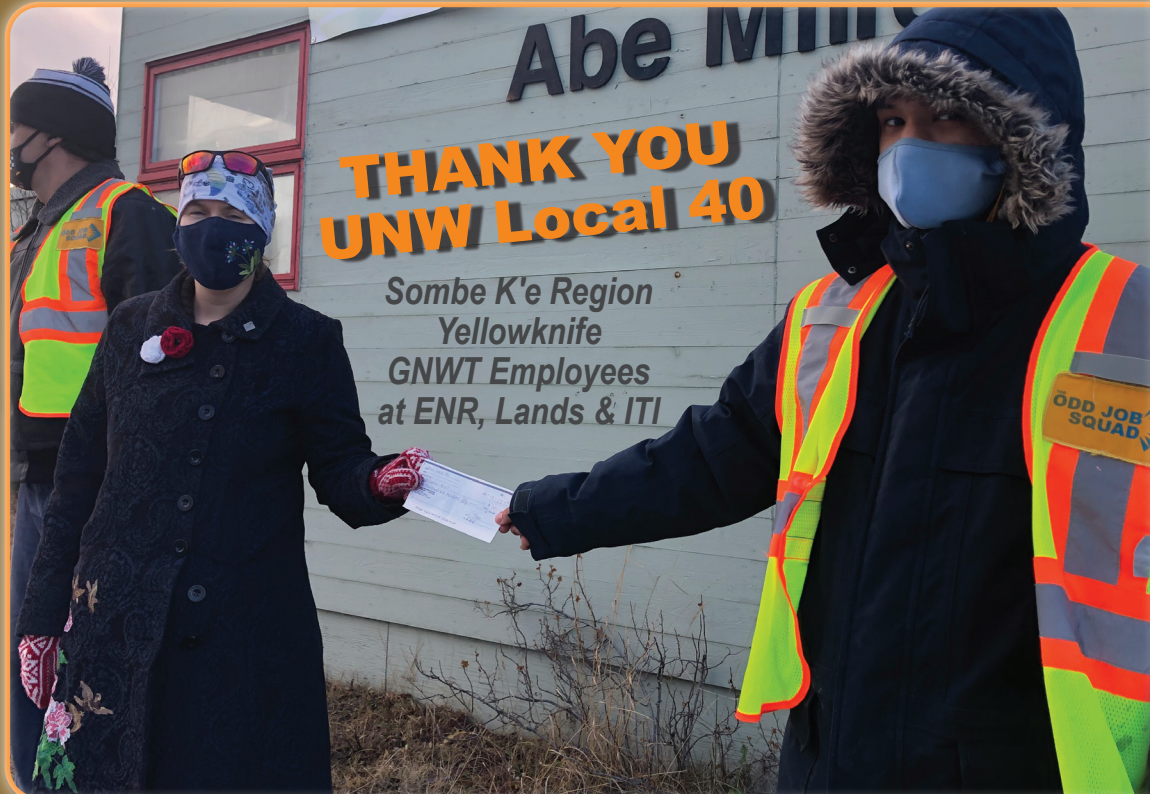
since 1962
**Inclusion
NWT**



LET IT SNOW!

**FREE SHOVELING
FOR SENIORS**
a seasonal service
of The Odd Job Squad

Page 6



COMMUNITY SUPPORT!

KEVIN SCOTTIE OF THE ODD JOB SQUAD represents Inclusion NWT as he accepts a generous donation presented by Claudia Haas on behalf of the membership of UNW Local 40, on Nov. 3. Thank you for your kind support!

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

inclusion nwt newsletter
11/23/2021



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

No Virginia, there are no ice candles this season

by Inclusion NWT staff

ICE CANDLES will not be available as a seasonal service through Inclusion NWT this winter.

Our Skills Training & Supported Employment Team has other commitments to our customers in December and they will remain focused on those year-round services through to the holidays.

With a bit of luck, and if everyone sings their favourite carols really loudly next year, the Aurora Ice Candles, Boreal Ice Candles and Silent Night Candles just may reappear in time for the 2022 holiday season!



KINETA MICHEL (left) & CHRIS STRUS display some of the Aurora Ice Candles crafted by our Team in 2019. Ice Candles will not be available through Inclusion NWT this holiday season.



KINETA MICHEL (left), CHELSEY MAKARO & CHRIS STRUS set out the poppy donation tray in the Abe Miller Building, on behalf of Vincent Massey Br 164 Royal Canadian Legion, on Nov. 1.



WHEN WE SAY Lynn Elkin wore many hats throughout her 10 years as executive director of Inclusion NWT, we mean that figuratively ...AND literally. We will miss you, Lynn!



Hats off to Lynn Elkin!

by Inclusion NWT staff

NOBODY HUGGED Lynn Elkin on her last day in the office as executive director. The snub was nothing personal – just proper social-distancing protocol for even the toughest of goodbyes, which this was.

After a decade of dedicated service in her leadership role, Lynn Elkin completed her in-office tenure with Inclusion NWT on Nov. 18.

She also stepped down from her other position with NWT Special Olympics after 11 years.

"A big thank you to all the folks it was my pleasure to

work with," she posted on social media.

"For those who have been asking why? Well, both contracts were up for renewal and I decided I wanted to spend some extended time with family, take a little break, and see where and what we want to be and do."

Clients and staff share best wishes and heartfelt appreciation to Lynn for all the important work she accomplished behind the scenes to continue to build Inclusion NWT into a hardworking and effective organization – ready to meet the demands of 2022 and beyond.



Samantha Stuart

Thanks for all you've done!!! You've made a difference in my life with my family.

Like · Reply · Message · 2d



Sue Glowach

Thanks Lynn for all your great service.

Like · Reply · Message · 2d



Angie Vioria

Congratulations Lynn. You'll be missed.

Like · Reply · Message · 2d



Janet Diveky

We are so proud of you. You will be sadly missed but your contribution will be appreciated by so many. All the best in your future endeavors.

Like · Reply · Message · 2d



Judy Murdock

Well done Lynn. Thank you for all you have done for our community. Enjoy your next phase.

Like · Reply · Message · 2d



Jeannette Crane Hall

Lynn has done an incredible job of raising the profile of Inclusion NWT in the community. Well done! Enjoy your retirement.

Like · Reply · Message · 2d



Renee Sanderson

Wow, sad to see this, but you do deserve a much needed break. From the Sanderson family, thank you for all you did for us and continue to do. Much love 💜

Like · Reply · Message · 2d



Cynthia M. Jackson

Congratulations Lynn...you have had such a positive impact on my son's life....thank you

Like · Reply · Message · 2d



Joyce Williams

Well done Lynn, enjoy the next part of your journey 🙌❤️

Like · Reply · Message · 2d



Suzanne Nault

Congrats Lynn!!!

Like · Reply · Message · 2d



Jennie Vandermeer

Thanks to Lynn for all your help over the years!!!! 🌸

Like · Reply · Message · 2d



Wendy Bisaro

You have done a great job Lynn! Leaving big shoes to be filled!

Like · Reply · Message · 2d



Marie Buchanan

Great job Lynn!

Like · Reply · Message · 2d

YCS schools launch COOL Inclusion NWT fundraisers!

**Heat up school spirit
by organizing your own!**

by Inclusion NWT staff

HEY! WHY NOT brrrace yourselves for a cool contest in support of Inclusion NWT this winter? All three Yellowknife Catholic Schools did!

Staff at École St. Patrick High School, École St. Joseph School and Weledeh Catholic School are competing to win a 50/50 draw by guessing on which date the temperature will dip to -30°C . (With a low of -27°C forecast tonight, it's looking like a winner may be named imminently!)

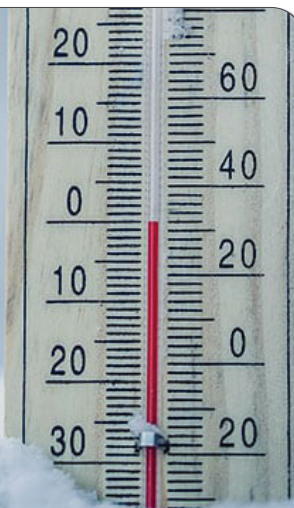
As years-long supporters of Inclusion NWT, YCS staff know that our major annual fundraiser (the Gumboot Rally) has been cancelled for the past two years and will not return in 2022.

That's why the schools took the initiative to organize their own plan to support our organization and have fun while they're at it.

If your school staff would like to host an Inclusion NWT FUNdraiser, drop us a note and we'll be glad to help get you started in December or in the new year! (You could even build on YCS's strategy and compete to guess when the temperature will dip to -40°C ! Or guess the coldest temperature we reach by the end of February!)

Thank you to YCS for their many years of support! And thank you again for taking action independently to support Inclusion NWT services in Yellowknife and the NWT.

Keep warm and have fun!



be our bauble buddy!

Donate \$25 or more in support of Inclusion NWT services now through December 23rd and we'll hang a personalized festive bauble in our office window at the Abe Miller Building on 53rd St.

Make a shout-out to a colleague, include a favourite quote or simply pronounce your support for Inclusion NWT loud and proud!

(Baubles will also be shared on our social media pages, website and in our newsletter.)



BOARD NOTES



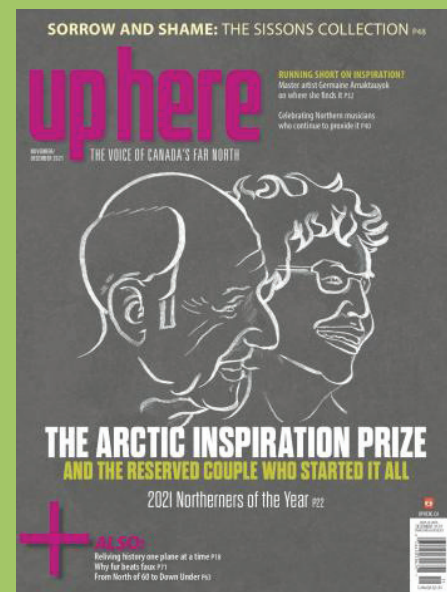
JULIE WHITE retrieves a fish from the nets during an on-the-land workshop through the Literacy Outreach Centre.

INCLUSION NWT SWAG CONTEST!

KEEP YOUR EYES OPEN for the above photo in this month's edition of *Up Here Magazine* (Nov/Dec).

We invite *Up Here* readers to search for our advertisement in the Nov/Dec issue to learn how they may participate in our contest!

The winners will receive swag courtesy of Inuvik Tourism.

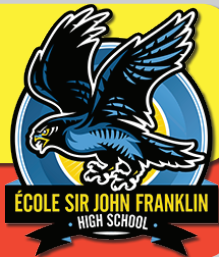




ABOVE: Azya Barrett, left, Caitlin Vandermeer and Talya Meserah-Zdyb organize the games and puzzles shelves; BELOW: Chelsey Makaro, left, Shaeden Wah Shee-Letts and Sydney Peer distribute posters.

bring our kids to work day 2021

Students work a shift at Inclusion NWT



by Inclusion NWT staff

INCLUSION NWT clients and staff hosted two Grade 9 Ecole Sir John Franklin students as part of the high school's Take Our Kids to Work Day on Wednesday, Nov. 3.

Talya Meserah-Zdyb and Shaeden Wah Shee-Letts worked the morning with clients in the Skills Training & Supported Employment Service and in the front office at the Abe Miller Building on 53rd Street. Before lunch, Meserah-Zdyb joined another client team distributing posters downtown.

"I enjoyed the day," said Talya Meserah-Zdyb. "The team I worked with was friendly and welcoming."

Wah Shee-Letts scanned and shredded documents under the direction of

finance staff for the morning, joining his classmate on the postering crew later in the afternoon with clients Chelsey Makaro and Sydney Peer.

After helping to prepare a dump run, the students organized the games and puzzles shelves with longtime Business Services Team members Caitlin Vandermeer and Azya Barrett.

Government offices

"Working all around town with Inclusion NWT for a day was a very good experience," said Wah Shee-Letts. "The work Inclusion NWT clients do in a day allows staff at government offices and business owners to be more productive. The Business Services Team takes care of a lot of jobs that take time and energy to do and they



work hard so office staff don't have to be running around doing work that would take them out of their offices for a morning or an afternoon. I'm grateful we got to be part of it for a day."

FREE FOR SENIORS

THE ODD JOB SQUAD SNOW SHOVELING SERVICE

by Inclusion NWT staff

WE ARE HONoured that many NWT residents send us generous donations at all times of the year, allowing us to continue supporting individuals and their families.

These contributions make such a positive difference for our clients and our community.

Some of these generous donations have continued to support our free Seniors Lawn Care and Snow Shoveling service.



THE ODD JOB SQUAD charges \$16 per hour per worker for shoveling services. Book your driveway shoveling jobs early!



AZYA BARRETT, left, Jaimee-Lynn Clouston and King Marlou Dela Cruz shovel for a customer in 2020.

STEP 1

The weather outside is frightful!



STEP 2

We shovel front steps, pathway and sidewalk



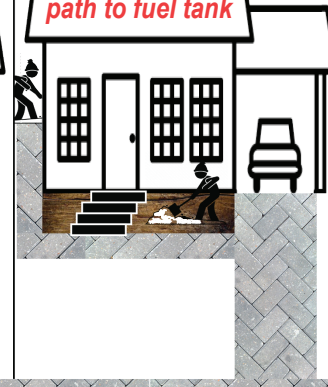
STEP 3

We shovel complete driveway



STEP 4

We shovel deck, patio and path to fuel tank



**ODD JOB SQUAD
SNOW SHOVELING
4-STEP SCHEDULE**

**COMPLETED
WITHIN THREE
BUSINESS DAYS**



SAM PAMEOGORAK sorts refundable recyclables alongside his colleagues with The Odd Job Squad. The Squad will pick up your donation of refundable recyclables for free on weekdays. Refund helps support Inclusion NWT services.

THE ODD JOB SQUAD stats for October

THE ODD JOB SQUAD seeks 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.

**TEXT THE HOTLINE:
(867) 445-6967**

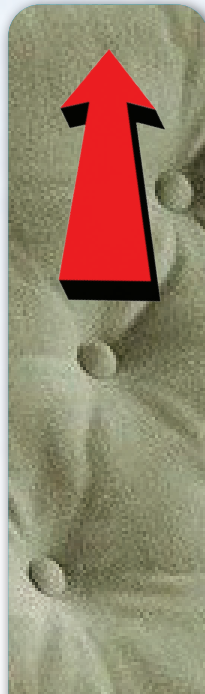
Book 24 hours+ in advance



**DUMP
RUNS**



LAWN CARE
(shoveling snow,
hauling gravel,
raking etc.)



**SMALL
FURNITURE
MOVES/
DELIVERIES**



MISC.
(wood-stacking,
stringing Xmas
lights etc.)



**ONLINE
GROCERY
ORDER
PICK-UPS**



**SPECIAL
PROJECTS**

LIGHTS, CAMERA, INCLUSION!

by Inclusion NWT staff

HIGH TURNOVER is a new animated short film produced by Inclusion NWT that's now screening at Capitol Theatre in Yellowknife. The one-minute-long PSA appears before all feature films on all three screens throughout November.

"Our spokesperson in this amusing PSA is a self-assured Arctic Fox who knows their stuff when it comes to hiring individuals with any kind of disability," said Junn Gesmundo, manager of the Inclusion NWT EmployABILITY service.

"We know audiences totally dig the animation because one can hear a pin drop whenever the fox appears on screen. People are listening."

EmployABILITY provides employment services for any individual who self-identifies with any disability. Services range from basics such as building a resume through to on-site job coaching support and everything in between.

Yellowknife business owners and office managers use our service to diversify their workplaces, boost staff morale and diminish workplace injuries and turnover – all proven benefits of hiring a worker with an intellectual or developmental disability.

**For info, call 920-2644 or email employABILITY@InclusionNWT.ca.
Capitol Theatre
is inclusive!**



Ai Matsui, left, Julie White and Chris Strus attend a new feature at Capitol Theatre.

...and while we're on the subject of our beloved local movie theatre, let us share our perspective:

For the clients Inclusion NWT serves and for other individuals with disabilities in our community, the theatre is a wonderful place of community, social interaction and provides a feeling of belonging.

It doesn't require physical skills to participate; you don't have to be highly verbal and you don't have to maneuver a lot of unwritten expectations. It is a place to be out and about like other community members; it is an experience that is accepted as a special space for folks to enjoy together, which helps foster a feeling of belonging.

It also offers a highly structured experience, so it is comforting for those who need structure and routine.

Our clients and families are regular movie goers and as an organization we have rented the theatre two or three times a year for private showings, which allow even our most sen-

sory-challenged folks to have a great outing.

Clients were very excited when our restrictions lifted and the first place they wanted to go was the movie theatre. With the requirement for all attendees to be fully vaccinated and for people to wear masks when not in their seats, we feel our folks are as safe or more safe there than they are, for example, in a restaurant with everyone close, eating and talking.

We have seen how quickly each theatre room could hit capacity (since a single attendee can eliminate a six-seat row from any further sales). Some of our folks have had to return home because showings were sold out and that disappointment can be hard to explain.

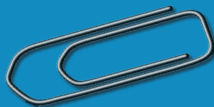
We are happy to see safe accommodations/exemptions are being made to keep the theatre financially viable so it can remain open as a great community activity for our clients and their families. Its closure would leave a large hole for many we serve.

920-2644
CALL US TODAY!

HIRE OUR TEAM

Inclusion NWT supports individual employment in the community and also provides work opportunities through our Business Services Team. Our Business Services Team offers the following on a fee-for-service basis to businesses, organizations, government offices and the public:

- Courier delivery
- Poster distribution
- Document shredding
- Mail preparation
- & more...



SPECIAL PROJECTS

The Team also accepts special projects, such as:

- Flyer delivery
- Mail preparation
- Affixing luggage tags
- Assembling conference kits
- Affixing promotional stickers



KYLE STEWART distributes posters downtown as a member of the Business Services Team.

DON'T WASTE YOUR TIME



by Inclusion NWT staff

NO MATTER how prepared your organization may seem for your upcoming event, your promo isn't done until your posters are posted!

Don't leave this important task until the last minute! Contact the Inclusion NWT Business Services Team and relax!

Our Team members know all the best Covid-era poster distribution sites and post posters for customers almost every weekday.

Our guarantee: all customers' posters will be distributed within five business days or less!

\$25 for 25 posters
\$40 for 40 posters

Sam Pameogorak



Azya Barrett



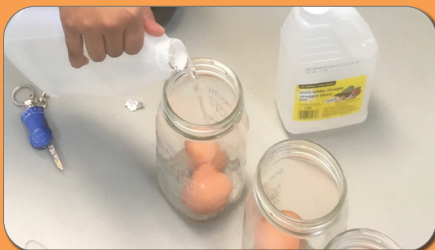
THE BUSINESS SERVICES TEAM DELIVERS



eggsperiment



CLASSMATES Kineta Michel, Chelsey Makaro, Chris Strus, Caitlin Vandermeer and Susan Chaffee participate in an eggsperiment as part of their studies in the adult literacy class at the Literacy Outreach Centre, last month.



METHOD:

1. Place two eggs each in three jars
2. Cover eggs with vinegar
3. Do the same with water and Coke
4. Empty and replace the liquids every 24 hours
5. Put one of the eggs in corn syrup for 24 hours

OBSERVATIONS:

1. The vinegar eggs got bigger and the shell is gone
2. The coke egg got more cracks and got darker. The vinegar egg is like a bouncy rubber ball. The water egg is about the same.
3. The egg in corn syrup got smaller and shriveled.
4. The corn syrup egg went back to normal after 24 hours in water.

*Adapted from these experiments
from Science World:
Naked Eggs: Acid-Base Reaction
Naked Eggs: Osmosis*



Inclusion NWT celebrates Halloween



An Inclusion NWT Jack o' lantern. Photo courtesy of Inclusion NWT

Northern News Services

Inclusion NWT clients took part in some pandemic-safe Halloween activities last weekend, including getting ready to host trick-or-treaters. The organization supports people with intellectual and other disabilities and their families, across their lifetime. Thanks to Daron Letts for the photos!



Terry Kulikiana is ready! Photo courtesy of Inclusion NWT



Katie Miller and her custom carving. Photo courtesy of Inclusion NWT

Thank you to Yellowknifer for sharing images of Inclusion NWT Supported Living clients enjoying Halloween at home!



Chris Strus was in the Halloween spirit this year. Photos courtesy of Inclusion NWT



EVA CHARLO makes enough blueberry muffins to satisfy even the hungriest grouch!



BLUEBERRY BAKING

EVA CHARLO shared a recipe she followed alongside Supported Living staff earlier this month.

Ingredients

- 4 cups (150 grams) granulated sugar (plus one tablespoon for muffin tops)
- 1/4 teaspoon fine sea salt
- 2 teaspoons baking powder
- 1/3 cup (80 ml) neutral-flavored oil; canola, vegetable and grape seed are great
- 1 large egg
- 1/3 to 1/2 cup (80 ml – 120 ml) milk; (dairy and non-dairy both work)
- 1 1/2 teaspoons vanilla extract
- 6 to 8 ounces fresh or frozen blueberries (about 1 cup)

Directions

- Whisk the flour, sugar, baking powder, and salt in a large bowl
- Add oil to a measuring jug that holds at least 1 cup.
- Add the egg then fill the jug to the 1-cup line with milk (1/3 to 1/2 cup milk). Add vanilla and whisk to combine.
- Add milk mixture to dry ingredients and mix using a fork.
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- Add milk mixture to dry ingredients and mix using a fork



"A half-cup serving of blueberries contains 25 percent of the recommended daily value for vitamin C and 3 grams of dietary fiber — and only 30 calories," says Allie Wergin, a Mayo Clinic Health System registered dietitian nutritionist. "In addition, blueberries are a juicy fruit, which means they contain mostly water. Juicy fruits are great for weight loss or weight maintenance, because they fill you up quickly with their high water content and minimal calories."