

The Mal-i-Mic

Monthly Newsletter

Varch 2023

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May your hands be cleansed, that they create beautiful things.

May your feet be cleansed, that they might take you where you most need to be.

May your heart be cleansed, that you might hear its messages clearly.

May your throat be cleansed, that you might speak rightly when words are needed.

May your eyes be cleansed, that you might see the signs and wonders of the world.

May this person and space be washed clean by the smoke of these fragrant plants.

And may that same smoke carry our prayers, spiraling, to the heavens.

Communications

COVID-19 Support Funding

Please note that the Council is currently going through the COVID-19 funding support applications. Due to the high volume of applications received, we highly appreciate your understanding and patience as follow the right procedures set in place to ensure a fair process for all. Any updates regarding the COVID-19 funding support will be posted on our Facebook page.

New Staff

Molly McIntyre - LOFEO Project Manager

My name is Molly McIntyre and I recently joined the Looking Out For Each Other team as Project Manager while Luisa is on leave. I wanted to take a moment to introduce myself and express how excited I am to be joining this project.

I graduated from St. Thomas University in 2017 with a double major in Human Rights and Sociology. After graduation, I worked as a Behavioral Interventionist for Autism Intervention Services. Working with children who had disabilities inspired me to learn and advocate for vulnerable communities. In 2019, I went back to St. Thomas University where I completed my Bachelor of Education. I graduated in 2020 and moved to Labrador City where I taught high school resource. During this time, I created and implemented educational plans to help students that were struggling graduate. I also helped families of students with high needs and advocated for their rights within the school system.

I believe my experience working with vulnerable communities will make me a great asset to this project and I look forward to learning and growing with the Looking Out For Each Other Project.

Priscilla Grimmer - ISETP Emplyemnet Counsil

Recent graduate of NBCC Fredericton from the Professional Administrative Assistant French Second Language Training program, I also have my Early Childhood Education Diploma and Personal Support Worker Certification. I am currently the Administrative Assistant. I love helping people, education, training and acquiring new skills sets. I am married and have two sons. In the event that I have some free time I love being outdoors, hiking, camping exploring new waterfalls and just relaxing in nature.

ISETP Summer Student Program Application

The applications have been distributed via email and posted on our Facebook page. The PDF formats can be found in the monthly mailout in the ISETP section and you can apply online as well: https://nbapc.org/programs-and-services/isetp/

Membership

Membership saw a huge surge in replacement cards and address updates due to the COVID-19 funding project that NBAPC was running. If anyone is still in need of a replacement card, feel free to contact us for that replacement at membership@nbapc.org.

Please continue to submit address updates via our website: https://nbapc.org/address-update/

Updating your address guarantees you will get correspondence when we run projects like the COVID-19 funding.

We welcome 27 new members, and will see the remainder of any pending applications at our next membership committee meeting, which will be happening soon!

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NEW BRUNSWICK ABORIGINAL PEOPLES COUNCIL IS SEEKING QUALIFIED APPLICANTS FOR THE POSITION OF

ADMINISTRATIVE ASSISTANT

The New Brunswick Aboriginal Peoples Council is looking for an Administrative Assistant to assist in a fast paced, high performing office, to manage our front desk and perform a variety of administrative and clerical tasks. Must be a team player and have a positive and upbeat personality with a can-do attitude. Ideal candidate will be an expert in multi- tasking and be the type of person that takes initiative and offers help. Bilingualism an asset. NBAPC gives preference to hiring Indigenous people.

Successful candidates MUST have the following:

- Exceptional organizational skills.
- Proficient in Microsoft Office Suite including Word, Excel, and Adobe and able to learn new systems quickly and efficiently.
- Able to prioritize tasks and manage time effectively.
- Excellent written and verbal communication skills.
- Able to work efficiently with minimal supervision.
- Able to handle a heavy workload and work in a fast-paced environment with shifting priorities.
- Able to manage simultaneous demands by staying organized while multitasking and reprioritizing duties.
- · Able to consistently meet established and tight deadlines.
- · Able handle confidential and/or sensitive information on a daily basis.
- · Positive & professional demeanor with excellent interpersonal skills.

Job Duties

- Operate and manage the office and provide reception duties.
- Provide administrative and office support to senior personnel as needed, including: creating documents, spreadsheets, preparing correspondence, typing minutes, mail sorting and logging, and email.

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- Provide office system's administration: data entry, records maintenance, report development and retrieval.
- Assist in event planning, scheduling meetings and conference calls, and coordinating travel.
- Fielding and screening telephone calls and passing them on.
- Maintain office supplies, inventory, and upkeep.
- Ensure operation of office equipment/systems, call for repairs, and maintain inventories.

How to Apply

Prepare a cover letter describing why you are the right candidate for this position. Attach a current resume and two professional references. Only individuals being considered will be contacted for an interview.

Please send your resume electronically with a cover letter to: director@nbapc.org with subject line:

Administrative Assistant

OR drop off your application at NBAPC 320 St. Mary's Street, Fredericton, NB E3A 2S4

Deadline for receipt of cover letter, resume and references: April 5, 2023

NBAPC gives preference to hiring qualified internal candidates, NBAPC members, and other Indigenous candidates.

Candidates selected will be required to provide a recent criminal record check prior to appointment.



NASHWAAK RIVER AFSAR HIGHLIGHTS



RIVIÈRE NASHWAAK FAITS SAILLANTS DU AFSAR



Endangered Species

Encountered two Wood Turtles while surveying the Nashwaak.



Espèce en Danger

J'ai rencontré deux tortues des bois lors de l'arpentage du Nashwaak.

Environmental DNA

10 Sites were sampled along the Nashwaak River and all sites were positive for American Eel DNA and all but one site were positive for Atlantic Salmon DNA



ADN Environnemental

10 sites ont été échantillonnés le long de la rivière Nashwaak et tous les sites étaient positifs pour l'ADN de l'anguille d'Amérique et tous les sites sauf un étaient positifs pour l'ADN du saumon de l'Atlantique.





Excessive Erosion

The northern portions of the watershed had visibly less erosion then the southern, more residential portions of the watershed.



Érosion Excessive

Les parties nord du bassin versant présentaient visiblement moins d'érosion que les parties sud, plus résidentielles, du bassin versant.





Pollution

Dump sites and human introduced pollution from tubing activities were prevalent throughout the watershed.



Pollution

Les décharges et la pollution d'origine humaine provenant des activités de tubage étaient répandues dans tout le bassin versant.



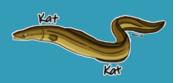


You can follow us on our social media platforms to keep up to date on all of our ongoing projects with NBAPC!

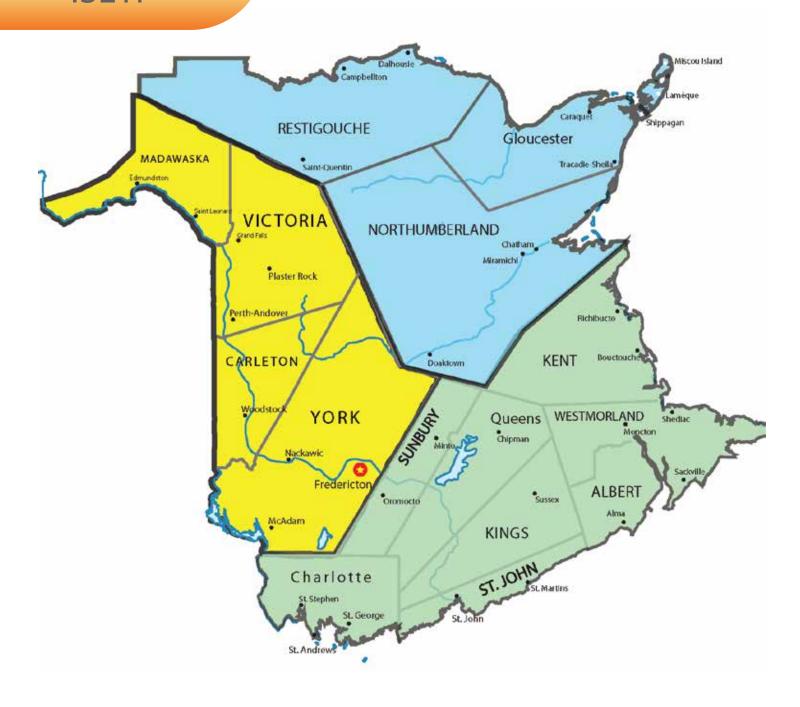




Vous pouvez nous suivre sur nos plateformes de médias sociaux pour vous tenir au courant de tous nos projets en cours avec NBAPC!



ISETP



Employment Counselors:

- Northern Employment Counselor jobnorth@nbapc.org
 (Areas surrounding Campbellton, Dalhousie, Bathurst, Miramichi, Doaktown, etc...)
- Western Employment Counselor jobwest@nbapc.org
 (Fredericton and areas surrounding Edmundston, Grand Falls, Woodstock, McAdam, etc...)
- Priscilla Grimmer (bilingual) Southern Employment Counselor jobsouth@nbapc.org (Areas surrounding Saint John, St. Stephen, Sussex, Moncton, Richibucto, etc...)



Indigenous Skills & Employment Training Program New Brunswick Aboriginal Peoples Council

V Brunswick Aboriginal Peoples Coun 320 St. Mary's St. Fredericton, NB E3A 2S4

Tel: (506) 458-8422 / 1-800-442-9789 Fax: (506) 451-6138

"Serving the Employment Needs of the Off-Reserve Aboriginal Community"

Employers & The Summer Student Placement Program 2023

The NBAPC-ISETP Summer Student Placement Program is just around the corner. Every year the ISETP Department offers students an opportunity to apply for summer employment. Students who wish to obtain a summer job in order to learn new skills and gain valuable work and life experience are encouraged to apply. Employers who are interested in hosting a summer student can also apply. Students and employers can contact our offices to have the appropriate application form mailed or faxed to them. When contacting our offices please specify whether you require the student application form or the employer application form. The deadline for application is Friday, April 28, 2023 at 4:30pm.

When applying to host a student in the Summer Student Placement Program remember:

- The employer must provide a safe working environment for the student.
- Only Off-Reserve Aboriginals who are residents of New Brunswick between the ages of 16-30 at the time the summer placement (summer 2023) can be placed with an employer.
- Students must be supervised by the employer or a designated existing staff member at the work site during the placement.
- Any issues that may arise during the placement must be reported immediately to the ISETP department.
- Priority will be given to students enrolled in post-secondary education.
- A student's resume must accompany every student application form to be considered for an employment placement.
- Proof of enrollment in school currently and in the fall of 2023 must accompany every student application form.
- Every effort is made to place students at organizations where they will gain meaningful skills and/or learn to perform duties related to their training/career goals.
- Every effort is made to place students at non-profit organizations, organizations that are community minded and/or help provide the community with meaningful services.

COMPLETED APPLICATIONS MUST BE RECEIVED BY THE NBAPC-ISETP DEPARTMENT NO LATER THAN 4:30PM FRIDAY, APRIL 28, 2023. STUDENT APPLICATIONS MUST INCLUDE A RESUME AND PROOF OF ENROLLMENT IN SCHOOL FOR THE CURRENT YEAR AND FALL 2023. APPLICATIONS WITHOUT THIS INFORMATION WILL NOT BE PROCESSED.

EMPLOYER FORM



Indigenous Skills & Employment Training Program New Brunswick Aboriginal Peoples Council

320 St.Mary's Street Fredericton, NB E3A 2S4 Tel: (506)458-8422 Toll Free: 1-800-442-9789 Fax: (506)451-6138

www.nbapc.org

Employer Request For Summer Student Application Form

Business Name:				
Contact Person:Address:	E maile			
	Non Droft/Not For Droft, Voc / No			
Description of Services Offered by Business	Applying for a Summer Student:			
Description of Expected Duties, Tasks, etc	. to be Performed by a Summer Student:			
Description of Required Skills Student Must	Already Possess To Work at Applying Business			
Explanation why Business Requires Funding	g Assistance for a Summer Student:			
Earliest Possible Start Date for Student:	Latest Possible Start Date for Student:			
Number of Students Requested:				
Percentage of Student Wages Business is Ab	ole to Contribute:%			
Business Applicant Signature	Date			
Employment Counselor Signature	Date			

Summer Students that may be available to employers within this program are between the ages of 16-30 at the time of the placement, are Off-Reserve Aboriginals who will be attending school or training in the fall and are NB residents. Employer applications that are incomplete will not be processed.

DEADLINE: Friday, April 28, 2023 4:30pm



Indigenous Skills & Employment Training Program

New Brunswick Aboriginal Peoples Council

320 St. Mary's St. Fredericton, NB E3A 2S4

Tel: (506) 458-8422 / 1-800-442-9789 Fax: (506) 451-6138

"Serving the Employment Needs of the Off-Reserve Aboriginal Community"

Summer Student Placement Program 2023

Every year the ISETP Department offers students an opportunity to apply for summer employment. Students who wish to obtain a summer job in order to learn new skills and gain valuable work and life experience are encouraged to apply. Employers who are interested in hosting a summer student can also apply. Students and employers can contact our offices to have the appropriate application form mailed or faxed to them. When contacting our offices please specify whether you require the student application form or the employer application form. The deadline for application is **Friday, April 28, 2023 at 4:30pm**.

When applying for the Summer Student Placement Program remember:

- Applicants must be Off-Reserve Aboriginals who are residents of New Brunswick between the ages of 16-30 at the time the summer placement will occur (Summer 2023).
- Students must currently be attending school and will also be attending school again in the fall of 2023.
- Priority will be given to students enrolled in post-secondary education.
- A resume must accompany every student application form.
- A student's resume must accompany every student application form to be considered for an employment placement.
- Proof of enrollment in school currently and in the fall of 2023 must accompany every student application form.
- Every effort is made to place students at organizations where they will gain meaningful skills and/or learn to perform duties related to their training/career goals.
- Every effort is made to place students at non-profit organizations, organizations that are community minded and/or help provide the community with meaningful services.

APPLICATIONS MUST BE COMPLETED RECEIVED NBAPC-ASETS DEPARTMENT NO LATER THAN 4:30PM FRIDAY, APRIL 28, 2023. STUDENT APPLICATIONS MUST INCLUDE A RESUME AND PROOF OF ENROLLMENT IN SCHOOL FOR THE **CURRENT** YEAR AND FALL 2023. APPLICATIONS **WITHOUT** THIS **INFORMATION** WILL PROCESSED.

STUDENT FORM



Indigenous Skills & Employment Training Program

New Brunswick Aboriginal Peoples Council

Student Summer Application Form

E-mail:	
French	Other () Other ()
Grade	Year
Course Course	
Course	
	Date:
List Locations, Areas, l	
and goals:	
Empl. Counselor Signatu	
	E-mail: D.O.B.: S.I.N #: French French Grade Course Course Course Course and goals: Empl. Counselor Signature

Only Off-Reserve Aboriginal students between the ages of 16-30 at the time of placement and are NB residents

are eligible for this program. DEADLINE: Friday, April 28, 2023 4:30pm



Le Programme de formation pour les compétences et l'emploi destinée aux Autochtones

Conseil de peuples autochtones du Nouveau-Brunswick

320, rue St. Marys, Fredericton, NB E3A 2S4

Tél.: 506-458-8422 Sans frais: 1-800-442-9789 Fax: 506-451-6138

Répondre aux besoins en emplois de la communauté autochtone hors réserve

Les employeurs et le programme d'emploi d'été pour étudiants 2023

Le *Programme d'emploi d'été pour étudiants* du *CPANB-FCEA* approche à grands pas! Tous les ans, le service de la FCEA offre aux étudiants la possibilité de faire une demande d'emploi d'été. On encourage les demandes d'étudiants qui veulent acquérir des nouvelles compétences et une précieuse expérience de travail et de vie. Les employeurs désireux d'accueillir des étudiants pour l'été peuvent eux aussi déposer une demande. Les étudiants et les employeurs peuvent communiquer avec nos bureaux pour qu'on leur envoie par la poste ou par fax le formulaire qui convient. N'oubliez pas de préciser si vous voulez le formulaire d'étudiant ou d'employeur. La date limite pour dépôt des demandes est le <u>28 avril 2023 à 16 h 30</u>.

Critères rattachés aux possibilités d'emploi d'été pour les étudiants :

- L'employeur doit assurer à l'étudiant ou à l'étudiante un milieu de travail sûr.
- Seuls les Autochtones vivant hors réserve au Nouveau-Brunswick et âgés de 16 à 30 ans au moment de la période d'emploi (été 2023) peuvent faire l'objet d'un placement d'été.
- Au cours de l'emploi d'été, les étudiants doivent être supervisés sur les lieux de travail par l'employeur ou par un membre du personnel désigné et déjà en poste.
- Tout problème qui survient en cours du placement doit être immédiatement signalé à la FCEA.
- La priorité est accordée aux étudiants inscrits à des études postsecondaires.
- Pour être étudiée, la demande d'emploi de l'étudiant ou de l'étudiante doit être accompagnée de son CV.
- Toute demande doit aussi être accompagnée d'une preuve d'inscription scolaire actuelle et à l'automne 2023.
- On s'efforce de placer les étudiants dans des organisations où ils feront l'acquisition de compétences utiles ou liées à leur formation ou à leurs objectifs de carrière.
- On s'efforce de placer les étudiants dans des organisations soit à but non lucratif, soit à vocation communautaire, soit qui aident à fournir des services valables à la communauté.

LES DEMANDES REMPLIES DOIVENT PARVENIR AU CPANB-SFCEA AU PLUS TARD À 16 H 30 LE 28 AVRIL 2023. LES DEMANDES DES ÉTUDIANTS DOIVENT CONTENIR UN CV ET UNE PREUVE D'INSCRIPTION SCOLAIRE POUR L' ANNÉE EN CO URS ET POUR L' AUTOMNE 2023. SI CES RENSEIGNEMENTS SONT ABSENTS, LA DEMANDE NE SERA PAS PRISE EN COMPTE.

FORMULAIRE EMPLOYEUR



Le Programme de formation pour les compétences et l'emploi destinée aux Autochtones

Conseil des peuples autochtones du Nouveau-Brunswick

320, rue St. Marys, Fredericton, NB E3A 2S4
Tél.: 506-458-8422 Sans frais: 1-800-442-9789 Fax: 506-451-6138
www.nbapc.org

Formulaire pour employeur – possibilité d'emploi d'été pour étudiant

Nom de l'entreprise :	Téléphone :
Personne-ressource :	
Adresse:	C 1 -
	Cita mala
	Lucratif/non lucratif: Oui/Non
Description des services offerts par l'entre	eprise à la recherche d'un(e) étudiant(e) pour l'été :
Description des fonctions, tâches, etc. du p	poste offert comme emploi d'été :
Description des compétences et qualités re	equises pour ce poste :
Raison pour laquelle l'entreprise a besoin d'	'aide financière pour l'embauche d'un(e) étudiant(e)
Date de début le plus tôt :	Date de début la plus tardive :
Nombre d'étudiantes ou d'étudiants dema	ndé :
Pourcentage du salaire étudiant que l'entre	eprise peut contribuer :%
Signature de l'employeur demandeur	Date
Signature du conseiller en emploi	Date

Les étudiants que l'employeur peut embaucher dans le cadre de ce programme d'emploi d'été sont des Autochtones vivant hors réserve au Nouveau-Brunswick, âgés de 16 à 30 ans au moment du placement, qui fréquenteront une école ou suivront une formation à l'automne. Toute demande incomplète sera refusée.

DATE LIMITE : 28 avril 2023 à 16 h 30



Le Programme de formation pour les compétences et l'emploi destinée aux Autochtones

Conseil des peuples autochtones du Nouveau-Brunswick 320, rue St. Mary's, Fredericton, NB E3A 2S4

Tél.: 506-458-8422 Sans frais: 1-800-442-9789 Fax: 506-451-6138

Répondre aux besoins d'emplois de la communauté autochtone hors réserve

Programme d'emploi d'été pour étudiants 2023

Tous les ans, le service de la FCEA offre aux étudiants la possibilité de faire une demande d'emploi d'été. On encourage les demandes venant d'étudiants qui veulent un emploi d'été pour acquérir des nouvelles compétences et une précieuse expérience de travail et de vie. Les employeurs désireux d'accueillir des étudiants pour l'été peuvent eux aussi déposer une demande. Les étudiants et les employeurs peuvent communiquer avec nos bureaux pour qu'on leur envoie par la poste ou par fax le formulaire qui convient. N'oubliez pas de préciser si vous voulez le formulaire d'étudiant ou d'employeur. La date limite pour le dépôt des demandes est le 28 avril 2023 à 16 h 30.

Critères rattachés à une demande d'emploi d'été:

- Pour faire une demande, il faut être une personne autochtone vivant hors réserve au Nouveau-Brunswick et âgée de 16 à 30 ans au moment de la période d'emploi (été 2023).
- Les étudiants doivent fréquenter un établissement d'enseignement et poursuivre ses études à l'automne de 2023.
- La priorité sera accordée aux étudiantes et étudiants qui font des études postsecondaires.
- Le formulaire de demande doit être accompagné du CV de l'étudiante ou de l'étudiant.
- Chaque demande d'emploi doit être accompagnée d'un CV pour être considérée.
- Chaque formulaire de demande d'emploi doit aussi être accompagné d'une preuve d'inscription scolaire actuelle et à l'automne 2023.
- On s'efforce de placer les étudiants dans des organisations où ils feront l'acquisition de compétences utiles ou liées à leur formation ou à leurs objectifs de carrière.
- On s'efforce de placer les étudiants dans des organisations soit à but non lucratif, soit à vocation communautaire, soit qui aident à fournir des services valables à la communauté.

LES DEMANDES REMPLIES DOIVENT PARVENIR AU CPANB-SFCEA AU PLUS TARD À 16 H 30 LE 28 AVRIL 2023. LES DEMANDES DES ÉTUDIANTS DOIVENT CONTENIR UN CV ET UNE PREUVE D'INSCRIPTION SCOLAIRE POUR L'ANNÉE EN CO URS ET POUR L'AUTOMNE 2023 SI CES RENSEIGNEMENTS SONT ABSENTS, LA DEMANDE NE SERA PAS PRISE EN COMPTE.

FORMULAIRE ÉTUDIANT



Le Programme de formation pour les compétences et l'emploi destinée aux Autochtones Conseil des peuples autochtones du Nouveau-Brunswick

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320, rue St. Marys, Fredericton, NB E3A 2S4
Tél.: 506-458-8422 Sans frais: 1-800-442-9789 Fax: 506-451-6138
www.nbapc.org

Formulaire de demande d'emploi d'été

Nom de l'étudiant(e) :		Tél.	1
Adresse:		Courriel:	
		_ Date naissa	ince :
Langues parlées : anglais			
Langues écrites : anglais	français	autr	re ()
Dernière année complète (secondaire) : c	lasse (année) _	nnée) année civile	
N ^{bre} d'années complètes école technique	/métiers	cours	année
			année
N ^{bre} d'années d'université		cours	année
	ASC HEL		année
Autres certificats, etc. (RCP, SIMDUT et a	autres)		
Emplois antérieurs – poste occupé :			
Emprois unioriteurs poste cocupe :			Date :
<u> </u>			Data
Genres de travail préféré :	Lieux		eprises préférées :
Déficience ou incapacité pouvant influer s			
Vos intérêts et objectifs de carrière et d'é	étude :		_
Signature de la personne candidate Date	Signat	ure du conseille	er en emploi Date
Pour que votre demande soit étudiée, vous deve	ez joindre votre	CV et une preuv	e d'inscription scolaire pour
l'automne prochain. Les dossiers de dema			
documents demandés ne seront pas traités. Seu	ls sont admissil	bles les étudiant(e)s autochtones hors réserve
âgés de 16 à 30 ans au moment du placement. I	DATE LIM	ITE: 28 avr.	il 2023 à 16 h 30

Looking Out for Each Other Project

- Helpline through Gignoo Transition House continues to be an extra resource for the families and friends of MMIWG2S+. It provides people with guidance through accessing different resources, such as, Police Departments, Health centres, Victim Services, Mental Health resources and supports, Legal Aid and other resources across the province. The LOFEO team is currently working on advertising the Helpline by doing community outreach and participating in fairs.
- LOFEO partnered with the University of King's College and completed the Guidelines for Journalists Reporting on Missing Indigenous People. The guidelines booklet is available on the NBAPC website. The University of King's College is currently working on completing guidelines for the families and friends of Missing Indigenous People to reach out to the reporters.
- LOFEO is working alongside other organizations to create awareness about Gender-based Violence and its effect in Indigenous communities.



Looking Out for Each Other

April Update - 2023



LOFEO's Project Manager While Luisa is on Leave:

LOFEO welcomes Molly McIntyre to the team as Project Manager. Molly graduated from St. Thomas University in 2017 with a double major in Human Rights and Sociology. After graduation, she worked as a Behavioral Interventionist for Autism Intervention Services. Working with children who had disabilities inspired her to learn and advocate for vulnerable communities. In 2019, she went back to St. Thomas University and completed her Bachelor of Education. After graduating in 2020, Molly moved to Labrador City where she taught high school resource. During this time, Molly created and implemented educational plans to help students that were struggling to graduate. She also helped families of students with high needs and advocated for their rights within the school system.

Advisory Circle Update

Members of the Advisory Circle will meet on July 8th, 2023, in Fredericton, NB. During this meeting there will be an introduction of the new Project Manager as well as an update and discussion on current projects.

Current LOFEO Project Updates:

• Community Engagement:

LOFEO is continuing to reach out to partnering organizations to participate in various community outreach activities. The goal of these activities is to bring awareness about the LOFEO Project as well as provide resources to community members, make connections with various organizations and spark discussions on gender-based violence. If you would like to participate in any event or collaboration, please email us at lofeo@nbapc.org.

• Helpline:

The helpline phone number is 1-833-MMI-FIND, this is a 24 hour a day, 7 day a week service for all Indigenous community members to access across the province of New Brunswick.



NBAPC MMIWG2S+ Action Plan:

LOFEO is currently looking to gather data from Indigenous people off and on reserve in New Brunswick with the purpose to create a NBAPC MMIWG2S+ Action Plan to end violence against Indigenous women, girls and 2SLBGTQQIA+ people. LOFEO has created a questionnaire with the hopes to get the public's perspective on their experience with the topic of MMIWG2S+. The questionnaire can be found on the NBAPC website: https://nbapc.org/ActionPlan/

Guidelines for Families, friends, and communities of MMIWG2S to reach out to the media:

The LOFEO collaborated with journalism professors from the University of King's College to develop Guidelines for Families to Navigate the Media. These guidelines emphasize the importance of accuracy, fairness, and independence, which are the core principals of journalistic ethics and standards across Canada. The hope of these guidelines will help journalists be more mindful of their process and the impact they have on families and result in accurate, human-centered stories gathered in a responsible way. The LOFEO has printed these guidelines and made them into a small booklet. These booklets will be shared with LOFEO's partnering organizations and community members.



Sharing Circles:

LOFEO has been working on starting some Sharing Circles alongside Torey Solomon from Sexual Violence New Brunswick (SVNB) and Brandy Parr from St. Mary's Memorial Health Centre. As a team, we are working to put Sharing Circles together to bring light to the issues Indigenous women and girls face with Gender-based violence and find a way to support each other and heal.

Spotlight on:

• Gignoo Transition House:

The objective of Gignoo Transition House is to provide support to all First Nation women and children who are survivors of domestic violence; be it physical, sexual, emotional, mental, spiritual, and financial. All programs and services are provided in the context of cultural beliefs and values to ensure a holistic approach is used as part of their healing journey.

LOFEO wants to thank Gignoo Transition House for continued work supporting Indigenous women and operating the LOFEO Helpline.

Wela'lin - Woliwon



Don't forget to stay up to date with LOFEO's social media:



LOFEO (@LOFEOproject) / Twitter



Looking Out For Each Other | Facebook

Helpful sites:

- Shelter Safe: this site helps you find a shelter in New Brunswick.
 - o https://sheltersafe.ca/new-brunswick/
- N.B Transition Houses
 - https://www2.gnb.ca/content/gnb/en/ departments/women/Violence Prevent ion and Community Partnerships/cont ent/Transition Houses.html

Aboriginal Seafood Network Inc.

The Aboriginal Seafood Network Inc. recently had their captains and crew complete an annual safety training. This included trying on their immersion suits, deploying lifejackets and deploying a life raft that is stored on each vessel for emergencies.







Our Community

Congratulations to Under One Sky's Executive Director Patsy McKinney on being awarded the Queen's Platinum Jubilee Medal by the Honorable Brenda L. Murphy, Lieutenant Governor of New Brunswick.





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Home > Articles > Sticking to Your Grocery Budget with Thrive Life

Sticking to Your Grocery Budget with Thrive Life

Written by: Emily Thrives



I was constantly going over my grocery budget. From veggies going bad too quickly to the kids sneaking snacks behind my back, I felt like I was *always* restocking my fridge. My husband and I would get half-way through the pay period and wonder where on earth our food budget went! I guess this shouldn't be much of a surprise since the typical North American family of four tosses out an average of \$1,500 of food a year!

When I was introduced to Thrive Life, I was really excited to get this nutrient-packed food in my kitchen, but I'm not gonna lie, I worried about how it would fit into our already depleting food budget. But I've figured out how to stop tossing out food and start saving my grocery budget, and now I'm gonna share those nuggets of knowledge with you!

I started by making a list of those foods I threw out the most. For our family, that was spinach, strawberries, apples, bananas, and mushrooms. Instead of buying these from the grocery store, I bought them from Thrive!

Remember, when you buy with Thrive Life, you're buying in bulk, which is something I'd never do at the grocery store—that would be a rotten food disaster! But with Thrive, I get a month's supply of the foods we use the most, and guess what, they last for months!

Now that might seem like such a little thing, but let me tell you, it's saved us so much money on our grocery bill! When I used to run out of certain foods, I'd go to the grocery store to grab some more mushrooms, but that was never the only thing I grabbed! A quick trip to the neighborhood market often resulted in a few laps around the store, picking up some extra snacks or a candle that was on sale (who doesn't love a good candle?). Those mushrooms would end up costing me \$20 with all the extra non-necessities I'd grab! Grocery stores are designed to encourage impulse purchases, so by simply removing the need to run to the store in the first place, I'm saving money!

Don't get discouraged by your grocery budget. As parents, I know it can get frustrating, but believe me, there are solutions to the problem. Yes, the kids are still gonna sneak into the pantry when you're not looking, but it kinda makes you proud when you catch them digging into a can of Thrive Life strawberries!

Make a list of those 6-7 foods you toss out the most, or even the 6-7 foods you would buy if they didn't go bad so fast! I never used to buy raspberries because I would get annoyed with how quickly they'd mold—now I have a can in my pantry that stays fresh for months, no chasing expiration dates! With Thrive Life, it becomes so much easier to stick to your budget, get healthier foods on the plate, and a wider variety in your kitchen.

Miscellaneous



HILL TIMES

Bill creating reconciliation council ignores Indigenous voices

The Liberals' failure to adopt a House committee's recommendation to include the Congress of Aboriginal Peoples on the national council is a disrespectful political attack that triggers trauma for Indigenous peoples who have experienced social exclusion because of government policy.



Minister of Crown-Indigenous Relations Marc Miller sponsored Bill C-29, which would create a national council for reconciliation. Far too many politicians use the term 'reconciliation' as leverage while ignoring the realities Indigenous people face. The Hill Times photograph by Sam Garcia.

OPINION | BY ELMER ST. PIERRE | March 2, 2023

Reconciliation has become a watered-down, politicized term at the hands of the Liberal government. It's been turned into a symbolic word meant to calm Indigenous unrest, while the government plays politics by excluding hundreds of thousands of Indigenous peoples from reconciliation efforts and pitting national Indigenous organizations against each other.

The Government of Canada recently decided to continue excluding the Congress of Aboriginal Peoples (CAP) from Bill C-29 when it reached third reading in the House of Commons in December 2022. Bill C-29 recognizes the Truth and Reconciliation Commission's call to establish a National Council for Reconciliation. This unexpected exclusion came after a House Indigenous and Northern Affairs Committee report in November 2022 recommended that the Congress of Aboriginal Peoples should have a seat on the council. Now, the bill is at second reading in the Senate, among the last steps before becoming law.

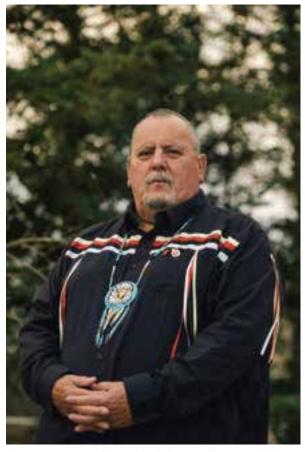
Failing to adopt that recommendation is not only an unprecedented and disrespectful political attack, it also triggers extreme trauma for Indigenous peoples who have experienced generational abuse and social exclusion because of government policy. It is a direct attack against off-reserve status and non-status Indigenous, Métis, and Southern Labrador Inuit voices, which comprise over 50 per cent of Canada's Indigenous population.

By intentionally removing CAP from Bill C-29, the Government of Canada has decided that off-reserve status and non-status Indigenous, Métis, and Southern Labrador Inuit voices are second class to those on reserves. This exclusion also goes against the <u>Truth and Reconciliation Commission's Calls to Action 8-10.</u>

These calls to action repeatedly emphasize the need to include off-reserve Indigenous voices in reconciliation.

For many urban Indigenous peoples, reconciliation begins at the doctor's office where far too many have to fight for Non-Insured Health Benefits rights. It begins at school, where Native Studies is often taught by a non-Indigenous person without the knowledge of our rich histories. It's needed on city streets, where far too many Indigenous people struggle to find affordable housing. Reconciliation is needed between the police and the justice system that has incarcerated a shocking number of our people. But most importantly, reconciliation is needed for the thousands of residential school survivors, 60's scoop children, and families of missing and murdered Indigenous women and girls.

Far too many politicians use the term 'reconciliation' as leverage while ignoring the realities Indigenous people face. Making things better simply means equality. The



Elmer St. Pierre is the national chief of the Congress of Aboriginal Peoples. Photograph courtesy of CAP

equal right to health care, clean drinking water, justice, and education. It means not having to explain our traditions and cultures after thousands of years of protecting our lands. In a country like Canada, those rights shouldn't be debated in the House of Commons and the Senate.

CAP must be included in Bill C-29 with a guaranteed seat as part of the national council to ensure Canada follows through on its promise of reconciliation. By excluding over 50 per cent of Canada's Indigenous voices, the government diminishes reconciliation into a symbolic gesture rather than tangible action.

All Indigenous peoples in Canada should be treated with respect, dignity, integrity, equality, and they should be able to expect a high quality of life founded on the rebuilding of their nations. Reconciliation begins with inclusion, not exclusion.

Elmer St. Pierre is the national chief of the Congress of Aboriginal Peoples. Before his election as CAP national chief in October 2020, he served as vice chief of the Ontario Coalition of Indigenous Peoples from 2006-2019, when he was elected chief.



Market Access Officer

The Joint Economic Development Initiative (JEDI) is dedicated to supporting Indigenous peoples in reaching their full economic development potential through advocacy and networking. The JEDI team currently requires a Market Access Officer located in Fredericton. Reporting to the Economic Development Manager, the Market Access Officer will work closely with a wide range of stakeholders including Indigenous entrepreneurs and businesses, provincial and federal government departments, industry partners and JEDI staff participating in the business mentorship program to assist with finding new clients, markets and contracting opportunities.

Primary responsibilities:

Partnership development:

- Collaborate with key partners on strategies to support Indigenous peoples and businesses to achieve success, including:
 - Working with the JEDI team and community Economic Development Officers on the information flow about economic development programs and initiatives within communities.
 - Participating in key meetings and committees/working groups to report on project progress and to address any emerging issues.
 - Assisting with preparation of reports and with day-to-day operational requirements of the program.

Indigenous Entrepreneurship and Employment:

- Maintain a database of Indigenous businesses, keeping them informed of existing and emerging opportunities (such as funding, training, and contracts), and connecting them with key industry contacts and resources.
- Contribute to entrepreneurship program activities such as participant recruitment, day-to-day delivery as required, and supporting clients during program delivery, aftercare and beyond.
- Promote the procurement of goods or services from Indigenous businesses directly required in supply chains.

Qualifications:

 A university degree in a related discipline (e.g. Public Relations, Communications or Business Administration) preferably with some business development experience, or an equivalent combination of education, training and relevant experience.

- Understanding of First Nation communities, culture, and social concerns. Preference will be given to qualified candidates of Indigenous descent.
- Excellent interpersonal, relationship-building, networking and communication skills, both oral and written; strong organizational skills.
- Proficient in MS Office (Outlook, Word, PowerPoint, Excel, Access). Experience using data management software is an asset.
- Experience/knowledge of the following would be considered strong assets, but not requirements as they can be developed on the job,:
 - Budgeting, business analysis, market trend analysis, industry analysis, information systems, marketing and exporting
 - o Global supply chains, international marketing and supporting resources
- Valid driver's license and the ability to travel in the province.

If you are interested in this position, please submit your confidential resume and cover letter saved as one document by 4:30 p.m. on April 14, 2023 to janis.flemming@jedinb.ca stating Market Access Officer in the subject line. As JEDI may begin reviewing submissions at any time please submit your application as soon as possible.

Applicants must be eligible to work in Canada at the time of application.

Thank you for applying. Only those selected for an interview will be contacted directly.





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