

# Achimowin

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## JULIAN IS MOTIVATED TO HELP OTHERS REACH THEIR GOALS

My name is Julian Wastesicoot and I'm 28 years old from Thompson, Manitoba.

I've worked for Sodexo in the Wellness department at Keeyask for almost two years now and it's been great so far. I feel like I've improved a lot these past couple of years in my role, both mentally and physically, and I'm getting to know people at site

and stepping outside my boundaries to push myself.

I'm used to being more on the quiet side and have a shy personality. It caused me to be on the cautious side when trying to do things because I thought people wouldn't like me or I'd be rejected for whatever reason. I joined the Wellness department because I saw it as a great opportunity to improve my physical health, build better social skills and help break myself out of that shy mentality.

With my co-workers, I am building my knowledge within the health and wellness industry and new aspects to motivate not only myself but others as well. When I started instructing classes, it took a while to get over

the feeling of everyone's focus on me as the instructor, but once I started, I felt this sense of accomplishment. Something I could look forward to in the future.

Being able to motivate myself and others to reach their goals helps me push further every day. Today I'm instructing multiple classes a week with anywhere from three to 15 participants and feeling very comfortable. I continue to enjoy my role as a wellness and recreation clerk and I'm looking forward to furthering my certifications on site.



*What's your Keeyask story?  
Contact us to share it in an  
upcoming issue of Achimowin.*

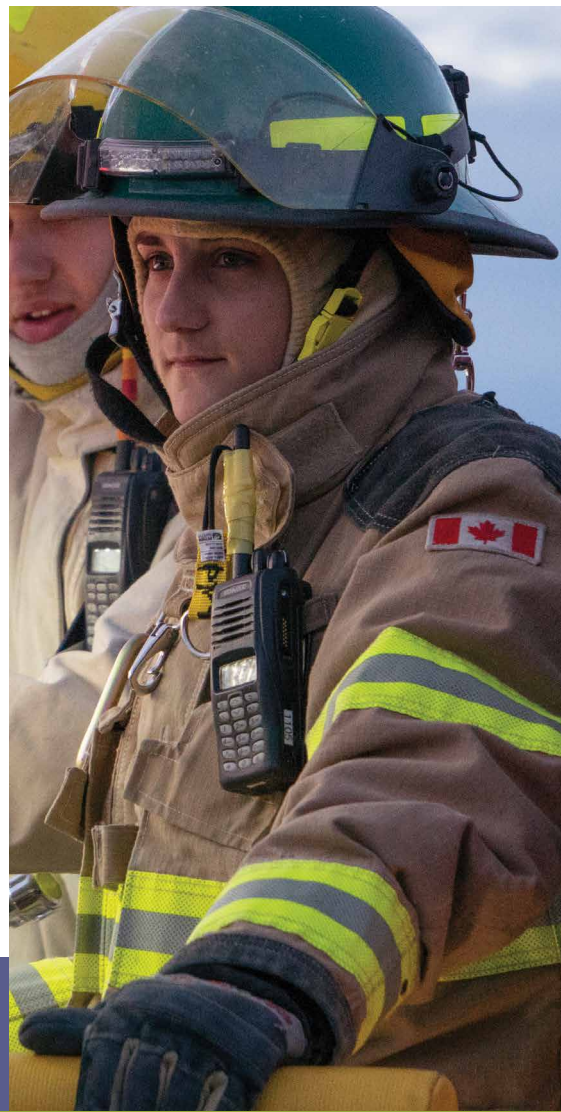
# SANDIE'S AIMING FOR ACCREDITATION

Sandie Kulchar had built up some fire-fighting training before she came from Keewatinohk to take a job as a Site Field Safety Officer. Rather than take a break when she started at Keeyask, she wanted to continue building on her existing training. As she came with experience, the Keeyask Emergency Response Crew opened up a spot for her to join the team immediately. Kulchar felt lucky to become part of a new crew, "It's amazing to be part of a fire crew, they quickly become family." Kulchar volunteers her time weekly, "to help protect people and the places that we live in, whether it's the camp or a site emergency." This fall, she is hoping to become fully accredited – the first fully accredited firefighter at Keeyask - by completing her Level 1 Firefighting training (she already has

her Hazmat Ops training). Ultimately she wants to complete the Emergency Services Instructor course so she is able to instruct new firefighters. "It adds one more instructor to help people further their training and also attain their Level 1," said Kulchar.

Beyond her contributions to Keewatinohk and Keeyask, her volunteer time will benefit her in the future. After the Keeyask project is done for Kulchar, she would consider looking at a career as a paramedic or firefighter if another safety position did not become available. "Whatever I do when I leave Keeyask, I intend to join a volunteer fire crew at the very least."

*Sandie Kulchar,  
volunteer firefighter*



## ONE TEAM. ONE MISSION.

In the dining hall, Sodexo's clearing crews make sure mealtimes are mess-free. The clean, comfortable booths and tables where you enjoy your daily breakfast and dinner, or a quick snack from the grab and go, are kept up that way by this crew. Starting from left: Ethan Roulette, Dillon Saunders, Corbin Anderson, Roderick Landry, William Osborne, Robbie Saunders, Donny Sinclair.

# LEGAL DOESN'T MEAN “ALLOWED” AT KEEYASK

Recreational marijuana may now be *legal*,  
but you are *not allowed* to:

- *bring it on site;*
- *use it on site; and/or*
- *work while under its influence.*

All site staff must be **Fit for Duty** at all times — that is, you need to be able to do your job without any limitations due to drugs or alcohol. Being under the influence of marijuana during work hours is considered impairment on the job. This is why Keeyask has a Drug and Alcohol Site Standard — to provide a safe workplace for all employees, workers and contractors. The Keeyask Drug and Alcohol Standard will not change as a result of legalization of Cannabis (marijuana).

So please remember — you may be removed from the Project site and face disciplinary action from your employer, if:

- *you are indicated for drug residue;*
- *you have paraphernalia in your possession; and/or*
- *you are deemed to be under the influence and are on the Project site.*

## South Access Road – open for project construction traffic

Construction of the South Dam cofferdam now makes it possible to cross the Nelson River and access the south side construction area. However, traffic is restricted to construction and project vehicles only. The Keeyask site is still an active construction site with many hazards.

The public has to wait until the North and South Access Roads are transferred to Manitoba Infrastructure before they can travel the road. This will not occur until the last unit is in-service at the Keeyask Project, plus approximately one year for decommissioning of the project infrastructure.



# SITE STAFF PULL TOGETHER TO COMMEMORATE RIVER DIVERSION

On August 31, the tremendous efforts and teamwork behind the River Diversion Ceremony and feast came together. Organized by Employee Retention & Support Services; Keeyask Cree Nation Representatives; Manitoba Hydro Site Liaisons and project staff; Sodexo; Northern Maintenance Services; and BBE Hydro Constructors LP, the event honoured both Christian and Traditional beliefs. The day's event included script readings and gospel singers, a pipe ceremony and water ceremony, and feast for over 200 people. **Thank you to everyone who helped make this event a success.**

*Read full details about the Keeyask Project, including the year at a glance, people & the environment, and construction progress in the annual Keeyask Year in Review April 2017- March 2018 now on **Keeyask.com**.*



FOR VIDEOS AND MORE INFORMATION, PLEASE VISIT:

**Keeyask.com**

Send your feedback and suggestions to:

Jayson Kowal - Keeyask Main Camp

Email: [jkowal@hydro.mb.ca](mailto:jkowal@hydro.mb.ca)

Phone: 204.778.4993