

# Achimowin

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## ALEX RAISES AWARENESS ABOUT FIRST NATIONS CULTURE

**Alex Beardy teaches about the history and culture of the area before the Keeyask Project.**

For some of us, getting to Keeyask can be a long journey from our homes. For others, the Keeyask Project is being built right in our homeland.

“Some people will come to work here and never know who lived around here,” said Alex Beardy, Employee Retention & Support (ERS) Services. “That’s my role, to introduce you to where you are working and orientate you - we have a rich history here. There is a culture here before this project came.”

ERS offers Aboriginal Awareness Training (AAT) to all Keeyask employees. Keeyask is located in the Split Lake Resource Management Area – the ancestral homeland of our four partner First Nations -

Tataskweyak Cree Nation, War Lake First Nation, York Factory First Nation, and Fox Lake Cree Nation.

The goal of AAT is to ensure that sensitivity and respect for local culture is maintained throughout construction of Keeyask. As of November 2018, 99 per cent of Keeyask employees have taken the training session, which means ERS provided training to over two thousand people throughout the year.

You can take part in AAT by visiting the ERS office located next to the main reception area.

***In 2018, 99% of Keeyask employees took Aboriginal Awareness Training.***



# A NEW YEAR - A NEW COMMITMENT TO WORK SAFE

Every person who works on the Keeyask Project is valued. Ensuring your safety is about more than policies and procedures, safety audits and enforcing regulations.

Each one of us – employees, supervisors, and managers – need to put safety first in our planning and work. The start of a new year is a great time to renew our own commitment to safety.

Think about the ways you can renew your commitment to safety in 2019 and beyond. Discuss them with your team. Always put safety first.

- **Consciously look out for our colleagues around us;**
- **Work together to plan and do our work activities in a safe manner;**
- **Take the time to identify and address hazards;**
- **Pay attention to the conditions around us (winter conditions, traffic, and heights among others); and**
- **Be active in programs like the Safety Observation Cards.**

*Work together to plan and do work safely; look out for your co-workers.*



## ONE TEAM. ONE MISSION.

It's where you can unwind with a burger, a brew, and some buddies after a hard day's work. **Latitude 56** gives everyone a break from their regular workday routine. Sodexo's friendly staff serves meals, beverages and snacks in a relaxed setting where you can catch the game or Keeyask's local talent. Starting from left: Jenna Keeper, Kris Beardy and Dion Desmet.

# Keeyask Cemetery - a space for reflection

If you shuttle down the North Access Road, your route passes by the Keeyask Cemetery. Maybe you've seen part of the memorial area from a distance – the roof of a gazebo in the trees – and wondered why it was there.

The purpose of the cemetery is to provide space for respectful reburial of any human remains found in the Keeyask Project area during the construction and operation of the Keeyask Generation Project.

Visitors to the cemetery can pause for reflection on benches or in the gazebo to take some time to reflect.

The cemetery is part of the Heritage Resources Protection Plan (HRPP). The HRPP sets out the Keeyask Hydropower Limited Partnership (KHLP) commitment to safeguard heritage resources and appropriately manage human remains or heritage objects discovered or disturbed during the development of the Project.

# Onsite Allied Hydro Council reps here for you

Do you know what health coverage benefits your union agreement provides?

Wondering what services your union dues pay for?

Your Union Representatives can provide detailed information and can sign you up for benefits.

Ask for the Allied Hydro Council Representatives at the Support Services trailer located just outside main camp building.



# Keeping your spirits up during winter - and how to know if it's S.A.D.

Long cold, winter days with little sunlight can really affect mood. Sometimes the daily routine just feels dreary. You can help manage winter blues by:

- **Choosing healthy menu items in the dining hall and grab and go;**
- **Taking part in regular exercise or a fitness class at the Wellness Centre;**
- **Trying a new activity – check out Recreation Centre game areas and events;**
- **Spending time with friends in the Keeyask Café after hours in the dining hall; and/or**
- **Smudging in Employee Retention Support Services office; praying; or meditating.**

However, if your energy is constantly low and nothing seems to help, you may be experiencing **Seasonal Affective Disorder (S.A.D.)**.

**S.A.D.** is a moderate form of depression which tends to occur during the winter season when there's less natural light. Symptoms include:

- **Feeling depressed most of the day, nearly every day.**
- **Having difficulty sleeping.**
- **Losing interest in activities you enjoy.**
- **Having a change in your appetite or weight.**
- **Feeling sluggish or agitated.**

- **Having difficulty concentrating.**
- **Feeling hopeless, worthless or guilty.**
- **Having frequent thoughts of death or suicide.**

You may feel different degrees of any or all of these symptoms. If you feel some of these symptoms, it's important to seek help.

Confidential counseling services are available to help you at the **Employee Retention & Support (ERS)** services office at main camp.

You can also see the Nurse Practitioner located at the Medical Centre.

On Keeyask.com:

## Rescuing stranded fish at Keeyask

Watch how the environmental team rescues and transports fish that get stranded in our cofferdams during construction. The team works hard to relocate these fish from standing pools of water back into the flowing river. This is one way we help mitigate effects on the environment.



FOR VIDEOS AND MORE  
INFORMATION, PLEASE VISIT:

**Keeyask.com**

Send your feedback and suggestions to:

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