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Pride Perseverance Possibilities



# GDI Communicator

The GDI Communicator is an internal newsletter intended to increase communication between management and staff of the Gabriel Dumont Institute of Native Studies and Applied Research

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## The Power of Positive Thinking

By Jim Edmondson

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results. A positive person anticipates happiness, health and success, and believes he or she can overcome any obstacle and difficulty. Positive thinking is not accepted by everyone. Some consider it as nonsense and scoff at people who follow it, but there is proof that positive thinking is a factor in a person's success both at work and in their personal lives.

The power of a positive attitude and positive thinking is gaining popularity and acceptance as bona fide, as evidenced by the many books, lectures and courses available about it. In order for you to access the power of positive thinking in your life, you need more than just to be aware of the existence of the power. You need to adopt the attitude of positive thinking in everything you do and all aspects of your life, both home and work.

### Positive Thinking... How?

The following example illustrates how this power works: Allan applied for a new job, but he didn't believe he would get it. He had low self-esteem and considered himself as somewhat of a failure and unworthy of success. He had a negative view of himself, and believed

that other applicants were better and more qualified than him. Allan's mind was occupied with negative thoughts and fears concerning the job throughout the week before the job interview. He actually anticipated failure. On the day of the interview, he got up late, and to his horror he discovered that the shirt he planned to wear was dirty, and the other one needed ironing. As it was already too late, he went out wearing a wrinkled shirt and without eating breakfast. During the interview, he was tense, negative, hungry and worried about his shirt. All this, distracted his thoughts and made it difficult for him to focus on the interview. His overall behaviour made a bad impression, and consequently, he materialized his fear and did not get the job.

Mr. X applied for the same job too, but approached the matter in a vastly different way. He was sure that he was going to get the job. During the week preceding the interview, he often visualized himself making a good impression and getting the job. In the evening before the interview, he prepared the clothes he was going to wear, and went to sleep a little earlier. On the day of the interview, he woke up earlier than usual, and had ample time to have

breakfast, and then to arrive to the interview before the scheduled time. X made a good impression and got the job.

What do we learn from this example? Was there any magic used? No, everything happened in a natural way.

### Being Positive

With a positive attitude we experience pleasant and happy feelings. This brings brightness to the eyes, more energy, and happiness. Our whole being broadcasts good will, happiness and success. Even our health is affected in a beneficial way. We walk tall, our voice is more powerful, and our body language shows the way we feel.

### Attitude is Contagious

We affect, and are affected by the people we meet, in one way or another. This happens instinctively and on a subconscious level, through words, thoughts, feelings, and body language. Is it any wonder that we want to be around positive people, and prefer to avoid negative ones? People are more disposed to help us, if we are positive, and tend to avoid anyone broadcasting negativity.

Negative thoughts, words, and attitude, create negative and unhappy feelings, moods and behavior.

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## 2014, The Year That Has Been...

By James Oloo

Some years just stand out. In 1965, Tom Lehrer released a live album titled 'That was the year that was.' A movie by the same title came out in 1976. In 2012, Maclean's magazine published an article by Aaron Wherry 'This is the year that was,' and last year, Daniel Healy had a mix tape, 'The year that was.'

A year may stand out because of unfortunate events that happened such as the passing of Jim Sinclair in 2012, or the 2014 shootings at the Parliament Hill and the National War Memorial, as well as the the killing of Corporal Nathan Cirillo in Ottawa. But often, the year stands out because of great things that happened. Such is the case of 2014. As the year winds down, we would like to look at some of the successes that have been achieved by Gabriel Dumont Institute.

Early in the year, GDI launched the Institute's new website at [www.gdins.org](http://www.gdins.org). The new look website is sleek and stylish, modern and user friendly; and has new features and over 1,200 images.

Online payslip system replaced the paper payslips. The result was savings on staff time, paper, and associated cost. It has also been good for the environment.

GDI Publishing and writers were shortlisted for eight Saskatchewan Book Awards. The books were *Just Pretending* by GDI Training & Employment Director Lisa Wilson; *Métis Soldiers of Saskatchewan: 1914-1953* by Dr. Cathy Littlejohn; and *The Diamond Willow Walking Stick: A Traditional Métis Story about Generosity* by SUNTEP Prince Albert Instructor and award-winning author Leah Marie Dorion. When Award winners were announced in April, *Just Pretending* received four awards including 2014 Saskatchewan Book of the Year Award.

The GDI Publishing published two books, *My First Métis Lobstick* by Leah Marie Dorion, and *Manny's Memories* by Ken Caron and Angela Caron. The books bring to the fore the rare yet

vivid glimpse of Métis history and culture in Saskatchewan.

SUNTEP Saskatoon played sledge hockey with Wildwood School students and helped raise disability awareness. Children with disabilities are often more vulnerable to bullying and Aboriginal females with disabilities are three times more likely to live in poverty than other Canadians. The importance of disability awareness campaign, therefore, needs no further emphasis.

GDI Training and Employment partnered with the Camp Tamarack Foundation to take Aboriginal children with learning disabilities to a summer camp. Most of the kids were very happy and said they would like to come back next year.

The Third Annual GDSF Golf Tournament held at the Moon Lake Golf and Country Club in Saskatoon raised \$32,036 that was matched by the Saskatchewan Innovation and Opportunity Fund, for a total of \$64,072. The amount is awarded to Métis students as scholarships.

*Continued on Page 3*

## Practical Nursing Graduation in North Battleford

By Wendy Weeks

On Friday November 21, 2014, friends, families, and well-wishers gathered at the North West Regional College, North Battleford to celebrate 12 Practical Nursing diploma students who were graduating. Three of the 12 were funded by the Gabriel Dumont Institute. The three, Jamie Jamieson, Karleigh Morin, and Madison Pollard are clients of Wendy Weeks, Employment Counselor at the Gabriel Dumont Institute

Training and Employment in North Battleford.

There were also three awards given out to the graduating students, two of which were presented to GDI clients. Madison Pollard who graduated at the top of the class with an average of 93% received the Academic Award. Karleigh Morin was presented with the Leadership Award. Congratulations to all the graduates and the award

winners and best wishes to them as they prepare to write the National Licensure Exam in January 2015.

GDI continues to create opportunities for Métis people to enter careers that are in demand across Saskatchewan. One such career is practical nursing. The two-year Practical Nursing diploma program offered in North Battleford in partnership with the North West Regional College.



Madison Pollard received Academic Award at the Practical Nursing Graduation ceremony in North Battleford. She graduated at the top of her class



Jamie Jamieson  
Photos by Wendy Weeks



## GDI Scholarships Update

By Laurie Bouvier

With 2014 coming to an end, I thought this would be an opportune time to share with you, some of this year's best accomplishments in the world of GDI Scholarships...

November's Gabriel Dumont Scholarship Foundation (GDSF) adjudication saw a record-breaking number of applicants. A total of \$215,000 was awarded in November to give us a grand total of \$380,800 for 2014! Remember, in 2012-2013, GDSF awarded the largest amount of scholarships (\$177,400) to the largest number of Métis students (215) in the Institute's history. We are on course to set another record this year. We are committed to providing as much support

as we can to enhance the success of Métis students.

One of the changes we made this year was moving to an online application system. This move has streamlined the application process to be more efficient, reliable and complete. The feedback we have received from students is that they find the online application user friendly and they have access to application requirements. The requirements are as follows: 1) digital copies of Saskatchewan Health Card, a photo, Confirmation of Enrolment and in some cases, a Métis Card or letter from local stating membership; 2) Request official transcripts to be sent directly to GDI; 3) Prepare a 500 word essay on their

cultural roots and provide a short bio of what they aspire to do; and 4) a resume.

Our next deadline for applications is May 1, 2015. The online application process will open on February 1<sup>st</sup>. I will plan to do some training with staff and students throughout the province during that period. Keep an eye out for communication on this in the New Year.

Lastly, please allow me to introduce baby Rose Briley. Rose is the daughter of Amy Briley, the GDSF Scholarship Coordinator currently on leave. Rose was born in July weighing in at 7lbs, 6oz. Congrats to the Briley family! 🌟



Karleigh Morin receiving her Practical Nursing Diploma and Leadership Award at a Graduation Event in North Battleford  
Photo by Wendy Weeks

## GDI Saskatoon Staff Secret Santa Gift Exchange

By Sheena Yew

Santa! Is it too soon? Not at all! And Secret Santa is perhaps one of the best holiday traditions in workplaces across North America. It is the season to surprise one of your co-workers with a Christmas gift.

This year marks the eighth year of GDI Saskatoon staff

Secret Santa gift exchange. We will be exchanging gifts valued at around \$20 - \$25 on Tuesday, December 16, 2014 at a location to be announced later. To share the Christmas spirit, the event will be held over lunch hour and I will be asking those who can to bring some type of snacks to be shared by the group.

We always have a really great time with this as it is a lot of fun. I encourage everyone to participate! Details to follow at a later date will include: location, individual gift ideas, and the giftees. For more information, email me at sheena.yew@gdite.gdins.org 🌟

## 2014, The Year That Has Been ... *Continued from Page 2*

After years of hard work, Métis Veterans Memorial Monument was unveiled at Batoche in July. The monument was described by Rob Clarke, MP for Desnethé-Mississippi-Churchill River, as "a fitting tribute to all Métis" at a well-attended function.

GDI is one of the most female-friendly employers in Saskatchewan and across Canada. Over the past year,

the Institute had 209 employees of which 150 (72%) were female. Females are also in leadership positions at the organization serving as directors and program coordinators. At the GDI Board of governors, six out of eight (or 75%) members are female

GDI is an employer of choice for Métis professionals with 57% of all employees

self-identifying as Métis. Of the GDI group of companies, GDIT&E had the highest proportion of Métis employees at 70%. At Dumont Technical Institute, 51% of employees were self-declared Métis. We are likely to achieve more milestones before 2014 is over. As a bedrock of visionary leadership, GDI can only get stronger in the New Year. 🌟



Gabriel Dumont Scholarship Foundation's Amy Briley and Husband Tyler Were recently blessed with a baby, Rose Minnie Briley  
Photo courtesy of the Briley Family



## IT Update

By Gareth Griffiths

### IT Support System

A double dose of stats this month ... In September 2014, we received 59 new IT requests to the support system. All the 59 requests were completed and closed (100% closure rate). Overall, we closed 96 work orders.

In October 2014, we received 75 new IT requests to the support system, of which 66 of

them are completed and closed (88% closure rate). We closed a total of 68 work orders. There are currently 34 open Work Orders. Don't forget to email [support@gdins.org](mailto:support@gdins.org) for any new requests. In the event that an email cannot be sent for any reason, you can also contact any member of the IT Team: Brody Parent, Gareth Griffiths, or Gord Holtslander.

### Website

The Website Steering committee met last month. The one thing that came out of this was a desire to ensure the information is kept up to date. If you have any news items or events you want to add to the website, please email [support@gdins.org](mailto:support@gdins.org) with the details.

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## Christmas Break 2014

By James Oloo

Snow, shorter days, NHL, Grey Cup, Ski Doo, Hawaii ... But Christmas Carols and decorations say it louder. 2014 is soon coming to an end. And what a year it has been!

SPF apprenticeship was successfully concluded; 502

students completed their programs; 885 GDIT&E clients served; Métis Veterans' Monument unveiled. Over \$380,800 in scholarships awarded to Métis. Also, GDIT&E Director Lisa Wilson won four Sask Book Awards and YMCA Woman of Distinction Award.

The 2014 Christmas break dates for the Institute as approved by the Gabriel Dumont Institute Board of Governors are from Wednesday, December 24, 2014 to Friday, January 2, 2015 (inclusive). The Institute will reopen on Monday January 5, 2015. 🌐

## The Power of Positive Thinking ... *continued from Page 1*

When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

### Positive Thinking Practical Instructions

In order to turn our mind toward the positive, some inner work is required, since attitude and thoughts do not change overnight. Try some of the thoughts listed below.

Read about this subject, think about its benefits, and persuade yourself to try it. The power of your thoughts is a mighty power that is always shaping your life. This shaping usually occurs subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange, give it a try. You have nothing to lose, but only to gain. Try to

ignore what other people say or think about you. What is more important is that you are changing the way you think.

Use your imagination to visualize only favorable and beneficial situations. Use positive words in your inner dialogues, or when talking with others, and smile a little more, as this helps to think positively.

When a negative thought enters your mind, you have to be aware of it, and endeavor to replace it with a constructive one. If the negative thought returns, replace it again with a positive one. It is as if there are two pictures in front of you, and you have to choose to look at one of them, and disregard the other. Practice and persistence will eventually teach your mind to think positively, and to ignore negative thoughts.

It matters less what your circumstances are at the present moment. Try to think positive, expecting only favorable results and situations, and you will see your circumstances change accordingly. If you persevere, you will transform the way your mind thinks. It might take some time for the changes to take place, but eventually they will.

Another useful technique is the repetition of affirmations. Affirmation is a declaration that something is true, an example would be; my job brings me great satisfaction or I'm a good parent.

Positive thinking and a positive attitude will serve you well in all aspects of your life, give it a try you will be pleasantly surprised. 🌐



Métis Veterans during the Unveiling of the Métis Veterans Memorial Monument at Batoche, July 2014



Métis youth at the Métis Veterans Memorial Monument, Batoche



GDI provides opportunity for Métis people to reach their Academic and career goals

Photos by James Oloo



# IT Update ... Continued from Page 2

We will also promote news items on Facebook and Twitter to ensure maximum coverage.

## Sophos Anti-Virus

The version of the Anti-Virus software we are using is approaching end of life. An update will be pushed out automatically next month. The software will update itself quietly in the background, but will require a restart of the machine. Further details will follow shortly.

## Firewall Replacement

We are undertaking another project to update all of the network devices throughout the organization. After evaluating a couple of different systems, a decision was made to use Cisco Meraki devices. These devices are able to connect through to a central management console and

allow them to be managed and configured remotely via the cloud. This project will address and improve the wireless coverage throughout the organization, adding secure wireless coverage to all of the main offices.

The devices are now all in and operational. This has been extremely successful and has already been instrumental in helping to fix a few problems regarding improving connection speed by throttling video playback and system updates. It was also an essential tool in tracking a particularly nasty virus on one machine in Saskatoon, enabling us to effectively isolate this machine from the network.

## Windows XP

Windows XP is now officially at the end of its support life. Thus, no more security

patches or updates will be issued. This may put XP machines at risk, and could harm the organization. All critical computers in the organization have now been replaced. All that is left are a handful of machines in computer labs and machines available for student use. These will be targeted over the next month.

## In Closing

Q: How many programmers does it take to change a light bulb? A: None. That's a Hardware problem. 🌐



Employment Counselors Dwayne Docken and Wendy Weeks of GDI Training & Employment Saskatoon and North Battleford respectively At Try-A-Trade Career Fair, North Battleford Photo by Sylvia Moss

# Payroll Cutoff Calendar, December 2014

By Carmala Thiessen and Veronica Verzonowski

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Cutoff @ 4:30 for Dec 12 Student Payroll	2	3	4 Accounts Payable Cheque Run	5 Cutoff @ 4:30 for A/c Payable Invoices	6
7	8	9 Cutoff @ 3:00 for Stop PMTS on Student Dec 12 Direct Deposit Cutoff @ 4:30 TMS & Payroll Revisions for Dec 15 y	10	11 Accounts Payable Cheque Run	12 Student Payday Cutoff @ 4:30 for A/c Payable Invoices	13
14	15 Staff Payday Cutoff @ 4:30 for Dec 24 Student Payroll	16 Cutoff @ 4:30 for TMS & Payroll Revisions for Dec 31 Payday	17	18 Accounts Payable Cheque Run	19 Cutoff @ 3:00 for Stop PMTS on Student Dec 24 Direct Deposit Cutoff @ 4:30 for A/P Invoices	20
21	22	23	24 Student Payday	25 Christmas Day Stat Holiday	26 Boxing Day Stat Holiday	27
28	29	30	31 Staff Payday			

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Back issues of this newsletter  
can be obtained at:

[www.metismuseum.ca/browse/  
index.php/833](http://www.metismuseum.ca/browse/index.php/833)

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**GABRIEL DUMONT INSTITUTE**  
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#### GDI Mission:

*To promote the renewal and the development of Métis culture through research, materials development, collection and the distribution of those materials and the development and delivery of Métis-specific educational programs and services.*



**GABRIEL DUMONT INSTITUTE**  
of Native Studies and Applied Research