

Miziwe Biik Quarterly Newsletter

East Edition
2014



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A word from our Executive Director

Welcome to MIZIWE BIIK's Newsletter for 2014. Our purpose is to serve as a resource to the Aboriginal community by providing information and updates pertaining to our programs and services.

Our collection of employment, business development and program information will cut through information clutter to bring you illuminating news.

Each quarter we will feature client success stories and provide details on the programs and services offered through Miziwe Biik. From Miziwe Biik Aboriginal Employment and Training, Miziwe Biik Development Corporation and Thunderbird, we will provide the community answers to frequently asked questions through tips and tricks.

We hope you enjoy this issue. Thank you for reading on!

Nancy Martin, Executive Director

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Four Directions

By Jimmy Dick, Traditional Teacher of James Bay Cree Nation

The Four Directions of East, South, West and North carry many teachings. These teachings reflect the four seasons and the four stages of life: childhood, adolescence, adulthood and Elder. The Four Directions also give teachings about the four parts of human personality - the physical, mental, emotional and spiritual - and they show us how all peoples are connected.

Our newsletter will honour these teachings by referencing each edition with a direction and provide the associated teaching. In this edition, as with the medicine wheel, we provide teachings based on the East direction.

East Direction

All beginning's starts in the east - from where the sun rises we begin a new dawn. Each day is a good new day with a fresh beginning, a new start. East is the direction of the physical body and newness including the birth of children. It is the time of change for all is a new beginning.

Spring is the season when all things begin to grow and awaken. Yellow is the path of Life, to begin the walk as a warrior, to shine in all that you do. The sun rising in the east empowers each of us. The energy to do and to begin the action of the mind and heart is there.

Feature Program - Horticulture Technician Apprenticeship

By Gavin Lawrence

At Miziwe Biik we are always looking for exciting new skills based training programs to offer our community.

New for 2014 is the Horticulture Technician Apprenticeship Program, offered in partnership with Humber College. This intensive program stresses practical skills through applied study at the Humber construction laboratory, greenhouse and the Humber Arboretum.

Your Career

In Canada, where almost three-quarters of households have a lawn or garden, sales of landscaping products, equipment and plants is a billion-dollar industry.

Earn a living with your green thumb and construction skills in a range of such growth industries as landscape, horticulture, construction, maintenance, irrigation, lighting and lawn care.

A complete list of job opportunities, career positions, and salaries is available at horttrades.com

Client Success

Maureen Iserhoff - Constance Lake First Nation

Maureen had been a stay at home mom for several years. She decided to return to the workforce when her children started attending school full time. Maureen had skills and experience working as an Administrative Assistant but was seeking something more fulfilling.

Maureen started researching resources on the internet when she discovered Miziwe Biik's web site. Maureen was impressed with the services and programs Miziwe Biik offered and decided to contact us.

After meeting with an Employment Counselor, completing some career assessments and attending an information session, Maureen decided to pursue formal training as a Personal Support Worker, a career in high demand.

Miziwe Biik was able to support Maureen so she could achieve her goal of becoming a certified Personal Support Worker. She is now working with her employment counselor to conduct an assisted job search. We have every confidence Maureen will soon find her dream job.

"Miziwe Biik is committed to assisting all persons of native ancestry in the Greater Toronto Area to attain a better quality of life"

"Both my boys were starting school full time, which gave me the opportunity to rejoin the workforce, but what could I do?"

Best and worst colors to wear to a job interview

By Vivian Giang | *Business Insider*

What you choose to wear communicates a lot about who you are and how you see yourself. So in the all-important job interview, what color should you wear to make a great first impression?

Black: Leadership

Black can be seen as unapproachable, but if you wear it correctly, it can also "communicate glamour, sophistication, exclusivity," says [branding expert Karen Haller](#). Black is a color that is taken seriously. Consider brands such as Chanel and Yves Saint Laurent using black to communicate that they are the leader in their industry.

Blue: Team Player

Blue is one of the best colors to wear on a job interview because it exudes trust and confidence. [Lisa Johnson Mandell at AOL Jobs](#) writes: "Studies show that navy blue is the best color for a suit to wear to a job interview, because it inspires confidence. You are more likely to get the job when you wear navy blue to an interview than any other color."

Gray: Logical/Analytical

Wearing gray communicates independence or isolation. This doesn't have to be a bad thing, as long as you show that you're confident. Since gray is somewhat of a lonely color, this may say to others that you're very much an [individual, who is self-sufficient and capable](#) of thinking on your own.

White: Organized

Wearing white and beige is a safe bet, but you may be considered "[dull and lacking in self confidence](#)." Hiring managers think that white means you're "organized" since any chaos at all and you may find yourself with a stain on that white outfit. [Mandell at AOL Jobs](#) advises wearing white or beige for a job where everyone else wears loud colors.

Brown: Dependable

This earthy color means warmth, safety, reliability, and dependability, says Haller. Think of brands that use brown in their logo, such as UPS and the original M&Ms.

Red: Power

Red conveys passion and power and is the best color to wear when you're trying to [persuade or impress someone](#), says Kenny Frimpong, brand marketing and development manager at Italian menswear brand [Eredi Pisano](#). Red is also linked to courage, excitement, and energy.

Green, Yellow, Orange, and Purple: Creative

These louder colors communicate that you're fun and attract attention, but they don't necessarily elicit feelings of trust or commitment, which may not be the best message to send in a job interview. However, wearing these colors would work great for happy hour gatherings or in-house meetings.

The Electronic Job Board

Administrative Support - www.adminjobs.ca
Call Center / Customer Service - www.callcentrejob.ca
Financial Accounting - www.jobwings.com
Legal - www.legaljob.ca
Retail - www.retailjob.ca

Save these dates in June:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|------------------------------------|--------|
| 2 First Aid/CPR 9:00 - 4:00 Resume that Work 2:00 | 3 First Aid/CPR 9:00 - 4:00 Elections Canada 9:00 | 4 How to Network 2:00 | 5 Ace the Interview 2:00 | 6 |
| 9 Ontario Works Pre-Employment Skills Development Begins | 10 | 11 WHMIS 9:00 - 12:00 | 12 | 13 |
| 16 | 17 | 18 Food Handlers 9:00 - 3:00 | 19 | 20 |
| 23 | 24 | 25 Employment Info Session Metro Police 1:00 to 3:00 | 26 | 27 |
| 30 Info Session Second Career 2:00 | | | | |

Choosing the Right Training

By Denise Davad | Miziwe Biik

So you have decided to take a skills based training program now what?

Completing a skills based training is not always easy. It usually takes a considerable amount of your time and for most of us someone else's money.

That's why it's so important to make sure the training provider you choose is best suited to meet your needs. Not every training provider or program is created equal.

The best way to select a training provider is to visit their location in person and ask the right questions.

Here is a sample of questions to ask:

1. Does the course/program have specific learning outcomes?
A quality course will clearly detail what you'll learn.
2. Will I be learning the latest technology?
Always ask for a tour, preferable when classes are going on.
3. Can you verify employers who have hired your grads?
There is no point in taking training if no-one will recognize your credentials.
4. Are your instructor's teachers or business professionals?
Only a teacher is trained to teach. This is important if you have an alternative learning style.