



Spring 2020



SDHHS
Saskatchewan Deaf and
Hard of Hearing Services
Bridging the Gap

IN THIS ISSUE

Our Office

See what SDHHS is still offering
even though we're closed

What to do at home?

Fun ideas to try at home

Follow us on

Facebook and Instagram

We post several times a week!



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CHECK SDHHS ON:

Facebook



Saskatchewan Deaf and
Hard of Hearing Services

Instagram



#SDHHSINC

Website



SDHHS
Saskatchewan Deaf and
Hard of Hearing Services
Bridging the Gap

www.sdhhs.com

Social Media

Handle



@SDHHSINC

SDHHS OFFICES:

Saskatoon: #3-511 1st Ave N. Saskatoon, SK
S7K 1X5

Regina: #2343 Broad St. Regina SK S4P 1Y9

CONTACT SDHHS:

Phone: 306-665-6575

Fax: 306-665-7746

Skype: saskatoon@sdhhs.com

Facetime: sdhhsapple@icloud.com

SAVE THE DATES:

- **Virtual Coffee Chat**

(Provincial)

Tuesdays and Thursdays at 10am on Zoom

- **SDHHS AGM/Family Day**

(Regina)

TBA

- **High Steaks Dinner**

(Saskatoon)

September 25, 2020 - *to be determined*

- **Virtual Game on Zoom**

(Provincial)

TBA

Please go to page
24 to see the posters
or
Check our Social Media
for more information



WHO WE ARE

Board of Directors

Gord Hein	President
Paulette Smith	Director
Michelle Grodecki	Secretary
Art Hillcox	Treasurer
Gale Estell	Director
Mustafa Alabssi	Director
Ashley Corriveau	Director
Shayla Tanner	Director
Jessica Tiefenbach	Director
Carter Hnatuk	Director

Saskatoon Office

Nairn Gillies	Executive Director
Kami Harbidge	Executive Assistant
	Human Resources
	Finance
Sue Schmid	Interpreter
Tyler Burgess	Interpreter
Dean Wiebe	Interpreter
Jody Thompson	Vocational Worker & Youth Worker
Robyn Holmes	Early Childhood, Youth and Family Services
Nicole Musey	Sign Support
	Professional
Rose Wu	Office Coordinator
Bree Sproule	Preschool Teacher
Alyson Hein	Preschool EA

Regina Office

Karen Nurkowski	Interpreter
Patti Spicer	Vocational Worker & Early Childhood and Family Services



A message from the desk of the Executive Director



This past quarter has been one filled with challenges and successes.

SDHHS Staff continue ^[OBJ] to blow my mind with their skills, talents, and abilities. ^[OBJ]

In March, given the order to go home and begin to work from home, the Staff embraced the challenge and in no time began having coffee chats and meeting the needs of our community in new and creative ways. ^[OBJ]

Even the 4C Preschool found ways within a week to have all the families and kids having Zoom school. While other Staff produced ASL stories and posted them for everyone to access.

We purchased iPads and placed them in hospitals across the province with instructions to Medical Staff and Social Workers on how to reach Interpreters for Video Remote Interpreting (VRI) ^[OBJ]^[OBJ]. We also installed AVA software on those iPads for speech to text recognition for Hard of Hearing who may not be able to read lips because of masks.

Karen, our Regina Interpreter, has been at the Legislature nearly everyday since the start of this COVID-19 pandemic. She has been providing access for the entire province, and anyone who sees the reports online. We sincerely appreciate the Government's commitment to inclusion.

From technical support to keeping books and making appointments, the work at SDHHS continues. This amazing staff meets the needs of D/deaf and Hard of Hearing and Deaf Plus, Deaf Blind, or Partially sighted individuals in the province of Saskatchewan.

While this crisis has separated us physically, we are more united than ever.

Forever in solidarity. Inclusion for everyone.

Nairn





What SDHHS offers

Our offices are closed, but we're still working.

Here's what we are offering during the Covid-19 quarantine:

- An Interpreter for your appointments or emergencies
- Coffee Virtual Chat on Zoom
- Teaching ASL one-to-one or with families on Zoom
- CERB Application process support
- CESB Application process support
- Job Searching resources
- New videos to watch on SDHHS Youtube
- Virtual class to our CCCC Preschoolers
- Still offering resources and referrals for other needs



For more information, please contact us!





SDHHS Office

ASL Video Explained in SDHHS Youtube.
["Connecting with SDHHS Interpreters" Page 11](#)

On March 18, 2020 Saskatchewan Deaf and Hard of Hearing Services decided to close the offices due to COVID-19 also referred to as Coronavirus.

Some people are concerned about what to do if they have a medical emergency.

SDHHS has provided iPads to several Saskatchewan hospitals for access to ASL Interpreters and the voice to text app called AVA. There is one in Prince Albert at the Victoria Hospital; three in Saskatoon at City Hospital, Jim Pattison Hospital (formerly RUH) and at St. Paul's Hospital. In Regina, there is one at the Regina General Hospital and one at the Pasqua Hospital.

When you arrive at the Emergency department, you can request the SDHHS interpreter iPad. There is a FaceTime icon that will connect you directly to one of the SDHHS Interpreters. And there is an AVA icon that can be used to transcribe voice to text.

With COVID-19, people are unsure when they should go to the hospital. If you are experiencing serious health issues like chest pains, shortness of breath or broken bones, please go to the hospital. Emergency departments are open for all emergencies not only COVID-19 related illnesses. Remember to bring a list of your current medications and the name and phone number of a contact person. There is a chance that you may not be able to have anyone else with you inside the hospital. Do not feel that you have to stay at home if you are experiencing a medical emergency.



If you suspect that you are experiencing COVID-19 symptoms, you can arrange an appointment with a SDHHS Interpreter to call 811 to be screened by medical staff. They will determine if you need to stay home, be tested, or if you need to go to the hospital.

Even though the SDHHS offices remained closed, all staff continue to work remotely from home. Office hours are still 8:00 am - 4:00 pm, Monday to Friday. You can still call to book an Interpreter for appointments. The Interpreter will not attend in person but can be accessed through many different online apps such as Zoom, FaceTime, or Skype. Interpreters are also available for after hour emergencies. This is defined as a trip to the emergency department or if you are being questioned or arrested by a police officer. Once again, the appointment will be interpreted remotely and not attended in person to ensure everyone's safety.



Staying in touch with others

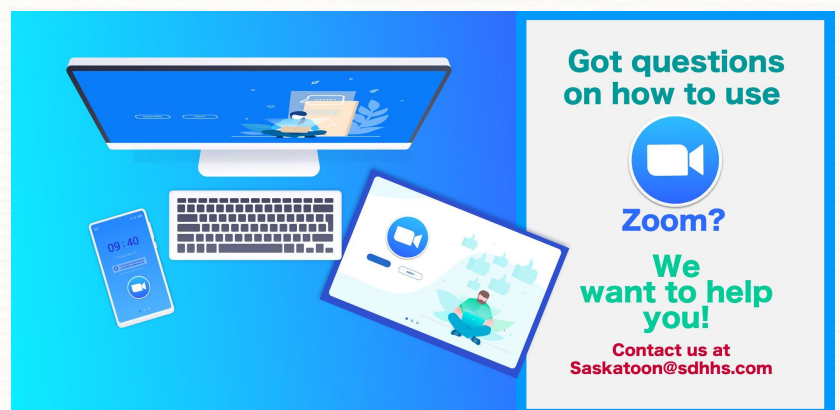
Missing your friends and family? We miss our families, friends and you too! Even though we are in the early stage of Phase 1 and Phase 2 of re-opening Saskatchewan, it's still important to stay home and not socialize too much. The days may feel tough not seeing friends or family, or when you can only travel a little. But we're doing the right thing to flatten the curve!

Here are some ideas of what you can do to stay in touch with the others.

- Join SDHHS Virtual Coffee Chat!
- Have a Netflix party
- Go on Video Chat
 - Zoom
 - Skype
 - Google Hangout
 - Device Video Chat
 - Facebook Video Chat
 - WhatsApp
- Send some snail mail cards
- Start an online book club
- Phone a friend (You can use [Video Relay Service!](#))



NETFLIX





What to do at home?

We were told to social distance and try to stay at home as much as we can to flatten the curve for everyone's well-being. Here are 10 ideas you can try:



1. **Maintain a Structured Schedule**

With or without kids - it's healthy to give yourself a routine instead of trying to figure what to do for the rest of the day.

2. **Use Online Educational Resources**

Luckily, there are a tons of great resources online. Go on google search and type "Free Fun Online Resources for Adults" (or Teenagers, or Kids).

3. **Visit Iconic Landmarks**

You might have had to cancel your trip, but that doesn't mean you cannot experience the world from your home. You can use Google Maps to "walk" around [Whistler Mountain](#), BC. Or maybe the [Great Wall of China](#)? [Great Sphinx in Egypt](#)? [Zimbabwe Falls](#)? Or even better, go for a walk on the beach at [Wilson Island](#) and check out the reefs on the shore!

4. **Virtual Tours**

Interested for some touring? Try checking out the [National Museum of Natural History](#), NASA Virtual Tours ([Langley Research](#), or [Glenn Research Center](#)), the [360 Degree Videos](#) which has some very cool videos that might feel real! And last, the Lives Cams from the [Explore website](#)!

5. **Break Out the Board Games**

It's always fun to take a break and play Monopoly, Scrabble or a Card game!

Click the underlined words above to see the world from your home!

Continue to the next page.

Continued...

6. Read

Take advantage of some down time to read some books and magazines. There are a couple of websites that you can download reading materials for free or you can purchase from, such as this [Epic Read](#) site.

7. Get Moving

Go out for a walk, a bike ride, run around your neighbourhood or find some exercise videos on YouTube!

8. Arts and Crafts

Take out your art supplies, or take a quick shopping trip to a craft store or a dollar store. Do some colouring, paint, or make something. You may be surprise with what you can create!

9. Try a New Recipe

A lot of food places are closed, and there are many recipes online. Or maybe take out an old recipe book that you haven't use for a long time. Who knows, maybe you'll find something new that you'd like to make often in the future!

10. Don't forget about yourself

It's important to make sure that you are feeling okay. Talk to someone if you need to, or find a place to have a bit of quiet time to gather your thoughts. And remember, we're all going to get through this!





SDHHS VLogs

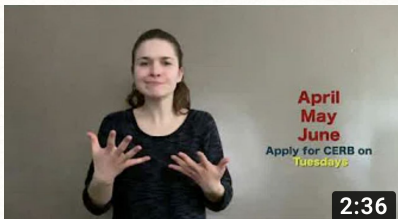
During this COVID-19 Quarantine Time, we felt it was important to share some information that our community needs to know in ASL. These videos have been posted into SDHHS Youtube.



SDHHS EI or CERB in ASL

Signer: Robyn Holmes

<https://www.youtube.com/watch?v=Xj023TTkUTA>



CERB Re Apply Info

Signer: Nicole Musey

<https://www.youtube.com/watch?v=g15Ci9VH3g0>



Scam Info 2020

Signer: Patti Spicer

<https://youtu.be/tSjKoDBWzel>



Connecting with SDHHS Interpreters

Signer: Sue Schmid

<https://www.youtube.com/watch?v=6L61Z9vtr4Y&t=47s>



CCCC PRESCHOOL

Because of COVID-19, we are no longer doing physical learning in the classroom, but this doesn't mean that our program is closed. Instead of shutting down for the rest of the school year, we have been doing E-Learning! We believe that it is very important to have full access to education, especially for the Deaf and Hard of Hearing community. We have been using Zoom to educate one-to-one and in group settings.

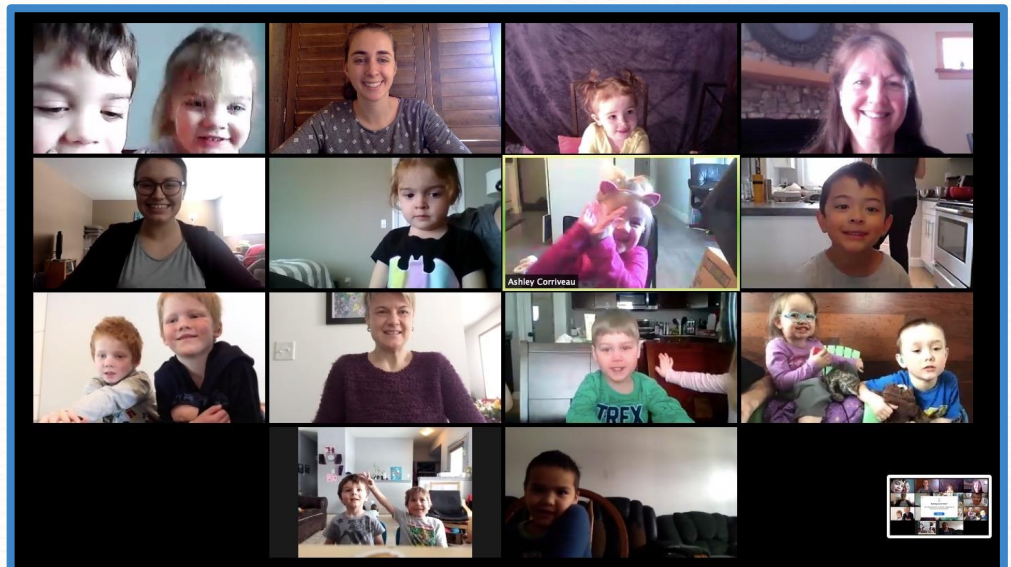
Alyson, Lisa, and I have been in contact with each preschooler Mondays to Thursdays. We have been sending out lesson plans for parents to do at home with their children. During our Zoom calls we are focusing on calendars, greetings, letter of the week, story time, and question of the day.

We couldn't do this without the preschoolers' amazing parents! A huge thank you to parents!

And last, we would like to remind you that CCCC Preschool's registration is open! Feel free to share this information with others.

Stay safe and stay clean!

Bree Sproule
Preschool Teacher



The SDHHS Media team made this video while CCCC were focused on a Super Hero Theme. Check it out:

CCCC SuperPowers

<https://www.youtube.com/watch?v=rSLBytwEieQ&t=15s>





Robyn and Nicole continued the second session of Little Buttons from February 2020 through to March 2020. They focused on Animals, Super Heros, Valentines day, The Bean Sprout Story. This session they decided to do more hands-on and visual learning with the little ones and taught more vocabulary that parents can use at home with their children. It was great to see the babies, toddlers, and adults growing with ASL!

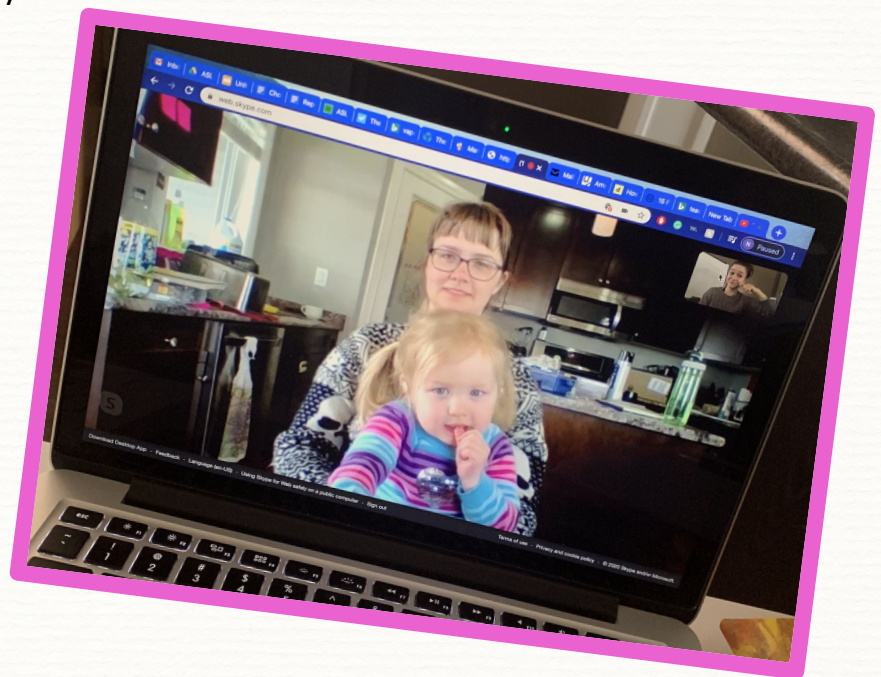
Thanks so much to the parents who filled-in the monkey survey for SDHHS! Unfortunately, we were unable to host the last two sessions, in-person, before COVID-19 shutdown happened in the middle of March. However, Robyn and Nicole have been working from home and contacting most of the parents electronically through emails, chats, and video calls. Robyn and Nicole are both using Zoom to continue the Little Buttons programming.

Through using Zoom, they are able share some story books, flash cards, board pointing and have some fun and goofy chats! There are some good days and days that the little ones don't want to sit still - and that's okay! It can be a challenge for some because it's such a new thing that they haven't experienced yet. The more they observe, the more they will sign after figuring it out and that's the fun part. Nicole has also been helping parents who just want to practice ASL conversations; this helps to keep up with ASL too.

We miss all the babies, toddlers, and parents very much!
Feel free to send us an e-mail to say hi!

Warm Regards,

Nicole and Robyn





SDHHS ASL Stories

An American Sign Language (ASL) telling of the Children's Story



Cookie's Week

Signed by: Bree Sproul

<https://www.youtube.com/watch?v=qtgg0eo0Shs&t=102s>



Teamwork Isn't My Thing, and I Don't Like To Share!

Signed by: Bree Sproul

<https://www.youtube.com/watch?v=0csynytl5g&t=16s>



Are You My Mother?

Signed by: Bree Sproul

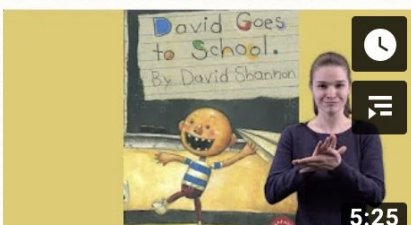
<https://www.youtube.com/watch?v=As0eJ7KY7ZI>



The Darkest Dark

Signed by: Nicole Musey

<https://www.youtube.com/watch?v=VFKPd5hZNSY&t=23s>



David Goes To School

Signed by: Nicole Musey

<https://www.youtube.com/watch?v=tpkwTp-atj8>

Thank You Premier Scott Moe

We would like to take this opportunity to thank Premier Scott Moe and the Government of Saskatchewan for including the Deaf and Hard of Hearing community in all of their press briefings. This commitment to community inclusion shows huge respect for diversity.

Nairn Gillies
Executive Director of SDHHS



Thank You Regina Downtown Business Improvement District



SDHHS Regina office thanks the Regina Downtown Business Improvement District (RDBID) for the safety kit. In an effort to keep staff and customers safe they have provided some posters, masks, and sanitizer for our office. Thank you RDBID for helping keep us healthy and safe.



Deaf Gain during Covid-19

This was from the Manitoba School for the Deaf on Youtube in ASL:

<https://www.youtube.com/watch?v=R8w1ITObp7s&feature=youtu.be&fbclid=IwAR25hXFWU-QE2dW3z4fPO5tVb-6YGvum73YAWNl7q5FQjilDwu4D5Fmjct0>

Today I'll be talking about different types of Deaf Gain during the covid-19 pandemic. I'll give you three examples:

- ★ First, with the windows - many non-deaf people visit their loved ones or their grandparents by gathering at windows needing to keep their distance. They wave hello, but aren't able to talk verbally through a window. They might gesture a bit but otherwise they aren't able to chat. On the other hand, Deaf people are used to chatting through windows, and have no problem at all! That's an example of Deaf Gain.
- ★ Second example. Non-deaf people might not be used to communicating over video, they stick to talking on the phone. Now, they might want to try video chat to see their friends and family. But, don't know how or feel awkward. Deaf people are already used to using video chat and use many different apps like FaceTime. Other Deaf people have no problem video chatting with two or three people at the same time. It's something we've used for a long time, that's another example of Deaf Gain.
- ★ Moving on to a third example. When Deaf people are having a conversation, they don't usually stand very close together. They stand a good distance like about 6 feet apart. It's an easier communication as you're able to fully see the person you're talking to. This is something we've been doing all along. Non-deaf people get close to each other to speak softly to one another. Now, they have to get used to staying further apart to maintain social distance. Deaf people are already used to maintaining social distance. That is another example of Deaf Gain!

I hope you learned something new about **Deaf Gain** today!

Social distancing doesn't mean social isolation

P.A. Herald Newspaper - Community Spotlight

Saturday, March 21, 2020

Daily Herald Staff - Mak Lodge



While social distancing means people aren't always physically together, residents at Mak Lodge in Prince Albert have come up with a different solution that allows families to still meet.

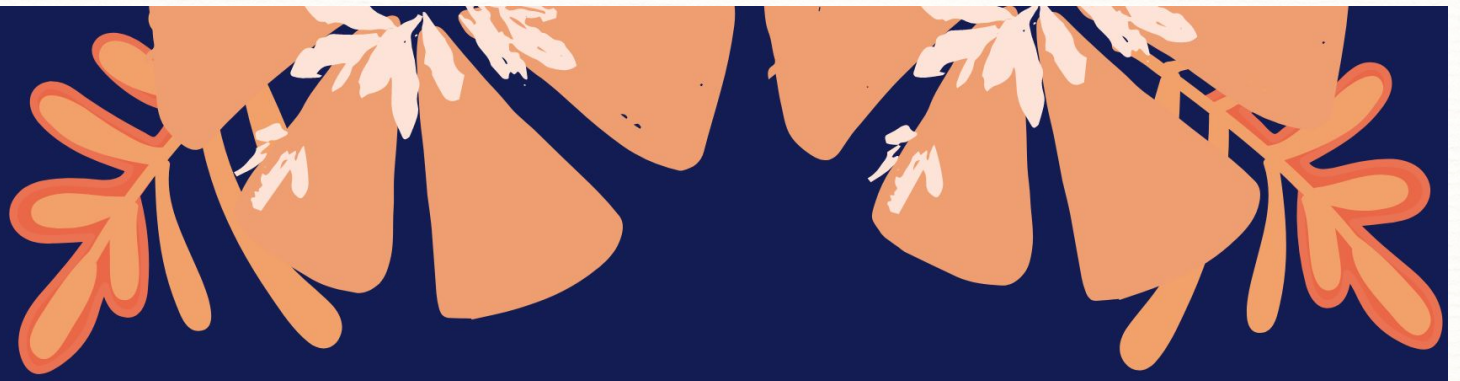
The assisted living home closed its doors to visitors earlier in the week, ahead of medical health officer recommendations, to protect its residents from the spread of COVID-19.

Instead, residents watch their family and friends through a window and talk on the phone.

For one resident, though, that wasn't an option. He's deaf.

His conversations consisted of signing through a window.

Bahram Makari, who reached out to the Herald, said the visits have made a big difference for the residents by allowing them to still see and talk to the people they care about, even as the pandemic means they can't physically be side by side.



LET'S HONOR THE WAY WE ALL LIVE AND LEARN

May 2020 is Speech & Hearing Awareness month

Each year, Speech-Language & Audiology Canada dedicates the month of May to raising public awareness about communication health. SDHHS works to support and educate people about the importance of literacy, communication, and differences in abilities. We create awareness and advocate for d/Deaf and Hard of Hearing individuals in Saskatchewan.

SDHHS - Bridging the Gap





DEAF CROWS COLLECTIVE

Every now and then we need a little sunshine in our days. When the world went into lockdown, students and teachers of Winston Knoll Deaf & Hard of Hearing Program wanted a way to maintain social connections while maintaining social distancing.

Our classroom provides rich language development through social learning. After school was closed and we moved to the online world of emergency remote learning, it was difficult to keep students engaged and provide them with the language development opportunities that class participation offers. After much discussion and tweaking of our daily lessons, we knew we needed a special project to re-engage our students.

We wanted to share our love of ASL and performance and from that decided on an ASL music video. We reached out to internationally famous ASL music interpreter Amber Galloway-Gallego and explained what we wanted to do. She was happy to join us for a Google meeting where she explained to students the process she follows when preparing to interpret music.

Working with their teachers the students readily accepted the challenge of translating English phrases into ASL, studying performance techniques, and then recording. This project was an intersection of our English, ASL and drama courses and was completed over a two-week period.

We partnered with Deaf Crows Collective to also include former students of the DHH program to show the world that while we may be struggling it is okay to lean on one another for support.

Winston Knoll Collegiate Deaf and Hard of Hearing Program in partnership with Deaf Crows Collective are proud to present Lean On Me ASL version by Club Nouveau.

Enjoy!

Youtube Video: Lean on Me
by Club Nouveau:

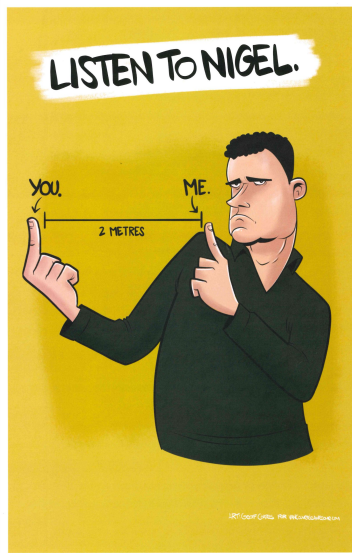
<https://youtu.be/WZLdYsCiWLC>



Listen to Nigel!

"Listen to Nigel" poster is sold through the [Vancouver Is Awesome](http://VancouverIsAwesome.com) as a fundraiser for the Deaf Children's Society of BC. Nigel Howard is a well know face on TV in BC, and across Canada. He has become famous for his interpreting of the COVID-19 updates. His facial expressions are very colourful, and he has caught the eye of many people, hearing and Deaf. Nigel is Deaf. Vancouver is Awesome website is selling two different posters and t-shirts.

For more information, please visit this website: www.listentonigel.com



National Interpreter Appreciation Day

The first Wednesday in May, every year, is National Interpreter Appreciation Day!

SDHHS appreciates all of our Interpreters!

Thank You!

THAT DEAF GUY



BY MATT & KAY DAIGLE



That Deaf Guy www.thatdeafguy.com



Regina: Interpreter keeping the deaf and hard of hearing in Sask. informed during COVID-19 pandemic

May 2, 2020

<https://www.cjme.com/2020/05/02/interpreter-keeping-the-deaf-and-hard-of-hearing-in-sask-informed-during-covid-19-pandemic/?fbclid=IwAR3IldnU8Uqb3W2FKNxkHER-f5dP0wglMUAhxGDkhog5EWYJjU8m3Gyqvek>



Regina: Interpreting the crisis: Saskatchewan's deaf community hopes for continued inclusion

April 27, 2020

<https://trib.al/i6qmNf5>



Regina: 'I felt so included': Sask. interpreter communicating COVID-19 information to deaf community

April 8, 2020

https://www.cbc.ca/news/canada/saskatchewan/sask-interpreter-covid-19-1.5525112?fbclid=IwAR1c7ob9BH2IGthZS7o mgSGqiloaQ12OQkh1pDHBc9Eb2AZ3_kLVE1qMdgw



Regina: Meet the Sask. sign language interpreter

April 2, 2020

<https://regina.ctvnews.ca/video?clipId=1934354>



A message from Premier Scott Moe

Scott Moe Facebook - April 7, 2020

"Saskatchewan, I'd like to introduce you to Karen Nurkowski. Over the past number of weeks, Karen has made our daily COVID-19 updates available to Saskatchewan's deaf and hard of hearing community through American Sign Language.

Karen, thanks for your tireless work in increasing our accessibility."



About COVID-19 Virus in ASL

Deep information about COVID-19. *Please keep in mind that some of the rules may be different as this was made from Quebec. Double check your local rules.*

<https://www.youtube.com/channel/UCiBntGHIj3J1hIUjMMI5ynA>



Deaf Counseling Center

Vlogs by the Deaf-owned and operated psychotherapy and consulting practice staffed

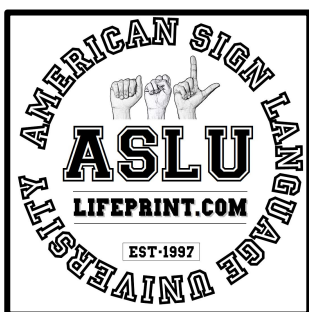
<https://www.youtube.com/user/ASCDEAF>



Canada Deaf Youth Film Festival

Facebook: Silent Voice Canada to stay up to date

https://youtu.be/S2_88aUJdDM



ASL LifePrint

For Anyone who wants to learn some more ASL at home

<https://www.youtube.com/user/billvicars/videos>



Atomic Hands

Why do our fingers and toes get wrinkly in water?

<https://www.youtube.com/watch?v=ZMLd52pPBsw>



DEAFNATION LIVE

Cynthia Benoit & Daz Saunders about the future of Quebec Deaf community and LSQ in North America

<https://www.youtube.com/watch?v=8sE1eVmrMFk>



ASL NYC Jeremy Lee Stone

VLogs - Teaches ASL

https://www.youtube.com/channel/UC5brFv_uCw2v-hen_x85NUA/about



The sound off ladies

Four Deaf Ladies on Virtual Chat with different topics every week.

<https://www.facebook.com/watch/TheSoundOffLadies/>



Jason Hoang

ASL Personal Trainer & Nutritionist

<https://www.facebook.com/JasonHoangFit/videos/3438711892823898/>



Kelly Clarkson

"I Dare You" ASL Version (in collaboration with Deaf West Theatre)

<https://www.youtube.com/watch?reload=9&v=LJepKdazPvk>



H3 World

News from around the world in ASL

<http://www.h3world.tv>



The Daily Moth

Daily news in ASL

www.dailymoth.com



DPan TV

Sign Language Channel

<https://dpan.tv/>



Seek The World

Traveller sharing his experience

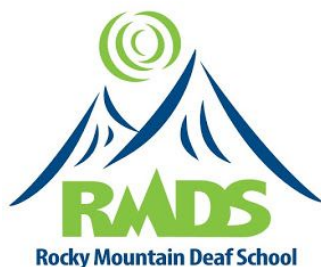
<http://seektheworld.com/>



The Flipside Show

"Two" comedians in ASL

<https://www.facebook.com/theflipsideshow/>



Rocky Mountain Deaf School

ASL Stories

<https://www.youtube.com/user/RMDSCO/featured>

ON ZOOM

SDHHS
Saskatchewan Deaf and
Hard of Hearing Services
Bridging the Gap




**VIRTUAL
GAME**

To Be Announced
Keep your eyes on our SDHHS
Facebook or Instagram

SDHHS
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Bridging the Gap



VIRTUAL AGM

SATURDAY JUNE 20, 2020 AT 10:00AM

ANNUAL GENERAL MEETING

AGM will be hosted virtually, through
video conferencing.

More information will be available as we get
closer to the AGM date.

E-mail: Saskatoon@sdhhs.com to register.

WEBSITE: WWW.SDHHS.COM **SOCIAL MEDIA:** @SDHHSINC

◆ SDHHS PRESENTS ◆

FRIDAY SEPTEMBER 25TH 2020



**HIGH STEAKS
DINNER**

◆ **SAVE THE DATE** ◆

Sask Deaf Expo
To become a vendor:
Please contact
saskatoon@sdhhs.com



SDHHS
Saskatchewan Deaf and
Hard of Hearing Services
Bridging the Gap

**Saskatoon
Association
of the Deaf Inc.**
75th Anniversary Banquet
5:00pm to Midnight
Cocktails: 5:00pm
Dinner: 6:30pm
(Limit of 150 banquet tickets)
Entertainment: 9:00pm
• Advance ticket required

**Our
Comedians**



Angela Straty John Warren

50/50 Door Prizes Cash Bar

For more information, contact Bob Hutchinson
E-mail: hutbel68@sasktel.net

**75th
Anniversary
Banquet**



To Be Announced



DEAF TUTORS OF CANADA TUTEURS SOURDS DU CANADA

A HUB FOR
TUTORS AND TUTEES
UN CENTRE POUR
LES TUTEURS ET LES ÉTUDIANTS

Find your Deaf tutor or become a Deaf tutor today!
Trouvez votre tuteur sourd ou devenez un tuteur
sourd dès aujourd'hui!

Visit our website
Visitez notre site web
WWW.DYJCSC.WIXSITE.COM/DEAFTUTORS

Summer SDHHS Newsletter

GOT SOMETHING YOU'D LIKE TO SHARE?



**please submit by:
August 14 2020**

Newsletter will be out at the beginning of
September

E-mail to Robyn@Sdhhs.com if you have any
information to share with the D/HH Community.



Saskatchewan Deaf and Hard of Hearing Services

INTERESTED IN VOLUNTEERING?

For more information or to sign up
Email saskatoon@sdhhs.com




ANNOUNCEMENT DISTRIBUTOR

Got information you would like to share with the
Saskatchewan Deaf Community?
or
Do you want to receive emails from our
community?

E-mail the Announcement Distributor:
saskannouncement@gmail.com

SHARE OUR COMMUNITY!

Screen printing
& Vinyl Stenciling
in Sign Language



Definition of Fleek:
Extremely good, attractive or stylish
Pronunciation: /flék/
Adjective: informal/slang

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