



OKIMAHKAN OTYAMIWIN FROM THE CHIEF Building Momentum for

Building Momentum for Our First Nation Heading 2 into Next Year

COMMUNITY

Construction to Start to Reduce Housing Shortages

OKIMY'WINI ACHIMOWIN

GOVERNMENT
MKO General Assembly
in Nelson House
Makes History

SEPTEMBER 2015

Wellness Centre Significantly Reduces Children in CFS Care

Since the Nisichawaysihk Cree Nation Family and Community Wellness Centre was transitioned to a new funding model in the fall of 2012, the Centre is continuing to see the results of the shift in delivery approach. The Centre is pleased to report the overall number of NCN Children in Care (CIC) has decreased from 427 in 2013 to 274 in 2015.

"A reduction of 153 children in care over two years is a big positive for our children and community. It proves we are taking

steps in the right direction and working to help more families stay together," explained Felix Walker, CEO of the Centre.

Thompson saw the biggest change to their numbers reducing children in care by 55% from 130 to 59, and this can be attributed to the Weechihitowin Project. The Nelson House office was already practicing the *Circle of Care* approach and still had a 46% reduction from 167 kids to 90 (77 fewer children in care). The new model provided much

needed funding for the prevention and family enhancement programming. Nelson House also made a fundamental shift in its approach to apprehension and thus apprehension numbers have decreased significantly. Brandon reduced the number of children in care by 12% and Winnipeg by 2%.

"We believe it is better for children to remain at home. It is well documented; many children feel the blame and have feelings of guilt when they are the ones removed from the situation. The ultimate goal of the Centre's programs is to provide services and support for family reunification," said Felix, recognizing the

accomplishments but focusing on the work ahead, "although there were many highlights in this years reports, more work needs to be done to provide the best care possible for children."

Within the family enhancement work that was

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- FELIX WALKER

being done surrounding

reunification of families in Thompson and Nelson House, the Centre saw an emerging need. Now that families are being more readily prepared to take children back home, it was noticed in follow ups that bonding and attachment issues are apparent. The next work will be to strengthen families' ties and the Centre will be looking at developing a program to deal with attachment and bonding concern.

In 2015/2016 the Centre will be focusing more on the approach of leaving children in the home and removing parents from the residence in cases of apprehension. The *Intervention and Removal of Parent Program* has been supported in the community of Nelson House, but is not always an option in Winnipeg, Thompson and Brandon.

To improve further, the Centre will also be looking at investing in the revitalization of its IT assets both on/off reserve. Now that there is a definitive plan for the training of front line social workers, the Centre will look at development

Wellness Centre is helping to keep more children at home and has reduced children in care by 153 over two years.

in Manitoba who are wards of CFS. A vast majority of these youth are in foster care and most are Aboriginal. It is hoped the Centre's approach to care can be adopted and used by other First Nations in Manitoba. The Centre works to continually provide methods to care for children that are influenced by child apprehension and further reduce situations where the

child is at risk.

and training for statistical and

It is estimated there are

more than 10,000 children

financial staff.



Tansi, As the weather begins to get colder and the leaves begin to change we are reminded that summer is drawing to an end and another school year is starting for students. We wish them all the best for a successful and fulfilling year.

Supporting Our Students' Education

It is important for parents and guardians to take the time to ensure students have everything they need to make the most of their learning opportunities. We must all make sure kids get the proper rest and are in bed on time. They should be encouraged to get to classes and be prepared with the right school supplies, clothing, footwear and meals they need. Good school habits start in the home and taking the time to read and do homework with kids, while teaching them good habits of respect, dedication and hard work, will pay off. We must all understand that the basics of education builds better students, who become better equipped with life-skills and grow into helpful individuals as adults and help our community prosper.

I was fortunate to take part in meeting our new teachers and welcome back our returning instructors at the school staff orientation earlier in the month. Deputy Chief Ron Spence and I took the moment to also encourage our teachers, educators and staff to recognize the important role they have in shaping the direction of our First Nation through our young students. It is essential that teachers help to make sure our kids are learning, staying in school, enjoying social interactions and becoming more prepared for jobs when they are older. We hope and trust that

each teacher and staff member will do their best to provide the best possible education and school experience, while also being mentors and role models for students. We want our kids to grow, thrive and enjoy school through academics, technology, coping skills, culture, arts, athletics and sports to reach their potential and become the people they can be and want to be. There is plenty of talent and optimism and it is critical we nurture, encourage and provide every opportunity possible for youth to succeed.

MKO Annual General Assembly Well Attended

NCN was also well represented earlier this month when we did a fantastic job hosting the Manitoba Keewatinowi Okimakanak (MKO) Annual General Assembly. It was estimated over one thousand people attended parts of the three-day event. As you may have heard, it was a historic event when the leaders of partner First Nations elected Sheila North Wilson to be the first-ever female MKO Grand Chief.

Although I supported and endorsed NCN's own Elvis Thomas,

who was second in votes, I wish Sheila great success and I am optimistic she will be a great voice for Manitoba's Indigenous peoples. I look forward to working cooperatively and supporting her. We are committed to working with Sheila to fulfill the mandate of MKO and achieve progress on issues and concerns facing our own and other Manitoba First Nations

"It is important to nurture, encourage and provide every opportunity possible for youth to succeed."

- CHIEF MOODY

NCN Community-Hosted Events Draw Good Crowds

I am personally pleased with the success of the NCN Summer Festival this year and proud of the support demonstrated in the spirit, culture and tradition of this celebration. Every year this event demonstrates the great work of our organizers, volunteers and participation from our Citizens. I am always inspired by the number of youth and people of all ages that take part in the fun and entertainment of the Festival. We hope to have more events like these that promote and encourage community pride and I thank everyone for their support.

In addition to the Festival NCN held the 17th Annual Golf tournament that same week. I personally had a good time at the event and was encouraged to see amateur golfers from Northern Manitoba and many from NCN taking part in the event in Thompson. Congratulations to all of the winners and thanks to the organizers who worked to make sure adult and junior golf events ran smoothly.

Fund Application Submitted for Water Treatment Plant and Lagoon

NCN is also moving forward with seeking the estimated \$24 million in funding for the new water treatment plant and

lagoon. A Building Canada Fund application was submitted and other sources to fund the project are also being pursued including those available from the PDA Supplement 2. The Building Canada Fund now allows First Nations to apply whereas in the past only municipalities could apply for support for waste/water programs. Generally these projects are cost-shared on a one-third basis and the maximum federal share is limited to one-third, with matching contributions from the province and First Nation

Join Us at the NCN General Assembly

Our General Assembly will be taking place on September 23. After one year as Chief, I look forward to discussing the accomplishment and highlights of the past year and getting your feedback on the plans for the upcoming several years. We will provide further updates on the lagoon, water plant, housing construction, home rental and ownership programs, plans for a new recreation/community facility, as well as next steps for our constitution and strategic planning. Your comments and input are important to guide the decision-making and plans to be taken on these and other topics.

Developing Safety Training Initiative

In a recent trip to Prince Edward Island, D'Arcy Linklater, David Kobliski, Bruce Hickey and I met with the Kiamuaga Corporation to explore potential options for public safety and security for First Nations. We began reviewing ways to develop a program and get NCN Elders input for creating a public safety curriculum and to develop partnerships with the Atlantic Police Academy. The academy provides top training and facilities in Canada for RCMP and crime prevention. We hope to see if it will be feasible to send NCN members to be trained and to have them develop skills that could be transferrable to jobs such as NCN Constables or RCMP.

Once a curriculum plan is in place we hope to get a grant to put a program together. The goal is to then share the curriculum with other First Nations across Canada.

On other fronts, I am satisfied the Personal Care home Nurses returned to work after mediation and an application to the Manitoba labour board had a contract put in place. We are also pleased to have the new print shop open at the Alice Moore Centre. The shop is currently handling all of the printing for the schools but it is hoped the services will be open to the public on October 1, 2015.

I look forward to seeing you all at the General Assembly and hope you will give your ideas, contact me or any of your Council members on these or other thoughts or concerns you have regarding matters in our community.

Ekosani,

Chief Marcel Moody
Nisichawayasihk Cree Nation





PCH Nurses Strike Resolved by Mediation

It is back to work as usual for the Personal Care Home nurses in NCN after a mediation process and an application at the Manitoba Labour Board had a contract put in place this month.

Five nurses from the Nischawayasihk Personal Care Home in Nelson House went on strike four months ago on May 11 because of concerns with wages. The nurses union reported the community nurses were being paid less than other nurses in Manitoba and measures have now been taken to ensure the nurses return to work.



Personal Care Home nurses return to work to care for elderly.

Opening New Doors to Reduce Housing Shortages

For many years, housing has been and continues to be one of the biggest concerns that our community faces. Poor housing conditions, overcrowding, vandalism and fire damage have added to the ongoing housing shortage and concern. The NCN Housing Authority has announced a new program that allows NCN Citizens to get into their own new home and adds much needed housing units in Nelson House.

Chief and Council have secured the funding through the Wuskwatim PDA Supplement 2 to begin construction of nine new homes in Nelson House. The Authority has assigned four of these homes to be rent-to-own and have begun accepting applications and a deposit of \$5,000.

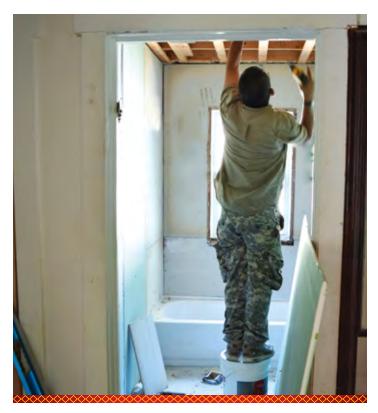
The selection process will begin after the Monday, November 30, 2015 deadline for submissions to assign the new home owners/renters. Anyone interested in taking part in the program is asked to contact the NCN Housing Authority to discuss terms, the selection process and the allocation process.

Construction of the new 1,104 square foot, five bedroom,

two bathroom, bi-levels homes is expected to begin as soon as possible. It is also reported that financing for construction for an additional 20 new homes will be in place over the next few months and construction will continue into next year's building season. Chief and Council hopes to have details and funding finalized to build 20 or more houses each year to improve the current housing shortage.

Chief Moody said, "If we can encourage more

Continued on Page 4



Chief and Council have secured the funding through the Wuskwatim PDA Supplement 2 to begin construction of nine new homes and repair other houses in Nelson House.

Attention NCN Citizens, you are invited:

NCN GENERAL ASSEMBLY

Wednesday, September 23, 2015 at 1:00 p.m. at Gilbert McDonald Arena **Purpose:** To provide an update on Chief and Council's current projects and initiatives. Please note the revised date.

citizens to take part in home ownership programs and own and maintain their new homes, they will have the benefits of owning property and an investment for the future. They will have homes that are built to quality standards and we will then be able to put the funds from the purchase back into building more new homes. It is a sustainable model for our community that is a win-win."

The Housing Authority has also started to prioritize

houses that have issues that impact health, such as mould, and get them addressed as quickly as possible. Advisory notices on preventing and removing mould have been sent to Citizens. Repairs and renovations to existing homes are also being prioritized. Using provisions in Taskinigahp Trust and our Wuskwatim revenues plans are in place to secure more funding. A \$10 million to \$15 million in bank loans will be added to the \$6 million negotiated as part of PDA Supplement 2. These moneys will be used for new housing, a new water treatment plant, a new community hall and other community projects.

The Authority is ensuring new houses will be built under proper standards. This means taking steps to ensure houses will last longer, be more easily repaired and have little or no risk of mould damage.



The Housing Authority has started to prioritize houses that have issues that impact health, such as mould, and get them addressed as quickly as possible.

ATTENTION NCN CITIZENS:



RENT-TO-OWN A HOME

NCN community members that are interested in applying for a Rent-to-Own home must submit a deposit of \$5,000.00 and write a letter of interest to the attention of the Nisichawayasihk Housing Authority Board of Directors. The Housing Authority will have Four 1,104 sq. ft., 5 bedroom, two bath Bi-Levels. Your deposit of \$5,000.00 may be made payable to the Nisichawayasihk Housing Authority and dropped off, along with your letter of interest, to Pam Hart, the Housing Finance Clerk, at the NCN Government Finance office. If the required deposit is not fully made, before the selection process, your application will not be considered.

The deadline for submissions is Monday, November 30, 2015 at 12:00 p.m.

For more information please contact: Nisichawayasihk Housing Authority Phone: (204) 679-7723 or (204) 307-7100



Welcoming Staff and Students Back to School

NCN welcomes new and returning staff and students back to school and we hope this will be another great year that builds on the successes of last year. Chief Marcel Moody and Deputy Chief Ron Spence took part in welcoming staff to Nelson House on September 3, 2015 at the gymnasium as part of orientation and the kick-off to the school year.



NNOC and O.K. school teachers and new staff are welcomed by Chief Moody and Councillor Ron Spence for the new school year.

NCN Now on Facebook!



Stay current with NCN's latest news, events and updates on your computer, smartphone or device from our official NCN Facebook page.



Singing Talent Aalayna Spence Wins Competition in The Pas

Spence has been

singing since the age

of two, and by the

age of 10 she had

a professional gig,

always enjoying the

blessing of music

in her life.

A Powerful Voice for Transgender Rights and **Awareness**

A young transgender woman from NCN has been striving her whole life to be true to herself and face the challenges of showing it in front of others. Aalayna Spence has had to overcome more than just a little stage



Aalayna Spence is becoming a vocal advocate for LGBT rights.

fright when taking center stage and doing what she loves to do. The talented youth recently won a singing competition in The Pas but admits the road to getting there was not easy.

Spence has been singing since the age of two and recalls performing country music with her grandmother. By the age of 10, she had a professional gig and has always enjoyed the blessing of music in her life. She knew she was different from others at a young age because of her interest in tea, parties, dress up games and dolls. Even before she was in her teens Spence was facing bullying, severe depression and thoughts of suicide. The bullying continued through the time of her

transition and she recalls writing letters to her family saying she could not stand the hurt anymore. But she learned to calm the pain and uplift her spirits through music. Aalayna would sing songs to help her through the rough times.

The adversity in her life showed her that she had the strength to never give up

and could face the difficult challenges head on. This attitude proved useful when she was told she could not perform in the Cross Lake and Norway House female singing competition categories by organizers. Because she had not yet changed her name and gender on her ID, she was refused entry in the female category and told she must perform in the male event.

Spence said, "Them saying no felt like they were taking away my right to be who I really am. I decided I wasn't going to degrade myself, but I felt like I was defeated and striped of my identity. I hung up the phone and I started to cry. I felt like I lost a little bit of my dignity because what they said."

Spence did not give up and decided to stand for her

rights. She took her voice to Chief and Council and with some convincing they decided they had much to learn and admired her stance. Aalayna said, "The final decision was that I could sing in the female category, and it was a really great experience to have such a great victory."

Spence appreciated the outpouring of fan support and is proud to be a spokesperson for transgender and human rights. For those dealing with bullying or depression, she wants them to know that they should never give up. She hopes that by sharing her message, other transgender individuals and indigenous peoples of the north will be encouraged to believe in themselves. Aalayna believes if more people like Brielle Beardy and others speak up and become active in talking about lesbian, gay, bisexual, and transgender (LGBT) rights, more youth will never have to face the same horrible situations in their lives that she did.

Spence advises, "It is okay to be proud of who you are, stay true to yourself and what you believe in."





Print Shop Opens at Alice Moore Centre

Services Set to Save Schools Time and Money

NCN now has four speedy new machines and a new home to handle all of the school's print needs. The shop will soon be offering print services to the Citizens of Nelson House and more is planned for the future. The approximate 750 squarefoot print shop, along with an extra space for storage at the Alice Moore Centre has been bustling non-stop since the doors opened and printers started up in the first week of September.

The shop employs two new print operators and since opening they have been busy doing thousands of pages of colour and black and white prints a day, ranging from booklets, posters, banners, cards, laminating, stapling, shredding services and more.

"We get the jobs in by email or phone, USB stick or CD and we even have a drop off and pick up box at the schools for the teachers to give us their jobs. We make a few drops each day and provide a fast service for just about any print job the schools need," reported Chris





Brenna Beardy and Thea Linklater are employed at the Alice Moore Centre print shop.

Callow, Print Shop Manager.

The idea for the print shop came from the recognized need for expansion. The Education Authority budgeted for the project and expects profits from local customers will go back into the supplies and staff costs as well as new upgrades.

"The plan was to streamline and speed up the print services for the schools and provide more for the community. Now school staff can spend less time worrying about their print jobs and leave it to us, so they have more time in the classrooms with the kids," explained Chris.

"It is expected the new shop in the community will provide added services that formerly had to be done elsewhere," said Chief Moody, "we encourage people to use the service once opened to the public and shop local. This will be a great benefit

> for more than just the schools in our community."

Plans are in place to make the print shop available to NCN Citizens starting around October 1, 2015. For more information contact printshop@ nhea.info.

OK School Reminds Parents and Guardian of New Rules

The Otetiskiwin Kiskinwamahtowekamik School principals and staff welcome students to a new school year. The school plans to update you on happenings at our schools on a monthly basis. The following tips will help students start the year on the right track:

- Fragrance, Peanut and Nut-Free School: Due to the number of students and staff with allergies, we have designated our school as a peanut-free, fragrance-free environment. This means, whenever dropping in to the school or sending your child to school, do not bring/send peanuts/nuts (in any form) or wear any fragrances such as perfumes/colognes. Your cooperation is appreciated in keeping our school safe for everyone.
- Hot Lunch Program: There is no hot lunch or breakfast program until the cold weather sets in. We are asking parents if your child stays for lunch to pack a nutritional lunch such as a sandwich. No pizza, pops, junk food, or anything that needs to be cooked will be allowed. Your cooperation is greatly appreciated. There is no food provided in our school at this time. During regular classroom hours, the school is junk food free (no pop, potato chips, gum, bars, etc.). This will promote healthier eating and healthier bodies.
- Class Rules: Please remind your child to follow their class and school rules and to be respectful. The school is trying to manage all the children accordingly. Your support on this matter is appreciated.
- Lateness: Make sure your child gets to school and classes on time. Many students arrive late and miss instruction and soon fall behind on their lessons. The school now starts at 8:45 a.m. with lunch break from 12:00-12:40 p.m. The school day ends at 3:30 p.m. Kindergarten is from 8:45 to 11:15 a.m. and 12:45 to 3:15 p.m.
- Alternate Arrangements for Children: If parents are not at home and wish their child to be dropped off elsewhere or to walk to a different location after school, they should make their own arrangements ahead of time. The school cannot take responsibility for any lost children. Please do not call the school for rides for your children. Either pick up your children or arrange their own rides.
- Indoor Shoes Needed: For safety reasons the school is asking that all students have indoor shoes in the event of fire drills and for gym classes. All students should have backpacks to carry their daily homework and memos.



Following simple tips for students will help them learn this school year.

"We encourage parents to become involved with the school by donating your time. Students are expected to attend on a regular basis, complete all projects, assignments and behave respectfully," said Principal Natalie Tays.



Earth Rangers Give O.K. School Kids Wild Lesson

On September 14, 2015 O.K. School students had the wonderful opportunity to take part in the Earth Rangers Kids Conservation Organization presentation. The fun and interactive program for students, put on by Vale gave kids the chance to learn about science and wildlife and ways to make our planet a better place for all living creatures.

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The Earth Rangers School Assembly Program is a dynamic and fully interactive presentation for grades 1-6. The program consists of a



Energetic presenters from the Earth Rangers Kids Conservation Organization entertained and educated students about the importance of animals and conservation.

high quality, visual show, which uses positive, science-based information to educate students about the importance of protecting biodiversity, while highlighting a variety of conservation initiatives across Canada. Through the power of live animal demonstrations and exciting audience interaction, the program inspired students, and motivated them to become actively involved in protecting the environment.

Earth Rangers visit over 800 English and French schools across the country, directly reaching over 236,000 students each year. To find out more visit www.earthrangers.org.

Traditional Goose Recipe

Wild Goose with Onion Stuffing

Many northern Cree people celebrated the flight of the geese at this time of year with a weeklong hunt. In the days before commercial food, fresh meat was a big part of Nehetho diets. Wild meats and roasted goose were a main part of traditional food. There are many ways to prepare goose but stuffing it with a seasoned filling over an open fire was among the most practical when travelling or returning from the hunt. Today goose can be roasted in the oven similar to roast turkey or duck.

INGREDIENTS:

2 1/2 quarts toasted bread crumbs 11/4 cups butter or margarine 1/3 cup minced onion 1/2 cup chopped celery 2 tbsp. dried parsley leaves 2 tsp. salt 2 tsp. poultry seasoning 1/2 tsp. ground black pepper Prepared wild goose

Place all ingredients in a mixing bowl. Mix well. Stuff the wild goose lightly into the body and crop cavity of the wild goose, ready to cook. Cook the

goose in the oven roaster or on an open pit fire for

several hours as shown in the photo (being sure to rotate often). Be sure not to overcook and to save the goose fat in a drip pan for cooking other recipes like potato pancakes or perfect pan-fried potatoes and vegetables.



Have you got a traditional recipe for Caribou Stew, fried goose hearts, roast duck, Cree donuts, Pineapple Weed tea, stuffed beaver or traditional medicines or other recipes you would like to share? We would love to include them in the next issue of Achimowina. Please send your traditional Nehetho recipe to achimowina@gmail.com.



NCN Golf Tourney Better Than Par

The 17th Annual tournament, held in Thompson was once again well attended by a talented field of amateur men, women and youth NCN golfers. The three-day event from August 21 to 23 included adult competitions and a newly expanded Junior Golfer Tournament for NCN youth.

Among the winners at the men's championship flight were first place John Brass (The Pas), first flight John Sinclair (The Pas), second flight Lou Moodie (NCN). Senior Men's championship flight went to Mervin McKay (Thompson), first flight Ivan Hart (Thompson), followed

by Marcel Moody (NCN). In the women's Championship Esther Crane of The Pas edged out Theresa Yetman and Eleanor Moody (NCN) in a one-hole playoff. Women's first flight was awarded to Stephanie Hart (NCN) and second flight to Eleanor Erickson (NCN).

Prizes were also awarded for specialty events in the putting contest, closest to the pin and longest drive.

In the NCN Championship Flights the winners were James Warren, Ron Wood, Theresa Yetman, and Marie Moodie. In the youth categories prizes went to winners of the 9 year old and under category, Carter Berard (boys) and Teyara Braun (girls); 10 and 11 year old winner, Dwight Moody (boys), 12 to 13 year old winner Christian Vystrcil (boys) and Maddy Warren (girls); 14 years and over was won by Jerome Linklater (boys) and Kandisha Spence (girls).

Alfreda Linklater, Theresa Yetman, Eliza Hanke, Mary Azure-Laubmann won the women's closest to the pin and Garry Brass, Ron Ranville, Fred Sinclair and Craig Nychyporuk for the men. Longest drive was awarded to Garry Brass, Kenton Fayant, David Kobliski, Brian Auger and Esther Crane.

The NCN Golf Committee would like to extend a big thank



Morley Moore lines up his winning putt as onlookers and participants including Chief Marcel Moody (left) watch.

you to all the sponsors. Without their support, the tournament would not be as successful as it has been in the past few years. This year's sponsors are: Nelson House Development Corporation; Jerry Griffiths, MNP LLP; Gilbert McDonald Arena; Nisichawayasihk Construction Company; Valerie Matthews Law Corporation; Nelson House Medicine Lodge; Royal Bank of Canada; Family and Community Wellness Center; Personal Care Home; Calm Air International LP; Four Directions Construction; Hickey Financial; Keewatin Tribal Council; Mystery Lake Hotel; Nelson House Education Authority; Nisichawayasihk Cree Nation; Parks and Recreation; and Prince Furniture.

2015 NCN Summer Festival

NCN Citizens took part in the fun and enjoyment of the festival by taking part in organized events ranging from kids bike races, Iron person, Strong man/ woman competitions, Elvis impersonation, kids sack race,



Elders animal calling, canoe races, sling shot, obstacle race courses, jigging, the NCN Parade and more. Thanks to all the competitors, participants, sponsors and organizers for another great festival.













Voice of Our Youth

Chief Lennard Busch

By: Freddie Kosmolak, NNOC Student, Grade 11 Chief Lennard Busch is the greatest, most caring, loving and smartest man I have ever had the honour of knowing; I call him Grandpa. He loves his family, his friends, and just has a kind vibe towards everybody around him.

My Grandfather is the Chief of Police for Files Hills First Nations in the Treaty 4 territory. He attends mass and does readings at a variety of churches around the area where he lives regularly. My Grandpa loves me with all his heart, I know this just by the way he makes

He has always showed me right from wrong and has given me the most valuable advice when needed. My grandfather has showed me so much, I wouldn't be who I am today if he hadn't been in my life. He's a man of God and a man of peace. His life is all about the happiness and he always sees situations in a good way.

When faced with problems, he always knows the best and nonharmful



way to deal with things and shows this skill to those around him.

I know that he sees lots of potential in me, I can see it in his eyes. He's the greatest man I know; the closest thing to a real life super hero. I will always cherish him and love him until I can no longer and even then he will always be in my heart showing me the path of life. The thing I love the most in this world is just to spend time with him and create memories with him.

The most important person in my life is my Grandpa, Chief Lennard Busch.

Best Friend in My Life

By: Guantia Billy Spence, NNOC Student, Grade 11 This one amazing girl that I love with all my heart is my best friend.

She's been there for me since we were in elementary together, even when I moved out of the community she's been there for me. Through the good and the bad days, she will always have my back. I will always have hers as well; just like a bra strap I will never let her down, just keep lifting

She's my partner in crime, my "ride or die," and the best thing that ever happened to me. I honestly don't know what I would do without her, she made me who I am today. Without her I would not be able to trust, or love anyone or anything, because she was there to love, care and show loyalty to me. I would take a bullet for her.

When we both finish school, get jobs, and have a lot of money, I would really enjoy traveling the world with her by my side, it has been our plan since we were little kids. We're even going to live in a log house that I will personally build for us. I wouldn't have it any other way with anyone else!

I honestly love everything about her, her

gorgeous beauty, her laugh, her smile, and her cute little dimple that's just an inch above her top lip, I also



enjoy spending amounts of time with her.

She is honestly so gorgeous, I swear if anyone tells you otherwise tell them to come see me! I would rather my hands get dirty instead of hers.

I just want to thank God for bringing her into my life and I thank her for staying by my side.

My best friend carried my God child for nine months, he was born on September 3rd 2014, and he is just as beautiful as his mother. He is also one year old this year, Alexandre Jason John Moore, I love him with everything I've got.

Darien Rochelle Dolli Swanson, I love you girl! For everything you ever done for me, thanks for being a part of my life, I can't wait for more amazing memories with you.



History Made at MKO Annual General Assembly Held in Nelson House

First Female Grand Chief Elected

The Manitoba Keewatinowi Okimakanak Annual General Assembly was hosted by NCN on September 1–3. The event brought representatives from nearly 30 Manitoba First Nations. Several issues and concerns were brought to the forefront and among the main topics were the importance of housing and infrastructure, inquiries into our murdered and missing women, ongoing concerns about child and family services and the MKO Grand Chief Election.

History was made at the event when Sheila North Wilson was elected as first female Grand Chief. North Wilson took the lead in the first round of ballots cast on the Wednesday, a round that also saw the incumbent David Harper eliminated for the second round.

The first ballot numbers were: 44 votes cast for Sheila North Wilson; 35 votes for NCN's Elvis Thomas; 24 for Tyler Duncan; and 23 for incumbent David Harper.

In the second ballot, North Wilson took 74 votes over Thomas who had 58. Wilson was officially elected Wednesday, September 2 after two rounds of ballots were cast.

NCN candidate Elvis Thomas commended Sheila on her victory and added, "I thought I had a good chance at it when both Tyler Duncan and incumbent David Harper publicly threw their support behind me in the second round of votes."

Originally from Oxford House, North Wilson moved to Winnipeg to finish school when she was 15 and has experience as a reporter with



Outgoing MKO Grand Chief congratulates newly elected Grand Chief Sheila North Wilson.

NCI Radio, CBC and CTV. She also spent time as the communications officer for the Assembly of Manitoba Chiefs. The new grand chief starts her three-year term immediately.

"It feels good to be a part of history like this and it's credit to the chiefs and the council that elected me, and they saw a vision, they captured it and they ran with it and elected their first female grand chief and I'm very happy," Sheila North Wilson said.



Nearly 1,000 First Nation people from across Manitoba took part in the three day MKO Annual General Assembly on September 1-3, 2015 in Nelson House.



Don't Be a Head Scratcher. Be Aware of Head Lice

Start by checking

the nape of the neck

and around the ears

and look closely at

the scalp and hair.

Kids are back in school and in childcare settings. They are going to play, and their play may lead to the spread of head lice. However, you can take steps to prevent the spread of lice among children and adults. NCN parents and caregivers are reminded to take the necessary precautions to prevent the spread of lice and take the time to periodically check children for signs of the critters.

What are Head Lice?

- Head lice are small grey or reddish brown bugs (1mm to 4mm).
- Lice live on the human head only not on pets or other parts of the body.
- Lice cannot survive off the head for more than 24 to 48 hours without a blood meal.
- Lice do not hop, jump or fly.
- Lice eggs are tear-drop shaped and glued to one side of the hair shaft on an angle.
- Viable eggs are typically brownish/yellow to caramel in colour - never white.
- Female lice lay 3 to 5 eggs per day and live for 30 days.
- Lice eggs take 7 to 10 days to hatch and another 7 to 10 days to mature and mate.

How to Know When You or a Child May Have Lice?

Look around the ears, at the crown of the head and at the nape of the neck. You may see red scabs caused by scratching, lice eggs and

> lice crawling through the hair or sucking blood from the scalp. Lice lay their eggs close to the scalp but be sure

to look along the whole hair shaft.

Separate the hair into sections and begin by checking the crown of the head first. Then check

the nape of the neck and around the ears.

If you find something that you think might be a lice egg or nit, try to remove it with your fingers. If it comes off easily, it's not likely a lice egg or nit. Lice eggs or nits are cemented on the hair shaft and can only be removed by sliding them down the hair shaft between your fingernails or with tweezers.



Check your child's hair and scalp regularly for head lice.

What if I'm not sure?

Before you run to the drugstore for a pesticide that may not be necessary, consider a professional opinion. A health professional may be able to accurately identify head lice or lice eggs. Contact the NCN nurses station.

Head Lice Prevention and Treatment Tips

Here are a few tips to keep your kids safe and help reduce the risk of spreading head lice:

Teach and Practice Good Sharing Habits

To reduce the chance of you or your child contracting a case of head lice, start by not sharing items that touch the head. Though it may be tempting to share personal belongings, doing so can lead to the spread of head lice. Avoid sharing:

- Combs and brushes
- Hair clips and accessories
- Hats and bike helmets
- Scarves, coats and towels
- Headsets and earbuds

Limit Contact and Don't Go Head-to-Head

When kids play, they may naturally place their heads close together. (Think about when they pal around with their arms around each other's shoulders.) But if your child's friend has head lice, your young one may come home with it. Ask your child to avoid games and activities that lead to head-tohead contact with classmates and other friends. Adults especially those who work with children – would be wise to follow the same principle.

Space It Out in Spaces

Shared spaces as well as shared belongings can be breeding

grounds for lice. Closets, lockers, drawers, and common clothes hooks can create an easy opportunity for lice to pass from one person's things to another's. Ask your child to keep their belongings - especially hats, coats, scarves, and other clothing - out of common areas.

How Can Head Lice be Treated?

If you think you or your child may have head lice, contact the schools to let them know and visit the nurses office for the best treatment methods and insecticide shampoos or treatments.



Because head lice don't live long off the scalp, there is no need for extra cleaning in your home.

To get rid of lice or nits from items like hats or pillowcases:

- Wash the items in hot water and dry in a hot dryer for 15 minutes
- Store the items in an airtight plastic bag for two weeks.



Footprint Water Level Forecasted to Drop 11 Inches

Forecast September 1 – October 31, 2015

On September 11, 2015 the level of Footprint Lake is forecasted to be 795.6 feet. The level of the lake is expected to fall 9 inches to an elevation of 794.8 feet by the end of September.

During the month of October the level of the lake is expected to fall 2 inches to an elevation of 794.7 feet by the first week of the month and then rise 2 feet 2 inches to an elevation of 796.8 feet by the end of the month.

Arrangements have been made to broadcast forecasts on NCN Achimowin TV/Radio Communications; and Arctic Radio C.H.T.M. Thompson.



Event Calendar

Weekend Family Day Activities: Bi-weekly Saturdays at 3:00 p.m. (January–December) Activities: Movie Night, Sport Activities, Swim Program, Mini Concerts, Bouncers, X-box/ps3 Tournaments, Downhill Skiing, Bowling, Arts and Crafts, Traditional Crafts.

Instructors and volunteers are invited to come and teach arts and crafts, dances, singing, etc.

NCN General Assembly: Sept. 23, 2015 Terry Fox Walk and Run Day: Sept. 30, 2015 Swim Program Begins: Sept. 26, 2015 Local Co-ed Volleyball Tournament:

October 12-15, 2015

Annual Halloween Mash: October 29, 2015. Children's day of entertainment and fun fair.

Christmas Specials: December – Lighting of Community Christmas Tree, Parade, Community Concert, Light Up and NCN Draws.



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Do you have a suggestion or an story idea?

We would like your comments, feedback or news stories. Please contact achimowina@gmail.com

CITIZEN PROFILE



Marylou Mintram

Indigenous Voices Program Coordinator, The Gwenna Moss Centre for Teaching Effectiveness

Marylou Mintram is from the Nisichawayasihk Cree Nation and is now living in Saskatoon. She thanks NCN for assisting her to achieve success in her career path.

"NCN had sponsored my education and I am thankful for the opportunity that leads me to landing a position at the University as Project Coordinator for Indigenous Voices Program," said Marylou.

In 2003, she graduated with distinction from Toronto Film School, later she worked to build her broadcasting experience as an associate producer. She has provided programming for CityTV, CTV, Toronto 1, Discovery Channel and APTN. In 2010, she enrolled at the University of Saskatchewan in the Aboriginal Justice and Criminology Program and worked part-time as an Academic Advisor for the College of Arts and Science, Peer Mentor for the Aboriginal Student Achievement Program, and as a cultural Instructor teaching "Cree-ative Native Classes."

Throughout her time in broadcasting, she focused on bringing Aboriginal realities to the forefront. She has served on multiple boards such as: Saskatoon Health Region First Nations; Métis Patient and Family Care Advisory Council; USSU daycare and Native Women's Resource Centre.

Marylou is very committed to being a mom and also spends time as a cultural instructor and volunteers to be a role model for causes like: Walking With Our Sisters; assisting public relations committees for Crohn's and Colitis Foundation of Saskatoon; helping plan events on campus with Indigenous Students Council; and the Aboriginal Student Leadership Group. Marylou also recently attended the New York City Fashion Week and assisted Fashion Designer Jolonzo Goldtooth from JG Indie and April Leadford from AL Couture to create awareness about the growing concern of human trafficking. The event also helps youth understand the dangers of the internet, and promotes self-esteem in young models.

Her new career with the University supports faculty and staff to get knowledge of Aboriginal peoples' languages, cultures, histories, and relationships with governments.