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NCN Athletes to Compete at Special Olympic Winter Games

Two athletes, 12-year old twins, William and Hemiha Hart from Thompson, will represent Team Manitoba at the Special Olympics Canada Winter Games this coming March.

Two athletes will be competing for Team Manitoba at the Special Olympics Canada Winter Games in March and proudly representing the Nisichawayasihk Cree Nation. The 12-year old twins, William and Jemiha Hart from Thompson, have reached a milestone with their recent outstanding athletic performances.

William is a figure skater and will be competing in the men's level-two figure skating event. Hemiha is a snowshoer who qualified in our Manitoba provincial games last year and will be competing in the 100- and 200-meter snowshoe events. Both athletes qualified at the games to go to the national games in Corner Brook, Newfoundland.

Currently the two athletes hope to raise enough money to cover the costs of travel and expenses for the trip. We encourage everyone's support and wish both athletes luck at the competition! If you wish to support, please contact Special Olympics Manitoba to donate.

Christmas Dinner and Lands Designation
MEET AND GREETS

NCN Chief and Council will be discussing Land Designation for Mystery Lake Urban Reserve (round 2), the NCN Community Store (round 1) and updates on the NCN Strategic Plan. NCN Citizens are invited to attend. Supper or lunch will be provided. Turkey hampers will also be handed out.

Nelson House
December 9, 2015,
1:00 p.m. to 6:00 p.m. at Gilbert McDonald Arena

Leaf Rapids
December 10, 2015,
10:00 a.m. to 12:00 p.m. at the Leaf Rapids Town Center

Thompson
December 10, 2015,
3:30 p.m. to 6:00 p.m. at the Thompson Legion Hall

Winnipeg
December 16, 2015,
6:00 p.m. to 10:00 p.m. at the Marlborough Hotel

Dates, times and locations subject to change.

Raising Awareness of Violence Against Women

The Okawemateh Sakihewewin Circle (Women of Heart), founded by NCN's Hilda Anderson-Pyrz, is working to bring awareness about the violence experienced by NCN women, girls and transgender women and to empower all.

Organizers are hosting the first NCN event titled, "The Honour of the People Lies in the Moccasin Tracks of Our Women," coinciding with the National Day of Remembrance and Action on Violence against Women.

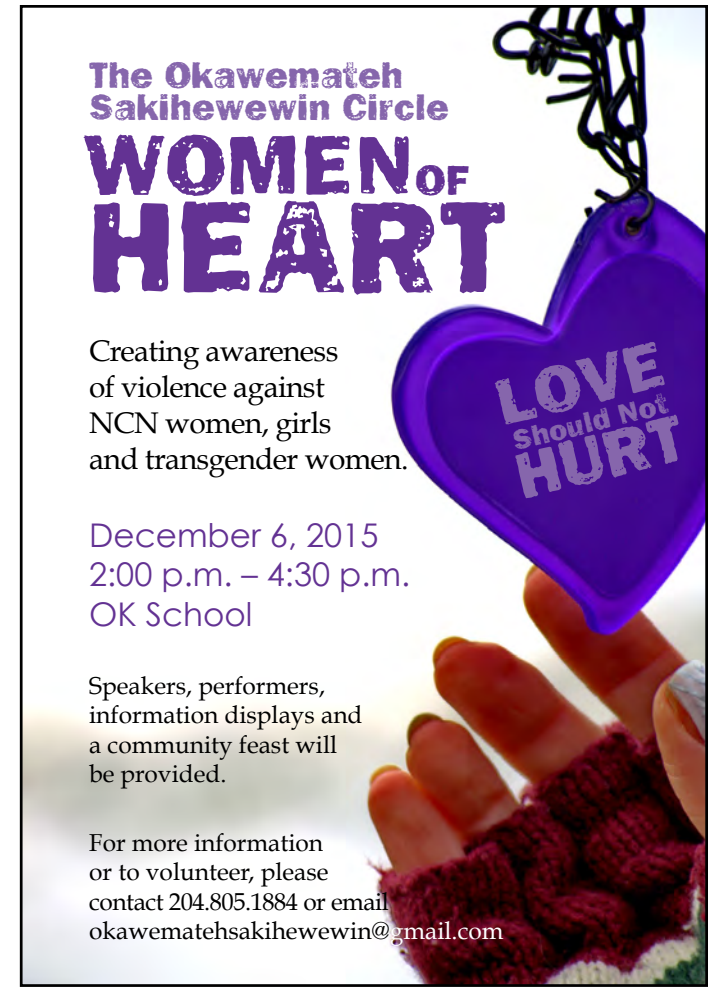
Hilda welcomes everyone to the event and says, "The Circle is open to all NCN women regardless of their geographical location and strives to make a better tomorrow that is free from violence. We want to empower our people and help women, girls and transgender women to feel safe."

Working to bring awareness about the violence experienced by NCN women, girls and transgender women and empower all.

The event takes place on December 6, 2015 at the OK School from 2:00 p.m. – 4:30 p.m. Speakers, performers, information displays and a community feast will be provided.

The Circle is run by a volunteer executive group of NCN members including Hilda Anderson-Pyrz, Brielle Linklater-Beardy and Kimberley Linklater.

For more information or to volunteer please contact 204.805.1884 or email okawematehsakihewewin@gmail.com



Natashia Moodie Honours Women at "Beauty Within" Fundraiser

An inspiring "Beauty Within" Gala was held recently honouring expectant mothers. The fundraiser took place on November 19, 2015 and was hosted by NCN's Natashia Moodie at the Juniper Centre in Thompson.

The project celebrates the creation of life and is based on the belief that today's society wrongly focuses too much on thin beautiful women. This event created awareness and promoted the true beauty of expectant mothers.

The funds raised will go to help fund maternity photo shoots for mothers and to promote healthy body image and pride in motherhood during pregnancy. The project also enlists the help of professional photographers who volunteer their time to photograph the mothers.

Moodie believes it is important to acknowledge, empower and honour expectant mothers, and prove that women are beautiful while pregnant and expecting.

At the gala, participants in the project were presented with a photo print to thank them for taking part.

Moodie plans to expand the project to Nunavut and capture images of aboriginal mothers and traditional northern motherhood. She hopes to one day produce a photographic album of these beautiful Indigenous women of the North.

Councillor Shirley Linklater attended the gala and said "The Beauty Within gala is for a great and unique cause. Natashia is proving that it is important to empower our Indigenous women and all women for that matter to feel confident in themselves and be proud of their own beauty within."

Linklater also added, "Being pregnant and bringing a new life into this world is a great blessing and one of the most precious things a woman could experience."

Manitoba Keewatinowi Okimakanak proudly supported the event. For more information, visit The Beauty Within Facebook page, or contact Moodie by phone at 204-308-2365 or by email at natashiamoodie11@gmail.com.

KITITAHWINAOW ACHIMOWIN

Community News

NCN Xmas Gifts and Food Hampers Get Set to Go Out

Chair Roslyn Moore and her helpers at the NCN Christmas Cheer Board are once again putting on their Christmas elf hats and breaking out the holiday cheer.

The holiday season is just around the corner and this is a festive time of year – when no one should go without the joys of giving and receiving. Chair Roslyn Moore and her helpers at the NCN Christmas Cheer Board are once again putting on their Christmas elf hats and breaking out the holiday cheer.

Roslyn has been heading up the coordination of the hampers for a few years now and, on behalf of all of us in NCN, we thank her for all of her hard work to make the gift and food hampers possible each year.

Our community is made up of very caring and giving people and a gift to make others happy is what it is all about.

Moore says, "It is a great effort from everyone each year. We purchase our food hampers from NCN's Family Food Store and they do the sorting and packing of the food hampers. Last year we also purchased our gifts from Samko Party Supplies and with their help all of the gifts were categorized and wrapped according to gender and ages. Each year the tasks get a little bigger and we grow our gift giving with more hampers and more kids. This year we plan to get our local cadets involved in sorting of gifts."

The NCN Cheer Board has had a tradition of festive giving and holiday spirit in the community for over twenty-two years. Last year the program delivered over 465 food hampers and approximately 780 gifts. The program is supported by the kind hearts that put in the effort to gather food and gifts, shop and coordinate packing and deliver the hampers to NCN homes.

The Cheer Board's main goal is to ensure every child in NCN, under the age of 12, receives a gift and to make sure each household in NCN, including cabins on HWY 391 get the chance to celebrate Christmas with a hot turkey meal among friends and family.

Roslyn says, "It is hearing about the happy kids and the thanks from families each year that really warms our hearts. Our community is made up of very caring and giving people and a gift to make others happy is what it is all about."

NCN employees, NCN Trust Office staff, RCMP and a few volunteers deliver the food hampers, turkeys and presents. This year's delivery is scheduled for the first week of December, 2015.

The generous gift giving continues because of the fortunate help of donations, CAP funding and the tireless support of the local RCMP and community volunteers.

If anyone has questions, would like to volunteer, make a donation or wishes to add their child to the gift list, please call Roslyn Moore or Joyce Yetman at the Trust Office at (204) 484-2604.

Sage Parisien Guiboche Wins Manitoba Aboriginal Youth Achievement Award

On November 19, 2015 NCN's Sage Parisien Guiboche won the Health South Award for Outstanding Manitoba Aboriginal Youth Achievement at the Victoria Inn in Winnipeg. The awards are held every year to recognize the accomplishments of youth in the fields of culture, employment, traditional lifestyle, business and academic excellence.

Sage is enrolled in Nursing at the University of Manitoba, and is an excellent role model for NCN youth. Sage is the daughter of late Donna Parisien and granddaughter of NCN elder Esther Parisien.

NCN Radio Launches New Improved Website

The "Voice of the Nisichawayasihk Cree Nation," Achimowin Radio 98.1 on the FM dial is once again broadcasting music and announcements across the world online at www.ncnradio.ca.

Many NCN Citizens may have been missing the online version of the site while it was recently being reconstructed.

Nora Thomas, Station Manager is pleased to announce the site has a fresh new look is now better than ever.

Thomas said, "Our new site now works on all your mobile devices and tablets and has great features to request songs, get the weather, and the latest NCN news. Easy links connect listeners to our Facebook and Twitter," adding, "I hope listeners will tune in more often to our local broadcasts all hours of the day, 7 days a week."

Thomas hopes to reach more off-reserve listeners and encourages others to spread the word about the new site. "We are working to add new on-air hosts and improve our live broadcasts. Our goal remains the same – we play the music listeners want to hear."

NCN Citizens and listeners will enjoy listening to NCN Radio's livestream on all their mobile devices.

The site also includes feedback forms, fun surveys and the familiar song-request hotline.

NCN's Jon Walker Helps Lead Team to AAA High School Football Championship

NCN's Jon Walker's Vincent Massey Trojan Senior Football Team won the city's AAA High School Football Championship finals defeating the St. Paul Crusaders.

Only two teams remained in the hunt for the ANAVETS Bowl for the top high school football team on November 13, 2015 at Investors Group Field in Winnipeg. The underdog Trojans handed the Crusaders their first loss of the season 22-12 and came out on top.

Among the emerging winners when the final whistle blew was NCN's Jon Walker who competed that night at the highest level in his high school football season. Hundreds of fans took part in the game and celebration, including over 20 NCN fans that made the trip to cheer on the team. Walker's Vincent Massey Trojan Senior Football Team reached the city championship finals against the St. Paul Crusaders and played a near flawless match to defeat the juggernaut favourites.

The two teams were evenly matched with the Trojans 13-7 loss to the undefeated Crusaders earlier in the season being the only blemish on Vincent Massey's record. The Crusaders had won the ANAVETS Bowl in six of the last 10 years.

Jon is no stranger to excellence and winning in his young football career, having won and helping his team to the Jr. Varsity championship just a few years ago. Walker is a defensive tackle this year and was also chosen to participate in a special game this past summer. He competed against a team from the United States in Hawaii. Congratulations to Jon and his friends and family who supported him!

NCN Youth Cree Court Model Gaining Interest Across Canada

Lowering the number of NCN youth in the provincial correction system and stopping the strain on courts and law enforcement are hot topics for not only NCN but also other First Nations and communities across Canada. The NCN Family and Community Wellness Centre's CEO, Felix Walker saw first-hand the great response and interest from others across Canada while presenting at the Joint 2015 Gathering in Vancouver on November 17, 2015. The event was hosted by the BC Assembly of First Nations, First Nations Summit, Union of BC Indian Chiefs and Aboriginal Affairs and Northern Development and was attended by First Nations leaders from across the country.

The Wellness Centre, with the important wisdom and knowledge of elders, leaders and staff are working on a new community approach to handle youth crimes. The program is set to deal with the root causes of the over-representation of youth in the child welfare and criminal justice systems.

Walker said, "I am pleased with the interest and support we have had for managing minor youth crimes in our First Nation. Our overall goal at the Centre, since founded in 2001, is to reduce the negative effects on our youth, to achieve better lives for our Citizens and to improve overall community Mithwayawin (wellness)."

Mr. Walker added, "In addition to the Cree Court, the Integrated Service Delivery Model of the Centre is the new national standard. Our *Circle of Care* case management approach, *Removal of the Parent* and Trauma programming are also viewed and recognized as the national standard. NCN is really leading the way."

The NCN Community Youth Cree Court program hopes to curb the trend in youth becoming adult offenders and deter other children from getting involved in crime.

The NCN Community Youth Cree Court idea is an alternative-based community model that will deal with minor youth crimes, keep more youth out of the child welfare system or foster care, and reduce the burden on Manitoba court systems. It will ultimately handle crimes directly in the community, reduce the chance of repeat youth offences and allow young adults and kids to contribute to their community and have productive lives. The program will also hold offenders accountable for their actions among peers and respected community members and Elders, while providing them the necessary services to reform and rehabilitate. This will all be done in the community, via a holistic approach to wellness.

The program will curb the trend in these youth becoming adult offenders and deter other children from getting involved in crime.

Manitoba Premier Greg Selinger (right) takes part in Cree Court mock trial.

NCN is faced with the reality that crime rates over the past decade within Nelson House and other Indigenous communities and reserves are increasingly higher than the average national crime rates. This is often attributed to the low socio-economic status, high unemployment, poor housing, inadequate health care and lack of recreational opportunities or family and community supports.

The International Youth Survey found that over 37% of Indigenous youth reported having engaged in one or more delinquent behaviours in their lifetime. This involves crimes of violence, acts against property or the sale of drugs. Most youth crimes are committed between the ages of 12 and 17 with a frequency of minor property crimes followed distantly by violent crimes. The most common offences appearing before courts are theft, mischief, drug offences and common assault. Many of these crimes can be handled in the community with quicker outcomes and the use of local community services. This local approach benefits both the youth and the community by decreasing the reliance upon outside resources and decision-makers. The costs of dealing with youth crimes in the community are much lower than the costs of travelling to other centres or having the outside resources come to the community.

Walker noted, "The concept for the NCN Community Youth Cree Court began in 2010 and has operated several successful community mock trials between June 2013 and 2015. With appropriate funding and resources it is expected the program could soon be available in NCN. We hope to share our results and processes with other First Nations communities."

Truth and Reconciliation Cautiously Releases Survivor Testimonies to the Public

Questions have been asked regarding the confidentiality of the deeply personal and often tragic stories of residential school survivors. Many First Nations individuals, although not opposed to having their stories preserved or archived for educational or research purposes, are concerned that they were never properly informed that the testimonies were going to be released to the public or archived and saved. Many understood the recorded interviews would be destroyed or locked; explaining they were told the interviews were confidential and their stories would not be discussed outside of the interview room.

Seven years of testimonies from across Canada were done, gathering witness accounts of residential schools by the National Truth and Reconciliation Commission of Canada (NTRC). These findings have been written in a final report. Measures and recommendations have been made based on the interviews and evidence. Sharing that work with the rest of Canada to ensure these tragedies never happen again is just beginning.

An archive containing the national testimonies of residential school survivors houses stories from survivors and is expected to educate the public about one of the darkest chapters in Canadian history.

The NTRC at the University of Manitoba houses millions of records collected. The records include everything from school inspection reports to heartbreaking testimony from survivors who detailed graphic accounts of physical and sexual abuse. The digital archive officially opened in Winnipeg in early November.

Some First Nations individuals are claiming it was not clear their stories would be saved and made available for others to see. Although measures are being taken not to re-victimize the individuals, concerns are that decisions should not be made on behalf of Indigenous peoples. Some stated that it was unclear at the time of the interviews whether the stories could be made public. A court decision made last year, stated the records would be destroyed and not made public unless it was requested by the individual to keep a record of the interviews.

It has been reported that survivors who testified before the commission were allowed to dictate what part of their stories they wanted to be part of the public record. For now the NTRC is taking small steps in sharing the story of Residential Schools in an educational and responsible way.

The last residential school closed in 1996. About 150,000 First Nations, Inuit and Metis children were taken from their home communities and forced to attend the government-run schools.

New Houses Already Under Construction

You may have noticed a change to the look of a few areas around Nelson House. New housing units are going up and shaping the skyline and landscapes in some lots around the community.

There are currently eight units being built that will help to reduce the housing shortage. Four bi-levels and four bungalows are under construction. Many of the houses have frames, roofs and siding and workers are busy on the inside doing electrical, plumbing, heating and ventilation which will continue over the next couple months. A ready-to-move home (RTM) was also purchased, and recently completed and is now occupied and being used.

Many other existing houses have been identified as needing repair or renovations. Assessments have already been done on 56 houses, with about 400 more to go. The priority items for these homes is being placed on addressing health and safety concerns, phase II CMHC units, windows and door repair to prepare homes for cold winter months and RRAP renovations.

Citizens are asked to prepare their homes for winter and cooperate while assessments and renovations take place.

Schools Reminds Parents:

Report Cards Are Out and to Dress Kids for Cold

Natalie Tays, Principal at the OK and NNOC Schools reminds parents and guardians to pick up their child's report cards on Wednesday, November 25th from 3 to 6 pm. Time will be made to discuss children's progress.

It is also advised, with the colder weather for children to dress warm with proper jackets, hats and boots. Parents should talk to children about winter safety and frost bite. Sliding safety is also a big concern.

Watch for school activity calendars at the beginning of every month. They will be sent home with each student. This calendar has important dates of school activities, closures, early dismissals and events.

Family and Community Wellness Centre Reports: Challenging but Successful Year

The NCN Family and Community Wellness Centre's Annual General Meeting took place on November 3, 2015 with many Citizens and guests in attendance.

Over 100 Citizens and guests were in attendance on November 3, 2015 at the NCN Family and Community Wellness Centre's Annual General Meeting. Management presented highlights and accomplishments of the past year and focused on their goals for the upcoming year. Supper was provided and prizes were handed out including paintings, carvings, a large screen television and tickets to the Grey Cup.

The evening began with an opening prayer by Reverend Nelson Hart followed by presentations from CEO Felix Walker; Director of Operations, Irwin Smith; Sharonne Hastings; Harmony Dumas, Wecihitowin Project Manager and Lynda Wright, Director of Health. A special acknowledgment was also given to the RCMP Cadet Program and touched on important plans for the Centre's future.

"Although in the past year we had faced several obstacles and difficult challenges, we have found new and innovative ways to approach concerns in our community. We hope to build on many of the things we have done to date," said Felix Walker.

Plans to Provide Better Care for Citizens

According to Walker, improving CFS numbers and getting medical receiving homes in Winnipeg are only a couple of the main areas of focus. The CEO hopes to reduce the cost for Citizens travelling to Winnipeg and to provide safe, cost-effective environments for them to stay.

A special acknowledgment was given to the RCMP Cadets Program at the Wellness Centre AGM.

The Centre is also finding ways to operate more medical and health services in the community by growing the role of nurses and introducing more health professionals. This would allow NCN to take on diagnosis and prescription of medications and services like pharmacy, optometry and dentistry.

In addition to these major goals, the Centre will be working on expanding on existing strengths, programs and services offered. They are looking at the possibility of building new homes in Nelson House – to be used as safe houses for women and children or to provide additional facilities for programming or temporary care residents for Children in Care.

Currently the Wellness Centre provides the following: Child and Family Services, Wecihitowin project, Removal of Parent Program, NCN Community Youth Cree Court, Immunizations/Vaccinations, Diabetes Program, Maternal Child Health Program, STAR FASD Program, Medical Transportation, Nursing Station, Home and Community Care, Counselling Services and Family Enhancement, Family Enhancement Program, Rediscovery of Families, Circle of Care, Kehtiyatisak Project, Dreamcatchers Headstart and Jean McDonald Treasures of Hope Day Care Centre programs, as well as the Fitness Centre.

Key Accomplishments from the Past Year

Financially in 2014-2015, the Centre received just over $22.3 million in revenue and expended just under $21.5 million in core operations and programs, resulting in an $828,694 surplus. Accumulated surplus for the Centre currently sits at just over $4.1 million. The surplus is created by the Federal CFS activities.

The report for last year showed a record reduction in the number of CFS children in care, largely due to the Wecihitowin project in Thompson and the Removal of Parent Program in Nelson House.

Strategic Plans and work plans will be done next year for all programs to help improve results further, however the Centre was pleased to see increased participation for many programs and proud to present the strides made and recognition being given to the NCN Youth Cree Court initiative. The Court held successful mock trials before attendees, Manitoba Premier Selinger and Manitoba cabinet members.

Among the statistics for the year, medical transportation operated four runs weekly to Thompson – serving over 40-50 people. Nearly 10,000 trips were made for local or out-of-town medical appointments by truck, van and aircraft.

Many Citizens at the meeting also had a chance to see the photo history wall of NCN past Chiefs now on display at the Centre.

The Centre continues to deal with community crisis and major issues. Citizens are affected by incidences of violence, neglect, drugs and alcohol abuse, sexual abuse and suicide attempts that have become a part of their daily lives. The Centre will continue to look at new ways to support families and to develop effective and meaningful community-based services. Citizens were openly asked for guidance – to be there to listen and to share ideas as the Centre moves forward with plans.

Keep Mice and Rodents Out – Prevention Tips

The coldest months of the year will soon be upon us, which means it won't be long until countless mice and rodents begin invading your home looking for food scraps and cozy spaces.

As the weather turns cold, critters will be looking to move indoors and make your home an infested messy nest for the winter. With some simple prevention tips, we can help you stop this household pest.

Those little nuisances can cause more damage in your home than you'd realize. Spoiled food, soiled floors and surfaces, and increased bacteria are just a few of the concerns mice create. Rodents and mice can spread over 35 different diseases!

Don't Leave the Doors Or Cracks Open

Make sure your entry doors are not open. Often mice will walk right in the front door if you leave it open. Be sure to seal all gaps or cracks in walls, around doors, windows, foundations and attics to seal them out. Steel wool, copper mesh, spray foam and caulk for smaller cracks can be used. Remember mice can fit through the smallest slits, even less than the size of a dime or pinky finger.

Cover Vents and Chimneys

Blocking off entries in exhaust vents, chimneys, pipes or drains with ¼ inch hardware cloth or wire screen mesh is important. Remember, plastic screens or fabric mesh are easy for mice to chew through, so stick with copper or steel and be sure not to block the proper airflow.

Remove Food and Keep Areas Clean

Seal and put food in containers and make sure the dishes are washed promptly, including your pet's food bowls. If mice are able to get into your house, they'll have fewer reasons to stay if food and garbage are not left around. Be sure to clean in pantries and food cupboards with bleach and water. This will remove the smell of food and keep mice out.

Spread Some Easy Mouse Repellents

A non-toxic mouse repellent that gives your house a pleasant holiday scent is peppermint oil. Mix two teaspoons of peppermint oil with one cup of water into a spray bottle, and lightly spray on walls and floors where mice might enter or hide.

Placing laundry fabric softener sheets (i.e. Bounce sheets) in hiding places or near entry points or in closets or cupboards where mice hide is a simple deterrent that also leaves the room smelling fresh. Remember to replace them every month or two.

Peppermint oil is a non-toxic mouse repellent that gives your house a pleasant holiday scent.

Remove the Clutter

Mice like to hide in cluttered places. Be sure to keep the inside of rooms free of clutter and easy hiding places. Leaving garbage, straw bales, grass clippings, compost, insulation or warm fabric around the walls of your home is just an invitation for mice.

Get a Cat

If you keep a good mouser around the house, your rodent concerns will be much less. But be sure you are prepared to take care of and can afford your new pet. Cats can't live on mice alone and need care and attention.

McDole's Gym Offers Gift of Fitness

McDole's Gym in Winnipeg has been helping NCN Citizens achieve their potential and get physically fit for years. Owner Chris McDole is no stranger to Nelson House and has grown to have a warm place in his heart for the community and people. Many of us know his face and have seen him or his staff around or have even taken part in the many fitness programs and training sessions he has offered over the years.

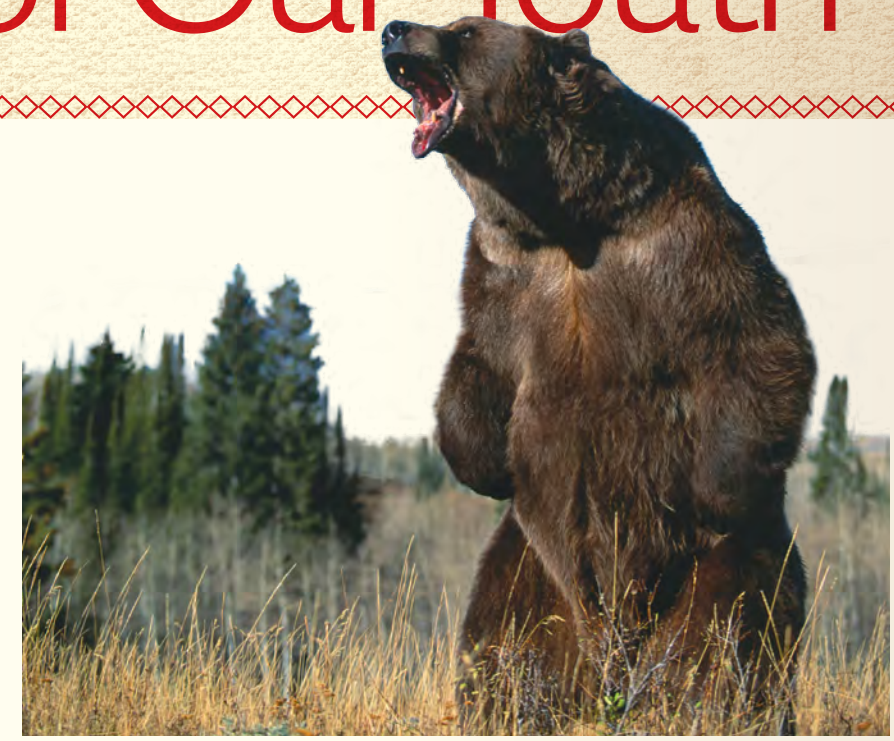
Councillor Bonnie Linklater, and trainee at the McDole's gym says, "Chris does great work as an athletic trainer for many of us but more importantly he has a big heart. Over the past couple years he has held shoe, boot and winter clothing donation drives for NCN Kids and brought truckloads of needed clothes to the community. Now his gym is doing another great thing!"

From now until June of 2016, Chief and Council and McDole gym on 181 Stradbrook Avenue in Winnipeg are offering a free, no strings attached Fun Membership to the gym for NCN Citizens. NCN members just need to stop in with their treaty number or contact Chris and they will soon be on their way to taking part in fun and healthy fitness activities. The fees are covered by NCN and McDole's and allow for adult drop-ins, custom training programs and even coaching for kids under 18.

Anyone interested in gym memberships or donating to the Christmas clothing drive is asked to call Chris McDole for more information at (204) 230-7337.

Chief and Council and McDole's Gym on 181 Stradbrook Avenue in Winnipeg are offering a free, no strings attached Fun Membership to the gym until June 2016.

Voice of Our Youth



Was it a dream?

By: Brett Wood-Linklater, Grade 11 Student, NNOC

Once upon a dream, there was a young 17 year old First Nations man that felt like his life was sad, worthless, and didn't have meaning.

One morning he awoke still feeling like he was in a dream. His grandparents approached him and asked if he would want to spend the week at camp. He immediately said "Yes, I would love to spend the week at camp with you guys."

His grandparents then began to laugh leaving the boy feeling confused. The boy asked what was so funny and his grandparents said, "You. We thought you didn't love anything." The boy then went stiff, staring deeply at the floor. He wondered why on earth they would say that to him.

All of a sudden the boy and his grandfather were at the site of their camp, they were just getting there by boat. The camp was on a small island no bigger than his area of RC Point at his home in Nisichawayasihk. While stepping off the running boat the boy asked his grandfather why his granny or parents did not come along with them.

The boy's grandpa stepped out of the boat and placed his hand on the boys shoulder. At first it was a moment of silence, then he began to speak saying, "My boy, when we asked you if you wanted to spend the week at camp, we only meant you, no one else. I myself will be leaving soon enough."

The boy looked up at his grandfather with great disbelief and replied, "What? You can't be serious! I'll die out here all alone."

His grandfather responded by saying, "No my boy, when you are here, you are never alone; and dying, well dying is just one of the things you will experience in life. I will see you when you're finished and remember that we will be praying for you."

As the boy watched his grandpa leave, he noticed the shape of an eagle in the clouds and he heard the sounds of wolves howling in the wind. He felt a sudden rip that went down his face to his chest. These sudden occurrences made the boy drop to his knees; he felt as if all the power in his legs right up to his waist had just been drained out. Although he wasn't crying, a large tear dropped from his right eye and landed in a dead, dry area.

When the tear landed on the dry mud, a blade of grass immediately began to grow, and the blade of grass then turned into a leaf. The boy looked at the leaf with deep confusion wondering, "Isn't a leaf supposed to grow and hang from a tree?" He then ripped the leaf from the ground and suddenly regained his strength.

He eventually left the shore line and went up the hill to his cabins. While walking he couldn't stop looking at the leaf he pulled from the ground. He had a feeling that it meant something because every time he looked at it, it made him think of someone he really liked back at home.

The boy eventually became bored and decided to do some work around the camp and set traps in the bush; every minute felt like an hour as the day took forever to end. The boy then dug around his cabin and cleaned up a bit, as he was looking around he found a Remington 12 gauge with over 15 shells.

After he found the gun, he heard a flock of geese just over the cabin, so he quickly ran out to try and shoot them. As he was loading the gun, he noticed that every shell had a bear's paw and body shape on it. He thought nothing of it and tried shooting at the geese. Even though it was a clean and completely accurate shot, no geese were killed. He then fired two more shots that also did nothing.

The boy was about to give up but decided to give it one more try, when he pulled a shell from his pocket, a massive bear the size of a car smacked the gun from his left hand and pinned him to the ground screaming in his face. The boy was terrified and was squeezing the shell in his right hand. He squeezed the shell so hard that it exploded in his hand and scared the massive bear for a few moments. As the boy was lying in the grass with his eyes closed, he felt as if he had no right arm, but when the bear roared and decided to finish the job, he quickly stood up and looked at his arm.

The boy's hand had been transformed to a red furred bear claw. After seeing his arm he suddenly felt no fear and thought, "Awe, forget it."

The boy took a very deep breath as if was going to be his last, looked toward the raging bear running his way and ran in its direction yelling his lungs out. Right when the boy and the bear were about to collide, the bear exploded into brown smoke that went toward the boy's arm and turned it back to normal. The boy then fell into a pile of grass with tremendous relief wondering, "What on earth just happened?"

While he was trying to rest, he felt like he was about to burp. When he tried to bring it up it wasn't a burp that came out! It was the sound of a really angry bear roaring as if it was protecting its cubs.

The boy jumped out of the grass feeling like he was just hit with defibrillating paddles. He quickly ran inside and had something to drink. As he was finishing his beverage, he looked out the cabin window and saw a pack of wolves coming from shore where he had first arrived. They were running toward the back of his cabin to the bush. When the boy saw the wolves, he noticed they didn't look right. They had ghostly figures with grey smoke emerging from their fur as if they were burning.

The boy had a feeling that something wasn't right and stepped out the door. When he stood outside a wolf from the back of the pack stopped to stare at the boy. The wolf that stopped was the biggest, and its fur was blacker than the night sky. Its paws bigger than a mature bears, its claws sharper than any razor blade in the world, and its eyes burned with hell-like fires.

As the boy and the beast stared at each other the boy didn't feel fear, he felt like he was connected with the wolf, like he was meant to see it. Finally, the wolf gave him a ferocious look that said "I really want to tear you apart!" and then ran away with its pack.

The boy chased the beast into the bush and followed it to where it was going, he then heard a lot of barking and growling. He also noticed that they were in the area where he had set his traps, so he proceeded with caution. When he got to the center of the bush he saw a circle of wolves all barking at something, and he noticed that the black wolf wasn't around.

He ran passed the angry wolves and saw a small defenseless young wolf caught in one of his traps. He noticed all the wolves were trying to kill him; the boy then scared away all the wolves away with a large bear roar that came from nowhere. When the wolves walked back in fear slowly, they disappeared into grey smoke that faded away into the bush.

The boy then quickly helped the small helpless wolf out of the trap leaving it with a bruised paw. Feeling sorry for the young wolf, he ripped a part of his shirt off and started taking care of its wounds. After patching up and feeding the young wolf, it exploded into a red smoke that was absorbed into the boy's body.

The boy took a couple of steps back in shock and felt a violently painful snap on his left leg. He had stepped into one of his own traps! He fell and begun yelling and screaming in pain. As he laid there he looked toward his trapped leg not knowing what to do, he tried to remove the trap but the pain was too intense.

When he put his head to the ground, the black wolf stood over him staring him deeply in the eyes. As the boy looked into the wolf's burning red eyes his heart began pounding harder and harder. His heart started pounding so hard that it came to a point where it exploded. In that explosion emerged a cloud of red smoke that ripped out of his chest and sent the beast standing over him flying.

The boy stayed on the ground looking at the sky thinking had he died, but as he laid there he heard the sounds of prayer and howling. The boy suddenly felt nothing as his whole body went numb. He then looked at his leg and placed his hand on his chest, the trap had been removed and the tear healed.

He then stood up and heard the sounds of a wolf howling and whining. When he looked back to the source of the sounds, he saw a fully-grown red furred wolf with a piece of the boy's shirt in its paw. It was standing victorious over the black wolf's dead body. When the boy tried to approach the red wolf, it exploded with the black one and created a red and black smoke cloud that went sucking up the boy's nose and mouth leaving him breathless and unconscious.

After the boy regained consciousness he left the bush and went back to his cabin. When he got there, the only cabin there was the first one his grandfather had made; the other three were gone. When the boy was about to enter his cabin he felt a sudden chill crawl up his spine. When he looked backed he saw a tree growing before his eyes. The tree then began to take the shape of an eagle. The boy was amazed, shocked, and confused but did not bother it. When he went inside, there was a hot cup of tea siting on the table, when the boy looked into the cup he noticed moving figures, so he began to look harder and concentrate.

Looking hard into the cup the boy saw his grandparents praying, the figures then began to change. He first saw his grandparents, then his father drinking, and his mother crying. He saw all three of his separated siblings, and lastly, he saw the girl that he really liked and cared for.

After seeing these images, he couldn't get the girl out of his head, he just kept thinking of her, wondering when he would see her again.

He took a step outside his cabin drinking the flavourless tea and decided to make a fire. When he was making the fire he had noticed that the sun was in the exact same spot it had been in when he got there.

Sitting near the fire just made him feel the same chill he had felt when he saw the eagle shaped tree grow. He then felt his cup shaking, and when he looked into the cup he saw a really angry eagle soaring toward him. The eagle soared to the top of the cup causing all the tea to fly into his face; he quickly wiped his face off and threw his cup in the fire.

After doing so, a larger flame erupted from the flames, and the eagle flew out of the fire and landed on top of his cabin causing it to catch fire. Sitting there the eagle spread open its wings and screamed; a scream so loud it was like thunder, it made the ground shake, it caused all leaves to fall off of the trees to the ground (including the eagle shaped one). It turned the light into darkness as it transformed the sun into the moon.

The boy dropped to his knees with his ears ringing. He was afraid at first, but stood up to stare at the eagle. When he looked to the flaming eagle, it screamed again. This time the scream was so loud the boy felt it throughout his whole body. He dropped again, this time with his forehead to the ground. As he was on his knees, he felt a series of rips on his back, as if something had just jumped out.

He then heard a bear's roar and two wolves howling at the same time. When he stood up and looked back, he saw the bear he almost fought, the wolf that he saved, and the wolf that tried to kill him, all three standing at his defence much larger than before. As the animals went to war, the boy fled under the eagle shaped tree watching, as he couldn't do anything else.

As the boy sat there he had no idea what to do or think, the only thing he was able to think about was the girl he liked. After a while the eagle defeated the bear and wolves and turned its attention to the boy. The eagle flew high into the air and then stared, soaring toward the boy. The boy continued to sit there with no fear; he sat there thinking only of the girl he really wanted to be with.

As he sat there welcoming death, he closed his eyes and had a sudden flash of her, a flash back of every time he was with her, every time they stared into each other's eyes, and every time he ever made her smile or laugh.

All of a sudden the boys eyes burst open with a light so bright it blinded the large flaming eagle and sent it flying back. The eagle landed on the tall trees and caused them to catch fire. As the boy stood up looking down, he noticed that his pocket was glowing. The glowing object was the leaf he had pulled from the ground, the leaf that had grown from the ground with his tear.

When he brought the leaf out from his pocket, it flew out of his hand and landed on a wing from the eagle shaped tree. The leaf then transformed into a feather, and the feather then transformed the entire tree into a living eagle. An eagle so large it was unimaginable, the eagle had a golden glow with a very bright heart that shined brighter than the golden glow.

The eagle flew over the boy toward the flaming eagle and extinguished it with a large gust of wind it made from flapping its wings. The eagle then screamed, causing all fires to light out, and brought back daylight and all leaves that had fallen from the trees. The boy then fell fast asleep and awoke outside his home, hearing a familiar voice that said, "You did it my boy!"

Nisichawayasi Nehetho Culture and Education Authority

NISICHAWAYASIHK CREE NATION

Board of Trustees Election

POLLING LOCATION

United Church, Nelson House, MB

For more information please visit ncncree.com or contact:

Advance Poll	Election Day	Swearing In
MONDAY	THURSDAY	MONDAY
November 23, 2015	November 26, 2015	December 7, 2015

Joyce Yetman, NCN Electoral Officer
1-204-484-2604 or 1-204-679-0506 or
joyceyetman@ncncree.com

Jacqueline Hunter, Deputy Electoral Officer
1-204-484-2886 or 1-204-307-1989 or
jacquelinencnatec@gmail.com

Helping People Regain Sobriety and Rediscover Their Culture and Spirituality

NCN Citizens know all too well the devastating effects alcohol and recreational drugs have on their lives, families, friends and communities. The Nelson House Medicine Lodge's Know Drug & Alcohol Treatment Program understands and educates those undergoing treatment and encourages the community to get to KNOW the KNOW program.

If you know alcohol and drugs, you realize that NO alcohol and drugs is the better road to heal and become whole again. If you or someone you know is dealing with alcohol or drug-related addictions and is prepared to make a positive change, you can contact the Medicine Lodge for more information or to make a referral. The Lodge has proven success – helping individuals dealing with the effects of addictions.

The Lodge offers treatment for both men and women and is currently hosting the men's program. The next program, starting January 4, 2016, is for female residents. The next men's programming will begin February 29, 2016.

2016 KNOW Drugs and Alcohol Addiction Program Schedule
(Dates subject to change)

Women's Program Start: January 4, 2015
Men's Program Start: February 29, 2015
Women's Program Start: April 25, 2015
Men's Program Start: June 20, 2015
Women's Program Start: August 29, 2015
Men's Program Start: October 24, 2015

OKIMY'WINI ACHIMOWIN

Government News

Chief and Council Honour Remembrance Day and Traditions with Day Off for NCN Staff

Chief and Council took the time for recognition this year to allow staff and participating organizations an extra day to honour those who served in the wars, our veterans, and in recognition of traditional Indigenous culture as well as staff appreciation. To coincide with the Remembrance Day, NCN staff were given the day off on Friday, November 13, 2015 for staff appreciation day.

Taking time to honour our veterans.

NHML Announces Contract Beds

The Nelson Medicine Lodge announced the facility is now offering partner organizations reservable-access to resident rooms and beds. The exclusive annual reservation for men and/or women's resident room(s) also provides access to programs for drug and alcohol addiction treatment services. The contract beds are available to organizations in the legal and judicial sector, social services, health, treatment, or counselling industry. At this time, two resident rooms/beds are available for purchase on an annual term.

Yearly contracts are available for organizations wishing to reserve rooms and services for up to six individual residents per year (three women – three men). The facility has alternating men's and women's, eight-week drug and alcohol addiction treatment and prevention programs throughout the year.

Organizations interested in obtaining the contract beds are asked to contact the Lodge's Executive Director, Ed Azure.

Lake Water Levels

Footprint Lake 60-Day Water Level Forecast

Forecast November 1 – December 31, 2015

On November 1, 2015 the level of Footprint Lake is forecasted to be 795.9 feet. The level of the lake is expected to rise 2 feet 3 inches, to an elevation of 798.1 feet by the end of November.

During the month of December the level of the lake is expected to rise 6 inches, to an elevation of 798.7 feet by the end of the month.

Citizens and parents and children are reminded to use safety trails during the months when ice is thin and travel on the lakes is uncertain.

Employment Opportunity

ADMINISTRATIVE ASSISTANT – FULL TIME POSITION
NISICHAWAYASIHK CREE NATION – HOUSING AUTHORITY

Deadline: Friday, December 2, 2015
Start Date: As Soon As Possible
Wage: To Be Determined
Competition #: NCN-18-11-2015-001

SUMMARY:
Under the supervision of the Housing Board, the Administrative Assistant is to provide the Housing Department with reception coverage on weekdays and assist with administrative duties and program related material.

DUTIES:
- Will answer all incoming calls in a professional and courteous manner and forward calls to the appropriate personnel and will take messages
- Will greet visitors, ascertain nature and direct visitors to the appropriate person
- Will maintain a record of all incoming and outgoing correspondence including faxes
- Receive, approve on-air requests and advertisements
- Run errands
- Will pick up and deliver mail from Post Office
- Will maintain an adequate and updated filing system for the Housing Department that ensures easy and quick access to files that may be needed or retrieved
- Will maintain inventory of all equipment and ordering supplies as requested
- Will maintain and update staff's daily sign in sheets, request for all timesheets to be submitted
- Will assist the staff with such duties as taking work orders for hired trades, etc.
- Will ensure office and coffee supplies are adequately stocked at all times
- Will ensure that all printers, fax machine and photo copier is filled with paper at all times
- Will be responsible for maintaining and updating the current telephone system
- Type and research documents
- Perform partial custodial duties
- And all other duties as assigned

Education/Professional Requirements
- Minimum Grade 10 or an equivalent combination of education and experience in administration or a related position with a proven demonstration of skills

SKILLS AND ABILITIES
- Must communicate effectively with members, staff and other individuals
- Must have a proficient level of verbal, written and communication skills
- Must have a proficient level of computer skills including Microsoft Office (Word, Excel, Outlook, and software applications, etc.)
- Must possess excellent organizational and time-management skills
- Ability to communicate in Cree and possess a valid Driver's License is an asset
- Must be able to work effectively under pressure
- Must be well organized

Please provide a Current Criminal Records Check, Cover Letter, Resume and References to:
Kim Linklater @ the NCN Government Office
Ph: 204-484-2332 ext. 2245
Fax: 204-484-2392
E-mail: kimlinklater@ncncree.com
**Please note, only those selected for an interview will be contacted.*

NISICHAWAYASIHK HOUSING AUTHORITY
Phone: (204) 679-7723 or (204) 307-7100 Fax: (204) 484-2392

NISICHAWAYASIHK CREE NATION

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Fax: (204) 484-2392
www.ncncree.com

Do you have a suggestion or an Achimowina story idea?
We would like your comments, feedback or news stories.
Please contact achimowina@gmail.com