



OKIMAHKAN OTYAMIWIN
FROM THE CHIEF
A Reason to Celebrate
Achievements

COMMUNITY
NNCEA Director Gets

NNCEA Director Gets Down to Business at Schools OSICHIKIWINAH AKWAH KAWIATI AETUKUMIKUK
ARTS & EVENTS
Remembering WWI & WWII NCN Veterans

OCTOBER 2016

# 

### Urban Reserve Celebration Marks Historic Milestone

NCN celebrated a milestone occasion for the Mystery Lake urban reserve in Thompson on September 28, 2016. The event was highlighted by gifts, remarks from First Nations' leaders and a free feast, followed by a night of top-notch musical entertainment headlined by award-winning country star Charlie Major.

Charlie Major's song called "A Night to Remember" may not be about these festivities, but this event really was a day and a night to remember. NCN Chief and Council hosted the memorable and historic event to mark the Addition to Reserve of 4.21 acres of land at Mystery Lake Hotel Complex.

The ceremony kicked off with an Opening Prayer by Elder Jimmy Hunter-Spence. The Master of Ceremonies was Morris Shannacappo.

The importance of the occasion was noted in speeches by Chief Marcel Moody, Nisichawayasihk Cree Nation; Mayor Dennis Fenske, City of Thompson; Darryl Neufeld, Indigenous Northern Affairs Canada; Minister Eileen Clarke, Indigenous Municipal Relations, Province of Manitoba and Kelly Bindle, Manitoba Legislative Assembly; Grand Chief Sheila North Wilson, Manitoba Keewatinowi Okimakanak; Grand Chief Derek Nepinak, Assembly of Manitoba Chiefs; Manitoba Regional Grand Chief Kevin Hart, Assembly of First Nations;

A Night to Remember

Country star and music legend Charlie Major headlined the entertainment at the Mystery Lake Urban Reserve celebration on September 28, 2016 in Thompson. The celebration recognizes a monumental achievement for NCN. More photos on page 8 and 9.

Julyda Lagimodiere, Manitoba Metis Federation; Chief Nelson Genaille, President, Treaty Land Entitlement Committee and Ryan Land, Vale, Thompson, Manitoba.

Moody, thanked those involved in the over 20 year-long process and acknowledged the work of former Chief and Council members with a presentation of gifts and framed recognition certificates.

A community feast and entertainment followed the formal

presentation. Outside the large tent, the beautiful fall weather and sunset made a great backdrop to the stage where live musical shows were performed by Moody X, Hayley McDonald, Highway

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# **CHANGED YOUR ADDRESS?** Want Your of Achimowina Newspaper Each Month?

If you are an NCN Citizen living in Nelson House, Leaf Rapids, South Indian Lake, Thompson, Winnipeg or Brandon, we want to get news to you. If you or someone you know is currently not getting Achimowina, send us the address. You can simply contact Joyce Yetman by phone (204) 484-2604, or Darcy Linklater Jr. at (204) 484-2476, leave us an email at achimowina@gmail.com or reach us on Facebook @Nisichawayasihk.

WANT AN E-COPY? You can always find the latest Achimowina online at ncncree.com!



This proved that we

are ready to take on

events like this and

show the pride and

dedication we have

as a community.

Tansi,

It has been an abrupt start to an early winter with all of the snowfall and I hope all our Citizens will be safe in the community and especially around the water and on the roadways.

Although winter is upon us, I was pleased the weather held off and was great for the historic Mystery Lake Urban reserve celebration. Hundreds of NCN people and key First Nation and Northern Manitoba leaders attended throughout the day and into the evening's great live entertainment.

The new NCN urban reserve land in Thompson gives us a lot of opportunities for increased revenue, to

expand our portfolio, and create new opportunities for our people. We will be working with consultants to determine the most economically beneficial opportunities for the property. As you know the casino option is not feasible at this time, due to the current market climate, but we are pressing forward with options to build a gas station, an office complex and/or expanding the gaming opportunities already at the location. Remember we want your input and look forward to hearing from each

Citizen.

The Mystery Lake
Celebration was not
only about recognizing a
better economic future,
it was important in the
healing and reconciliation
of NCN, both amongst
non-indigenous
northerners and amongst

themselves. We started on this important journey over 25 years ago. As a nation, we decided to find a way to work with other citizens in this province: to overcome the prejudice, the negative impacts of colonization, residential schools, and hydro development, and become builders of economic

development, builders of relationships, and of healthy, educated people. I believe this trailblazing accomplishment will be beneficial for future deals.

The early snowfall unfortunately forced the closure of some roads and organizations, but also the postponement of the provincial high school cross-country competition. This would have been the first of its kind in our community. I would still like to thank all of the volunteers and the wonderful community support that went into the planning. This proved that we are ready to take on events like this and show the pride and dedication we have as a community.

The next milestone we look forward to is the grand opening of the new NCN Store in our Nation. The construction is completed and the store will soon be fully operational. The official opening is planned for mid November and we encourage everyone to attend and enjoy the shopping.

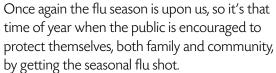
It has been an exciting month for our people, and as we look ahead to the coming months, I am proud of the plans that are finally taking shape.

Chief Marcel Moody
Nisichawayasihk Cree Nation

FAMILY AND COMMUNITY
Wellness Centre

### Notice

### Be Flu Smart – Get the Shot



The flu is a respiratory infection caused by a virus. It can spread easily from one person to another through coughing, sneezing or sharing food or drinks. It can also spread by touching objects such as doorknobs, phones, game controllers and toys. The virus can live on hard surfaces for up to 48 hours.

The more people that receive the flu shot, the better families and community will be protected from the flu.

#### **Know the Symptoms**

When infected, cough and fever comes on quickly, being tired, body aches, sore throat, headache, loss of appetite, runny nose, nausea, vomiting and diarrhea may be common symptoms.

Contact your local nursing station right away if you are experiencing: shortness of breath, rapid or difficulty breathing, chest pain, sudden dizziness or confusion, severe vomiting or high fever lasting more than three days.

#### **Shots Now Available**

The flu shot is available at the Family and

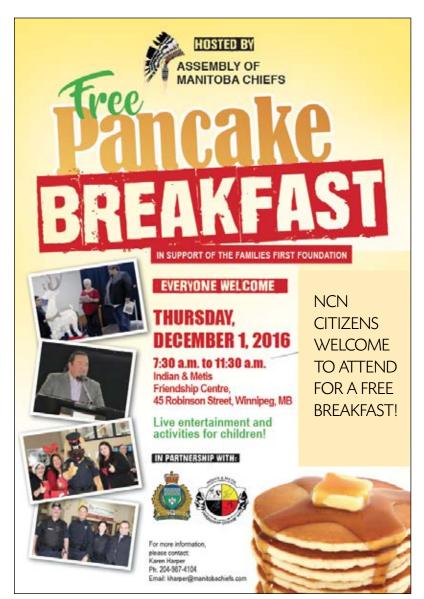
Community Wellness Centre from Monday – Friday with no appointment necessary. Please stop by or call the FCWC Public Health office at 204-484-2341. Transportation is available to NCN Citizens by calling the office!

#### Priority for the Shot

Priority will be given to those most at risk including pregnant women 26 weeks and up, seniors, children, those with chronic illnesses (such as weakened immune system by medical treatment, diabetes, hypertension, cancer, asthma), health care providers, Aboriginal ancestry, and those who are severely obese.

#### OCTOBER 2016





373, C-Weed and headliner, country legend Charlie Major.

Councillor Willie Moore said, "It was amazing how the weather cooperated and it sure helped with attendance. The event took weeks and months to plan and it was nice to see the Creator blessed us." Organizers estimate nearly 1,000 people participated in the days' events.

Chief Moody emphasized the importance of the

cooperation between levels of government for achieving better economic opportunities for NCN. "We want to continue developing mutually beneficial relationships for NCN Citizens and the citizens of Thompson."

Moody also added the accomplishments represent a deeper-rooted symbol of progress and the movement

into a new era of progress for the Nehetho people. The vision for a better future is being realized and the proof comes from decisions to work with others in the province. The urban reserve shows that to overcome the prejudice, the negative impacts of colonization, residential schools, and damages from hydro development, the nation must move forward and enhance economic development, grow relationships and educate people.

Mayor Fenske reinforced the importance of this celebration by stating that the co-operation and mutual

respect can benefit both the City and NCN and that he looks forward to future development opportunities with NCN.

Manitoba Regional Grand Chief and NCN Citizen Kevin Hart recognized the

> importance of Urban Reserves like this for the First Nations of Manitoba by noting the impacts benefits to both the economy in Thompson and that if it wasn't for the Indigenous

people in the north, the prosperity of the north would not succeed.

Plans for the development of the Mystery Lake land are being discussed by NCN and will be presented to Citizens in the coming months.

See event photos on pages 8 and 9. Photos were taken by Alexandria Moodie.





We want to

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**NCN** Citizens and

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Thompson.



# Nelson House Teachers and School Staff Learn The Ripple Effect of CPR Training

Coronary Treatment

home, more than 330

When you think about teachers preparing for another year of school, you may be surprised to hear CPR and first aid training are on the list. But an innovative national program means lifesaving skills are another part of professional development, just like reading, writing and arithmetic.

At the end of September, more than 35 teachers and staff members of Nisichawayasihk Neyo Ohtinwak Collegiate (NNOC) attended an intensive workshop that taught them how to save a life through cardiopulmonary resuscitation (CPR) and how

to use an automated external defibrillator (AED). More importantly, these staff members learned how to teach these services themselves.

"This initiative strengthens the health of our community by giving our teachers the skills and knowledge to save lives," says NNOC Principal Natalie Tays.

It's part of a program that's funded by The Advanced

(ACT) Foundation, which This initiative works in partnership strengthens the with lead community health of our partner Vale. Through its community by nationwide high school giving our teachers program, approximately 3.2 million students in the skills and 1,740 schools have already knowledge to been empowered to save save lives. lives with CPR. Here at

high school students at R.D. Parker Collegiate in Thompson, Nisichawayasihk Neyo Collegiate in Nelson House and Mel Johnson School in Wabowden have already received their



Nelson House teachers and school staff take part in Life-Saving CPR Training.

training in just one year since the program's start.

According to Heart and Stroke Foundation, proper and prompt CPR and defibrillation for heart attack victims can increase their chance of survival by up to 75 per cent. That's an impressive statistic, especially when you realize that eight in 10 out-of-hospital cardiac arrests happen at home or in

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### Nisichawayasihk First Nation Safety Officer Graduates

The latest grads of the First Nation Safety Officers are now qualified to work closely with local law enforcement agencies, including the Royal Canadian Mounted Police. They will help to enhance public safety in the community.



Landon Parisian, Loretta Harper, Morgan Francois, Patsy Lavalee, J.P. Levasseur and Felix McDonald are the newest officers to complete the First Nation Safety Officer Program.



public places. That means the more people we have in our communities who have this knowledge, the safer our citizens are.

What's truly impressive about the program is the ripple effect. These teachers often take on other roles in the community, through coaching and mentoring, and provide these life-saving skills at other locations and events. In turn, they teach these essential abilities to all grade nine students at the three high schools, creating more than 300 potential heroes every year, each of whom will follow their own lives' paths while carrying with them the knowledge and ability to save lives.

"Every day at Vale, we use controls and tools to achieve our goal of zero harm. But if something occurs, we rely on our training," says Mark Scott, vice president of Manitoba Operations, Vale, which purchases all equipment required for the training workshops. "In the same way, the ACT Foundation provides the tools and training necessary to manage risk and save lives, which is why we're proud to

support this vital initiative."

About 40,000 Canadians experience cardiac arrest every year. Receiving prompt medical intervention is crucial to survival. To learn more, watch a powerful video about lives that have already been saved at youtube/IWTSXcx2lpl.

# NCN Students and Workers Learn About the Harm Caused by Domestic Violence

Women of Heart organization founder, Hilda Anderson-Pyrz was invited to NCN to present and conduct a domestic violence awareness workshop on October 3, 2016. High school students, front line workers and community members took

As a Nation, when

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behaviour.

part in the important presentation. The organization is committed to ending violence against women, girls and transgender women, and all forms of domestic violence and abuse.

The Women of Heart Okawemateh Sakihewewin Circle believes youth are instrumental in ending the cycle of violence in our Nation.

Hilda says, "I am a firm believer that education is a key tool to ending the cycle of violence in

The message that was delivered to those in attendance

A drum ceremony kicks off the Women of Heart presentation.

and especially to youth was that we cannot continue to normalize domestic violence and

> think this behaviour is acceptable. It is not acceptable and it is wrong to hurt someone you love. The theme of the presentation was "Love should not hurt."

Anderson-Pyrz added, "As a Nation, when we must

Supporters gather to promote awareness of anti-violence.

educate and engage our people at a young age, we need to teach them violence is not a normal behaviour and it is wrong to physically, sexually,

mentally or emotionally abuse your partner or others. Together as a Nation we can end domestic violence and build a healthy home and a healthy community."

It is important for women, men and children to know that any form of violence is not acceptable and to talk about it in the home, in the schools and in the community. Parents, guardians, teachers, colleagues, peers and everyone in the community have a responsibility to make the message clear, "No violence or abuse should be accepted."

Organizers extended a thank you to the NCN Community Health and Wellness Centre for initiating this important workshop in the Nation. Stay tuned for other workshops or presentations.



Teaching youth about stopping violence must begin in homes and schools.

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## Nischawayasi Nehetho Culture and Education Director Gets Right Down to Business

**Message from NNCEA Director** 

#### Lots of Activity!

We would like to thank all our parents and caregivers who took special care of loved ones, especially our students. In the past while, I've been doing a fair bit of watching, listening and thinking. I've seen how everyone like our Chief and Council, the community resource and service workers, School Board, Director of Education, Principal, Vice-Principals, teachers, specialty teams, educational assistants, support staff, maintenance, custodians, casual workers, local and please send your child(ren) to classes

external partners all work super hard. Our educational system has made incredible advances because of this united effort that goes on day-by-day. I believe our system does get better as we cooperatively work together!

#### Repairs to the High School Facility

As we know, Chief and Council has been busy managing the reserve. Education is one item on their heavy agenda. They've been busy working to get the high school repaired in a short time frame so classes can return. They have to do this because the NNCEA does not own the NNOC trailers; it is the responsibility of the NCN Government as owners. Under this rental agreement, NNCEA simply rents the trailers for educational purposes. This arrangement came about, a few years back, as the Band had to "foot the bill" for the high school in order to get it operational.

#### Regular Student Attendance is **Important**

We ask that you

regularly to ensure

our student

attendance numbers

are accurate.

Another important matter is the feasibility study for a new school. This is a major task, which will only come to be if all school-aged students attend school regularly. According to INAC, the nominal roll numbers or student attendance numbers do not warrant a new school. There is enough square footage in the existing building to accommodate 649 students and student figures are only at about 619. This is short of the number required to need a new school. We ask that you please send your child(ren) to classes regularly to ensure our student attendance numbers are accurate. If you are ensuring regular attendance, keep it up. If we improve

> the student numbers or daily attendance, it provides records to justify a new school. The Principal has indicated that improvement is already being shown but we must continue.

#### Commending Our **Dedicated Board**

Last fall, the NCN community elected a new NNCEA Board

who've been eager, responsible and extremely professional. They have been actively involved and are dedicated and supportive. Your School Board Trustees are: Chairperson Wanda Bunn, Co-chairperson Felix Walker, Trustee Dolly M. Spence, Trustee Jacqueline Walker, Trustee Cheyenne Spence. Trustees Bunn and Spence are serving a second term.

Each Trustee has individual "gifts" which strengthen the dynamics of the school board team. Since taking office, the School Board has had a basic orientation; participated in public events such as last year's graduation ceremonies, the Urban Reserve celebration; participated in teacher union negotiations, teacher recruitment; participated in this year's school orientation; hired a new Director and are in the process of revising the NNCEA policy manual to a more user-friendly format. They have every intention of doing the best they can do for the electorate and students of NCN



Students return to classes in shifts for the time being.

#### Alice Moore Education Centre and the NCN Print Shop Working Well

Life at the Alice Moore Education Centre is terrific. Although my orientation is still happening, I realize it will take awhile longer before I'm totally familiar with all that a Director of Education does. I've been tending to the School Board; visiting the school, staff, partners in education; reading; writing; going to meetings and dealing with daily tasks. I see our print shop is in full swing again.

#### Securing INAC, CAP and CIP Funding

It's been a bit of a scramble to get funding applications in to the Community Approval Process (CAP), Community Improvement Plan (CIP), and Indian and Northern Affairs Canada (INAC) by the required deadlines. A few applications were submitted to CAP/CIP and the results will not be known until December 2016. But, the ones submitted to INAC were already successful. For 2016-17, additional "one time" funding was awarded to the Special Education program (\$2.5 million), the Nehetho Language and Culture program (\$647,000) and Work Placement, Career Promotion/ Awareness and Science & Technology (\$144,810). With this funding it will mean good things will be happening in those areas this year. The money is targeted where needed and will be spent on what has been identified.

#### **OK School Moves Past School Closure** and Presses Forward

Otetiskiwin Kiskinwamahtowekamik (OK-Footprint School) has a new fire alarm panel now. School re-opened on September 26th. By planning ahead we are working to make sure school closures

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for this reason should be greatly reduced or non-existent.

While the school was closed for the fire alarm panel, phase one of the OK remediation plan was initiated and completed. School Administration also ensured that the closure time was used constructively. Teachers did home visits, took some time for professional development and cultural sessions, organized school committees and held divisional meetings. Over the course of the year, monies will need to be found to perform other repairs or improvements at OK. No school time will

be lost, as work will be completed when school is not in session. All students and staff are "back on track," buses are running, teachers are teaching and the breakfast, lunch and snack programs are all active. We are being proactive and as challenges arise, they are quickly addressed.

All students and staff are "back on track," buses are running, teachers are teaching and the breakfast, lunch and snack programs are all active.

#### School Classes Done in Shifts

The decision to revert back to the evening shift for the high school could not be avoided. The high school trailers have to get fixed and will be a top priority. It is hoped that this current arrangement will only last for Semester One (Sept.-Jan.). Your patience and understanding is appreciated. Classes for NNOC are held from 2:45-8:45 p.m. daily except for Fridays when everyone leaves earlier.

Grad 2017 is scheduled for Monday, June 26, 2017.

#### **Provincial Cross-country Track and Field** meet Cancelled

It is unfortunate that the Oct. 12th Provincial Cross-country track and field meet at Mile 33 had to be cancelled due to poor weather conditions. We were still looking forward to hosting the event for the first time ever.

#### Adult Cree Classes Offered

Cree classes for people 18 years of age and older will begin during the week of Oct. 24th. Shannon Spence will facilitate the early evening sessions. Announcements and posters will be circulated.

#### Workers and Volunteers Needed

Casual, short term workers will soon be needed, please listen for announcements and help out. Also stay tuned for next month's news from NNCEA in newsletters and postings.

I am honoured to be your Director. This year, like many ones gone by at NNOC, will be memorable and successful! – L. Gail Gossfeld-McDonald, B.Ed., M.Ed., NNCEA Director of Education



#### Plans for NCN Multi-Plex Take Shape

Presentations in the community have been made showing the initial design plans for the new NCN Multi-Plex. Further plans are being discussed with Citizens to see if the project will move ahead and to discus timing for the construction. NCN Chief and

Council report the \$6 million multiplex is expected to be built in our community in the next year.







2016 Mystery Lake Urban Reserve





# Schools Kick Events Into High Gear

It is a busy schedule ahead for the NNOC and OK schools. Parents, guardians and students are encouraged to participate or help out where needed for the following events that will be happening at our school over the month of October.

#### **Upcoming Events**

**Oct. 19th** Storytelling hosted by A. Busch, J. Wright and the NNOC ELA students and special guests, feast at 5 with storytelling to follow and special guests. All are welcome. This is the first of a four-part series.

**Oct. 26-27** Immunizations by public health nurses for grades 4, 5, 6, 8 and 9's.

Oct. 31st Halloween-amnesty day lifted; make sure you keep safety in mind!

Nov. 8th Aboriginal Veteran's Day, school open.

**Nov. 10th** Annual School Remembrance Day service in the p.m. All are welcome!

Nov. 11th Remembrance Day Holiday, no school.

#### **Upcoming Dance**

Friday, Oct. 28 - Grade 7A and 7B Dance starting at 6 p.m. to 9 p.m.

#### Bake Sale

Friday, Oct. 21 – Grade 3A Bake Sale at 2:15 p.m. in room 101.

Friday Oct. 28 – Educational Assistant bake sale room 101 at 2:15 p.m.

#### **Cree Language Committee Meeting**

Tuesday, Oct. 25, 5:30 p.m. Community members welcome. Bring a dish for the potluck dinner.

#### **Hot Lunches**

The hot lunch program began on October 3rd for students who live too far to walk; the cost of the program is \$10 or 50 cents per day. Be sure to take part and bring your November fees for lunch by October 31.

#### **Breakfast Program**

The Breakfast program is a free program being offered to all students. Parents are asked to be sure to give students enough time to eat. Buses will be going around to pick up students by 8:00 a.m. and will continue to do so for the rest of the school year.

#### Storytelling Night at NNOC

There was a storytelling evening at the school from 5 to 8:30 p.m. on October 19th with guest speakers, elders and community members. Stay tuned for more storytelling events. All are welcome to attend.

#### Fire Safety Week

Fire Safety Awareness week for the week October 24 to October 27 with classroom presentation. Special guests will be there from Thompson Fire Department.

#### Halloween

Monday, October 31 is the time for spooky fun. Wear your costume and enjoy the fun safely. Classroom parties begin at 1:00 p.m. or 2:00 p.m. Be sure to wear bright reflective clothing when trick or treating at night.

#### **Reminders**

We are encouraging all parents to make sure their children have indoor shoes for safety reasons and book bags to ensure memos and homework get home.

NCN Holds Successful Zone 11 Cross Country Meet – Provincial Meet Cancelled

The Zone 11 championships went without a hitch and organizers would like to thank all participants and volunteers. The Zone 11 event was a trial run for the larger MHSAA cross country Provincial championships, but the event scheduled for October 12th had to be cancelled due to extreme snowfall and weather conditions.





# Drinking and Driving Not Worth It

#### Sober Party Celebrates Megan Prince Car Crash Victim

On October 1, Megan Prince celebrated her 20th birthday at a surprise party with two dozen of her closest friends and family. It was a wonderful evening with a bonfire, love and laughter.

"It was a great celebration and I think everyone present truly felt blessed that we were celebrating her," says Prince's mother, Sarah Linklater. "It was great and I was quite impressed with how respectful they all were by showing up sober and not bringing any alcohol to the party."

Megan Prince's life was forever changed on April 30th. After leaving a party at which she and her friends had been drinking, their car collided into the extended concrete wall of the public service building on Kiche Maskanow. Take turns serving

Prince was air-lifted to Health Sciences Centre where she was induced into a medical coma. She woke up eight days later in critical condition with a fractured spine, pelvis and shoulder blade, broken ribs, cracked femur, punctured lung and a brain injury.

She recovered at HSC until the beginning of June when she moved to Riverview Health Centre, where she spent the next six weeks undergoing excruciating physiotherapy, speech, and occupational therapy.

Prince came home to Nelson House in the middle of July, and continues to travel to Winnipeg for ophthalmology, neuropsychology, plastic surgery and orthopedic appointments.

"They all say she is showing improvement," says Linklater, "and recovery is expected to take approximately two years, especially for the brain trauma."

Prince hopes to recover sufficiently to return to University College of the North next April so she can finish her business administration program.

"Her short-term memory is a bit impaired, and she struggles emotionally at times. The loss of her friends (in the car crash) has been the hardest on her, but she remains upbeat and is always looking for the positives," says her mother.

It has been a sobering experience for the now 20-year-old and her friends and family.

"It has been a long difficult road and I am so thankful each and every day that I had hope

throughout the ordeal. I cannot imagine what the other parents have gone through," says Linklater. "My heart goes out to them, and also to the ones that rescued Megan as they continue to struggle with images of what they've seen."

Drinking and driving continues to be a problem in our community. Three young lives lost in one car accident is a terrible tragedy that would not have happened if plans had been made before

the party began. It is crucial to speak with our young people honestly about the dangers of driving drunk. More importantly, we must serve as good examples. Take turns serving as a driver, plan to spend the night, or simply do not drink. If that is difficult, change your plans to a daytime event or an activity, during which drinking is not typical.

"My message to young people is drink responsibly. Don't



Megan Prince celebrated her 20th birthday at the end of September and is recovering from her tragic car accident.

drink and drive, it's not worth it," says Linklater. "And to parents, always kiss and hug your kids before they walk out the door. One mistake could cost a life and result in a parent's worst nightmare."

### Portraits of Our NCN Elders

as a driver, plan to

spend the night, or

simply do not drink.

#### **Annie Spence**

Annie Spence, one of 23 children, was born in 1916, north of South Indian Lake. Her mother, legendary Annie Moose, lived to be 113 years of age.

At 8 years of age Annie travelled to Waboden, then Cross Lake by canoe to attend Residential School. When it burned down five years later she continued her education at Sturgeon Landing. In 1942, Annie married Phillip Spence and the couple had 9 children.

Annie recalled the effect of the hydroelectric dam development in the early '70s. "Life was very different before the flooding. Then there were many fish but afterwards they became very difficult to catch. It was the same with trapping. The rising water affected the trap lines around the lake. There were many more animals before the flooding."

You can view all 11 portraits at our 2-1100 Waverley office in Winnipeg.

# NCN Hockey Rookies Join the Norman Northstars AAA Team

NCN Citizens can be proud of a hat trick of young hockey players who are shooting for the stars.

Jerome Linklater, Keith Blacksmith and Albert Berard have joined the Norman North Stars AAA Midget hockey team. After tryouts at the end of August in Thompson, all three were

> invited to join the team. It's a huge accomplishment

for these rookies to receive a spot on this highly skilled team of players from throughout Northern Manitoba.

Jerome Linklater, son of Monica Linklater, is 16 years old and a quick, aggressive forward. Unfortunately after just a few games, he was injured in practice and expects to be out of play for a few more games, but is eager to get back on the ice with his teammates.

Keith Blacksmith, grandson of Willard Francois and son of Cheryl Blacksmith, is a 17-year-old forward with a few assists in his first five games.

Another forward, Albert Berard, son of Patricia Berard, has one goal and one assist thus far this season.

All three young men were friends before they became teammates, and appreciate the support of their friends,

family and community. Their parents are appreciative, too.

"I'm grateful for the NCN Family and Community Wellness centre and NCN. They provide great support," says Patricia

Berard. "It's a lot of time and cost to make all of the games. We're at the rinks six or seven days a week, and it takes several of us to make

I'm grateful for the NCN Family and Community Wellness centre and NCN. They provide great support.

sure they get to the games and practices, but it is all worth it to see them play."

Playing a sport gives young people much more than exercise. They learn discipline, respect, cooperation and problem solving. Beyond the thrill of watching the young men thrive at a more competitive level, Berard is thankful for the opportunity it provides them.

"The sport has been great for my son and his friends. It has given them confidence and they know how to work with a team. It keeps them out of trouble and the program has strict rules about the use of drugs and alcohol. I know they are good and well-disciplined athletes. They

Keith Blacksmith, Albert Berard and Jerome Linklater proudly wear their newest team jerseys.

make the right decisions and they know right from wrong. That's all part of the benefit of hockey and sport."

The opportunity to be part of a travelling team is a valuable experience too, as they have the chance to see life beyond our community and see themselves going out into the world. In turn, they bring these adventures back to their friends and family members and inspire other young people.

"They have the chance to be role models and good citizens," says Monica Linklater, Jerome's mother. "They attend

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community events, like selling season tickets and bagging groceries for customers at Safeway."

And there are more opportunities as they continue in their athletic careers.

Jerome Linklater attended Team Manitoba tryouts in September for the North American Indigenous Games and hopes to be invited back for the second round.

Other NCN players of note include Elton McDonald

and James Moore, who play for the Winnipeg AA Twins team, and Justin Spence playing AA Midget in Thompson.

The next home game for the Norman Northstars is Saturday, November 5th in Thompson. Come out and cheer our young people on!

Thompson
Santa Claus
Parade
Saturday, Nov. 26<sup>th</sup>
1:30 p.m.

Father Christmas arrives in Thompson for this holiday parade Starting at Hemlock & Cree, ending at Thompson Regional Community Centre.

This kick-off for the Christmas season also includes tobogganing, indoor activities, along with hot chocolate and goodies.

Want to enter a float or need more info call: (204) 677-7956

Be sure to mark your calendars.





#### A Time to Remember Our NCN Veterans and Northern Manitoba Soldiers of World War I and World War II

Aboriginal Veterans Day, November 8th and Remembrance Day, November 11th are just around the corner. It is important to reflect and honour our passed loved ones who fought for our freedom and those who gave their service or their lives. We remember soldiers like NCN's Frederick Moose, Tommy Linklater, George Spence, Lawrence Spence and John Charles Spence and other northern Manitoba soldiers who served during World War I and World War II.



#### Frederick Moose

Was a Cree member of the Nisichawayasihk Cree Nation who served in World War I on the 52nd Bn Reg. # 439548. He was wounded in the line of duty.





#### Tommy Linklater, George Spence and Lawrence Spence are listed in the

Canadian War veterans honour list for serving in World War II.



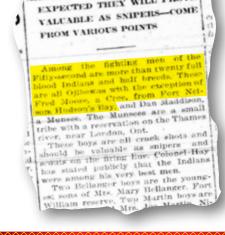
#### John Charles Spence

John was born in Nelson House in 1921. He was sent to Brandon Residential School for numerous years. John enlisted in the Canadian Army in Brandon, service # H-75001. John served in the Second World



War as a gunner in Canada, Britain and N.W. Europe until November 17, 1945. He was honourably discharged with medals and decorations 1939-45 Star, France and Germany Star, Defence Medal, Canadian Volunteer Service Medal with Clasp and War Medal 1939-45. John was proud to have served his country. This was evident when he was invited to participate in Aboriginal Veteran's Day and Remembrance Day Services held at Nelson House. He was willing and honoured to be recognized for his sacrifice.

He was a beloved father, grandfather, great-grandfather who lived to the age of 85. John had three daughters, Darlene Ashley, Juliette Cyr and son Wellington Spence; grandson Ken Cyr (Cindy); granddaughters, Sandra Seidel and Jen Urbanski (Rui); great-grandchildren Michael, Stephanie, Kristen, Cassidy, Rain and Jessie; sister Matilda Spence and family; brothers George, Walter, Wellington (Madeline), Henry (Lena), James (Gloria), Solomon; and numerous other family and friends from Nelson House, Thompson, Wabowden and Winnipeg.



THE FIFTY-SECOND

ARE ALL CRACK SHOTS AND IT IS EXPECTED THEY WILL PROVE

The Port Arthur News Chronicle printed an article, Twenty Indians in the Ranks of the Fifty-Second on November 4, 1915 regarding the Aboriginal men who enlisted or fought among them, from Fort Nelson was Fred Moose.

> We ask NCN members with loved ones that served or are currently serving to contact the Government Office with names and photos so we can make a record of their important contribution to our history.

Please cut out this contacts card and ensure the phone numbers are in an easy-to-find location in your home or office.

RCMP:

204-484-2288

Fire Hall: 204-484-2047

**Nursing Station:** 204-484-2031 Ambulance:

204-484-2911

Manitoba Suicide Line: 1-877-435-7170

**Teen Touch:** 1-800-563-8336 1-204-292-7565

**Crisis Line:** 

888-322-3019

**Health Links:** 888-315-9257

Sexual Assault 24-hour Line: NCN Government Office:

204-484-2332 **NCN Toll Free:** 

1-888-323-7658

Housing: 204-679-7723 Plumbing: 204-307-6435

Electrical: 204-679-1482

**Public Works:** 204-484 2597

**Radio Station:** 204-484-2065

# NCN Christmas Cheer board – Making a List and Checking it Twice

The NCN Christmas Cheer board is gearing up early again this year in preparation for the Christmas season. The Cheer board relies on volunteers to get the phenomenal job done smoothly and efficiently. To achieve our objective, we count on people,

parents, grandparents and guardians for their assistance. Our main goal is to ensure that each household residing on the Nisichawayasihk Cree Nation Reserve receives a food hamper and each child under the age of 12 receives a gift from the NCN Christmas Cheer board.

We are currently updating our growing list from the previous year, we are well aware, that each year more children are born and people move to a different address; families leave the community and some return to the community, which makes it challenging to keep our Cheer board list current,

therefore, we are counting on you to help keep our list current.

We ask that people call the NCN Trust Office at 204-484-2604, Instant Message on Facebook or email Roslyn Moore or Joyce Yetman at roslynmoore@ncncree.com or joyceyetman@ncncree.com any time; to give us the number of children in your care, their gender and age and your current address.

On behalf of the NCN Chief and Council and the Christmas Cheer board we express our gratitude and appreciation for your assistance.

### Reminder Halloween Safety Tips for Families

Halloween can be a fun and exciting time for kids. These safety tips from Caring For Kids is for parents, children and homeowners and will help keep everyone safe and happy this Halloween.

#### For parents:

- Do not use masks. Masks make it hard for children to see what's around them, including cars. Try a hypoallergenic (less likely to cause an allergic reaction), non-toxic make-up kit instead.
- Make or buy costumes in light-coloured material.
- Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.
- Costumes should fit properly to prevent trips and falls. Avoid items such as oversized shoes, high heels, long dresses and long capes.
- Dress your child for the weather. Add layers if needed.
- Put your child's name, address and phone number on his costume.
- Children under 10 should be accompanied by an adult for trick or treating. By the age of 10, some children are ready to go trick-or-treating with a group of friends.
- Keep in mind that gum and hard candy can pose a choking risk for young children.
- Remove make-up before bedtime to prevent possible skin and eye irritation.

#### If your child is going out without an adult:

Make sure your child is in a group of at least 3 people.

- Give them a flashlight. A cell phone is also a good idea if you have one.
- Discuss in advance the route they should follow. Ask them to call you if they plan to go on a street that isn't on the route.
- Set a curfew (and make sure they have a watch with them).
- Tell your children not to eat anything until they get home.

#### For children and youth:

- Carry a white bag or pillowcase for your candy, and add some reflective tape.
- Dress for the weather. Cold weather or water absorbent materials in the rain can be very uncomfortable.
- Don't visit houses that are not well lit. Never go inside a stranger's house.
- Don't criss-cross back and forth across the road. Work your way up one side of the street, and then start on the other.
- If you have any allergies, tell the person who is giving out the treats.

#### For homeowners:

- Turn on outdoor lights, and replace burnt-out bulbs.
- Remove items from your yard or porch that might trip a child.
- Sweep wet leaves, or snow from your steps and driveway.
- Use alternatives to candles in your pumpkins, such as a flashlight or a battery-operated candle.
- Remember that some children have food allergies. Consider giving treats other than candy, such as stickers, erasers or a yo-yo.





# Voice of Our Youth

### Flora Jane Hart: A Truly Amazing Woman

My grandma has accepted her

chemotherapy treatments even

though she knew that she was

going to lose every bit of hair

on her body, and she knew how

much pain she was going to be in.

By: Rikki Nicole Tait, grade 11 student at NNOC

The most important person in my life inspires me the most, because she is beautiful, strong and brave. Nobody else can take her place.

The most important person in my life is my grandma

Flora Jane Hart. She is a hard worker and she works as a justice committee worker. She helps different kinds of people with the charges that the law has given them.

This one-day she had found out that her breast cancer had come back, so she decided to quit her job for a while until she gets better.

As I mentioned my grandma

Flora found out that her breast cancer had come back, but this time her doctor offered her Chemo. My grandma has accepted her chemotherapy treatments even though she knew that she was going to lose every bit of hair on her

body, and she knew how much pain she was going to be in.

This was not her first time having breast cancer, it was her second time having breast cancer; but this time it cost her breast, her beautiful hair and her strength. However she

> had all of her big babies and her grand babies to cheer her up while she wasn't feeling well.

My grandma is the most important person in my life because she is a strong and lovable person. She adores her pets, but dislikes cats.

My grandma is the strongest woman in the world

because she beat breast cancer not only once, but twice!!!! I'd don't know what I'll do without her!! She is my EVERYTHING!! My Love, my one and only ... She is my

The most is a

beautiful lady

who I love so

much I'm glad

I get to call her

my kokum.



Acknowledging Flora Jane Hart.

### My Kokum: Helen Linklater

By: Scott Linklater, grade 11 student at NNOC in NCN

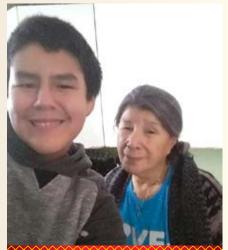
A lot of people in this world inspire me, I'm so glad they inspire me and who I've become today.

The person who is very important, and inspires me the most is a beautiful lady who I love so much I'm glad I get to call her my kokum, or my granny and her name is Helen Linklater.

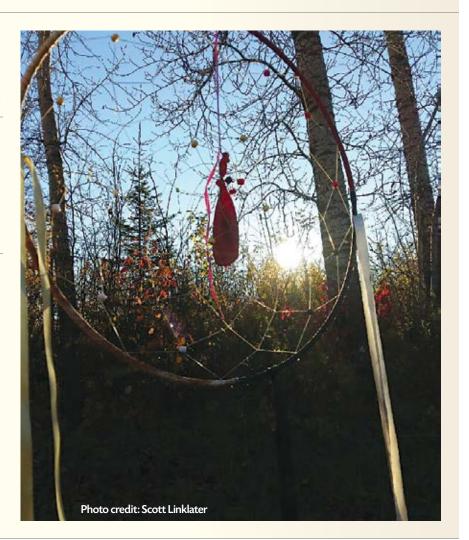
She loves this community a lot, however most people think Nelson House is horrible, but my kokum thinks this community is beautiful, and amazing. I'm so glad I have a kokum like her, she's so inspiring to me. Her smile is very beautiful and it lights up the room.

Every day when I went to school I'll go to her

house for lunch and she'll make the most amazing food ever. When I will leave to school she'll always say "Go to school every day stay away from drugs and alcohol and more." She will make you feel happy just by being with her. She gives amazing advice; she's caring, loving, and joyful. Her hugs make me feel joy, and happiness; she's a very good listener. I love her soul so much I never want to lose her, and I never want to think about that. I get her strength from her to accomplish my goals and dreams she wouldn't want me to give up so easily. Our whole family loves, and cares for her. She is one amazing elder, our mom, and my kokum.



Scott and Helen Linklater.





# Orange Shirt Day Held at OK School

The Orange Shirt Campaign "Every Child Matters" remembers the experiences of former students of Indian Residential Schools and is a commitment to ongoing reconciliation in Canada.

Originating in British Columbia, this is the third year the campaign will be running in parts of Canada, and the first coordinated effort to celebrate the campaign in Alberta.

At the Otetiskiwim Kiskinwamahatowekamik Elementary School in Nelson House students, teachers, and Educational Assistants donned their orange t-shirts on during the week of October 3-7th to show their support for those

Orange day

teaches kids of

the First Nations

people who were

forced to attend

residential schools

during a shameful

chapter in Canada's

history

First Nations people who were forced to attend residential schools during a shameful chapter in Canada's history.

Teacher, EAs, and students worked on various activities and on grade relevant lessons that were available to download free

from the Manitoba Teachers Society's website throughout the week to bring awareness to the students and staff of what actually happened in Residential Schools throughout Canada and the United States. Mr. Miller the school's guidance counsellor, who is also a Residential School survivor visited the classrooms to do presentations on "The Residential School Effect" and to share his own story of what it

was like to be taken away from his First Nation home at age 5 to live in a Residential School.

The students found the presentations very informative, yet sad and hurtful. When I shared my personal stories they listen very intently, I can see the hurt in their eyes as I spoke about my painful memories I had to endure living in Residential School. I think hearing it from a Residential School survivor's point of view opened the student's eyes and peeked their interests. After the presentations the students asked a lot of relevant questions, "Did students try to run away? Were you forced to eat foods you didn't like? Who ran the schools" Why did the church and government do this? Were you ever shown affection? One student asked, "Did you ever see your parents again?

The whole Orange Shirt Day/week experiences, activities, and lessons were fun, interesting, and knowledgeable. Questions were asked and answered, but for some students the truth was too much. It's not only important that our students learn about this tragic history, but for all students to learn our history.

[Sadly, Canadians are only just learning the details of this brutal and horrifying part of Canada's history. Astonishing as that is, what is equally astonishing, and what needs to be recognized and celebrated,

is the resilience and bravery of the survivors and their families. Survivors are turning to their cultural roots, reviving traditions, languages, and finding strength in family and community to heal. This resiliency is what needs to be supported and celebrated because this is the path to reconciliation and a better future for all Canadians.

Orange Shirt Day was established in 2013, through the efforts of Phyllis Webstad, a First Nations woman who was stripped of her new orange shirt on her first day of residential school

For more than a century, the federal government backed a residential school system that sought to isolate First Nations children from their families and impose on them the dominant Canadian culture. The system was rife with cases of emotional, physical and sexual abuse, giving rise to mental scars that many victims are still struggling to overcome. Others did not survive the system.

The schools were often run as joint ventures between the government and Anglican, Catholic, Presbyterian or United churches.

In 2008, then-prime minister Stephen Harper issued an official apology on behalf of the government for the historic abuses in residential schools, calling it a "sad chapter" in the country's history.

"We recognize that this policy of assimilation was wrong, has caused great harm, and has no place in our country," Harper said.



Students take part in raising awareness of residential school tragedies.



10 inches to an elevation of 796.1

as of October 1

feet by the end of October.

During the month of November the level of the lake is expected to rise 1 foot 8 inches to an elevation of 797.8 feet by the end of the month.

Citizens are asked to use extreme caution around water when snow accumulates and to stay off any ice.



Nisichawayasihk Cree Nation General Delivery

Nelson House, Manitoba ROB 1A0 Phone: (204) 484-2332

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

#### NCN on Facebook!

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

