



OKIMAHKAN OTY'AMIWIN FROM THE CHIEF NCN Land Code Needs Your "YES" Vote COMMUNITY

Spring Preparation Tips NCN Homes and Yards **PUSIKONISOWINI ACHIMOWIN**

BUSINESS

New Company Promises
Better High-speed
Internet Options

APRIL 2017

Mental Health Help Receives Big Boost

Mental Health and Suicide Crisis Response Team Set to Take Action

Chiefs, councilors and community leaders from across Manitoba were working side-by-side with Indigenous youth at an engagement workshop held in Winnipeg on March 29-30, 2017 to find ways to resolve mental health concerns. The collaborative sessions brought together the ideas from leadership and youth on the front lines of mental health challenges in their communities. Many health and wellness representatives and key speakers were also there to provide valuable input. The "Healthy Life, Health Mind" event

explored ways to bring communities together to share ideas on ways to heal. It was led by a new coordinated effort to reduce the rates of suicide and address concerns that many have regarding mental health crises in First Nations communities.

As mental health in Indigenous communities continue to receive national attention, help New coordinated efforts to reduce the rates of suicide and address concerns regarding mental health crises in First Nations communities were addressed at these sessions.

is on its way. The MKO Wellness Coordination Initiative is rolling out one crisis team and three wellness teams that will mobilize in Manitoba this year, and three more wellness teams will join them over the next two years. A new 24/7



It was announced March 30, 2017 that MKO has launched a mobile mental health crisis response team and will also fund three community wellness teams.

crisis phone number is already available and more training is on the agenda for mental health workers.

The new supports are becoming a reality thanks to \$69 million in federal funding that was promised by Prime Minister Trudeau in June 2016. At that time, Manitoba, and especially its northern region, was identified as an area of greatest need. It will receive \$10 million over a three-year period (from 2016 to 2019).

NCN Shares Valued Input and Wisdom

This mental health initiative is the fruition of hard work from many people.

NCN had several leaders with key roles throughout the development of the initiative and at the event to share ideas. NCN Councillor Shirley Linklater attended the MKO engagement session and said, "We are saddened by the statistics that show Nelson House is among the highest premature death rates in Northern Manitoba. It is important that initiatives like this begin helping to reduce the rate of deaths and suicide in our First Nation communities."

Also representing NCN Youth was Robert McLeod. He attended the workshop along side Manitoba Chiefs and

other First Nation and Inuit Youth – to express views and changes that could be made to help youth dealing with mental wellness crisis and suicide. Two NCN Elders, Terry Linklater and Diane Linklater, held the opening prayer for the event and spoke at the workshop.

NCN's Theresa Yetman, former NCN CEO and current MKO Mental Health Wellness Coordinator, presented an update on the Mental Wellness engagement process and was a lead presenter at the two-day workshop and conference. The report was

Continued on page 3



Tansi! I hope everyone is doing well and enjoying the first part of spring, even though we have had so much snow. I hope all the students had fun during their spring break and are ready to make that final important push to finish the school year. I encourage all the students to work hard, especially those students who need to improve their marks in order to graduate from high school, college and university to fulfill their dreams. My message to the students is to never quit pursuing your dreams and put the effort in to make them a reality. The global world is out there, waiting for each one of you to harness its limitless possibilities, so go for it.

The last few months have been extremely busy for us as we try to finalize the projects that we have discussed with you over the past two years. We have been busy with planning and budget discussions for the upcoming year. We are excited about the construction of our new gas station in Thompson, the construction of a women's shelter and our multi-plex. We also continue our plan to build and improve more houses.

At the same time, we are focussing on other governance and economic development projects. These projects will continue to create long-term jobs and socio-economic benefits for our Nation and our citizens. We will be holding a by-election for the vacant school trustee position in May, a vote on the NCN Aski Pumenikewin (land code) and the designation of the Mystery Lake, likely in August, and our Constitution in the fall. We need you to participate and vote yes for these critical votes which will pave the way for further advancement of our Nation.

I want you to know that my Council and I strive each day to continue to improve the lives of our Citizens. We try to find new and inventive ways to meet the needs of our people. We are having internal discussions to determine how to best proceed with the development of our property in Thompson. We will unveil plans as they evolve. We will do everything in our power to maximize the value of our Mystery Lake property.

The other projects that have already started include the lagoon project with a projected cost of close to 7 million dollars and the school feasibility study, which will basically determine the best option for school(s) for NCN. Also, a contract has now been signed by Hydro and road building contractors to pave the causeways this summer and we are still having discussion with the provincial highways department to see if the paving of the access road from the junction to NCN, or at least a portion of it, can proceed even though moneys are tight. I am sad to say I am not optimistic, given the recent provincial budget, but I will continue to try to make our case. The roads have been horrendous over the past while with the continuous freezing and thawing. I would be very interested in hearing from you about whether you can recall anything like this before as it seems climate changes are impacting not only our weather but also our infrastructure.

As you may be aware, we lost a couple of houses in a span of a week due to arson. This is disturbing and extremely frustrating to me as your Chief as it further reduces our housing inventory. The cost of these units is at least \$400,000 and increases our risk rating with our insurance broker, which drives up our insurance costs up. Destroying our own homes must stop if we want to end homelessness and have decent housing for all of us. I have said before and I repeat that we cannot afford to continually replace houses that are damaged and destroyed. If you have any information about who may be responsible for the burning of the houses, I urge you to take action and report to Chief and Council or to the appropriate authorities. I want to remind everyone that it is dangerous to engage in these types of actions, as people could lose their lives or be disabled for life. It is only a couple of years ago that some of our kids were trapped in a burning building. This is criminal activity and it is incomprehensible that anyone would think this is okay to do. If you have knowledge about this and are not disclosing it, then you also bear responsibility for the ongoing housing crisis we are trying to eradicate.

Another critical problem I wish to address is the issue of drugs that are being distributed and used in our Nation. The use is rampant. Drug use leads to many long-term issues and criminal activity, affiliation with gangs, theft, bullying, intimidation and basically activities that are harmful to our Nation and our Citizens. Drug use also affects our short- and long-term health and studies indicate it is a factor that may result in miscarriages, problems during pregnancy and long term disability for our children. If you want our Nation free of drug dealers and the crime associated with them, STOP using the products that they are selling. If you or a loved one is addicted, seek help. Our Nation is compassionate and we try to help each other – do not suffer in silence. Do not let drug dealers and thugs take over

our community. This is not the way of life our ancestors guided us. One of the saddest parts of all this is that our kids are being targeted to use and sell drugs. What kind of Nation will we become if we continue to let our children do this. We owe it to our children to lead them down the right and respectful path, not down the path of dependency, hopelessness and misery. Children exposed to violence and abuse are more likely to be at risk of suicide. Is this the future we want for our kids and for our community? Please seek help. People need to come forward and not be afraid of the intimidation tactics that are being used.

This issue is very important and Chief and Council are exploring options given that legalization of marijuana is on the horizon. We cannot let this result in a further escalation of other drugs like cocaine, crack, heroin, and fentanyl. We are considering drug and alcohol policies and removal from housing, owned by our Nation, if criminal activity or violation of our laws and policies is suspected.

We hope each person who is involved in these actions or who is ignoring such activities taking place in their homes or near their homes will consider how it would feel to lose that home. These are choices each person makes. Even those who become addicted and engage in horrible behaviours to support their addiction can make the choice to pursue a different lifestyle by seeking help. I know it is not easy and none of us are completely unaffected, but for the sake of our Nation please take the steps needed to end the drugs and violence. We are also examining how to enhance treatment options.

On a positive note, I just wanted to mention that I had the opportunity to watch boys and girls play in the March madness basketball which was held in Winnipeg at the end of March. Even though we didn't win, both teams played exceptionally well and represented NCN very well. To all the athletes, coaches and organizers, I'm so proud of you all. You displayed true sportsmanship and your passion and determination was on full display. On behalf of Chief and Council, I thank you for taking the time and effort to represent us.

I am once again proud of the wonderful community spirit and participation at the recent 2017 NCN Winter Festival. It is always good to see youth and families joining in the events and celebrating our Nehetho traditions and some exciting new activities. Congratulations to all of the winners and those who shared their talents during the fun-filled week. Once again, thank you to the NCN Parks and Recreation crew and all of the organizations, volunteers, sponsors and contributors that gave their time or resources and made the event another success this year. It is community gatherings like this that put on display many of the great attributes that are unique to our Nation and that we should all be proud of.

Ekosi,

Chief Marcel Moody
Nisichawayasihk Cree Nation



created with the assistance and input of NCN Family and Community Wellness Centre's Jackie Walker.

Also leading the initiative is NCN's Inez Jacqueline Vystrcil-Spence, MKO Director of Health and Social Service. She has been instrumental in managing and coordinating the initiative and analysis and will be directly advising on the next steps, based on the input gathered.

MKO Grand Chief Stressed the Importance of Initiative

"We know that many of our people are suffering, not all are

able to access the mental health support they need, and we have lost too many of our loved ones to suicide and other tragedies that stem from trauma." Grand Chief North Wilson said in a press release. "With these new supports for Manitoba First Nations, there will be an efficient and coordinated, First Nations-led response to crises, and continuous work to improve mental health and wellness for our people."

With these new supports for **Manitoba First** Nations, there will be an efficient and coordinated, First Nations-led response to crises, and continuous work to improve mental health and wellness for our people.

There are various causes of mental health issues in Indigenous communities. Many people genetically inherit mental health issues. Many people are dealing with addiction, personally or with the ramifications of other family members' addictions. Disconnection, trauma, isolation, loss of culture and the effects of colonization, combined with a lack of support, can create feelings of helplessness, hopelessness and despair.

Studies Show Suicide and Deaths are Alarming

Experts, Elders and officials know that First Nations people, especially our youth, are vulnerable to mental health issues. According to an MKO study, from 2000 to 2008 there were more than 1,800 suicide attempts and 97 such deaths in Manitoba. This suicide rate is twice that of other provinces. Another mental health concern is self-inflicted injuries, such as cutting. Five years ago, there were more than 600 hospitalizations due to self-harm in Manitoba.

Help is on the Way

The MKO led initiative announced that a Mobile Mental Health Crisis Response Team is now in place to support both northern and southern First Nations. Three Community-based Wellness Teams are being led by three different Tribal Councils in Manitoba, each of which will have a unique, First Nations-led focus. They will be building on this interim measure to ensure that long-term sustainable mental wellness supports are in place for all First Nations in Manitoba.

The crisis response team will travel to communities anywhere in Manitoba on short notice when leaders identify an immediate crisis. The team is composed of seven Indigenous people with backgrounds in mental health, social work and child and family services. They are Leona J. Daniels, Linda Dettanikkeaze-Patterson, Albert Apetagon, Greg Fontaine, Trevor Sinclair, Eric Redhead and Heidi Spence a Nisichawayasihk Cree Nation member from Thompson.

The wellness teams will focus on promoting good mental health practices and preventative skills. They will travel to schools and conferences to train leaders and teach young people.

Stay tuned for more updates on this important health initiative.

If you or someone you know is struggling with mental health, you can contact the First Nations and **Inuit Hope for Wellness Help Line** at 1-855-242-3310.



ATTENTION NCN CITIZENS:

WANT TO BE ADDED TO THE NCN VOTING LIST OR ACHIMOWINA NEWS DELIVERY LIST?



There will be several important votes in the near future that will require your vote. Be sure to let us know your contact information to be eligible to vote. Your input matters!

DO YOU WANT TO RECEIVE ACHIMOWINA NEWSPAPER AT HOME EACH MONTH?

If you are a NCN Citizen living in Nelson House, Leaf Rapids, South Indian Lake, Thompson, Winnipeg or Brandon, we want to get news to you. WANT AN E-COPY? You can always find the latest Achimowina online at ncncree.com!



Bringing Hope Home to NCN

By Shirleena Spence - Tait, Youth participant at AMC Youth Initiative

Youth Share Health and Wellness Experience

The AMC Youth Secretariat Conference on March 13-16 at the Victoria Inn in Winnipeg was an awesome experience! I definitely enjoyed learning in each workshop, meeting new people and especially getting to know some youth from my own community. We had a lot of fun and laughter throughout the week we attended the conference. I was so inspired by all the motivational speakers because they had a great sense of humour and really spoke from their hearts that touched each and every one

Whether it was to do better for ourselves, experience public speaking and to just come out of our shell and not to be shy. They made us work together as a team to do different fun activities. It was so nice to see so many youth working together and getting along with one another.

It's important for people to work together so our community will prosper. The Youth conference has encouraged me to do better for myself, my family, friends and most importantly my community. It was quite the adventure and I am glad that I got to spend it with awesome people! I really

want to make a difference in our community and I will start that by doing one act of kindness each and everyday.

The Youth Secretariat provides a voice for First Nations youth in Manitoba. It also aims to inspire hope by creating opportunities and sharing information with youth.

One of the main focuses has been on Youth Health and Wellness (formerly Suicide Prevention) – identified a priority by youth. The focus is on strengths, empowerment, culture and tradition. The gatherings include presentations and workshops about the promotion of health and wellness, resiliency and protective factors. The main goal is to empower young people by strengthening identity and well-being.

An annual Traditional Youth Gathering is held to facilitate the connection between Knowledge Keepers and youth.

The Youth Secretariat works closely with the First Nations Youth Advisory which is the advisory committee for initiatives under the Assembly of Manitoba Chiefs. It is important that youth

involvement and direction is provided when working with youth programs so the secretariat can gather this information at events, workshops and other initiatives.

The Youth

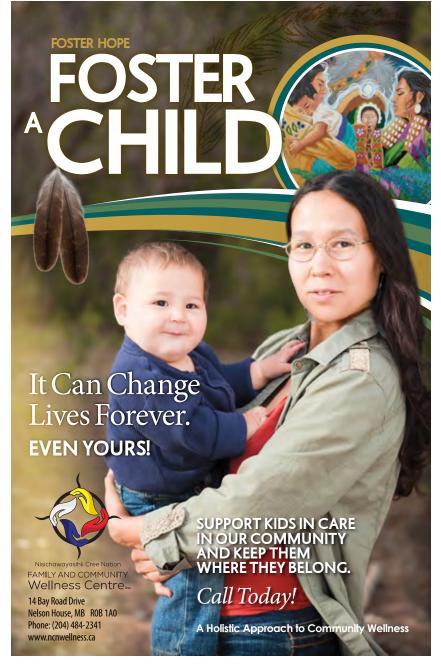
Conference was an educational, inspiring and exciting event for NCN Youth. They attended workshop sessions daily and took part in ice breakers, entertainment like hypnotists, and performed in the talent showcase.

The Youth attendees were Shirleena Tait Spence, Randy Spence, Scott Linklater, Renada Linklater, Alyce Moore, Charelle Bunn, Chantel Linklater, Jocelyn Dumas, Kiya Spence, and included ICT NCN reps Terrance Thomas and Maggie Moose.

If you would like to take part or find out more contact NCN Youth Coordinator, Cheyenne Spence by email cheyennespence@msn.com or drop by the NCN Youth Centre.



NCN Youth with Councillor Ron D. Spence.



Spring Home Preparation Tips

With the sun warming, snow melting and the temperature now hovering above zero, now is the time for homeowners to start getting organized and think about what you need to do to get your home ready for the spring.

Here are some tips to help get your home prepared for the nice weather:

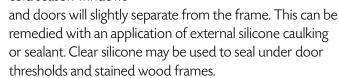
- Do a walk-around: It is a good idea to do a walk around your property to look for any potential issues that have arisen during the winter. Look for cracks in your foundation, holes, and signs of pest issues.
- Check that your sump pump is working the pump (usually in your basement) is important all year round but especially in the spring to make sure water does not pour into your basement. A simple check to make sure the pump is working could save you time and costly repairs.



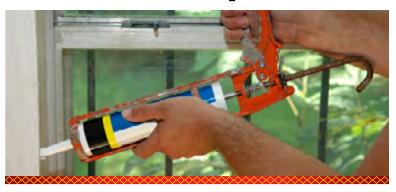
Walk around your property to look for potential issues that have arisen during the winter. Clean your eaves and gutters.

- Check outdoor taps and drain hoses the winter freeze can be harsh on taps and pipes. Be sure to check all outdoor taps are working, septic tanks are damage free and that hoses and pipes are leak-free. Be sure to clean out debris from drains and pipes as well.
- **Remove window plastic** cold barriers like plastic or covers are great in the winter, but be sure to remove them now to prevent moisture and mould from accumulating.
- Clear snow and ice from roof gutters, around foundations and window sills. As the snow melts and refreezes it can cause cracks, leaks and damage. It is best to clear it out from around your home.
- Check your roof and eaves: Check your roof for broken shingles, clogged eaves and gutters, broken seals, and any other issues that are visible. Make sure water from eaves allow rain to drain away from the home. If you are not comfortable checking your roof, get a professional to take a look.

Check windows, doors, and access points: Check all windows, doors, and access points for cracked seals and air leaks. Inspect caulking around windows, doors, and any openings into the home. Many times during the cold season windows



- **Clean your dryer vents.** A clogged dryer vent causes warm air to blow back into the room where your dryer is located, eventually raising the temperature in the whole house. A simple cleaning of vents and pipes can prevent this from happening, keep your home cooler and prevent fire risk. Check your washer for leaks and repair as needed.
- Clean chimneys and fireplaces build-up in chimneys over the winter can clog a chimney. Be sure to check that all vents and airways are clear and clean. Check or add a screen in the chimney to prevent birds from nesting or critters from blocking the chimney this spring/summer.
- **Remove all combustibles** (firewood, lumber, debris piles) a minimum of 10 metres away from the house.
- Change/clean the furnace filter regular maintenance of the furnace keeps your air cleaner and helps your furnace function.
- Check the AC unit: Take a look at the AC unit to make sure that it is okay and did not get damaged.
- Check your basement: Spring is the perfect time to check your basement for leaks, foundation cracks and other potential problems. If you find an issue, have it looked at by a professional.
- Check for signs of rodents and pests warmer weather means insects, bugs and rodents will be on the move. If they had settled in your home for the winter, be sure to check for signs and set traps, remove clutter and clean areas where pests may hide.
- Run the bathroom exhaust fan during **showers.** During the summer, a long, steamy shower can create muggy conditions in your bathroom and can cause mould and damage.



Repair and seal windows by caulking to prevent moisture from damaging your frames or causing mould problems.

- Check your yard's **grading** – look for dips, holes and areas where water will pool or drain back into your home or foundation. Remember water should flow away from the house and not back into the foundation.
- Clean up pet waste now is the time to "scoop the poop." That winter of pet waste can really pile up. Get the shovel working because it won't clean itself.

Performing these tasks will help in making sure that your home is in good order and ready for the summer.



Remove all garbage or debris around your property to reduce fire hazards an unsafe materials.



Dreaming of High-speed Internet?

A unique public private partnership has announced its intention to bring high-speed internet to all rural and remote Indigenous communities and Nisichawayasihk Cree Nation could soon have additional high-speed connection options.

Clear Sky Connections is a not-for-profit First Nations-owned and operated organization. Co-chairs Chief David Crate of Fisher River Cree Nation and Chief Nelson Genaille of Sapotaweyak Cree Nation say the organization has created a plan to lay 3,600 kilometres of fibre optic cables and connect it to existing infrastructure.

High-speed internet would be great news for everyone. Young people could attend long distance classes more reliably, feel less isolated,

Plans are in the developmental stages to provide remote communities with improved highspeed internet connection options. and gain online employment. **Businesses** could conduct themselves with more efficiency, and better compete in their industries. Those with medical concerns would appreciate improved teleHealth services, such as video conferencing with a doctor.

Maggie Moose of the Nisichawayasihk Cree Nation told CTV news, "There are days that I couldn't work because the internet was out for days at a time. If there was faster internet, it would definitely give our people the chance to catch up with the rest of society."

Eric Redhead, from Shamattawa First Nation, said, "It's not just Netflix and Facebook. It's a tool. It gives opportunities for economic development."

The plan to connect everyone is a lofty goal and a huge undertaking. A line of cable 3,600 kms long would stretch almost from Winnipeg to Whitehorse. The plan



Alternate high-speed internet options could soon be an option for Nelson House.

is still in a development stage and seeking partnership with companies that could extend their existing infrastructure.

However, it seems more possible than ever before, thanks to the federal government's announcement that it has \$500 million in grants to connect rural communities through its Connect to Innovate program from Innovation, Science and Economic Development Canada.

Project manager Jonathan Fleury believes that if funding is in place, the project could be completed by 2023.

Leaders say it's time to bring northern communities up-tospeed with contemporary technology.

"Youth...will send smoke signals of the future at the speed of light, and forever change the dreams they deserve to bring to fruition," says Lisa Clarke, Acting Director of Health, Nanaandawewigamig First Nations.

On behalf of the Wuskwatim Power Limited Partnership, Nisichawayasihk Cree Nation needs your input on resource harvesting starting this June.

Would your household be interested in participating in a Resource Harvest Study? The kick-off meeting is at the Arena on Tuesday May 16th, from 10 to 2. Drop in anytime to learn more.

Your participation is thanked by the chance to win one of two monthly \$100 gift certificates and a chance to win the final grand prize

If you cannot make it to the kick-off meeting, please contact Bill Yetman or Lawrence Dysart at Aski'Otutoskeo Ltd. to learn how to participate. All households are welcome!

7

NCN March Madness Hoops a Slam Dunk

The 2017 March Madness First Nations Basketball Tournament hosted by NCN in Winnipeg was a great success. Athletes and fans alike enjoyed the fun and cheered their teams on in hopes of winning the championship banner over the three-day

tournament. **NCN Parks** and Recreation manager and the event

year and have even more teams than last year. The coaches and management from other schools rave about the excellent competition and the great job our rec crew does hosting a top-notch tournament. I thank the crew, teams, players and coaches!"

The NCN boys team placed fifth while the Girls NCN 313 Warriors finished third to take home the bronze medal.

Female Results

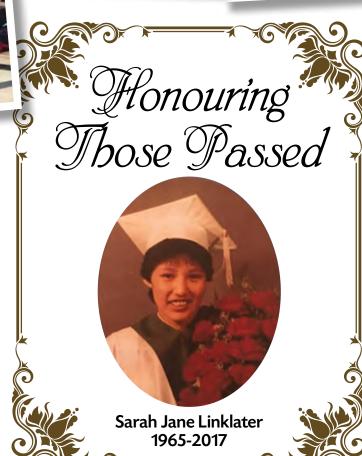
1st place – The Pas Wolverines 2nd place – Cross Lake 3rd place – NCN 313 Warriors













What the...

LAND CODE?





QUICK FACTS:

WHY THE LAND CODE IS IMPORTANT?

Land has spiritual, economic and political significance for First Nations Peoples. With the Nisichawayasihk Cree Nation Land Code, we will finally resume and

exercise control over our reserve lands and resources

The Land Code will allow NCN to shift away from the Indian Act and INAC paternalism of our NCN Reserve Lands. It will also strengthen Land governance by establishing legal and administrative frameworks to allow us to start managing our Lands ourselves. This will also speed up economic development processes and other development on NCN Lands.

First Nation Communities in Canada are operatin under their own Land Code.

Having a Land Code will eliminate

sections of the Indian Act that give the federal government the power to manage NCN reserve land and resources.

COMMUNITY DRIVEN

Development of the Land Code is a step toward a community self government at a grass-roots level. Our Citizens have had and will have input into every step of the process.



The Land Code was overseen by Chief and Council and developed and reviewed by

NCN committee members and staff with the direction and input from NCN Citizens.

for the use and benefit of our NCN Citizens.

As of April 1, 2017 there are 3,302 Eligible NCN Voters (1,642 on-reserve,

1,660 off-reserve). NCN has 5,086 total Citizens.





Other First Nation Communities are also in the process of developing their own Land Code.

Chiefs from across Canada presented their own framework Agreement to Canada in the 1980's.

YOUR VOTE IS IMPORTANT!

The Land Code will not pass unless at least

or 25%+1 of the eligible voters vote "YES," in favour of the Land Code.

In 1996, Canada entered into the Framework Agreement with 14 Chiefs and ratified it by passing the First Nation Land Management Act outlining the government's roles and responsibilities to the First Nations who are enacting their own Land Codes.

ACCOUNTABILITY

Under the Land Code, Chief and Council are accountable to the Citizens of NCN for managing the lands and resources for the use and benefit of NCN.

The Land Code allows the community to give direction to Chief and Council on all major land management decisions.

FOR MORE INFORMATION, PLEASE CONTACT:

Jeremiah Spence

Email: jeremiahspence@hotmail.com **NCN Lands and Resources Office** Box 393, Nelson House, Manitoba ROB 1A0 Phone: (204) 939-3805



Voice of Our Youth

Growing Up

Written by: Rosena Lewis, grade 11 student at NNOC

I grew up in a pink house in New Area thinking I was living in paradise, and I never wanted to leave. I grew up thinking the rain was Creator's tears, and that the sunshine meant He was happy. I was a child, a child filled with freedom. I ran in the fields, the bushes, and on gravel roads. I picked flowers, leaves, pussywillows and I always brought them home to mom. Nobody worried about having friends, as long as other kids lived on your street.

I grew up on 5 Linklater Road, and I loved it.

I grew up thinking volcanoes were a myth, and that Santa and the tooth fairy were real. I was a child, and I was growing and learning at a fast pace.

Before I knew it, the gravel roads were being paved.

Children zoomed by on scooters, skateboards and stayed away from the bushes and ponds. People moved away, and had eventually changed.

Technology was taking over, and pretty soon playing videogames was more important than playing outdoors.

I grew up hoping things would change; I hoped that life would return to the children, and that people would stay the same forever.

I grew up thinking life was nothing but fun and games.

I was a child, but not for long, because one day-I grew up.



We all eventually grow up...

A Tribute to Melfina Spence

By: Randy Spence

I would have to say that the most important person in my life would have to be my loving, caring, and most of all, amazing mother. This

woman means the world to me, she is the best, and downright amazing. The beautiful woman



I speak of is none other than Melfina Charlotte Linklater. There are many reasons why she's the most important person in my life.

First of all, she's my role model and she is my mother. I could never ask for a better mom; she loves her family, her relatives, and her friends so

much. She cares so much that she takes time out of the day to check up on those that need her the most.

She works as a counsellor at the Wellness Center and does an amazing job. There are a few kids that go there to see her, and only her if they need someone to talk to. I think she is the best person to talk to when I am feeling down. My mother just knows what to say

She turns a bad day into a

good day, even her laugh alone will cheer me up. She will start off by making a little joke and turn it into something more than it should be. I think it's just hilarious when she does this; she turns a quiet room into a loud room. Everyone



Melfina Spence.

that is there will be laughing at her. She literally makes everything so much better when she is around. I don't know what I would do without my mother, she means everything to me. She will always be the number one person in my life. There is no one out there that could take her place, she is my world.



Portrait of Our Elders

Minnie Anderson

Minnie Anderson was born in Waboden to Lillian and Herman Gossfeld in 1939. One of seven children, Minnie quit school at age 14 and for the next five years worked in numerous communities in northern Manitoba.

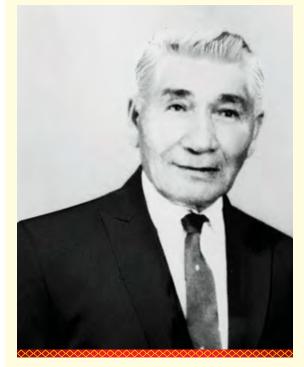
Minnie began living with Bill Anderson and the couple started a life that centered around the Churchill River. Bill was a top fisherman and trapper in South Indian Lake. As Minnie recalled, "It was a lot of work, plus during the summer we had four hired men to help with the fishing. When fishing was over in the fall, Bill would return to South Indian Lake for one week to collect food supplies and equipment for the trap line. He would be gone from October till Christmas checking his trap line by dog team while I remained at camp."

In 1982, Bill Anderson passed away suddenly. Seven of her eleven children were under 18 years of age. Her remarkable skill set of living off the land was now of limited use. Minnie and her children moved back to the community of South Indian Lake, now relocated since the hydro flooding. She worked as a janitor in the local school, did handicrafts for money and cleaned, cooked and assisted in deliveries at the Nursing Station.

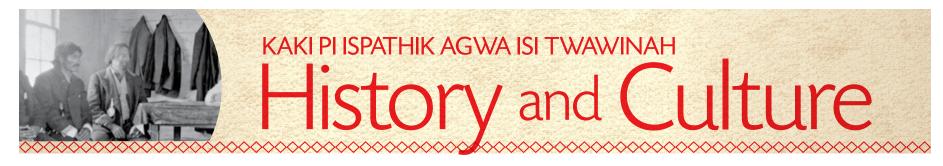
Sandra, the oldest daughter, stated proudly, "Mom did an amazing job raising us and did it as a single parent. She made sure we were fed, clothed properly and all went through school." At age 60, Minnie retired with her pension. She is a very respected member of the community.



Recognizing NCN Former Chief Angus Bonner



In appreciation of Angus Bonner for his service and contribution as Chief of the Nisichawayasihk Cree Nation from 1938 to 1939.



Wîsahkêcâhk and the Newcomers A story told in the oral tradition by the late Louis Bonner Sr.

Like all creatures, Wîsahkêcâhk was getting on in years and had experienced about all he could in one's lifetime. He was satisfied with all that he had done, and had many chuckles at the pranks he had been able to play on his younger relatives. Wîsahkêcâhk had spent a considerable amount of time in his place of retirement. Although he could not collect a pension, he was content. He did not lack for the comforts of life.

One day in late spring, Wîsahkêcâhk was sitting outside soaking up the sun. All around him, the creatures of the forest were busy, shedding the remains of winter and preparing for new life. It was during this time that a messenger came to find Wîsahkêcâhk. The creatures of the land were all gathering to discuss the destruction of their habitat, and they wanted Wîsahkêcâhk to attend. Wîsahkêcâhk was not convinced that what the messenger spoke was the truth.

He said to himself, "perhaps my little brothers wish revenge on me for all the little pranks I had played on them in the past. The destruction the messenger tells me is beyond belief. But it would not hurt to see if I

can outsmart my relatives in their attempt to have a little fun at my expense."

Wîsahkêcâhk summoned Squirrel, the messenger, and said, "little brother, run ahead and tell the members of the gathering that I will attend, but they must be patient as I have decided to walk."

Wîsahkêcâhk wanted to take the opportunity to evaluate all the changes that had occurred since his retirement. Walking would also enable him to choose his own approach and perhaps he would meet some of the others headed for the gathering. He would convince them to tell him the big plan.

Wîsahkêcâhk walked for days without eating because, as usual, he had forgotten to bring his own grub. As Wîsahkêcâhk walked along, he thought he smelled something, but he could not place the odour. It was not pleasant and it definitely was not the smell of cooking. He decided to go and check it out. Perhaps this smell would lead to something that would provide a meal. He continued on with caution now, as it occurred to

The roaring beast did not answer and he did not move.
Wîsahkêcâhk decided to try sitting on the beast.

him that this could be part of the great plan to get revenge on Wîsahkêcâhk.

He came upon a big, long curving stone, which had a long stripe along the middle of it, and stretched as far as Wîsahkêcâhk could see in either direction. Now, he recalled that Squirrel, the

messenger, had told him that creatures from another land had built these stone paths that were hot in the summer, icy and slippery in the winter and, worst of all, they had metal misti sikak that were almost as powerful as Mista Sikak. Wîsahkêcâhk had some serious thinking to do. "What if my little brother is telling the truth?" he asked himself. "How will I resolve this situation?" He decided to rest alongside of this stone road and see what plan he could come up with. So Wîsahkêcâhk napped until he was awakened by a terrible roaring beast. He jumped up and crept out to see what had arrived.

From his place along the road he saw a human, with a big black round hat. The human had arrived on the smelly roaring beast. Now Wîsahkêcâhk was known for not wasting time when an opportunity presented itself. He crept up to where this man was having a pee, and hit him over the head. He thought it best to wear the human's clothes as not to attract attention, should he encounter any more humans.

Wîsahkêcâhk looked over at the roaring beast. "What do you know, this must be little brother's metal misti-sikak. Perhaps there is more to this than a bit of revenge."



The roaring beast was now quiet. It seemed the human was its master. Wîsahkêcâhk decided to ride the beast, but the problem was in trying to figure out how to command it.

He tried talking to the beast, saying, "I am the big brother of all the creatures in this land and will take you to be my little brother. We will look after each other. From this day, you will no longer have a master, little brother. Now that I have gotten rid of your master, you are free to journey wherever you want. So, little brother, how would you like to travel with me? I'm on a special mission. I could use some company, as I have been travelling by myself for some time."

The roaring beast did not answer and he did not move. Wîsahkêcâhk decided to try sitting on the beast like he had seen the human doing, but there was no response.

"What is with this little brother?" Wîsahkêcâhk said. "All other beasts would be happy to be freed from a master, but not this one. He does not even thank me." He decided to shake the beast and grabbed a hold of the beast's arms. With that, the beast roared and ran down the stone road with Wîsahkêcâhk hanging on as tightly as he could.



Wîsahkêcâhk yelled, "Slow down, little brother. You do not have to get so upset. I was just trying to get your attention." The beast just kept roaring and running, with Wîsahkêcâhk hanging on for dear life.

It seemed that this beast was not a living creature after all. It must have been something else that this new human had made like the stone road. "I had best see if I can figure out how to control this metal beast," Wîsahkêcâhk said.

He relaxed his grip on the arms of the beast, which allowed the beast to slow down. Wîsahkêcâhk was happy he was not going so fast. At least now he could plan his next step. He

"The newcomers

must consider this

a source of power,"

he thought... Indeed,

there had been a

great destruction of

the land.

noticed they were still following the stone road, and was amazed to see that someone had taken the time to mark the centre of this great stone road.

"The newcomers must consider this a source of power," he thought. He was now comfortable enough on the beast to look at the countryside, but what he saw filled his soul with a great sorrow. Indeed, there had been a great destruction of the land. All

along the stone road, the trees, rivers, lakes and even the rocks had been violated. Wîsahkêcâh's heart was heavy because he felt that he had neglected to protect the products of creation. He hung his head and cried in shame. Wîsahkêcâhk was so overcome with what he saw that he did not notice he was nearing a town, a residence of the newcomers.

He was noticed before he was aware that he had arrived. Some men who were standing on the side of the road talking into an object were attempting to get Wîsahkêcâh's attention, but they were not able to get his notice by waving and yelling. All of a sudden Wîsahkêcâhk was bombarded by a loud shrieking red light. He released his hold on the roaring beast to cover his ears, and, with that, the beast came to an abrupt stop and rolled onto its side. Wîsahkêcâhk fell to the ground, but he was not hurt. He jumped to his feet totally confused and quickly looked around.

Two men approached him. Only they seemed to be

speaking to him but he could not understand their tongue. The two men were wearing exactly the same clothes that Wîsahkêcâhk had on, and he was very pleased that he had decided to take the man's clothes. He pointed to his shoulder, which had exactly the same decorations as the other men. They may think I am one of them, he thought.

This did not seem to please the two men, who were now close enough to inspect him. These two are almost like my little brother Squirrel, he thought to himself. They are quite excitable. Ah, perhaps they are the messengers for the newcomers. I must listen carefully if I am to understand their speech.

Wîsahkêcâhk was desperate to understand what they were saying, so he concentrated all his energy into understanding

their language. It was very difficult but, little by little, he began to understand

Wîsahkêcâhk understood that these two men planned to take him somewhere, for he had done a wrong to their law by putting on the clothes he wore. One of the men called it, "impersonating a police officer."

He decided to go with the two men, not that they were waiting for him to agree, since they were tying his hands with bands of metal even as they spoke. He was pushed into the inside of the covered

beast. Am I to be given to the beast for a meal? he wondered. But the two men crawled into the beast too, so Wîsahkêcâhk relaxed as he knew no one ever voluntarily fed himself to a beast. As they travelled along, Wîsahkêcâhk listened with great concentration to the talk of the men as he would

soon have to try to communicate with them.

Finally they arrived at what his hosts called "Jail." Wîsahkêcâhk walked into the building with the men on either side of him. This building was also made of stone and all kinds of metal. The men pushed Wîsahkêcâhk into a chair to sit. They wanted to talk, they said, and he understood that they wanted to

know where the man, whose clothes he had borrowed, was. He responded in Cree, Ojibway and Dene, but the men did not understand the languages.

Finally the men, tired of yelling at Wîsahkêcâhk, opened their steel door and pushed Wîsahkêcâhk into a smaller lodge. This lodge had a bed and a white container that was the water holder.

Wîsahkêcâhk was tired from all the strange happenings. He laid down on the bed and had a nap, but a great clanging noise woke him up. A man was clanging on the metal posts of the lodge. He made a frightful noise. The strange man was yelling, "Lunch time! Lunch time!"

The man gave Wîsahkêcâhk a very small amount of something that seemed to be food. Wîsahkêcâhk was hungry so he ate the strange tasteless substance. He listened to the other prisoners talking about the food and what they would like to eat. He wondered why didn't they simply ask for what

they wanted to eat. I am going to ask for what I want. He picked up his metal cup and began rattling it against the metal poles of his lodge.

Finally, a lodge door keeper came to Wîsahkêcâhk. "What are you demanding?" the man yelled. Wîsahkêcâhk replied, using the words he had heard from the the other prisoners, "For breakfast I want to eat one roast pig, one

> case of eggs and several cases of bread. For lunch, I want one whole roast cow, one sack of potatoes, two sacks of carrots and one case of

bread - with buckets of tea to wash it all down."

The lodge door keeper got very angry. He opened the gate to Wîsahkêcâhk's lodge, grabbed him by the scruff of his neck and pulled him out of the lodge.

"You will not make any ridiculous demands," the man yelled. He dragged Wîsahkêcâhk to the big door of the lodge and flung him head first out the door.

"Go find your own roast pig!" the man yelled. Then he slammed the door shut.

Wîsahkêcâhk got up, brushed himself off, and looked around. He was bewildered and isolated. He had to figure out how to get to the gathering of creatures. Indeed, Wîsahkêcâhk thought, there was trouble here.

There we will leave brother Wîsahkêcâhk. The rest of his adventures are yet to be, as he attempts to unravel and understand this new era.

He dragged Wîsahkêcâhk to the big door of the lodge and flung him head first out the door.

Film Documentary to Highlight Local Singer, Songwriter, Women's Advocate

An NCN Citizen is getting her chance to tell the world about life as an Indigenous woman.

Natashia Moodie announced the exciting news mid-April on Facebook.

"For the past week I've been really excited, happy, nervous, but overall extremely thankful... all good feelings bundled into one about a very cool, exciting opportunity!" she said.

Moodie has been approached by an acclaimed French film company to appear in a new documentary. The film is tentatively titled "Woman," and will feature interesting women from around the world.

The French film company is extremely well known for a documentary called "HUMAN" that has been viewed by millions of people around the world. In order to share this unique film

everywhere and for everyone, "HUMAN" exist in several versions: A theatre version, a TV version and a 3 volume version for the web. It can be seen on YouTube at https://www.youtube.com/watch?v=vdb4XGVTHkE07feature=youtu.be

The new documentary is expected to follow the success of "Human." Filmmaker and artist Yann Arthus-Bertrand spent three years collecting real-life stories from 2,000 women and men in 60 countries. Working with a dedicated team of translators, journalists and cameramen, Yann captured deeply

The film is tentatively titled "Woman," and will feature interesting women from around the world. personal and emotional accounts of topics that unite us all; struggles with poverty, war, homophobia, and the future of our planet, mixed with moments of love and happiness. "Woman" is expected to be similar and will focus on the accomplishments of

extraordinary women sharing their stories of the challenges or obstacles they had to overcome to get to where you are today.

Natashia believes it is her culture and the strength of her traditional Cree upbringing that has made her story worthy of the film producer's interest.

Right now the film company is in Paris interviewing women for the film. They have already visited war-torn Bosnia, and will be in Winnipeg from April 24-27, 2017. Natashia says, "My big interview with the film company is April 26th.

"I am humbled and extremely excited that I have been chosen to be a part of something so special, and because I

am from a small First Nations community in Manitoba called Nisichawayasihk Cree Nation. It makes me even more happy... I just want to be an example and give hope for all the youth and young people in my home community that if you follow your dreams, anything is possible!"

Natashia Moodie is a wellknown NCN Citizen. She is in a musical group



Natashia Moodie is set to share her story as part of an international French film documentary.

called Moodie X2, in which she performs with her sister Alexandria. She also heads a program called Beauty Within, which helps young pregnant women to celebrate their strength and motherhood through photography and awareness events.

Stay tuned for more updates on this story. Congratulations Natashia!



EMERGENCY CONTACT LIST

Attention
Citizens,
please cut out
this important
contacts card
and ensure
the phone
numbers
are in an
easy-to-find
location in
your home or
office, in case
of emergency.

Nisichawayasihk Cree Nation:

204-484-2332

1-888-323-7658 (toll free)

Ambulance: 204-484-2911

Fire:

204-484-2047

Nursing Station:

204-484-2

RCMP:

204-484-2288

Band Constables: 204-307-0912

204-679-0057 **Electrician – Elvis Wood:** 204-679-1482 Housing:

204-679-7723

Plumber – Donny Hart:

204-307-6435

Canadian Centre for Child Protection:

1-800-532-9135

Cree Nation Child and Family Caring Agency:

1-855-682-1566

Crime Stoppers:

1-800-222-8477 (then press 3)

Domestic Violence Crisis Line: 1-877-977-0007

Forest Fires and TIPS: 1-800-782-0076

Gambling Help Line: 1-800-463-1554

Health Links:

1-888-315-9257 (then press 1)

Kids Help Line: 1-800-668-6868

Legal Aid Manitoba: 1-800-665-0656

NCN-CFS after hours: 204-679-5544 204-679-6386

NCN-CFS designated intake: 204-778-1960

Poison Centre: 1-855-776-4766

Radio Station:

204-484-2065 toll free 1-866-228-1504 **Senior's Abuse Line:** 1-888-896-7183

Sexual Assault Crisis Line: 1-888-292-7565

Suicide Prevention Line: 1-877-435-7170

Thompson Crisis Centre/Shelter: 1-800-442-0613

Thompson General Hospital: 204-677-2381

Youth Emergency Crisis Line: 1-204-949-4777

For RCMP and Ambulance, your call will be answered by a centralized Dispatch Service. Be prepared to answer questions.

Chaga Mushroom No Secret to Traditional Healers

Do You Know its Powers?

The Chaga mushroom is a type of fungus that grows on birch trees in cold regions such as Manitoba, Alaska, and Siberia. It has been found to have a wide range of medicinal properties. But this is not a secret to traditional medicine men and women. The Cree have been using the medicine for thousands of years.

Used traditionally in teas, chaga has been reported to have a powerful healing ability. Not only can it make one feel youthful, more active and sleep and rest easier – it can improve heart health, boost energy, reduce inflammation, lower stress, improve skin and even be used to fight cancers, heart disease

and autoimmune diseases. It may just be one of the worlds most powerful super-foods.

Traditional Uses of Chaga

The same things that help the birch tree are also of great value to human health. Chaga has been used for thousands of years by various cultures familiar with its benefits. Indigenous people ground it down and added it to their stews and soups in order to boost endurance and stave off degenerative diseases.

Chaga Health Benefits

A Very Powerful Antioxidant

Chaga contains very significant amounts of powerful antioxidants with far reaching health applications.

An Immune System Boost

Chaga is understood to help boost the immune system. A strong and healthy immune system is essential to good overall health and protection against illness. Many experts consider it to be one of the most potent natural foods for autoimmune diseases.

Reducing Inflammatory Conditions

Chaga can reduce inflammation or swelling. Inflammation can be extremely harmful and left unchecked might lead to serious conditions like heart disease, stroke, high blood pressure and rheumatoid arthritis.

Helping Ulcers and Gastritis

Because of its immune boosting and anti-inflammatory abilities, chaga has traditionally been used to support intestinal health and treat ulcers.

Improving Heart Health

As well as protecting the heart by its antioxidant and antiinflammatory nature, chaga is known to help break down the bad cholesterol in the body. It also has been known to reduce high blood pressure. Be sure to consult your doctor if you have hypertension and are considering taking chaga supplements.

A Cancer Fighter

Chaga extract has been used as a treatment for various types of cancer. The chaga mushrooms are known to prevent tumors from developing.

Improving Digestion Chaga can be drunk as a healthy tea and is a great

way to keep your digestive system in excellent shape. It helps relieve indigestion and other digestive pain while keeping the digestive system working smoothly. Chaga is also a great source of dietary fiber.

Get Healthy Skin

Chaga gets its distinctive dark color because of its very high melanin content. Melanin is the main pigment present in our skin and can enhance the health of your skin, keeping it beautiful and supple. It can help protect both the skin and hair from

sun damage and might even help diminish the size of age spots.



Chaga grows naturally on Birch trees and has healing power.

A Clean Liver Detox

Because of its incredible antioxidant activity, chaga tea can help clean out the system and start afresh.

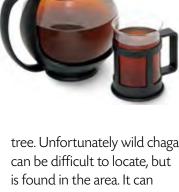
Manages Feelings Of Stress

On top of all the wonderful abilities of chaga tea, it is also helps keep a quiet balance in your body, you are better able to cope with stressful situations.

Typically during stressful situations the body's first response is to release a wave of stress hormones, which contribute to feelings of fatigue and stress. Stress management is necessary to maintaining your health, so at the end of a bad day, kick back and relax with a soothing cup of Chaga tea.

How To Take Chaga

Chaga is not easy to find but can be consumed fresh from the



also be bought in a variety of forms including capsules and pure dried pieces. One of the most popular ways to take chaga is in the form of tea which can be made easily from dried chaga chunks by following a few simple steps that involve boiling a storing the tea.

Storing Chaga

Chaga is a fungus, so once its been harvested, it must either be refrigerated or dehydrated.

If you fail to properly store your chaga, you may notice a powdery black substance growing on it. Dehydrating your chaga is important because it not only keeps it fresh for consumption, it also helps it break down easier to make into a tea. To dehydrate, you can spread your chunks of chaga out in an airy place for them to dry. Air circulation is extremely important when dehydrating

You may find out that a small part of history is linked to this fungus. Just ask an Elder or traditional healer about the many great powers of the odd looking chaga mushroom.



NNCEA and School Updates and Events



Upcoming Dance

April 21: EA Dance April 28: Grade 8 Dance

Bake Sales

April 20: NNOC Jr. Chief and Council selling Popcorn Kernels April 21: Grade 3A Bake Sale April 28: EA Bake Sale at 2:45 p.m.

Presentation

April 21: MADD Presentations for grades 7–8 at 1:30 p.m. to 2:30 p.m. NNOC Presentation from 3:00 p.m. to 4:30 p.m. in the school gym. April 27: NNOC School Assembly in Gym

grades 1 to 6 in the gym

April 28: Manitoba Theatre for Young People play for

Report Card Day

Report card distribution will be happening on Tuesday, April 18 from 2:00 p.m. to 5:00 p.m. for Nursery to grade 12 students. We look forward to seeing all parents and guardians on this date.

Home Visit Day

April 19 from 12:00 p.m. to 4:00 p.m.: Teachers will going to visit parents on Wednesday

Annual Book Fair Sale

Our annual book fair will be taking place from April 20 to April 28 from 9:00 a.m. to 4:30 p.m. daily. A lot of neat items for sale such as books, posters and many other items. Send your child with money to buy a treat.

Safety Reminders

- Remind your child to stay away from puddles some of the puddles are very deep.
- Tie up your dogs; dogs are following students to school sometimes as many as 10 dogs at school causing a danger to our students.

Donations Needed

It's that time of the year again when students show up with wet socks. We are asking the community for donations of socks (please note they don't have to be matching) as we are more concerned with keeping our student's feet dry. Call the school if you want us to pick up your donations. Thank you!

Big Thank you

A huge thank you to all the community people who donate to our school, your contribution to our school goes a long way to helping us have happy children.





Footprint Lake 60-Day Water Level Forecast

Revised Forecast April 1 - May 31, 2017

On April 1, 2017 the level of Footprint Lake is forecasted to be 798.6 feet. The level of the lake is expected to fall 11 inches to an elevation of 797.7 feet by the end of April.



During the month

of May the level of the lake is expected to fall 4 feet to an elevation of 793.6 feet by end of the month.



Nisichawayasihk Cree Nation General Delivery Nelson House, Manitoba R0B 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.

