



OKIMAHKAN OTY'AMIWIN FROM THE CHIEF State of the Nation **Fall Address** 

KITITAHWINAOW ACHIMOWIN COMMUNITY

8,300 year Old NCN Ancestors Laid to Rest **PUSIKONISOWINI ACHIMOWIN** BUSINESS

**Job Opportunities** 

OCTOBER 2017

# 

# Our Constitution, Our Sovereignty

# **Othasowewin Tipethimisowin**

### A Constitution is Important Because it:

- Gives us more control over our own lives and further removes us from the Indian Act
- Describes the beliefs, values and principles that guide our First Nation
- Describes our government, their powers and authority
- Describes the rights and responsibilities of our Citizens
- Is a framework for stable governance and describes how decisions will be made
- Establishes the process for laws to be made
- Establishes how laws will be enforced and how disputes will be resolved
- Is a critical building block for creating sustained economic development and self-sufficiency.

### **Get To Know NCN's Constitution**

Preamble – describes who we are and an overview of our beliefs and principles

Chapter 1 – includes the customary law principles that have guided our Nation for centuries as well as definitions used in the Constitution

Chapter 2 – describes the rights and freedoms NCN Citizens have within our Nation, within Canada and as part of international law

Chapter 3 – confirms the laws of Canada and Manitoba will apply unless replaced by an NCN Law (it is the same as in the recently approved Nisichawayasi Aski Pumenikewin)

Chapter 4 – describes the jurisdiction of NCN's Government which is not just limited to NCN Citizens but to anyone who takes action on our lands

**Chapter 5** – describes NCN's governing institutions – the General Assembly (the people), Chief and Council and the Nisichawayasi Court



Chapter 6 – describes the rights related to General Assemblies

Chapter 7 - confirms the number of positions on Chief and Council and establishes the right of NCN to make its own laws Chapter 8 – describes the roles and responsibilities of Chief and Council

Chapter 9 – establishes a Code of Conduct for Chief and Council

Chapter 10 - describes the procedures related to Chief and Council meetings

**Chapter 11** – describes the organizational structure of the NCN Government and the relationship between Chief and Council and the other entities that Chief and Council establish, including their reporting requirements

**Chapter 12** – describes financial accountability provisions and how the NCN Government will operate Chapter 13 – confirms

the importance of land governance and describes certain land principles

Chapter 14 - describes the

law-making process (it is the same as in the recently approved Nisichawaysi Aski Pumenikewin – land code)

Continued on page 3

### **NCN Chief and Council**

- Your Leadership - Working to Build a Brighter Future for Our Nation.



Top row (left to right): Councillors Joe Moose, Willie Moore, Patrick Linklater and Ron D. Spence. Bottom row (left to right): Councillor Shirley Linklater, Chief Marcel Moody and Councillor Bonnie M. Linklater.



Over the past three years we have taken action to continue moving our Nation forward. In the past year we have built many new houses and repaired many others. Construction is starting on a number of major infrastructure projects including the new women's shelter, multi-plex, and lagoon. The new water treatment plant is about to be designed and we are planning our community health centre and schools.

Our governance projects

are all coming to fruition also. Our Aski Pumenikewin (land code) was overwhelmingly approved in August. We are holding the final rounds of consultation on our Constitution so we can vote on it in November and hopefully become the first Manitoba First Nation to have our own Constitution. We are completing a major overhaul of our policies and adding new ones to improve our governance systems. Our senior management team is in place and working hard to ensure that our day-to-day operations are running much smoother.

NCN continues to be a leader in governance and socioeconomic development initiatives.

The vision laid out in the last election is being implemented and we are creating new opportunities for NCN now and in the future.

We are pulling together to begin the difficult task of

stopping the violence caused by alcohol, drugs and gangs in our community. This report provides an update on some of the initiatives we discussed at our General Assembly in June.

I continue to believe that by working together we can accomplish our goals together collectively. Take a look at the time line of our major votes and see what we have been able to do with your support, as without you Council would not be able to take the actions we have for the betterment of our community.

Ekosani!

nemovo Chief Marcel Moody Nisichawayasihk Cree Nation



### **OTHASOWEWIN** (CONSTITUTION)

### **Upcoming Important Dates** and Voting Information

**Open Houses** 

- October 19 NCN General Assembly, United Church
- October 24, 25, 26 Small group workshops NCN

### Ratification Vote

- Electronic Voting from: November 1-29, 2017
- 2. In-person Voting in Winnipeg, Thompson, Leaf Rapids and Nelson House on the following dates:

• November 20, 2017

Leaf Rapids, Town Center

• November 21, 2017

Thompson, Mystery Lake Hotel

November 23, 2017

Winnipeg, Fairfield Inn & Suites

• November 28 & 29, 2017 NCN, Gilbert McDonald Arena



All polls will be from 12:00 to 8:00 instead of 9:00 to 8:00.

### Vote Early and Use the e-Vote option. It's Fast, easy and secure!

Not registered to e-vote yet? Contact Jacqueline Hunter, Ratification Officer Ph/Txt: 204-679-5213 Email: enlightenfirst@gmail.com

Dates, venues and times, subject to change.

### **Reminder to NCN Citizens:**

Small group sessions will be held in NCN the last week of October (24, 25, 26) with draws for gift cards. Chief Moody will also be speaking to students at the schools on October 17, 2017, Students will be interviewing community members about the Constitution.

A round of consultations with a presentation followed by bingo and opportunities to e-vote will also be held at locations below:

November 2, 2017 - Open House: Thompson (St. Lawrence Hall) e-vote: Mystery Lake Hotel

November 3, 2017- Open House: Leaf Rapids (Town Center) e-vote: Council Chambers

November 7, 2017 - Open House and e-vote: NCN (Gilbert McDonald Arena)



Chapter 15 – confirms Chief and Council may seek input from NCN Citizens including by way of votes before making major

**Chapter 16** – describes dispute resolution mechanisms such as the Nisichawayasi Court and the establishment of administrative tribunals to hear disputes

**Chapter 17** – describes the Constitution ratification process (majority decision by at least 25% of NCN Citizens 18 years of age and over)

Chapter 18 – describes the process for amending the Constitution (majority decision by at least 25% of NCN Citizens 18 years of age and over)

Chapter 19 – indicates that the existing Chief and Council will remain in office till the next elections in 2018 and that the bylaws currently enacted will remain in force until replaced Chapter 20 – indicates that the Constitution will take effect in whole or in part on the dates established by Council Resolution after approval by Ratification Vote (this is the same procedure as in the Land Code)

### Risks if the Constitution is Not Approved

- The rules established by the *Indian Act* will continue to apply
- There will continue to be limited law making processes for everything except land and we will have to continue seeking permission from the Minister of Indian Affairs on many matters
- Our goals of self-determination and economic selfsufficiency will suffer a major set-back

- Our negotiating strength in self-government negotiations will be compromised
- Our Election Law will have to be amended using the same divisive, costly system we had to incorporate into our law in 1998 to comply with INAC policies

Attend the open houses or visit ncncree.com for more information.

# New NCN Staff Knocking on Your Door

# Get to Know Your Othasowewin (Constitution) Community Consultants

You may have already seen the Othasowewin (Constitution) Community Consultants in your neighbourhood. They are visiting NCN households to explain details and answer all of your questions about the NCN Othasowewin (Constitution) and upcoming ratification vote. We encourage all Citizens to listen, provide input and share the information. Welcome them to your door.

In the area of NCN (Nelson House) Roderick Spence, Kenneth Brightnose, Keith Anderson, Donna Moore-Linklater and Henry Wood will offer support. In Thompson you will expect a visit by Monica Linklater, Leanne Grenier or Dwight Moody. Winnipeg residents will get information from Fonda Berard, Vernon Anderson, Elizabeth Linklater.

For more information online click in to: http://www.ncncree.com/ncn/constitution.html

### Ken Brightnose

I am a proud member of the Nisichawayasihk Asiniskaw Nethethowuk (NCN). I am very honoured and humbled to be selected to be working with Community Constitution Consultant. I will

do my best to meet the expectations on the task I'm set out to do. I was part of the Land Code Consultants, and proud to say was very successful. Our team will work very hard to deliver the message on the Constitution for ratification at a later date.

So in closing, I would like to ask the NCN membership to support this document and expect a visit from one of our team members for information and handouts on the NCN Constitution.



### **Donna Moore-Linklater**

I was born in The Pas, Manitoba, raised by both my parents, Henry Linklater and Amelia Linklater (nee Spence), in Thompson, Manitoba. I lived with my Grandmother, Esther Linklater, at 13

years old, where she lived in NCN, and have been in NCN ever since.

I have been a Consultant since The Northern Flood Agreement, CAP/CIP Process, Election Code, Treaty Land Entitlement, Future Development, Wuskwatim Implementation, and now Constitution. I really enjoy talking to all the people of NCN, and helping them understand the Consultation process, which is very important to us all, which can be both challenging and interesting.

Once again, I am very proud to be a part of the team as a Consultant for the Chief and Council, the NCN Citizens in the

"Constitution" process, and listening to any questions people may have who are living on and off the reserve, i.e. Thompson, Winnipeg, Brandon, NCN.

Hook forward to talking to you young and old, visiting the homes, and help you fully understand the Constitution.

If you have any questions or concerns, we are located at the Trust Office. Feel free to come down and express yourselves. There are four of us that are there to communicate with you.

### Henry Wood, Nisichawayasihk Elder



It has been a pleasure working for NCN in some

areas such as the N.E.A., Future Development, the Land Code process, and now going to NCN Citizens giving information about the NCN draft Constitution.

### NCN, Leaf Rapids and SIL



### **Roderick Spence**

I was born and raised in Nelson House, MB traditional territory. I am a commercial fisherman and trapper. I've worked with the community in many different capacities from being a tradesman in

Carpentry, Plumbing and Electrical. I also work with the Nation as a community consultant in the Wuskwatim Project Develop Agreement, PDA Supplementary 1 and 2, Treaty Land Entitlement and the newly passed NCN Land Code. I am now working with the Nation as a community consultant on the constitution. I thankful and acknowledge our Nation in all its accomplishments on their initiatives to become a sovereign, independent Nation for our children and our children's children.

It needs your input. Just like the Land Code, it will need your support to pass.

### **Thompson**



Monica Linkater I am an NCN member working in NCN and engaging

with community members for over 10 years as a consultant. My dad is Leonard Linklater, and I have recently worked in NCN Land Code and Wuskwatim PDA, Election Teams. I have Grade 12, Business Administration and Certificate Financial Managerial Accounting, Pre Trades.

I raised my three children in RC Point. Jerome Linklater plays midget AAA Hockey, Dwight Moody plays AA Hockey, Coral Linklater Athletics, all with Team Manitoba.

Thanks for your support for my children, and employers in NCN.
Please come out and vote for this important NCN constitution. I hope to see you all soon!



Leanne Grenier I am a proud Nisichawayasih

Nisichawayasihk member and served

our community for over six years

as an administrator. I am pleased to serve our community once again to work on the constitution. My grandparents were Silas and Minnie McDonald. My mother is Nancy McDonald. I have two adult children and two grandchildren, all of whom are NCN members.



### Dwight Moody

I am from NCN and was raised by my late mother, Heather Moody, and two of my brothers. I have had the privilege of living with my grandparents, who were very

traditional. My graduation was in NCN when at the time, the school was called Roland Lauze School. I was sponsored to attend Brandon University in Brandon, Manitoba, where I took Sociology and Native Studies for three years. When I went back to NCN, I worked in a few office jobs for a couple of years. It was in NCN where I ran into a couple of Journeymen Carpenters who asked me to pursue a career in Carpentry. I went for my Apprenticeship program with UCN in Thompson, and completed my apprenticeship program with a Journeyman status. I did not stop there, and I went on to continue for a management certificate, which I accomplished.

I worked for the Nisichawayasihk Housing Authority for 15 years. During that time I met Monica Linklater whom I had my son with, Dwight Moody Jr., and still with her in a common-law relationship.

I was sponsored by HRDA in NCN to a Technical Vocational Teacher Education Program that I will be graduating from in January 2018. During that time, I had the opportunity to work at Keeyask with BBE (Manitoba Hydro). I took an education leave to attend Red River College in Winnipeg. My new goal has been to raise my son and teach until my retirement.

### Winnipeg



### Fonda Berard

My parents are Darcy Linklater and Mona Hart. I have been married to my husband Keith for 13 years, and we have five children. I have worked as an NCN Consultant now for many years. I started

with the NFA Agreement, and have worked most recently with the Land Code. It is good to know the NCN members are included in this process, so I am happy to be back! Don't hesitate to contact me.



### **Vernon Anderson**

My grandparents were Lillian Gossfield (Flett) and Herman Edith Anderson (Moose) and Bruce. My biological parents are Bill and Minnie Anderson. I was raised by my aunt and uncle Harriet Anderson

and Abraham Taite. I grew up in South Indian Lake and am a member of the Nisichawayasihk Cree Nation. I currently live in Winnipeg. I have been working with NCN on a casual basis, delivery letters, meeting with people. Most currently, I was one of the Land Code consultants. I work with high school students in finding work experience placements from Grades 9-12. I believe in education. Education is the key to change.



### Elizabeth Linklater

I was named after my late Kokum Mrs. Gooses, from Nisichawayasihk Cree Nation. I am very honoured to be a part of the NCN Consultant Team, and I look forward to delivering the upcoming

newsletters. I have been very busy over the years in the city of Winnipeg, working on obtaining a Bachelor of Arts degree.

I am a single mother with four children, who works passionately in what I do, promoting resiliency by getting an education. I have had the opportunity to work as a poll clerk in the last two elections. I am happy I come from a community of many leaders and role models.



Here's your chance to win a **PS4 Gaming console** or an **IPAD**! If you are an NNOC student with creativity and aspirations for song writing, put together your best song about the NCN Constitution and enter by November 1, 2017.

For more information, visit ncncree.com or contact Angela Busch at the school or by email angelab@nhea.info





### KITITAHWINAOW ACHIMOWIN

# Community News

# 8,300-Year-Old **NCN** Ancestors Repatriated to New Burial Site

In a collaborative effort from the Province's Heritage Resources Branch, Manitoba Hydro, and NCN Chief, Council, Elders, and community members, 38 ancestors have been repatriated to their new burial site.

It was a tireless process that took seven years, including identifying a site for repatriation with the help of a



New grave markers.

topographical GPS system, procuring an easement and a graveyard license, a transfer of custody, and preparations of

"We found a nice spot on a hill, 40 metres off-shore, overlooking the water," says Bill Yetman, who lead the project's team. "Water is very important in our culture, and these ancestors had to be laid to rest on the shoreline to watch our community grow, to watch travellers go by."

The new site required a lot of work, including some forest clearing, sweats and ceremonies. Rough boxes and 19 beautiful crosses, with dove carvings by Garrett Moose, were built, as well as a medicine wheel.

Chief Moody travelled to Winnipeg to bring the ancestors home. It was agreed the ancestors needed to rest, and the delegation



NCN Citizens take part in cermonies at the new burial site to





Ceremony at the burial site.

# 6 NCN Families Displaced from Home Due to Fire

On Friday, October 13, 2017 the community of NCN and first responders were handling a dangerous house fire. Six families have since been displaced due to the damage of to their home. The cause



A simple check of your fire alarm monthly could save lives.

of the fire and the extent of the damage is still under investigation.

Fire is a scary reality for many in NCN, and with the colder weather; wood stoves, fireplace, chimneys and space heaters can be a leading cause of home

Residents are reminded to check

chimneys for blockages like animal or bird nests. Ensure space heaters, fireplaces and wood stoves are clear of combustibles and that there is at least a one-meter space around them. Never use fires or stoves for warmth without a properly installed chimney. Also be sure to smoke cigarettes outdoors and ensure they are always properly put out.

Did you know that if a fire starts in your home you may have as little as two minutes to escape? During a fire, early warning from a working smoke alarm plus a fire escape plan that has been practiced regularly can save lives.

### **Top Tips for Fire Safety**

- 1. Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- 2. Test smoke alarms frequently (monthly). If they're not working, change the batteries.
- 3. Talk with all family members about a fire escape plan and practice the plan at least twice a year.
- 4. If a fire occurs in your home, GET OUT, STAY OUT and CALL FOR HELP. Never go back inside for anything or anyone.

Thank you to those families who generously extended accommodation invitations for the displaced residents affected by the fire. Want to help? NCN is currently holding a donation drive of essential items to help with the families' losses. Email: kimlinklater@ncncree.com

stopped at Wuskwatim, where they were placed on pedestals in a tipi. A large storm developed that night, during which the tipi fell down, and the ancestors were moved to the Octagon bunkhouse. The Elders agreed this was a message that the repatriation process had to slow down.

The burial ceremony was rescheduled for several days later, and the community was invited to participate.

The ancestors were laid to rest in a ceremony on Sunday, September 24th, with about 50 people in attendance.

"The interesting thing was that these ancestors lived a very long time ago, before there was religion," says Yetman. "But everyone cooperated, it was a very nice coming together, and an order of service was created, based on Indigenous, United and Catholic teachings."

Several of the ancestors had been stored in Winnipeg, at the University of Winnipeg and the Manitoba

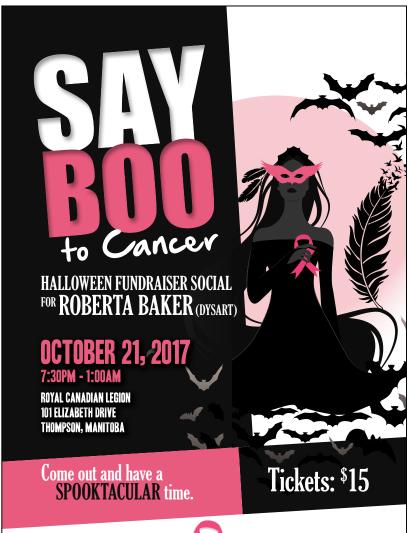
Museum, and most had been buried at the Wuskwatim site. Carbon dating showed the oldest ancestor to be a man who died 8,300 years ago.

The ancestors were laid to rest in a ceremony on Sunday, September 24th, with about 50 people in attendance.

A five-year maintenance plan is being created to clear more forest around the new burial site. Yetman says community members are always welcome to visit the ancestors, and to offer tobacco and prayers.

Meanwhile, there is more repatriation work to be

done. About 12 ancestors will be moved from several different sites, including Mystery Lake and Burntwood Lake, to an existing repatriation site at Threepoint Lake.



- Silent Auction • 50/50 Draws
- Give Cancer the Boot
- Kiss Cancer Away
- Best Costume Prizes

Must be 18+ to attend

All proceeds raised will be donated to Roberta Baker (Dysart)

### To purchase tickets contact:

Hilda Anderson Pyrz: 204.805.1884 Arlene Dysart: 204.679.1459 Lianna Anderson: 204.307.2919 Zailev Dvsart: 204.939.0223 Glenda Moose: 204.307.2291

https://www.facebook.com/ events/160883427799739/?ti=icl





# NCN'S TRACK RECORD OF SUCCESS

# YOUR VOTE IS MAKING A DIFFERENCE – KEEP IT UP NCN!

Your votes over the past two decades have brought ongoing improvements for our Nehetho Nation. Each time we have gained lands and/or financial resources and increasing control over our lives. Each vote has enabled us to add to our portfolio of businesses, improve job opportunities, training and expand its revenues to benefit the community.

#### **DID YOU KNOW?**

In the early 1990's NCN was 100% dependent on federal government funding. By speaking up in the community and giving broad support to the initiatives Chief and Council has promoted, NCN now receives only about one-half of its funding from the government. The rest is from its own source revenues, and we continue to pursue opportunities to strengthen our Nation even more!

### BUILDING ON OUR SUCCESSES FOR AN EVEN BETTER TOMORROW

The Constitution and selfgovernment negotiations are intended to decrease dependence on the federal government and increase our revenues further, while making sure our TREATY RIGHTS will not be affected.

ABORIGINAL RIGHTS WILL NEVER BE GIVEN UP AND WILL BE FURTHER RESTORED.



YEAR















Northern Flood Agreement (NFA) Implementation Agreement -

establishment of Nisichawayasihk Trust and CAP/CIP.

Benefit: Increased land and financial resources.

### Treaty Land Entitlement (TLE) Agreement—

Established the TLE Trust Benefit: increased land and financial resources.

### Election Code

Benefit: Removal from section 74 of the Indian Act.

#### Wuskwatim Agreement in Principle (AIP)

Benefit: Approval for negotiations of the Wuskwatim PDA and certain financial resources.

#### Wuskwatim Project Development Agreement (PDA)

Benefit: WIO, AOL
Taskinigahp Trust,
CIP Process, Tripartite
Agreement, RCMP Services
commence. Increased
financial resources and
other benefits.

### Election Law Amendments

Benefit: Increased self-governance and accountability.

Benefit: increased land and financial resources.

# Land designation for Three Rivers Store (land code)

Benefit: Removal of numerous Indian Act sections related to land – regained control over management and administration of lands.



Let's continue making history together. Your ongoing support is essential as we take this next step together toward approval of our own othasowewin (constitution). Your vote gives NCN a strong voice!

# Results Revealed from School Feasibility Study

After six months of community input meetings, cost and student enrollment projections, research, and assessment of current facilities, the results of a school feasibility study have been revealed.

About 30 people, including Citizens, educators, Chief and Council, attended a presentation delivered by Stantec on October 2nd. The architecture firm worked in collaboration with NNCEA, Linklater Consulting and INAC.

"A state of the art school facility would be such a valuable asset to the community. We feel all students deserve to have access to the best education possible," says Souk Xoumphonphackdy, from Stantec.

"A new school facility could accommodate

specialty programs suited to the needs of NCN students. A new sports fields could be used by the community after school hours, and would help to establish key infrastructure necessary for any future development."

The current facilities were constructed in 1986, and are showing signs of wear and tear. The elevator is not operational, which means accessibility is an issue, and there are several roof leaks. Further maintenance and repair is required to bring the school up to

current standards. Temporary shelters are currently being used as classroom space, but more permanent teaching space is required.

By the year 2026, 1,017 full-time students are expected in Nelson House. Feedback from the community suggests that two schools, a K-6 and a 7-12, would be the most beneficial. Two new sites were offered

would be such a valuable asset to the community. We feel all students deserve to have access to the best education possible."

"A state of the

art school facility

up for discussion: Site 1 by R.C. Point, and Site 2 by Moore's Bay. Both sites were considered good options, but Site 2 was preferred because it is closer to the town centre.

A linear, modern design stood out as a preferred design over the current layout, which is curved and split up over several floors.

Attendees at the presentation talked about the value of outdoor classrooms

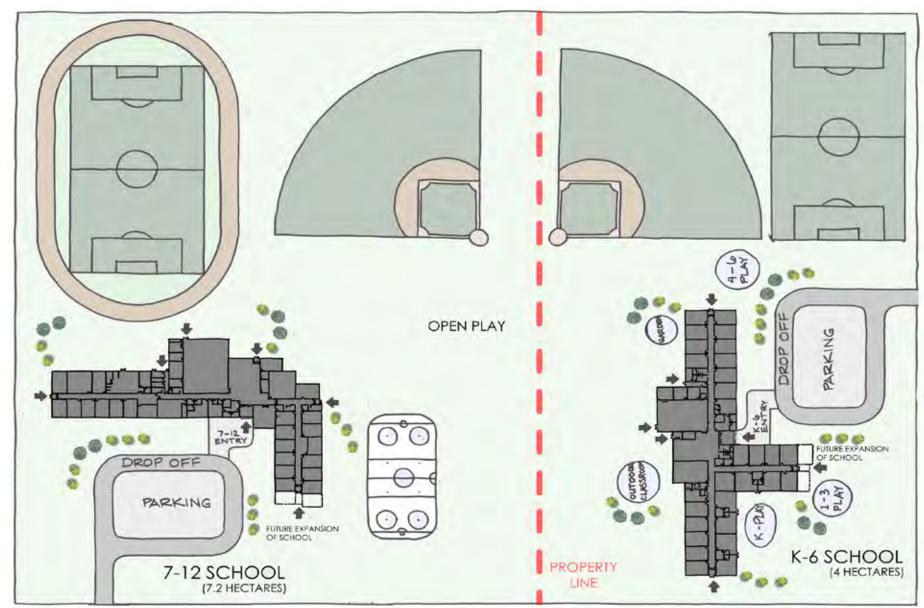


and the dental program, and hope these will be incorporated into future development plans. Several people hoped a daycare would be considered as well.

The final school study report will be submitted to NCN

leadership and INAC for further review.

"Once funding for design and construction of a new school project is approved, design typically takes about one year and construction takes two to three years," says Xouphonphackdy.



School Site Concepts from NCN School Feasibility Study Report

In March 2017, Nisichawayasihk Cree Nation retained the professional services of Stantec Architecture to complete a School Feasibility Study for the community. Stantec in collaboration with Prologica Research Inc. has been working closely with NCN and INAC on the project. The project is now in its final stages and will be complete in the upcoming weeks.

The goal of the School Feasibility Study was to evaluate the conditions of the existing school, the existing school program, projected student enrollment, conditions of existing teacherages, potential school development options, potential site development options, cost analysis and to generate feedback from the community on the status of education in Nelson House.



# Making Halloween a Screaming Good Time

Halloween can be a fun night, and offers some great opportunities for our young people besides free candy!

It's a great chance for children to fire up their imaginations. Talk to your kids about funny and scary costumes, and encourage them to create a character with some detail (A good costume can be fun for home play after Halloween, too.).

Halloween is a great opportunity for kids to practice their social skills. Parents, remind them to use their manners, and to help out younger kids.

To make Halloween a fun night, we all have to make sure it's safe.

If you are a homeowner, make sure your driveway, sidewalk and steps are easy to navigate. Sweep away leaves and/or snow. Move anything that may trip a child, and have bright lights on the outside of your house. Avoid using candles.

Parents, dress them for the weather. Walking in unfamiliar spaces in the dark is tricky, so avoid things like masks, long capes and oversized shoes. Use light-coloured materials (including a white pillowcase or plastic bag), and put reflective tape on the front and back of your child's costume. Tell them to read the checklist on this page!

If you are driving children, please go very slowly. Remember there are excited kids on roads that may not be familiar to them. Always double-check the area around your car when you move to the next spot. Watch the behaviour of other children, too, and call out unsafe actions.

Children should be accompanied by their parents until they are at least 10 years old. If you've decided they can go with



friends, plan their route with them. Tell them what time you expect them home, and make sure they have a flashlight, a watch, or preferably a cell phone.

> When kids get home, make them a warm drink. Ask them to put away their costume and remove makeup while you do a safety check on their candy. Remove any items that are ripped or damaged. Closely inspect anything homemade or natural (such as apples). Remember that kids under the age of 4 can choke on hard candy and gum.

### Here's to a spooktacular Halloween!

# Halloween **Tips for Kids:**

- Make sure you can see and move in your costume.
- Wear reflective tape on your front and back.
- Work your way up one side of the street and then down the other. Don't go back and forth across the road.
- Don't assume a car can see you.
- Don't approach a house that is dark.
- Never go into a stranger's house.
- If you have allergies, tell everyone!
- Help out younger kids.
- Save your candy until you get home.
- Don't eat too many treats all at once!



To make Halloween

a fun night, we all

have to make sure

it's safe.

# NCN Cheer Board Kicks Off Annual Merry-Making

Can you hear those sleigh bells jingling?

Believe it or not, preparations are already beginning for the NCN Cheer Board's annual Christmas gift and food hamper drive.

"It's incredible to think we've been doing this now for 24 years," says Chief Marcel Moody, who founded the NCN Cheer Board in 1993. "At that time, we saw a need in the community, and we wanted to do something about it. We dressed up as Santa's helpers and delivered some presents to kids."

Originally, the local Awasis Agency (now known as FCWC) organized the project. In 2007, the Trust Office took over and continues to be the central workshop, where staff shop, collect, wrap, coordinate and deliver food hampers and gifts.

The goal of the Cheer Board is to ensure every NCN child under the age of 12 receives a present, and that every NCN household, including the cabins on Highway 391, has the chance to celebrate Christmas with a hot turkey dinner.

The ancestors were laid to rest in a ceremony on Sunday, September 24th, with about 50 people in attendance. This annual tradition is a huge undertaking. Around 500 food hampers and 800 gifts are assembled and delivered every year, usually in the second week of December.

In the past, the kids' gifts have been things such as toys, clothing and games. Food hampers include

everything a household needs for a lovely feast, including a turkey, and all of the fixings.

"It is a real community effort," says Cheyenne Colomb,

who is this year's Chair taking over the reindeer reigns from Roslyn Moore and Joyce Yetman. "NCN employees, RCMP, the Family Food Store, the local cadets, and so many volunteers have helped in the past... we couldn't do it without everyone pitching

in and we look

forward to great volunteers helping out again this year."

Join in! Get some friends together and volunteer your time to help the Cheer Board. Maybe you'd like to make a donation. Call the Trust Office at 204-484-2604 or Cheyenne Colomb at 204-679-6827 to find out how you can fill bellies and hearts this Christmas.



# A Christmas Wish

The NCN Christmas Cheer Board wants to make sure every NCN Child in Nelson House gets a gift this Holiday Season. The board also wants to continue the Festive spirit by getting every NCN household in need a food hamper. NCN residents/Citizens only.

Be sure to give your Child's name, their gender and age (under 12) and your current address to the NCN Trust Office by calling: 204-679-6827 Cheyenne 202-484-2604 Trust office

OR email: cheyennespence@msn.com

The gift of giving! We also ask for volunteers from the community to call us to volunteer your time and help out.

### **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!

Send your contact information and address to Joyce Yetman by phone (204) 484-2604, or joyceyetman@ncncree.com.



# Citizen Profile: Alberta Linklater – A Growing Leader

Alberta Linklater is an up-and-coming NCN Citizen, helping kids Nelson House to learn how to learn about their place in the world and to understand their own self-worth.

She aids in Sunday School classes on Saturday afternoons,

and at a home church she attends, where she enjoys singing songs with the kids, and introducing them to Bible stories.

The 23-year-old also works at Midway Bible Camp, where she serves as a cabin leader.

"It's a lot of work, and it's a lot of fun," she says. "It's important to help with these younger children so they learn about how much God loves them and how important they are. They are so precious."

Alberta attended the camp as a child herself. She most appreciated learning songs of worship and listening to the Bible stories that taught qualities such as perseverance, compassion and selflessness.

In her spare time, Alberta enjoys taking photos, going for walks, and spending time with friends. She has also participated in Serving And Leadership Training (SALT), which is coordinated by Midway Bible Camp. The group meets once a week in

to serve their families and community, and to grow as leaders.

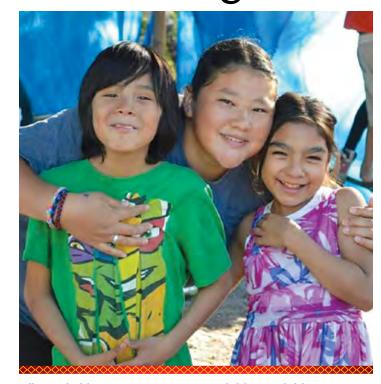
The 23-year-old also works at Midway Bible Camp, where she serves as a cabin leader.

"It's a great place to learn more about the Bible and just to connect with

youth, and give and receive encouragement."

Congratulations, Alberta! We appreciate your generous heart with our NCN young

If you know a young person from the NCN community doing great things, let us know.

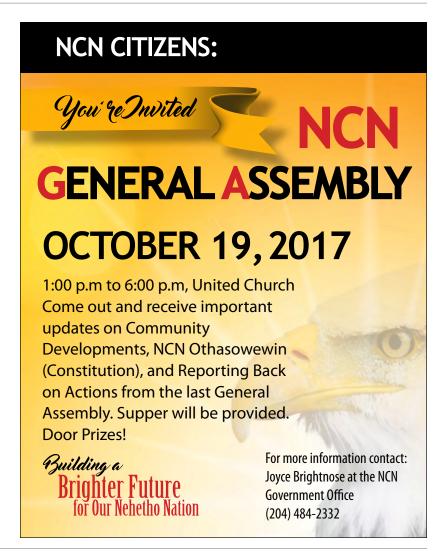


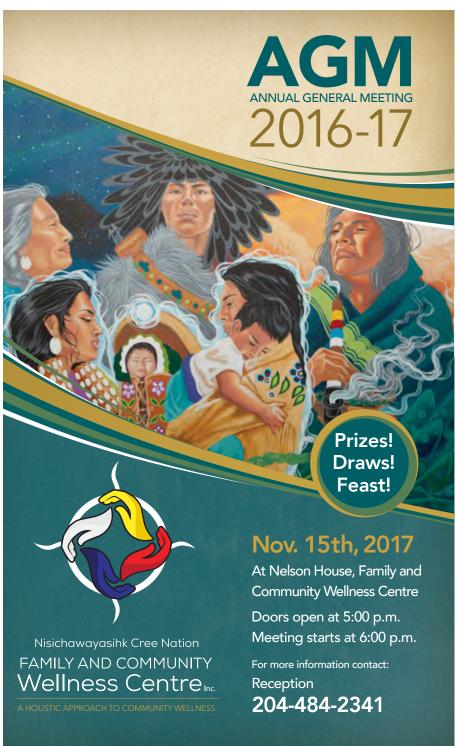
Alberta linklater mentors younger children at bible camp.

## NCN Recognized for Land Code Ratification



NCN was honoured at the National Lands Advisory Board AGM held in Wendake Quebec on Oct 1-2/2017. Every community that ratifies their Land Code is presented with a brass eagle. (Photo L to R) NCN Councillor Willie Moore, NCN Chief Marcel Moody and NCN Lands and Resource Department's Jeremiah Spence.







NCN Citizens made a choice to

create our own path forward

for our people, our land, our

Join with as we celebrate!

community and our resources.



DEALING WITH ADDICTIONS? call (204) 484-2256.

For more information, please contact:

Email: jeremiahspence@hotmail.com

Box 393, Nelson House, Manitoba ROB 1A0 Phone: (204) 939-3805

NCN Lands and Resources Office

Jeremiah Spence

Next men's intake is October 23 - December 15/17





**Our Residents attend 30** 

lectures and take part

in Cultural Ceremonies

aimed at Knowing what

Drugs and Alcohol do.

# The Red Road to Addictions Healing

### Medicine Lodge 8-week In-House Treatment Program Heals with Culture

By: Curtis V. McDonald, Nelson House Medicine Lodge **Treatment Director** 

The Nelson House Medicine Lodge is a special centre with unique programming because we utilize both Western and Cultural Holistic approaches to Alcohol and Drug Abuse Awareness. Our mission statement is "Mithwayawin Mitho Tehewenihk Ochi," Holistic well being through the path of the good heart.

In our Program our Residents attend 30 lectures and take part in Cultural Ceremonies aimed at Knowing what Drugs and Alcohol do to their Mind, Spirit, Emotions and their Bodies. Knowing what the affects of the negative coping skills do and saying "No" to Drugs and Alcohol.

These negative coping skills all started in colonizing our people, assimilating our Great Grand Parents to get the "Indian

out of the child." The fears of being "Indian" were harsh, saying our ceremonies were all savage like and heathenistic, pagan rituals.

From the Webster's dictionary,

Heathen is anyone not acknowledging the God of Christian, Jew or Muslim Belief; a

person regarded as irreligious, uncivilized.

What the colonizers did not understand about our ceremonies they tagged us as uncivilized, savage people. Which is again fear based because our Ancestors were united, had real good kinship not only within the community but all creation. We knew how to manage our natural resources; we honoured all the seasons, the animals, the plants, the water and Mother Earth.

Our people ran communities smoothly, and everyone had a task that was as equally important to the rest. Our children were the center of our communities whereby everyone had a hand raising the child. The mothers were the in circle followed by the grand mothers who were supported by the grand fathers who were supported by the fathers who were in turn supported by the two spirited people.

Our beautiful circle was boxed, where by religions came to baptize the uncivilized savage and given Christian names to fit into Canada.

The ways of our people were outlawed, where by anyone caught in these ceremonies was jailed for life.

Our children were forcibly taken to residential

schools or Industrial schools or Sanatoriums to "Save" the savage or take the Indian out of the child.

Our 8-week program explores Canada's black eye, to review, and

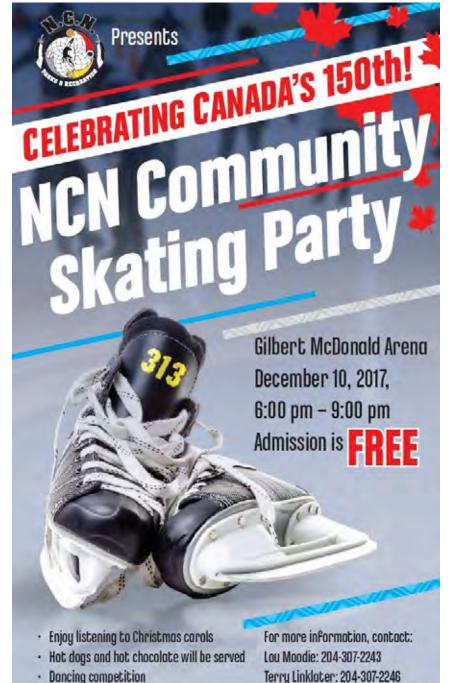
to allow us to self explore, how alcohol was introduced into their families. We are all affected one way or another. We work to show our residents that our culture is beautiful and it is safe, we

> encourage cultural ceremonies to "Know" who they are as First Nations People. The Medicine Lodge is a safe place to practice our ceremonies,

because our ways as First Nations People were here long before colonization.

Our clients begin to shift their attitudes and behaviours by refocusing their learned coping skills at the Nelson House Medicine Lodge. Our Treatment is constantly working on improving the program through training and client evaluations. Our residents and clients are encourage to part take in all treatment activities to learn more about their culture and identity, even those who are non-First Nation begin to understand the importance of First Nation Culture, Values and Beliefs.

For more information about the Lodge and programming, contact (204) 484-2256. Let's talk!



· Skating with Santa



Sweats at the Lodge are part of the cultural treatment.

Cheyenne Spence: 204-679-6827

# **Employment Opportunities**

### FULL TIME - TERM JANITORIAL/CUSTODIAL WORKER

#### JOB SUMMARY:

**Employer: NCN GOVERNMENT ADMINISTRATION** 

Position: One (1) Full time – Term Janitorial/Custodial Worker

Deadline: Friday, October 20, 2017 Start Date: As soon as possible Wage: Based on qualifications

**Competition** #: NCN2017-10-04-001

Reporting to the Office Manager, the Janitor will be responsible for general cleaning, upkeep, maintenance and inventory on cleaning supplies in both the NCN Trust Office and Government office (aka Band Office).

#### Job Duties: Key functions

- Maintains inventory of office cleaning supplies and equipment
- Maintains inventory of coffee supplies
- Sweep and mop floors in the entire building
- Empty trashcans, waste containers and outside waste
- Clean and disinfect washrooms and fixtures
- Wash dishes

- Dust and clean all office furnishings (desks, shelves, equipment, computers, fax machine, copier, fridge and stove, etc.) on a daily basis
- Keep walk and stairway clear
- General cleaning on the outside of buildings
- Perform other janitorial duties as assigned
- Ensure the alarms system (where applicable) is working at all times
- Maintain clean and safe working environment at all times
- Report any damages and/or equipment not working that may need replacement or repair.

#### Qualifications:

- Must have basic reading and writing skills
- Must be responsible and dependable
- Experience in this field is a definite asset.

Please provide a Cover Letter a Resume to: Kim Linklater – HR Specialist @ NCN Band Office Phone: 204-484-2332 Fax: 204-484-2392

Email: kimlinklater@ncncree.com



### MOBILE CRISIS INTERVENTION TEAM MEMBER - FULL TIME (4 POSITIONS IN THE THOMPSON OFFICE)

### JOB SUMMARY:

Deadline extended for the MKO Thompson Office

Employer: Manitoba Keewatinowi Okimakanak Inc.

**Position:** MOBILE CRISIS INTERVENTION TEAM MEMBER (Full-time/4 positions)

**Deadline:** 4:00 p.m. October 30, 2017

Are you a Mental Health, Wellness or Crisis Professional or maybe a Spiritual or Indigenous Knowledge Keeper who is seeking an opportunity to make a real difference in the lives of Indigenous people at times of crisis? Are you willing to travel to remote fly-in First Nation communities throughout Manitoba? If so, let's talk!

#### Your opportunity:

- You will be part of a Winnipeg or Thompson, MB based team.
- You will work with others like yourself who are dedicated to work which has real value and meaning in the lives of others.
- You will apply your education, skills, talents, and passion for the benefit of others while learning from the expertise of your team.
- You will enjoy the satisfaction that comes from knowing your work is much more than iust a job.

### As a Mobile Crisis Intervention Team Member, you will:

- Provide culturally sensitive and safe crisis intervention and trauma support in the priority area of suicide or other tragic loss of life.
- Deploy to remote fly-in communities throughout Manitoba, usually for up to three days on short notice.

- Provide an organized crisis response with support services to those impacted in the community.
- Work as part of a dedicated regional team.
- Contribute to a broader strategy to strengthen relationships and provide greater capacity within First Nations communities to respond locally to crisis.

#### You bring:

- Traditional healing practices as an Indigenous Knowledge Keeper or Elder or have a Degree in related social sciences, social work or health related post-secondary education
- 3–5 years experience working in a crisis response environment
- Proficient computer skills
- A valid driver's license
- A sensitivity and understanding of culture, language and issues relevant to Indigenous communities
- Preference will be given to those who speak or understand an Indigenous language
- A willingness to travel
- A satisfactory background check

If this sounds like the right fit for you, please email your resume and cover letter by 4:00 p.m. October 30, 2017 to:

Oliver Veuillot, HR Coordinator Email: oliver.veuillot@mkonorth.com



Manitoba Keewatinowi Okimakanak Inc.



# **Notice to NCN CITIZENS**

Nisichawayasihk Cree Nation

**Community Ratification Vote** 

# **OTHASOWEWIN** (CONSTITUTION)



The Nisichawayasihk Cree Nation has developed an Othasowewin (constitution) for consideration by NCN Citizens in a community ratification vote. A Ratification Vote will be held in accordance with the Nisichawayasihk Cree Nation Community Ratification Process from November 1, 2017 to November 29, 2017 in order to determine if Onuwosonekew (voters) approve the Othasowewin (constitution).

#### **The Ratification Vote will include:**

- 1. Electronic Voting from: November 1-29, 2017
- 2. In-person Voting in Winnipeg, Thompson, Leaf Rapids and Nelson House on the following dates:

 November 20, 2017 Leaf Rapids, Town Center November 21, 2017 Thompson, Mystery Lake Hotel November 23, 2017 Winnipeg, Fairfield Inn & Suites

 November 28 & 29, 2017 Nisichawayasihk Cree Nation, Gilbert McDonald Arena

### NCN ONUWOSONEKEW (VOTERS) WILL BE ASKED THE FOLLOWING QUESTION ON THE BALLOT:

### "DO YOU APPROVE THE OTHASOWEWIN (CONSTITUTION), DATED OCT 4, 2017"

A "YES" VOTE MEANS THAT NISICHAWAYASIHK CREE NATION WILL MANAGE ITS OWN GOVERNANCE AND LAW-MAKING PROCESSES. A "NO" VOTE MEANS THAT NCN GOVERNANCE AND LAW-MAKING PROCESSES WILL CONTINUE TO BE SUBJECT TO THE INDIAN ACT.

YES OR	NO
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Copies of the Othasowewin (constitution) and related documents are being delivered or emailed to all Onuwosonekew (voters) whose address is on record with the Nisichawayasihk Cree Nation. Information including the Community Ratification Process is available online at www.ncncree.com and from the Nisichawayasihk Nehethowuk Okimawin (NCN government) office or the NCN Trust Office.

Jacqueline Hunter, Deputy Electoral Officer, appointed by NCN Electoral Officer, Joyce Yetman, shall be the Ratification Officer, and that she has the authority to approve procedural amendments pursuant to sections 8 and 16 of the NCN Community Ratification Process.

AND FURTHER TAKE NOTICE that all Nisichawayasihk Cree Nation Citizens 18 years of age or older on the day of the Ratification Vote are eligible to vote, provided that such NCN Citizens have submitted a complete, signed and witnessed voter registration document to the Deputy Electoral/Ratification Officer prior to the close of the polls in the case of in-person voting or in the case of electronic voting, voters have completed registration through the electronic registration system prior to the close of the electronic voting system. Voter registration documents will be sent to all NCN Onuwosonekew (voters) whose address is on record with the Nisichawayasihk Cree Nation unless they have registered electronically. Voter Registration documents are also available from Jacqueline Hunter, Ratification Officer or at the address and telephone number appearing below.

PLEASE NOTE: Any Registered Voter may vote in person or by Electronic Voting during the dates set out above. If an Onuwosonekew (voter) has not received, or been able to electronically access, a Voter Registration Document by October 31, 2017, please contact Jacqueline Hunter, Ratification Officer so that the necessary form can be provided to you or you may also obtain a Voter Registration Document at the polling locations indicated above.

DATED at Nisichawayasihk Cree Nation, Manitoba October 4, 2017.

**Ratification Officer** 

For more information please contact: Jacqueline Hunter, Ratification Officer Ph/Txt: 204-679-5213 Fax #: 204-484-2588 Email: enlightenfirst@gmail.com

Mailing Address: Box 393 Nelson House, MB R0B 1A0

# NNCEA's Director of Education Report

Nisichawayasi Nehetho
Culture and Education Authority

NISICHAWAYASIHK CREE NATION

By: L. Gail Gossfeld-McDonald

The first month of the 2017-18 has flown by! Everyone has been busy. Each day is a new experience with much activity/learning. Another year of Indigenous Control of Indigenous Education (ICIE) is upon us. The PATH plan is still at the heart of what we do. A big thank you to all who make this possible! Happy Thanksgiving to all.

### **Happy News**

Thanks to the efforts of the Assistant Director, NNCEA has: two new school buses, a wheelchair bus, modernized washrooms near the main entrance of the elementary school, a new bobcat, improved parking at the school, four renovated teacherages, and repaired roofs at OK and AMEC.

The search for a new Principal is over. Mrs. Matilda Gibb, former Resource Teacher, is back and loving it!

Past Principal, Natalie Tays, is training to be a Reading Recovery teacher and is the Schools Improvement Specialist. She loves her new assignment as well!

Thanks to the bus contractor and the bus driving

team who made sure all the buses "were in order" for this school year. They are dedicated and are available every day that school is in session, you are appreciated!

Due to overcrowding and threat to safety, another bus has been added to the bus run for the New Area/Bay Road.

There are 19 potential grade

12 graduates for 2017-18! Fundraising and planning has already begun. If your child is graduating, you are encouraged to assist with graduation. We want Grad 2017-18 to be bigger and better!

In fact, potential graduates are going on an exploratory trip to visit educational institutions in The Pas, Brandon and Winnipeg on October 10th-13th, 2017. Big thanks to all the sponsors, coordinators and chaperones! It is hoped that this will become an annual occurrence which helps our graduates with the transition to post-secondary life.

Thanks to Public Works, speed bumps, crosswalks and signage have been installed with more changes on the way.

### **School System Initiatives**

Don't forget, our flex day calendar is not as rigid as the provincial calendar and allows for various breaks. The day is extended by 30 minutes. This extra time adds up to give us "flex days" where we don't have to be in school. No school days will be lost as the calendar has 196 school days. No classes for our students on October 9-13, 2017.

NCN Chief and Council are moving

forward on the construction on the Multiplex which began on September 7th, 2017. The safety of our students and staff is at the forefront and has to be maintained. It is scheduled to be done by August 2018. In the meantime, tell your children NOT to play in this construction area for their own safety.

The School Feasibility Study initiated by Chief and Council (C & C) is complete. Stantec will provide the final report to C & C who will make a final decision for presentation to INAC. Once the study gets federal government approval, a project manager will have to be selected, then the architects. It is estimated that construction will take about two years. So it will be 4-5 years before a new school is opened. In the meantime, we have to carry on and do our best to occupy/maintain the present school facilities.

A School System Evaluation for 2017-18 has begun. A steering committee was formed last spring to initiate this process. Clarke

Educational Services were awarded the contract. They are scheduled to begin on October 16 and 17. The evaluation team will gather information on our schools to assess what's going good and what needs to improve. So, if you are approached, please participate in any way you can. Your input is valued. By March 31st, 2018, a final report will be provided to the steering committee with recommendations for implementation. School evaluations are done every 5/6 years.

In the near, near future, the Duncan Wood

Memorial Hall will be converted into a useable facility for NNOC gym classes (desperately needed), a youth activity centre on weekdays/weekends and a gathering place for community events. It is hoped that it will be completed by early December 2017. This is a joint venture between NCN, NNCEA, NHDC, NCN Parks and

Rec and the GMA. We look forward to its renovation/facelift!

The Nehetho Language and Culture team will be created. They will be responsible for the Nehetho language curriculum for N/K, land-based programming, cultural activities/camps and the on-going indigenization of our school system.

### School System Concerns

Due to bus overcrowding and the safety factor, it has become necessary to have two bus runs, one for 8:30 and one for 9:00. Classes for N-Grade 4 will be held at 8:30 a.m. – 3:30, Monday-Friday with a lunch break from 11:45-12:45. Classes for grades 5-12 will held at 9:00-4:00, Monday-Friday with a lunch break from 12:38-1:38.

In the past while, some parents/ guardians have expressed dissatisfaction with the lunch times. The NNCEA is aware of this matter and apologies for any hardships that families have had to endure. The rationale for these lunch times at OK/NNOC is contained in this issue of Achimowina. Your understanding on this topic is appreciated. At present, your child is most welcome to bring a healthy, bagged

lunch and eat at the school. Once the hot lunch program begins on October 23rd, 2017, hot lunch will be available, at a reasonable cost. If your child attends, this may alleviate the hardships that the odd lunch times have created.

School Programs

**NCN Chief and Council** 

are moving forward on

the construction on the

Multi-plex which began

on September 7th, 2017.

As in previous years, the school nutrition/lunch program will continue. The snack program began already. The breakfast and hot lunch program will begin on Monday, October 23, 2017. This has allowed sufficient time to organize and prepare. This year, the hot lunch program rate has been increased to \$1.00 per day, per student to offset rising costs. Additional information will be sent home by the school administration.

The Elders in the School program will be starting soon. We look forward to having our Elders in the school. Their presence will surely make a difference!

Teacherage (7A) is the home of the Centre for Cultural, Academic, Social, Emotional Learning (CCASEL) and is for students who require additional supports to develop their basic skills. It is a brand new program which will be a "work in progress." An alternate program designed to meet the needs of the students.

The Mature Student Diploma Program and High School Apprenticeship are continuing at the ATEC. Although located at ATEC, these are two programs that NNCEA oversees.

### **Upcoming Events at the School**

A Blessing and Purification of our Schools will be happening on Monday, October 30th, 2017 from 4:00-6:00 p.m. The NNOC Guidance Counsellor, Susan Kobliski, is organizing the function. Major denominations will participate. So, stay tuned to the radio and notes from the school. Everyone is welcome!

Amnesty day will be happening on October 31, 2017 in the

**Due to** 

overcrowding and

threat to safety,

another bus has

been added to the

bus run for the New

Area/Bay Road.



afternoon to celebrate Halloween. Teachers usually plan classroom parties. For sure, there will be lots celebrations, junk food, contests and activities! Please see the Tips for a Safe Halloween poster in this issue of Achimowina.

The annual Remembrance Day Service will be held on November 9th, 2017 at the OK gym. School Administration will send home notices on this event.

School to be closed on Friday, November 10th, 2017 to honour all veterans/veteran families for Remembrance Day.

### Upcoming Educational Workshops/Professional Development

October 10 and 11, 2017: MKO/SCO is hosting an Education

Transformation gathering for First Nation Chiefs, Education Portfolio Councillors and Education Directors at the Victoria Inn in Winnipeg. They want input on governance, jurisdiction, funding, language and culture and education standards. This should be productive.

October 23 and 24, 2017: The Manitoba First Nations Education Resource Centre (MFNERC) is hosting a Directors of Education meeting in Winnipeg. Your Director of Education

shall be attending. It's a time to get needed information, discuss mutual concerns and connect with others.

**November 13 and 14, 2017:** There will be a Treaty Education

Initiative (TEI) Workshop in our school gym from 9-4 and all NNCEA staff and NCN community leaders/community members are welcome to join us! The TEI facilitation team from Winnipeg will be here to inform us on the TEI; the oral perspective of treaty making; the Treaty Relations Commission of Manitoba; treaty education implementation approaches and kit overview; the Elders perspective on the importance of teaching treaties in the classroom; the historical context for treaty making, etc.

### **Closing Comments**

Please ensure your child attends school daily. This will help us improve our attendance statistics which will impress the funders and increase our chances of acquiring a new school. Your efforts

in this area are appreciated.

If you have items for sale like handicrafts, artwork, etc., please do not disturb teachers at their teacherages. Advertise it on a poster and circulate it or advertise it on the radio. Teachers can contact you. Your cooperation is appreciated. If assistance is required, the NNCEA Print Shop personnel can help you create a poster.

Interested candidates are encouraged to apply for NNCEA jobs postings. These are on the website, ECN, in Achimowna and/or posted in high profile places in the

The regular NNCEA school board meeting for Tuesday, October 10th, 2017 had been rescheduled to Tuesday, October 17th, 2017 for 5:00 p.m. at the AMEC. This is due to the fact that the Education Transformation meeting (initially planned for August 2017) was rescheduled to October 10th and 11th, 2017. MKO/SCO wanted the Chiefs, Education Portfolio Councillors and Education Directors in attendance.

Next month, school administration will be doing the monthly report. We take

Heartfelt condolences to all the families who have lost loved ones recently!

The 2017-18 school year is off to a great start and will be just as rewarding as years gone by! Ekosani!

# Winter is coming

Winter is an important season for nature and for us all. It is a time for reflection, calm and peace. Follow the tips below so you can stay safe and enjoy this upcoming winter.

A warm home will keep you cozy and comforted.

- Check the insulation on your windows and doors.
- Check your roof and its shingles.
- Install weather stripping and a door sweep to make up for the spaces when your house shifts.
- Check your furnace filter or the safety of your wood stove. How's your chimney?
- Prep your plumbing by draining outdoor faucets and garden hoses (which

- should be rolled and stored out of the way).
- Try heat tape on pipes that have caused trouble in the past.
- Teach everyone in your home how to turn off the water if a pipe bursts!

The annual

Remembrance Day

Service will be held

on November 9th,

2017 at the OK gym.

community.

- Avoid pests by using spray foam or caulk to fill small cracks and gaps around entrances.
- Steel wool and copper mesh are perfect for safely larger openings, exhaust vents, pipes and drains. (Be careful not to block proper air flow.)
- To deter mice from closets and cupboards, many people use fabric softener sheets (such as Bounce) or peppermint
- Garbage, compost, clutter, straw bales, warm fabric and crumbs are all invitations to mice, so keep things clean and organized in and around your home.
- Clean up your yard now before the snow falls.
- Ensure your septic tank is properly covered.
- Clear dryer vents.
- Put everything into its place so your sidewalk and driveway are clear.
- Make sure your vehicle is safe for winter driving. Check the tires tread and pack an emergency kit for the trunk. It should have a blanket, flares, extra clothing and boots, and

food such as granola bars.

Review winter safety with

> your children. They should know about ice precautions, proper winter clothing, and what to do if they are caught in a blizzard during travel.

### Get the Flu shot!

Winter is cold and flu season, but if you focus on your health, you might avoid the bugs! Get a flu shot. Aim for eight hours of sleep. Add more water, fruit and vegetables to your diet. Continue (or begin) to exercise: go for a walk at the Wellness Centre.

### Avoid the Winter Blues

Our winters are long, dark and cold. It can be easy to become lonely, and even slip into a depression. Make a weekly date with a friend. Try out a new hobby. Volunteer in the community, or "adopt" and enjoy visiting an Elder to keep them and yourself company. Keep your family members engaged and active, too.

Enjoy the quiet contemplation of winter and spring will be here before we know it!

# (OK School) Otetiskiwin Kiskinwamahtowekamik Lunch Hour Change for Safety and Learning



## 11:30-12:30 lunch hour was proposed for the following reasons:

### **Safety Concerns:**

- The safety concern of having both schools dismissing students creates chaos, congestion and an increased potential for students being bullied or injured by older students running into the younger students as they are leaving the school at the same time.
- The traffic flow in the

turnaround will create congestion with the exiting of teaching staff with vehicles and parents from both schools trying to find siblings in the crowd of approximately 800 persons.

- It is my understanding that the number of parents with children in both schools is minimal, therefore is it worth the risk of placing our students and staff at risk for injury as they all leave for lunch at the same time?
- The difference is 8 minutes from when the students at OK School are dismissed thereby permitting the younger students to find their way to their parents' vehicles and then NNOC students can find their way to their family's vehicle more quickly because the turnaround will be mostly cleared by the time of their dismissal at 11:38.

### **Instructional Benefits:**

- Having 4 periods of instruction in 45 minute increments in the morning and afternoon meets the instructional requirements for programming for all grades.
- Creates a balance in the day by having equal numbers of classes in the a.m. and p.m.
- Extending the school day by starting at 8:30 permits the opportunity to focus and engage students in the morning when they are more likely to be successful learners.
- Extending the school days permits opportunities to offer more culturally relevant programming equally in both a.m. and p.m. such as the Granny Cabins and the Elders Program.

# Elders to Share and Take Part in Our School's Programming

Fortunately, Indigenous and Northern Affairs (INAC), is providing the Nisichawayasi Nehetho Culture and Education Authority Inc. with some proposal dollars to establish an "Elders in Our Schools" program for this year. Our Elders are an asset and untapped community resource.

On our First Nation, the Elders are a precious, untapped resource. Many Elders are still in good shape/ health and would love to assist us in the schools. We need to set up the forum to utilize this resource and "tap into their gifts" so Elders can share their gifts with our students. Their presence will definitely help us improve. This would definitely "boost everyone's spirits."

Elders possess valuable life experiences and are our experts and possess many assets. They are the carriers of the Nehetho language and Nehetho ways (traditions/culture). They are aware of contemporary/traditional skills, knowledge and expertise. They know about the land/nature, the plants (medicines), the animals, the birds, the insects, the elements

Our Elders are an asset and untapped community resource. and teachings. They can serve as role models, guidance counsellors and storytellers, etc. Most are familiar with hunting, fishing, and trapping. Quite often, the mere presence of Elders has a calming effect. No child should have to ever live without having a grannie and/or grandpa in their life!

Five Elders will be recruited to work in our schools: two in the early years

(one male/one female), two in the middle years (one male/one female) and one in the high school. Elders will be given an honourarium for helping. One of the Administrators will recruit

and look after the Elders and co-ordinate and supervise them. Elders have to be picked up and dropped off daily. An Elder's Lounge will be set up for their comfort.

### Elders in our schools could:

- do morning prayers in Cree/English
- greet students/staff
- be available to listen/guide students
- provide guidance to students/staff
- do blessings/ceremonies
- pray/participate at meetings
- liaison with other community Elders
- provide historical information
- help with conflict resolution
- hold sharing circles
- assist the Cree teacher/students
- assist with traditional arts and crafts
- provide teachings for students/staff
- be a Nehetho resource person
- share contemporary/traditional knowledge



- speak at monthly assemblies
- visit classrooms and provide needed supports
- be a role model/promote language
- do demonstrations
- perform cultural activities.

It is hoped that the Elders will feel good about providing a needed service at our schools. Elders involvement with the education system will enhance all the efforts associated with the promotion and revival of our language and culture and reduce inappropriate studentrelated behavioural issues. In the end, students/staff will have a renewed sense of respect for an Elder especially if that Elder is their relative who still has knowledge of the language, culture and land-based expertise.

Please keep track of all the things that may transpire this year with the newly established "Elders in Our Schools" project. Your feedback will be requested so we can justify the program to funders. Ekosani!





Over one in every four female homicides in Canada are Indigenous women or girls.

The role of the MKO Missing and Murdered Indigenous Women and Girls Liaison:

- To enhance and strengthen the support offered to families of Missing and Murdered Indigenous Women and Girls (MMIWG).
- To promote culturally appropriate and supportive services.
- To support the gathering of existing information on behalf of families from system/agency partners (e.g. police, corrections, child and family services, coroner's and health services).
- To share the gathered information with families in a trauma-informed and culturally-sensitive way.
- **To help** families access available services and supports to promote wellness and healing (e.g., cultural supports, mainstream grief or trauma counselling).



Missing and Murdered Indigenous Women and Girls

MANITOBA KEEWATINOWI OKIMAKANAK INC.

Hilda Anderson-Pyrz Missing and Murdered Indigenous Women and Girls Liaison

Manitoba Keewatinowi Okimakanak Inc.

Toll Free: 1.800.442.0488 💘

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All correspondence is safe and confidential.

Get to know your MMIWG liaison. # @MKOMMIWGLiaison



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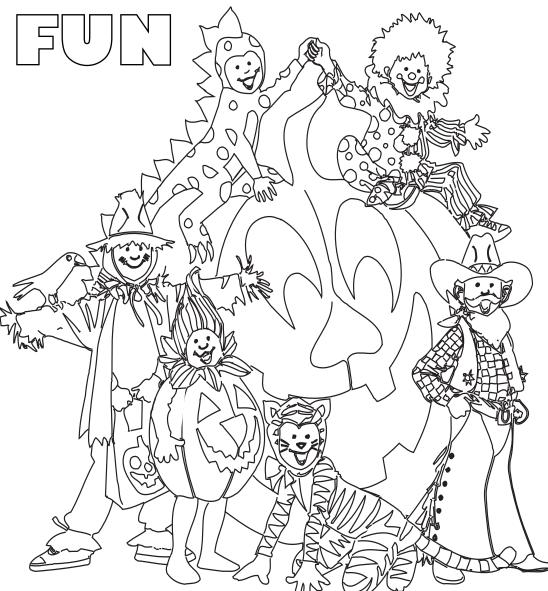
### Pros and Cons of O.K. Lunch Times

- The current schedule allows for three periods in the morning, and two in the afternoon. Our attendance is much higher in the morning and routines are built and maintained with three periods in a row as opposed to two periods and then lunch.
- Our cultural class requires two periods, and with our current schedule we have the culture program period 2 and 3. Having lunch moved to 11:30 a.m. would interfere with this class, which houses 25 students.
- Students often tend to leave school during a large break. By having 3 periods in the morning

- we are increasing the probability of student attention, and therefore academic and school success.
- Students are often less attentive in the afternoon due to heat/weather and nutrition. Students have an easier time focusing during the morning hours, therefore having three periods in the morning is beneficial.
- Would create too much congestion and potentially bullying outside of the schools.
- The number of parents with students in OK and NNOC is minimal.
- Having this schedule allows students the opportunity to receive 5 credits a term, therefore increasing success, possible graduates, and another chance for those who have missed out.
- Lunches are not the same for those parents with students in both schools.
- From the start of the day to the lunch is a long period (but we offer a snack program in between 2nd and 3rd period and our canteen to solve this problem).



HALLOWEEN COLOURING



**School Board Meeting Dates** 

for 2017-18, 5:00 p.m. @ Alice Moore Education Centre, Nelson House, Manitoba

- Tuesday, November 14th, 2017
- Tuesday, December 12th, 2017
- Tuesday, January 9th, 2018
- Tuesday, February 13th, 2018

- Tuesday, March 13th, 2018
- Tuesday, April 10th, 2018
- Tuesday, May 8th, 2018
- Tuesday, June 12th, 2018
- Tuesday, July 10th, 2018
- Tacsday, July 10th, 2010
- Tuesday, August 14th, 2018



Halloween is a time of fun and excitement for children. But there are also risks associated with this holiday. By following the simple safety tips included on page 9 and below you can help to make your child's Halloween both happy and safe. Please read over these hints and discuss them with your child. They'll help to protect your child from harm during trick-or-treating and other holiday activities. And remember that even with holiday fun, safety comes first.

### Jack-O-Lantern Safety

- 1. Adults should always handle the knife to cut the face of the pumpkin.
- Candle-lit jack-o-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame.
- 3. Keep lit indoor pumpkins away from curtains.
- 4. Make sure the jack-olantern's candle is completely out before leaving the house or going to bed.

# Footprint Lake Water Levels

### Footprint Lake 60-Day Water Level Forecast

Revised Forecast October 1 – November 30, 2017

On October 1, 2017 the level of Footprint Lake is forecasted to be 798.2 feet. The level of the lake is expected to rise 3 inches to an elevation of 798.5 feet by the end of October.



During the month of November the level of the lake is expected to fall 3 inches to an elevation of 798.3 feet by the third week of the month and remain fairly constant near an elevation of 798.3 feet until the end of the month.



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