

JANUARY 2018

# Nisichawayasi Achimowina

## NCN Enters into Partnership with National Access Cannabis

NCN has entered into a Limited Partnership opportunity with National Access Cannabis (NAC), Canada's best practices leader in delivering secure, safe, and responsible access to legal medical cannabis. Under the terms of the Agreement, NCN have agreed to partner with NAC to establish a retail recreational cannabis store on First Nation land located in Thompson, Manitoba, once the Province of Manitoba establishes the legal framework to do so.

Upon legalizing marijuana, the federal government delegated the responsibility to each province to determine how it will distribute and sell legal marijuana by July 1, 2018. In Manitoba, the Liquor and Gaming Authority will be responsible for purchase, storage and distribution of cannabis, while the Manitoba Liquor and Lotteries Corporation will be in charge of tracking the province's supply. Retail sales will be open to the private sector. The Province of Manitoba has initiated an RFP (Request for Proposals) of which they will select four businesses to be licensed for retail sales. NCN and NAC submitted a proposal in December 2017.

NCN intends to work with NAC to open and operate a cannabis store on the Mystery Lake lands. "We're always looking for a chance to diversify our economic development. This is a new industry that will bring many benefits to our community, including employment and profits," says Chief Marcel Moody.

NAC does not currently sell marijuana, but operates medical clinics, at which people can see



NCN intends to work with National Access Cannabis (NAC) to open and operate a cannabis store on its Mystery Lake lands.

physicians who may then refer them for a medical cannabis license. Together, the partners intend to build on this medical model to support expansion with key educational components to guide recreational use of marijuana. NAC has signed similar deals with other First Nations, including Opaskwayak, Long Plain, Peguis and Brokenhead Ojibway Nation.

"Situated in the 'Hub of the North,' the proposed Thompson location will provide much needed access to legal cannabis to a broad group of Northern Manitobans," Mark Goliger, CEO of NAC, said in a press release. "Extending our First Nation's relationships will not only provide better access, it also enables our partners to provide their members with better economic opportunities through the safe and secure operations of the new locations."

There are benefits beyond the financial, too. "The legalization of marijuana and the ability to purchase it at a local store should, we hope, lessen the power of the black market, and keep people safe by offering government-approved cannabis," says Moody. "It provides alternatives to pain medications and addictive narcotics. Keeping Citizens

safe and providing jobs and profitability is a win-win for us. This is a new business venture. We will be exploring these options and encourage Citizens to express their thoughts or ideas."

The proposed retail cannabis locations throughout the province will all be constructed on First Nation land, staffed by its members and trained using NAC's proprietary model to ensure safe and secure distribution of legal cannabis. The partners expect to receive a response on the RFP process by the end of March.



# OKIMAHKAN OTY'AMIWIN

# From the Chief

Happy New Year to all Nisichawayasi Nehethowuk! I hope that all families had time to get together and share in the holiday season. 2017 was a year of many challenges but many accomplishments as well. The Chief and Council felt it was very important to celebrate these achievements together through a feast and evening of fun and laughter. Thank you to everyone who came out on January 22nd to spend this time together.

We recognize that often the holiday season welcomes increased consumption of alcohol and can lead into alcohol-related incidents. I am happy to report that overall, we have had a safe holiday season. I wish to express gratitude to our First Nation Safety Officers that monitored the community

24 hours a day. They did encounter several situations of people asleep in the cold and were able to bring them to safety in a timely manner. We encourage all Citizens to prepare for the cold-weather, especially if you are planning to walk long distances throughout our community. Please do not walk alone at night and always inform people where you are going. Our First Nation Safety Officer will continue their efforts to keep our community safe and provide protection for our community members.

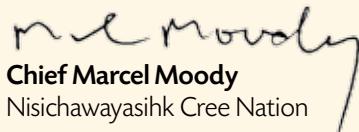
As a government, we are entering the Budgeting season. We started off the new year with the finalization of the budget approvals for the Community Approval Process under the Nisichawayasihk Trust and Community Involvement Process under the Taskinigahp Trust (CAP/CIP). Chief and Council reviewed these budgets with the community on January 22nd and formally approved them on January 23rd. Many thanks to all the members who volunteered to sit on the CAP/CIP Committee and the members who attended the community presentation sessions throughout December.

We continue to focus on opportunities for economic development and job creation. As you know, we have entered into partnership with National Access Cannabis (NAC), which is a reputable company focused on selling medicinal marijuana. We envision NCN taking the lead on this opportunity in the North and this economic pursuit will support our efforts to curb the abuse of prescription medications. In addition, marketing efforts

will include a solid educational piece for consumers which we believe will also decrease the level of illegal drug dealing in our communities. There are bigger picture strategies that will go along with the retail sale of cannabis products. More information will be provided to you when we hear back from the Province of Manitoba, as to whether our proposal will be selected to become one of four retailers in Manitoba.

In addition, the construction of our much anticipated NCN gas station on the Mystery Lake property has started; as well as the construction of our very own Medical Receiving Home in Winnipeg. We will continue to pursue other major economic projects for benefit our Nation such as a pharmacy.

On a final note, I wish to give attention to the topic of mental wellness. It is a rising concern for our community and for our leadership. We hope to engage greater collaboration among our local service providers to address the crisis of suicide and depression. It is a difficult issue to address and it will take everyone working together to create a lasting positive impact. We welcome the input of our youth, Elders, and Citizens to inform the solutions and strategies in our community. Please stay informed for community meetings in the upcoming months.

  
**Chief Marcel Moody**  
Nisichawayasihk Cree Nation

## NCN Citizens Gather to Celebrate 2017 Achievements and Look Forward to 2018

The Duncan Wood Memorial Hall was packed on Monday, January 22nd as the NCN community gathered to feast, pray, laugh, celebrate and plan for the future.

Grandmother Diane Linklater began the festivities by Raising the Fire with an opening prayer.

Chief Marcel Moody welcomed everyone on behalf of the Council and proclaimed a victory for NCN with the official decision to adopt our

own Othasowewin (constitution), making us the first Manitoba First Nation to do so. Chief Moody highlighted the two important topics that were being shared on this day, including the presentation of the CAP/CIP Approval Process for 2018 and a special pipe ceremony with the community to invoke spirit into the NCN Othasowewin (Constitution) before any work begins.

The afternoon gathering began with the formal presentation from the Chairperson of the CAP/CIP Committee, Jacqueline Hunter. Attendees received the final recommendation for budget allocations. With over 60 applications, the total community request was over 13 million dollars. Through the Nisichawayasihk Trust and Taskinigahp Trust, there will be \$5.5 million available to support community initiatives in 2018. With the administrative commitments, special claims portion, a forward commitment for long-term

infrastructure, this leaves \$2.6 million available for programming. The following table presents the allocations to each initiative and program area:

After the presentation, Elder Terry Linklater, Grandmother Diane Linklater, and Traditional Knowledge Keeper Terrance Thomas along with the Chief and Council and members sat together

*Continued on page 5*





# KITITAHWINAOW ACHIMOWIN

# Community News

# NCN's Joseph Berard is Voted Team Captain

An NCN youth started his second year on the South Winnipeg Kings Bantam A1 team with special recognition.

Joseph Berard was voted by his teammates to lead the team as captain.

"I'm feeling honoured and proud," he says.  
"It's my first time being captain, and I'm happy to motivate my teammates before getting on the ice."

He says being an effective captain includes being a role model for his teammates, such as being on time for practices and games, and staying in school.

The Kings currently have a record of 4 wins, 7 losses and 3 ties. Berard says he believes the team will do well this year.

"Last year we made it to finals. We played for gold but ended up with silver. It was fun and so exciting."

Berard is a grade 9 student at Acadia Junior High in Winnipeg. He enjoys science and has set his sights on the NHL upon high school graduation.

Good luck Joseph!



**Joseph Berard will lead the South Winnipeg Kings Bantam A1 team this hockey season.**

# Keeping Home Fire Safety Hot on Your Mind



When we find ourselves in the midst of very cold temperatures, we must be especially careful about heating our homes and keeping loved ones safe. Home fires are a very real danger on reserves across the country. In fact, a Canada Housing and

Mortgage Corporation report from 2007 says First Nations people

Native people living on reserves are 10 times more likely to die in a house fire than other Canadians

Here's a terrible statistic:  
90 per cent of deaths  
from fires in the home happen

**90 per cent of deaths from fires in the home happened in houses without properly working smoke detectors.**

working smoke detectors. The most important thing you can do to protect your loved ones is to keep a smoke detector, carbon monoxide detector and fire extinguisher on every level of your home. Check that they work at least once a year.

All NCN tenants are expected to follow the Nisichawayasihk Housing Authority Home Maintenance Program. You are required to replace the batteries on your smoke detector every year (even if they appear to be fine). Every six months, your furnace filter should be replaced and your HRV should be cleaned.

The kitchen is where most house fires begin. Do not become distracted once you begin cooking, and teach your children proper techniques so they stay safe.

### To reduce your risk of a house fire:

- Maintain the outside of your house. Store wood, paper, fuel and other burnables somewhere else on your property. Keep grass neatly trimmed and weeds in control.
  - Fix or replace faulty electrical appliances immediately.

Once an item has sparked, it needs to leave your home. Check electrical cords often, which can be frayed by pests or friction. Exposed wires are extremely dangerous, as are overloaded power bars and outlets.

- Give all heat sources, including wood stoves, radiators, space heaters and fireplaces, at least 3 feet of space.
  - Electrical baseboard heaters should not be

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blocked in any way, nor should they bear any weight.

- Clean the dryer's lint trap after every use.
- Ensure your chimney is clear and wet down ashes before disposal.
- Do not smoke when you're lying down! Make it a habit to only smoke when sitting at a table. Leave your ashtray out overnight and empty it in the morning.
- Keep matches, lighters and candles out of children's reach. If they have discovered where you keep these items, move them! Kids will always be curious about fire. Don't tempt them.
- Don't leave a stove, hot plate or toaster once you've started it. Remember: baking soda puts out a small grease fire, and water makes it worse! Never try to move a pot of oil on fire. Turn the heat off, put a metal lid on and wait it out.

It's important to reduce your risk of fire, but remember to think about the worst case scenario. Create an escape plan (and a Plan B) and a meeting place with your family members. Discuss priorities with your children (Their only job is to get out of the house. Nothing else matters.) and practice at least once a year.

## Reminder to all Harvest Calendar Study participants:

Please submit your completed calendar sheets to AOL or contact Rod Spence at (431) 754-4456 to request pick up. Every calendar sheet handed in has the chance to win one of two monthly \$100 draw prizes. Past months can be handed in even if you did not harvest in those months.

For more information or questions about the study, please contact Mark Linklater at (204) 939-0221 or Bill Yetman at (204) 939-4221.

# Prevent Home Fires

Nisichawayasihk Cree Nation Citizens are reminded to be safe heating your home this winter!



## BE Smart. Safe.

**KNOW WINTER FIRE  
SAFETY IN YOUR HOME.**

**DID YOU KNOW?** Winter is the worst season for residential fires and hundreds of people die in winter home fires each year. Heating-related fires are the second leading cause of home fires next to cooking.

### IF YOU USE:

#### WOOD FIRE STOVES

- Make sure your wood stove is 3 feet from anything that can burn.
- Do not burn paper in your wood stove. Put the fire out before you leave your home.
- Have your chimney inspected and cleaned each year by a professional.
- Put ashes in a metal container with a lid, outside, at least 3 feet from your home.

#### FURNACES

- Have your furnace inspected each year and filters changed regularly.
- Keep anything that can burn away from the furnace.

#### BASEBOARD AND SPACE HEATERS

- Remove clutter! Keep anything that can burn, such as bedding, clothing and curtains, at least 3 feet away from the heater.
- Make sure the heater has an automatic shut-off, so if it tips over, it shuts off. Turn heaters off when leaving home.
- Plug portable heaters directly into outlets and never into an extension cord or power strip.
- Only use recognized lab-tested portable heaters.

#### OTHER HEAT SOURCES

- Only use fuel burning heaters outdoors or with proper air circulation/venting.
- Burning fuels can give off Carbon monoxide – the "invisible killer." It is a odourless and colorless gas. Be sure to have functioning detectors/alarms.

**ENSURE SMOKE, GAS AND CARBON MONOXIDE ALARMS ARE WORKING PROPERLY AND TEST YOUR BATTERY REGULARLY.**

This message is brought to you by NCN Fire & Emergency Services.

In case of a fire emergency call 911.  
NCN Fire Department: (204) 484-2047.



Continued from page 2

for a Pipe Ceremony to honour the voice of the community and bless the Othasowewin document. Many prayers and blessings were offered to guide the governance work ahead.

"More than 80 per cent of NCN Citizens who voted said 'yes, we need to control our own destiny,' and that's so gratifying. We're taking active steps to assert our sovereignty in ways that will benefit today's youth and those seven generations from now," Moody said. "It is our intention to uphold our customary principles and ensure that we are guided through our customs and ceremonies as well."

After the ceremony, the community sat together to enjoy a feast at 5:30. After supper, the Chief and Council did a give-away to thank the people for the success of our governance initiatives. "Without the voice of the people, these achievements would not be possible," stated Chief Moody.

Comedian Don Burnstick, who has visited NCN in the past, took the stage at 7:00 p.m. He had everyone in stitches as he joked and told funny stories about living and growing up a Cree in Canada. The Three Rivers Band provided live music and an opportunity for the audience to share in songs and jokes. The celebration ended with Grandmother Diane Linklater Lowering the Fire with a closing prayer. It was an incredible day filled with joy. Chief Moody concluded, "We're all working very hard as a community to make this a place that we can be proud of," he says. "Seeing everyone come together to celebrate our achievements and feeling a sense of hope ... it's great. It's invigorating."



## NNCEA Cold Weather School Closure Policy

Revised Policy – Effective January 16th, 2018

School closure is determined by a temperature reading at 6:00 a.m. based on the Weather Network reading (available at [www.nncea.ca](http://www.nncea.ca)).

The school principals and Director of Education, decide and inform the NNCEA School Board Chair. Closures are then posted on the NCN and NNCEA websites and on Facebook by 7:00 a.m.

### -40°C WITH THE WIND CHILL

Parents/Guardians decide to send students. Buses will be running. Schools are open. Staff will attend. Classes will be in session. \*Note children without proper clothing will be taken home.

**OPEN**

### -44°C OR COLDER WITH THE WIND CHILL

Schools will be CLOSED to all students. Buses will not be running. Parents should not send students to school. Staff will attend meetings and planning sessions.

**CLOSED**

### -48°C OR COLDER WITH THE WINDCHILL

Schools CLOSED and staff are NOT required to attend.

*Closures do not affect students' attendance awards.*



Program/Projects	Administration	Applicant	Budget
<b>Nisichawayasihk Trust</b>			
Implementation Agreement/Administration	NCNTO	Joyce Yetman	539,874.52
Corporate Trustee Fees	NCNTO	Joyce Yetman	66,500.00
Nelson House Trustees	NCNTO	Joyce Yetman	20,400.00
Professional Services	NCNTO	Joyce Yetman	55,000.00
Claims Program	NCNTO	Joyce Yetman	50,000.00
Community Approval Process	NCNTO	Joyce Yetman	45,000.00
<b>Total Nisichawayasihk Trust</b>			<b>\$ 776,774.52</b>
<b>Taskinigahp Trust and Special Projects</b>			
Administration/Forward Commitment	NCNTO	Joyce Yetman	1,484,854.00
Claims Program	NCNTO	Joyce Yetman	50,000.00
Professional Services	NCNTO	Joyce Yetman	242,200.00
Admin Professional Development and Travel	NCNTO	Joyce Yetman	40,000.00
<b>Total Taskinigahp Trust and Special Projects</b>			<b>\$ 1,817,054.00</b>
<b>Capital Projects</b>			
H&M Parks	NCNPRD	Charlene Kobliski	27,600.00
Off-Reserve Assistance Receiving Home	NCN	Bruce Zhang	58,604.00
Radio Bingo Tower Study	NHDC	Bruce Zhang	10,000.00
<b>Total Capital Projects</b>			<b>\$ 96,204.00</b>
<b>Economic Development</b>			
Breakthrough	HRDA	Leonard Linklater	35,000.00
Human Resource Specialist	NCN	Kim Linklater	93,150.00
NCN Achimowina Radio	NCN Radio	Nora Thomas	55,200.00
Summer Work Experience Program	HRDA	Leonard Linklater	46,000.00
<b>Total Economic Development</b>			<b>\$ 229,350.00</b>
<b>Education</b>			
ATEC Student Support Services	ATEC	Jim Moore	103,500.00
ATEC Operation and Maintenance	ATEC	Jim Moore	103,500.00
Healthy Breakfast, Snacks, and Hot Lunch Program	NNCEA	Matilda Gibb	46,000.00
High School Apprenticeship Program	NNCEA	Nic Campbell	36,800.00
Life Skills and Outdoor Education	NNCEA	Nadie Yetman/Sean Davidson	6,900.00
Potential Graduation Exploration	NNCEA	Nic Campbell	9,200.00
Post-Secondary Enhancement	NNCEA	Paul Bonner	46,000.00
<b>Total Education</b>			<b>\$ 351,900.00</b>
<b>Housing/Infrastructure</b>			
NCN Micro Renovations	NHA	Mike Cullen/Joe Moose	218,700.00
<b>Total Housing</b>			<b>\$ 218,700.00</b>
<b>Justice</b>			
First Nation Safety Officer Program	NCN	Lianna Anderson	101,430.00
NCN Justice Program	NCN	Lianna Anderson	86,250.00
<b>Total Justice</b>			<b>\$ 187,680.00</b>
<b>Public Works</b>			
Purchase of Diagnostic Machine	Public Works	Greg Tays	14,720.00
Steel Garbage Bins	Public Works	Greg Tays	25,760.00
<b>Total Public Works</b>			<b>\$ 40,480.00</b>
<b>Safety Measures Program</b>			
NCN Emergency Service – Fire Equipment	NCN	JP Levasseur	45,717.35
NCN Emergency Service Fire Protection	NCN	Trevor Linklater	82,800.00
NCN Emergency Service – Emergency Medical Services	NCN	Trevor Linklater	29,863.66
<b>Total Safety Measures</b>			<b>\$ 158,381.01</b>
<b>Resource and Land Use</b>			
Commercial Fishing Program	NCNTO	Ed Primrose	161,000.00
Country Foods Program	NCNTO	Alan Linklater	184,000.00
Jack Moore Elders Tradition Program	NCNTO	Morley Moore	184,000.00
NCN Lands Department	NCNTO	Ed Vystrcil	69,000.00
NCN Resource Management	NCNTO	Gord Dumas	103,500.00
Trappers Program	NCNTO	Ed Primrose	161,000.00
<b>Total Resource and Land Use</b>			<b>\$ 862,500.00</b>
<b>Social Development</b>			
Circle Of Life Program	NCN	Lianna Anderson	44,436.00
Elder's Program	FCWC	Larry Tait	34,500.00
Off-Reserve Assistance Program	NCN	Bruce Zhang	41,400.00
Parks and Recreation Programming	NCNTO	Lou Moodie	371,439.99
Rediscoveries Of Families	FCWC	Larry Tait	41,400.00
<b>Total Social Development</b>			<b>\$ 533,175.99</b>
<b>Other</b>			
Christmas Cheerboard	NCNTO	Roslyn Moore	50,000.00
Elders Subsidy (Off Reserve)	NCNTO	Joyce Yetman	106,100.00
Elders Subsidy (On Reserve)	NCNTO	Joyce Yetman	142,200.00
<b>Total Other</b>			<b>\$ 298,300.00</b>
<b>Total Budget</b>			<b>\$ 5,570,499.52</b>

# OK School Wraps up 2017 With Annual Christmas Concert and Prepares For 2018

By: Matilda Gibb, OK School Principal

It was a pleasure to see the happy well rested faces of students and staff return when classes resumed on Monday, January 8th. I am hoping that all students, staff and community members were able to enjoy the holiday gatherings that take place throughout the Christmas break. I am grateful that our teachers who travelled back to their homes to be with their families over the holidays have safely returned to our community. It has been wonderful to receive many warm hugs from students whom I meet in the hallways

this week telling me that they have missed me and that they are happy to see me again. My response to them is that I am extremely happy to see them as well and I have definitely missed seeing them in our hallways!!!

As I made my way to Winnipeg to spend Christmas and usher in the New Year with my family, it gave me the opportunity to reflect on how truly blessed we are to be living in such an amazing country as Canada. I appreciate and enjoy living in the community of Nisichawayasihk Cree Nation. The spectacular winter scenery that greets me everyday when I walk to school reminds me of the many gifts bestowed upon us by the Creator. Those gifts include our children and each of us and we must strive to take care of one another.

## Christmas Concert Entertains Audiences

The most exciting event that took place at our school was the Annual Christmas Concert which took place on December 20th starting at 1:00 p.m. in the gym. It was spectacular to see all the

classroom performances take place on the stage. I would like to take the opportunity to thank all the classroom teachers who were so creative in selecting songs and dances that entertained the audience for the afternoon. I would like to also thank the Special Events Committee who worked so diligently organizing the Concert to make it the amazing success that it was. I cannot forget to thank our Educational Assistants and Grade 7 and 8 students who helped to decorate the gym. I also cannot forget to thank the parents and community members who came to our Concert and enjoyed the performances presented by our students from Nursery to Grade Six. Well done students and staff.



# Important Reminders To All Visitors to our School

- Community members and visitors to our school are reminded that due to a student in Nursery who is severely allergic to all fish we are a fish-free school;
- Absolutely no fish is to be prepared anywhere in the school kitchens;
- Sandwiches containing salmon or tuna are not permitted to be brought to school for lunches in the staff room or lunch room;
- We are also a peanut free and perfume free school.

We thank everyone for their cooperation. Following these reminders could save the life of students and staff who have allergies in our school.



## The Lifelong Benefits of Reading to Your Child ...

We need your help to encourage your child to learn to read:

- Please read with your children even if it is only for 5 minutes every day;

- Reading with your child is a time to spend quality time together;

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**DAKOTA HUNTER MEMORIAL**  
1ST ANNUAL  
**MARATHON**

*Up to \$40,000 in Prizes*

*Join us for Local Entertainment and Festivities*

**GILBERT MCDONALD ARENA**  
Nisichawayasih Cree Nation, Nelson House, Manitoba

**AUGUST 17-19, 2018**

**YOUTH RUN**  
Time: August 17 at noon Entry fee: \$50/child  
AGES DISTANCE PRIZES  
9-10 2.5 km 1st: \$500 2nd: \$300 3rd: \$200  
11-13 5 km 1st: \$500 2nd: \$300 3rd: \$200  
14-17 10 km 1st: \$500 2nd: \$300 3rd: \$200

**MARATHON RELAY** Teams of 4 (5 km legs)  
Time: August 17 at noon Entry fee: \$200/team  
PRIZES  
1st: \$1000 3rd: \$750 5th: \$500  
2nd: \$750 4th: \$500

**HALF MARATHON** (13 miles)  
August 18 at 9 a.m. – Open to all ages  
Early Bird Registration: \$150/person  
Event day fee: \$250/person  
PRIZES  
1st: \$3000 5th: \$750 9th: \$750  
2nd: \$2000 6th: \$750 10th: \$500  
3rd: \$1000 7th: \$750  
4th: \$750 8th: \$750

For more information or to register contact:  
Tori Yetman, Facilitator: **204-390-2185**  
Jemima Lobster: 204-939-1655  
Curtis Lobster: 204-679-0536

Master of Ceremonies: Kim Linklater  
Honorary trustees: D'Arcy Linklater, Cynthia Hunter  
[ncncree.com/events.html](http://ncncree.com/events.html)  
Start times to be announced  
Prizes subject to change, based on number of entries.

**THANK YOU TO OUR SPONSORS:**

**CAPITAL** **FED EX LINCOLN** **Family and Community Wellness Centre** **CONTERA** **DHILLON** **NCN CONSTRUCTION**

**NISICHAWAYASIH CREE NATION**  
**Unity CO-ED**  
**SLO-PITCH BASEBALL TOURNAMENT**

**JUNE 8-10, 2018**  
(Teams made up of 3 or more females and 7 males)

**POOL A**  
• GILBERT MCDONALD ARENA  
• NCN GOVERNMENT OFFICE  
• NCN CONSTRUCTION  
• YOUTH TEAM A  
• ATEC  
• METIS  
• NNCEA/NNOC/OK SCHOOLS

**POOL B**  
• NCN PARKS AND RECREATION  
• NCN TRUST OFFICE  
• NCN FAMILY AND COMMUNITY WELLNESS CENTRE (DEFENDING CHAMPS)  
• YOUTH TEAM B  
• NCN DEVELOPMENT CORPORATION  
• COMMUNITY TEAM  
• RCMP/BAND CONSTABLES

**PRIZES**  
(Donated to NCN Community Charity of choice)  
1ST \$3,000  
2ND \$2,000  
3RD \$1,000

**ENTRY FEE**  
\$750/TEAM

Checkques payable to "Top Guns".  
Cherry Paulsen, email: [topguns@shaw.ca](mailto:topguns@shaw.ca)  
Proceeds go to Kirtia and Haley Euro Hockey Trip.

**ALSO ENJOY LOCAL ENTERTAINMENT, FESTIVITIES, CLOSING CEREMONY CELEBRATIONS AND A COMMUNITY FEAST AT THE GILBERT MCDONALD ARENA.**

**GUEST SPEAKER: NCN CHIEF MARCEL MOODY**  
(Speakers from each team will present at the Feast.)

**Master of Ceremonies: Kim Linklater**  
For more information or to register contact:  
Curtis Lobster: 204-679-0536  
email: [jemimalobster@gmail.com](mailto:jemimalobster@gmail.com)

**THANKS TO OUR SPONSORS**

**CAPITAL** **FED EX LINCOLN** **Family and Community Wellness Centre** **CONTERA** **NCN CONSTRUCTION**

- Promotes bonding and calmness for both child and parent(s);
- Teaches them about communication;
- Introduces concepts such as numbers, letters, colours, and shapes in a fun way;
- Builds listening, memory, and vocabulary skills;
- Gives information about the world around them;
- Helps develop attention span;

- Helps to learn to understand the meanings of words;
- Instills the love of books and learning for all your children and they will thank you for the gift of learning to read together as a family.

### Cold Weather Reminder

- As the cold weather has come upon us with extremely frigid temperatures please remember to send your children in their warmest jackets, mitts, scarves, and boots.

### Sending Your Children to School Everyday: A Key to Success

- By making your child's school attendance a priority, you will be taking an important step in supporting your child's school success, and setting a good example. It is so important for your children to attend school to enable their

teachers to teach them the skills they will need to achieve success in their futures;

- It provides your children the opportunity to learn classroom routines;
- Being part of the school community: Just by being present at school, your child is learning how to be a good Citizen by participating in the school community, learning valuable social skills, and developing a broader world view;
- Exposure to language: Regular school attendance gives them the chance to master the skills and information they need more quickly and accurately –even in other subjects!

### Upcoming Events in January

January 24th

- Parent Council Meeting at the OK Gym starting at 6:00 p.m.
- \$50 Gift Card Draw.

# NNOC High School Prepares for Exams

The staff and students are currently preparing for Term 1 exams which will occur January 23-26 2018. The following dates and times will be allocated for exams:

- January 23th, 2018  
9:00 a.m. Period 1
- January 24th, 2018  
9:00 a.m. Period 2
- January 24th, 2018  
1:45 p.m. Math  
Provincial Exam
- January 25th, 2018  
9:00 a.m. Period 3
- January 25th, 2018  
1:00 p.m. Period 4
- January 26th, 2018  
9:00 a.m. Period 5
- Report Card Date:  
February 6th, 2018.

Term 2 for NNOC will begin on Monday, January 29th 2018 at 9:00 a.m. Any students who are interested in enrolling or re-enrolling at NNOC are asked to contact the school prior to the term beginning in order to register. Next term NNOC will be offering a variety of

courses ranging from Chemistry, Biology, Applied and Pre-Calculus Mathematics, History of Medicine, Geography, and more. NNOC will be utilizing the Duncan Wood Memorial Hall for Physical Education classes during term 2. NNOC was fortunate to receive new gym equipment from NNCEA for this gymnasium, and would like to thank all parties involved for collaborating to renovate the DWMH.

### Post Secondary Opportunities

A big congratulations goes out to those students who have been accepted to Post-Secondary Education, as well to those who have applied and are pending acceptance.



**Snap Circuits.**

### Class Attendance is Key to Success

The students of NNOC have been working hard to acquire the mandatory credits in order to graduate. A reminder to students that you must be present for class and on time in order to be successful in school. Education is a valuable asset that will benefit your future in multiple ways.

### Reading Buddies and SNAP Circuits Charge Students up

Throughout the last month NNOC students have been

experimenting with Snap Circuits which allows students to build electrical circuits in class. As well, students of NNOC have been working with the

grade 3's of OK school as Reading Buddies through the ELF program.

### Hitting the Ice

As the Christmas holidays approached us the staff of OK and NNOC took on the students of both schools in a friendly hockey game. During the month of January NNOC Girls and Boys Basketball teams will travel to Cross Lake for tournament play.

### Parent Advisory Committee

The Parent Advisory Committee will meet on January 24th, 2018 at the OK school gymnasium at 6:00 p.m. The concept of these meetings are for parents/guardians to voice their concerns and opinions about the schools. NNOC will continue to provide snacks during break and cereal for breakfast. Students are able to enroll in the hot lunch program if they are interested in staying at school during the lunch break.

### Celebrating Excellence

The following students are award winners for Term 1:

- Exceptional Attendance and Effort – Scott Linklater
- Exceptional Attendance and Effort – Luke Woods
- Exceptional Attendance and Effort – Romeo Spence
- Exceptional Attendance and Effort – Durmond Spence
- Exceptional Attendance and Effort – Theoren Spence
- Power Mechanics Award – Felix Francois
- Industrial Arts Award – Isaiah Baker



# Minor Hockey Kicks into High Gear

NCN Minor Hockey will be busy the next few months with several tournaments planned and league play. Only players who attend school and practice regularly will be permitted to travel to tournaments. NCN has merged with Wabowden Warriors to roster a full team, therefore we can only bring a certain amount of players to each tournament.



Jaden Francois, Ty Nozicka-Spence, and Jody Spence.

## Minor Hockey Schedule

Date	Age	Location
January 12-14	Midget	Wabowden
January 19-21	Atom	Norway House
January 26-28	Midget	Cranberry Portage
February 9-11	Atom	Thompson MunCup
February 9-11	Peewee	Norway House
February 9-11	Bantam	Cross Lake
February 16-18	Peewee	Cross Lake
February 16-18	Bantam	Norway House
February 23-24	Peewee	Swan River
March 2-4	Bantam	Wabowden
March 2-4	Peewee	Wabowden



# Vigil and Feast Help Loved Ones Find Peace

The Wellness Centre hosted its fourth annual vigil and feast for families who are left to mourn and grieve their loved who are reported missing and murdered at St. Lawrence Hall in Thompson on December 9th. Mothers, fathers, siblings and children from Nelson House, Cross Lake, South Indian, Leaf Rapids and Thompson and other communities gathered to share memories, take comfort in each other and realize they are not alone in their grief.

The holidays can be an especially hard time for people dealing with a missing family member or the tragedy of murder.

"Everyone around seems to be in a festive mood and enjoying their holiday, but for other people it only magnifies their grief. Their loss is noticeable as there is an empty chair at the dinner table, or an empty feeling in their heart," says Jacquie Walker, from the NCN Family and Community Wellness Centre. "Bringing bereaved families together allows them to support each other, to connect and develop relationships with one another through this common experience."

The group participated in a few activities, including telling funny stories, to remember their loved one as who he or she really was, instead of focusing on the tragedy.

Families also created candles with their loved one's photos. They lit their candles, and reflected on their loved ones in silence while the smoke from the flame symbolized carrying their messages to the spirit world.

Margaret and Harmony Dumas, who lost a grandson and nephew to a drunk driver, entertained the group with songs, and Felix Walker offered Elder prayer and comforting words.

Nelson House has seen many tragedies like this. In the past 30 years, 11 people have been murdered and 10 more have been reported missing. Douglas Bighetty was last seen in 2009 and Travis Wood has been missing since 2015. Our most recent reported missing is Campbell Hunter, he was last seen in November 2017.

"It becomes difficult for families to mourn or grieve because there is this uncertainty and not knowing. Like most families, they have the ritual of services such wakes and funerals, including visits to graveyards. These families are left wondering if their loved one will return," says Walker.

"The most recent murder our community has experienced was Timothy Hart Jr, about two years ago," says Walker. "But for his mother, Emily Linklater (Gossfeld), there are days when it feels like it just happened yesterday."

"Talking can be healing, and that's what we want for these family members," Walker adds.

For the past three years, the FCWC has worked in partnership with Aurora Family Therapy at the University of Winnipeg to offer a homicide bereavement support group.

**The next group session is Monday, January 29th in Thompson. If you'd like to attend, call the Wellness Centre for more information.**



# Medicine Lodge Celebrates Year of Achievements

The Nelson House Medicine Lodge staff and community members were honoured in December at a staff celebration at the Lodge. A special visit from Santa Clause delighted those in attendance, but the highlight was the feast, ceremonies and special awards presentations. An Honour Wall will display the awards in the Lodge. CEO Laurel Wood and NHML Board of Directors members, on behalf of the board and staff, presented achievement awards to the following individuals for their outstanding accomplishments in 2017.

■ Agnes N. Spence, Employee of the Year Award for Exceptional Service;

- Lloyd and Bella Flett, Red Road Warrior Family of the Year Award;
- Arthur Wood, Red Road Warrior Male Elder of the Year Award;
- Helen Linklater, Red Road Warrior Female Elder of the Year Award;
- Ryan Linklater, Red Road Warrior Male Community Member of the Year Award;
- Kim Linklater, Red Road Warrior Female Community Member of the Year Award;
- Justice Linklater, Red Road Warrior Male Youth Community Member of the Year Award;
- Maggie Moose, Red Road Warrior Female Youth Community Member of the Year Award;
- Brian Moose, Five Years of Service Award;
- Victor Spence, 15 Years of Service Award.



## A New Look for a New Year

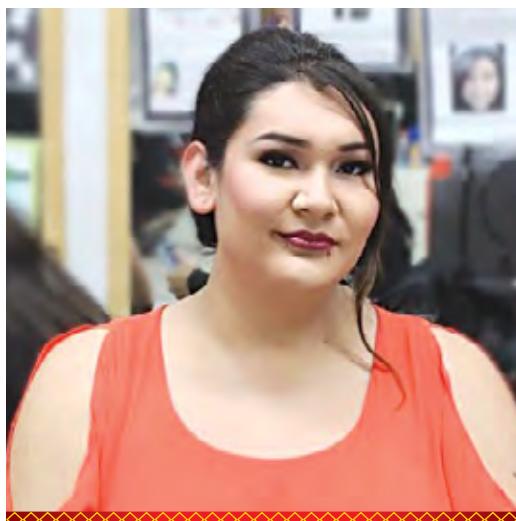
The Lodge's new logo was unveiled and a congratulation went out to the artist Morgan Cowley, the winner of the logo design contest.



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**Brielle educates others on LGBTTQ rights, women's right, and Indigenous rights.**

# Recognized for A Life of Activism

NCN Citizen Brielle Beardy-Linklater was recently featured on CBC's Ideas radio program with two other First Nations people telling their stories.

"The day that I was born I became political, and I had no choice," she says in her 16-minute segment of the audio documentary.

Last year, Beardy-Linklater was invited to participate in the 338 Daughters of the Vote, an initiative that celebrated the 100th anniversary of women getting the vote in Canada. The idea was to put a woman in every seat of Parliament, and Beardy-Linklater was the first Indigenous transgender person in history to

the Status of Women, and received the Chantelle Chornoboy Memorial Award at the YWCA Women of Distinction awards.

She is currently in her first year at the University of Manitoba, where she is studying political science and philosophy.

"I'm seen as very radical and I'm very misunderstood," the 23-year-old told CBC. "I wake up everyday and I'm told which bathroom I should and shouldn't use. I wake up to these debates in Parliament about my rights as an Indigenous person, so how can I not be political in my daily life?"

To hear the documentary, go to [cbc.ca/radio/ideas](http://cbc.ca/radio/ideas) and search "Brielle Beardy-Linklater."

*If you know a young person our community should celebrate, let us know!*

# Footprint Lake Water Levels

# Footprint Lake 60-Day Water Level Forecast

## Revised Forecast

December 1 – January 31, 2018

On December 1, 2017 the level of Footprint Lake is forecasted to be 797.9 feet. The level of the lake is expected to remain fairly constant near an elevation of 797.8 feet during the month of December.

During the month of January the level of the lake is expected to rise 8 inches to an elevation of 798.5 feet by the end of the month.

A red rectangular sign with white text. At the top, it says "FOOTPRINT LAKE" in large letters, followed by "WATER LEVELS" in slightly smaller letters. Below this is a white section containing a red upward-pointing arrow on the left and the water level reading "797.9'" in large black numbers, with "'as of December 1" in smaller black text below it.

It was a bittersweet moment for her, because in fact, Indigenous people didn't receive their right to vote in federal elections until 1960.

Beardy-Linklater has been an activist for years. In 2012, she was involved in the Idle No More campaign, and was a key organizer of the first Pride celebrations in the North. In 2015, Brielle was appointed to the Provincial Advisory Council on



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