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Photography Project Gives Voice to Youth

About a dozen young NCN Citizens attended a photography workshop on February 9th as participants in the "Success Through Our Eyes" Photovoice Project. They'll spend the next few weeks taking photos around the community and writing descriptive narratives to describe the meaning behind their shots.

The aim of the project is to give young First Nations people a voice, and to have a positive impact on future policy, programs and services that are aimed at improving achievement and encouraging leadership.

At the workshop, the participants, ages 18-29, learned about their camera gear, ethics, journalism and writing in a narrative form. They then have two weeks to create pieces that offer their unique perspectives on Aboriginal culture, educational success and leadership.

Once photos and writing are submitted, they will be compiled into a published booklet.

Brandee Albert, from Norway House Cree Nation, is the Photovoice coordinator, while NCN's Cheyenne Spence Colomb is the local coordinator. Other First Nations communities participating include Rolling River, Opaskwayak and Misipawistik Cree Nations.

It's not the first time a Photovoice project has happened in NCN. A few years ago, ATEC students collaborated to present their thoughts on "The Right to Clean Water in First Nations." Photovoice is considered a valuable way to collect information on a subject from the perspective of the people living through the experience, as opposed to experts brought in.

The current Success project is in partnership with Brandon University and Manitoba Keewatinowik Okimakanak, with funding from INAC.



Participants attend the "Success Through Our Eyes" Photovoice Project.

RISING ABOVE BAND & JOEL JOLLY in concert



For more information:

www.risingabove.ca

or Barb Moore 204-679-0014 or Eleanor Dumas 204-679-1668

Rising Above Abuse Counselling Agency in association with My People
Sponsored by: NCN, Family & Community Wellness Centre



Nicole Gossfeld Improving Indigenous Lives



One Nanaadawewigamig program invites 24 youths from different First Nations

Nicole is the granddaughter of L. Gail Gossfeld-McDonald and Jerry McDonald, and graduated from NNOC in 2009. She says her experiences growing up in NCN and as a youth coordinator have shown her that young people are crucial to the

"I plan to be living in my own apartment and managing my money so I can travel to exotic places every

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

3RD ANNUAL

MARCH MADNESS 2018





MARCH 26 TO 28, 2018

Garden City Collegiate, Winnipeg, Manitoba

High school Boys and Girls Teams
Entry Fee: \$900/team

Round Robin Tournament (2 Divisions)
All players must be enrolled in high school or a member of the participating First Nation
Deadline for entry: March 16, 2018

For more information or to enter a team, contact:
Lou Moody (204) 307-2243
Terry Linklater (204) 307-2246
Iggy Grinevsky (204) 891-1414

1st Place: Championship Banner, Trophy, Gold Medal
2nd Place: Runner-up Banner, trophy, Silver Medal
3rd Place: Trophy and Bronze Medal

Each participant will receive tournament keepsake attire.





KITITAHWINAOW ACHIMOWIN

Community News

Loving the Fun!

Another Great Month with NCN Parks and Rec!

Floor hockey is keeping everybody busy this month, with more 4 on 4 league practice at OK School.

On Sunday, February 11th, kids enjoyed a movie night and munchies at Duncan Wood Memorial Hall. That same day, there was some high-action youth ball hockey. So great to see our young people having fun and getting some exercise!

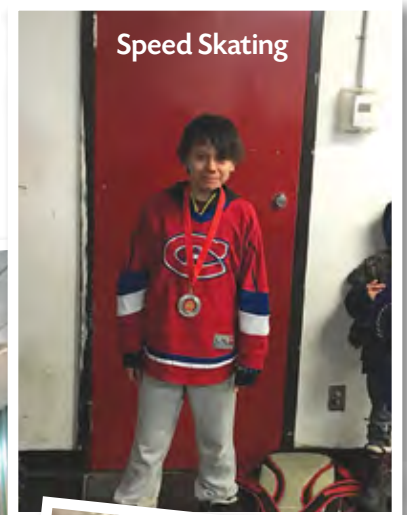
To celebrate Valentine's Day, kids enjoyed a dance and light show at DWMH. Prizes were handed out for freeze dance, funniest dance and broom dance. Thanks to the Rec Crew (Justin Randy, Priscilla, Warren and Christebelle) for their hard work.

Watch for upcoming movie trips to Thompson, which usually includes free transportation, admission, drink and popcorn. There are only 65 spots so be ready to sign up at 307-22461

If you're looking for fun for your family, join our NCN Parks and Recreation group on Facebook. We post events ahead of time so you can plan to join us!



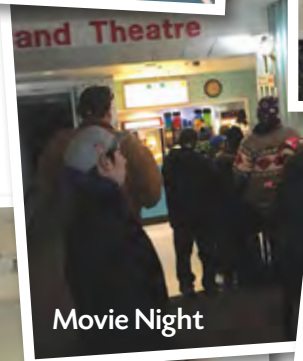
Ball Hockey



Speed Skating



Speed Skating



Movie Night



Champions



Ball Hockey



Dance



Speed Skating

Storm Makes Impact in Youth Hockey

Storm Yetman helped his team win the Norman Regional Minor Hockey Association 2017-18 championship and provincial qualifier. The Thompson King Miners are defending champions from last year's provincials.

Storm was also interviewed by CHTM, and received a gold

medal for the hardest shot in the Norman Region Minor Hockey Association Atoms A division.



One of NCN Cree Nation's finest up-and-coming stars, Alvin Storm Yetman, with his team.

Hitting the Ice and the Road in NCN Minor Hockey

During the weekend of January 19-21, the NCN Atom and Pee wee Team travelled to Norway House for a tournament. Both teams played hard throughout the weekend and created many memories on and off the ice. The NCN/Wabowden Pee wee team came second in the tournament, bringing a trophy to NCN which will be displayed at the Gilbert McDonald Arena. On January 23-25, the NCN Midget team travelled to Cranberry for a tough weekend at the "Igloo." The boys and girls battled hard but came up short against Norway House, Cross Lake, and Cranberry. Jody Spence took a late hit and is now on the Injured Reserve list for 4-6 weeks with a broken collarbone.

Thanks to the Nozicka-Spence family for accommodating the team during this weekend! NCN Bantam and Pee wee teams will travel to Norway House on February 9-11 and to Cross Lake on February 16-18. The scheduled tournament in Swan River has been cancelled due to a shortage of teams. The Pee wee and Bantam team will also play tournaments in Wabowden during the month of March, and possibly NCN. A reminder to players that daily attendance at school and a positive behaviour is mandatory to participate. A special thanks



to NCN Parks and Recreation for sponsoring the NCN Minor Hockey teams in order to participate in all tournaments.

FOR INFORMATION:

- Online at www.risingabove.ca
- Call Barb Moore 204-679-0014
or Eleanor Dumas 204-697-1668
or Leta Walker 204-484-2341
-  Rising Above Agency

EVENT LOCATION
OK ELEMENTARY SCHOOL
GYMNASIUM


MUSIC

- FRIDAY EVENING CONCERT with
The Rising Above Band & Joel Jolly.
- DAILY MUSIC by The Rising Above Band.


SCHEDULE

March 2... 7:00 pm to 9:30 pm
March 3... 11:00 am to 9:30 pm
March 4... 2:00 pm to 9:30 pm

SESSION SPEAKERS



KAREN JOLLY



SELMA POULIN



HOWARD JOLLY



RICK MARTIN



THE RISING ABOVE BAND



Healing the
GENERATIONAL IMPACTS
of Residential Schools

*This conference
is FREE & open
to everyone.*

RISING ABOVE REGIONAL CONFERENCE
MARCH 2-4, 2018
NELSON HOUSE, MB

This Project has received funding support from:
**NISICAWAYASIIK CREE NATION • NIB TRUST FUND
FAMILY & COMMUNITY WELLNESS CENTRE**

Obituary



Earl Swanson Jr.

June 30, 1999 – Jan. 21, 2018

Earl Swanson Sr. and Leona Swanson had a handsome young boy named Earl Jr, who was born on June 30, 1999.

He leaves to mourn his father Earl Swanson Sr, Vezna Swanson, Ashton Swanson, Darlene Tait, Janet Tait, Jason Swanson, many nieces, nephews, aunts, uncles, cousins, friends, and family. Predeceased by his Mother Leona Swanson.

Earl Jr. loved hunting and fishing. He got his first moose when he was eight years old. He enjoyed getting ducks, geese, and rabbit. Whenever he got the chance to go hunting he would go. He also enjoyed camp with his grandparents Joe and Maggie, and his uncle Elvis Francois.

Earl Jr. also loved playing basketball – sometimes all hours of the night. Mostly he loved riding his dirt bike. He was a big Toronto Maple Leafs fan, and loved the colour red. Earl Jr. was very outgoing, loved the outdoors and was always on the go. Earl Jr. was smart, full of love, caring. He put so much passion and love into everything he did. He always let everyone know how much he loved them. Earl Jr. had an amazing soul, humorous, always put a smile on everyone's face, he will always have a piece of all our hearts and we will always have a piece of him in ours.

Goodbye. We all loved you very much and will miss you tremendously, you touched so many lives, you have taught us to be kind to others, your humour, kindness, and selflessness will continue to inspire us forever.

Rest in Peace Earl.

OCN BLIZZARD AND NCN PARKS AND RECREATION PRESENT

313

HOCKEY

SKILLS
CAMP

MARCH 1-3, 2018

In Nelson House, MB

FOR BOYS AND GIRLS OF ALL AGES.

REGISTRATION: \$200

(NCN MEMBERS FREE)

Come learn how to perform elite skills from Junior A players and coaches of the OCN Blizzard! Strap on your blades for the best hockey tips in the North...

DAY 1

- 1PM - 3PM: OCN Blizzard will be at schools
- 4PM: Watch the team practice at the arena
- 7PM: Skills camp (Open to kids of all ages)

DAY 2

- 1PM - 3PM: OCN Blizzard will be at schools
- 4PM - 9PM Skills camp (Open to kids of all ages)

DAY 3

- 9AM to NOON: Hockey camp

Come out and have fun!

For more information please contact:

Lou Moodie at 1-204-307-2243

Terry Linklater at 1-204-307-2246

James Warren at 1-204-939-3682

Nic Campbell at 1-519-330-4707

NNOC High School Term 2 Pushes Students to Excel in Learning

It is hard to believe that term 1 is complete and we have now started term 2 of our 2017-2018 academic year. Term 1 was a great semester and we hope that term 2 is a success as well. During term 1 our attendance dropped throughout the term, which has a significant impact on all students and the community. It is essential that students are in school daily and on time. A reminder that "Attendance Matters" and that an education can provide numerous opportunities for those who take advantage of their schooling.

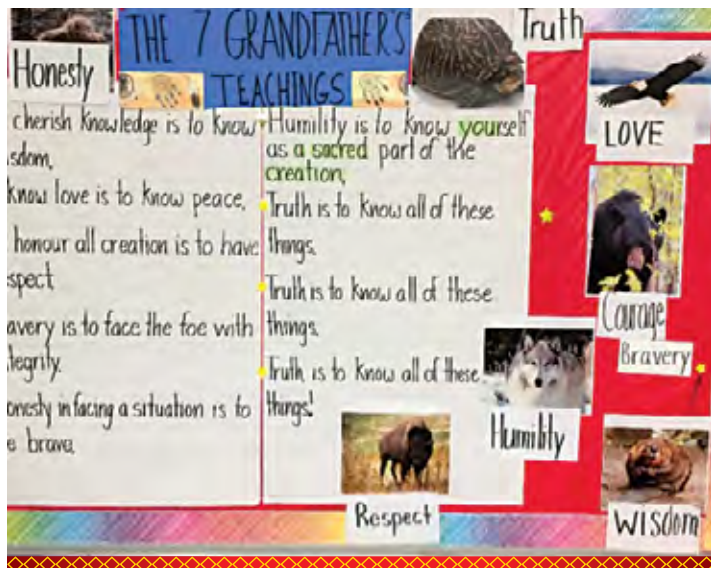
As term 2 begins, NNOC seeks to improve our school in several ways in order to enhance the quality of education, community cohesion, and school climate.

GOAL	OBJECTIVES
1) Enhance the literacy and mathematic skills of all students through individual and school wide incentives	<ul style="list-style-type: none"> • Provide adequate resource supports for all students in order to meet their needs • Provide pull out opportunities for intensive math and literacy groups • Implement monthly literacy and numeracy activities • Provide resources, ideas, and activities for staff to implement
2) To offer high quality student programming and instruction in all courses	<ul style="list-style-type: none"> • Provide staff with adequate preparation time and the materials needed for their course • Teachers consistently assess students in order to determine needs • Resource Team to provide the needed materials to support student success and meet the needs of all learners
3) To seek the involvement and participation of community members within the school	<ul style="list-style-type: none"> • Send out monthly newsletters, calendars, and memos • Hold monthly Parent Advisory Committee Meetings for community • Provide opportunities for students to demonstrate their skills to the community
4) To improve attendance of students and enhance the school climate for all	<ul style="list-style-type: none"> • Hold students accountable for being late and missing class • Make parents and guardians aware of absenteeism on a consistent basis (phone calls, letters home, home visits, documentation) • Principal to make home visits on a weekly basis to students struggling • Implement monthly in school activities to promote mental health, inclusion, and student/staff wellbeing.

NNOC will be offering courses such as 30S/40S Pre-Calculus, 30S/40S Chemistry, 40S Biology, 30S Accounting, 20S Financing, 31G Cultural Exploration, 30S Music, 40S Global Issues, and more. A reminder to students that they are required to obtain 30 credits (17 Compulsory Credits and 13 Optional Credits) in order to graduate.

During the month of February, NNOC will have their "Staff and Student

Duet's Karaoke," Public Health Presentation on February 14, Term 2 Home Visit Day on February 28, and more. Note: The scheduled staff meeting on February 20 will be cancelled due to the several Cold Weather Closure days as we do not want to miss anymore class time.



Seven Teachings Display.



Mr. Campbell and Mrs. Levasseur strategically planning to meet the needs of all students.



Mr. Thomas and a student discussing current events in agriculture and the difference between traditional food and processed foods (Mouswa vs. KliK).

NNCEA Continues on Path to Improvement in 2018

Tanisi, nitotemak! The school year is already half way through! This month, there will be the annual local OK Science Fair on February 22nd, 2018 from 12:30-2:15 p.m. Feel free to come to the school.

Managing Budgets

In the Liberal budget of 2016-17 to 2019-20, the government of Canada promised substantial dollars to improve First Nations (FN) education in Canada. Nationally and regionally, the

government wants to allocate funding in a better way. The goal is equity and parity with enhancements. Many people have been working diligently on this endeavour. Task teams were set up to explore/report on various areas of need: early childhood education, special education, infrastructure, post-secondary, educational funding mechanisms, unique needs of northern/remote communities, etc.

In the last two years, over \$502 million has already been expended to FN education across Canada. For 2018-19, a minimum amount of \$334 million dollars is to be utilized for on-reserve primary and secondary education systems. This is very good news for FN education at NCN and across Canada! In time, how things are done as well as increased funding of our schools and all FN schools will improve and is great, great news!

Board Meetings

The NNCEA Board continues to meet every second Tuesday at 5 on a monthly basis at AMEC. Tasks include: policies; budget; strategic planning for the last few months of their term which expires on November 2018. The next two school board meetings are scheduled for February 13th, 2018 and March 13th, 2018.

Indigenous and Northern Affairs Canada (INAC) has changed their name again. INAC is now known as *Indigenous Services Canada* (ISC). They have the school feasibility study plan and will decide on the matter. It is hoped a positive decision will be made soon.

Facing Technical Down Time

For years, the Information, Communications and

Technology (ICT) has been a challenge in our system. This year has been no exception. Since September, we've had lots of "down time" with the internet/email which affects day to day operations. Many of these instances are beyond the control of the ICT dept. We've become so dependent on the technology. The community band-width needs improvement and fiber optics are super costly. MFNERC personnel were here to begin an upgrade on our ICT system, which will be completed in the near future. Your patience and understanding during such times is appreciated. Improvements take time. I believe that a concerted effort is underway to improve technological service to the north. This is welcomed news!

School Assessment

Clarke Educational Services (CES) is assessing our school system for the years 2012-2017. The CES team is gathering lots of info via surveys, observations, interviews, etc. A draft will be presented to the NNCEA Steering Committee on February 26th, 2018. A final report will be presented to the Steering Committee and the community on March 19th, 2018. So make sure you attend! It will contain data on the positives and needed

2ND ANNUAL D-MAC MEMORIAL

Invitational B-BALL TOURNAMENT

Tuesday March 6th, 2018

Proceeds to D-MAC Scholarship Fund



\$120 ENTRY

CONTACT ANGELA LEVASSEUR OR NIC CAMPBELL

who

NCN Chief & Council
NNCEA INC. STAFF
NNOC WARRIORS: Varsity Boys and Varsity Girls Teams

where

OK SCHOOL GYM

when

3-9pm

Continued on page 10

improvements of and for our educational system, as well as numerous recommendations for implementation. Once this is done, phase two will begin.

Nehetho Language

The Assistant Director has been delegated to create/oversee the Nehetho Language and Culture team. They will be working at the bottom level of AMEC. This team is to create Cree immersion curriculum for N/K for 2018, integrate Aboriginal perspectives into the curriculum at all grade levels, provide Nehetho language and cultural supports to teachers, the school and community, to plan/coordinate an annual language and cultural gathering and/or event(s) for all. This compliments the PATH plan that was developed by the NNCEA School Board last December.

Elders Program

The Elders in the School Program is running smoothly and is a work in progress! Arlene Smears and William A. Spence oversee our school Elders: Gordon Hart, Sam Dysart, Lena Dysart, Lydia Linklater, Darlene Mason, Henry Wood, Harry Spence, Stella Linklater, Joyce Wood, and Andrew Wood. They take turns working, a group of five works one week then the other group of five works the next week. This schedule has been working well. They are making a difference! They even have their own private space now!

Welcome to Kindergarten

Welcome to Kindergarten is

continuing at OK. Jerry Sodomolak visited OK on Thursday, January 25th. This is a most welcome addition to our school efforts!

Emergency Response

Cell phone service at the OK is practically nil and non-existent. To fix it is beyond the scope of the NNCEA budget. In an emergency response situation, communication is vital amongst administration. Access to a land line is a challenge too. Walkie-talkies have arrived and are now available for school use. School administration will oversee storage of the devices. They will be available for emergencies and safety purposes.

Working Toward Grad

Semester one is now done at NNOC. Semester two began on Monday, January 29th, 2018. *Attendance needs to improve at NNOC. INAC looks at these statistics when it comes to making new school decisions and the distribution of dollars.* It is imperative that all registered students attend and do their best to succeed. Grade 12 graduation is on the horizon! Students who intend to graduate must continue to work hard to succeed!

PAC Committee

Parental Advisory Committee (PAC) meetings are held once a month. The Principals advertise them. It's a time to gather to share school information and have a say in what's happening. The NNOC PAC is busy with fundraising for graduation already. This is most positive, thank you parents!

School Repairs

In partnership with the Band, the NH Development Corporation, Gilbert McDonald Arena, NCN Parks and Recreation, the Duncan Wood Hall has been repaired/painted and a new gym flooring has been installed. Now, at long last, the NNOC high school students have a gym for phys. ed classes, the youth have a facility in the evenings and weekends, and the community can utilize the facility for meetings too. A few details regarding on-going maintenance will also be finalized soon.

A win-win situation for everyone involved where the plan/ costs were shared and a fine example of working together or wetatoskimitowin to get things done! Special thanks to Nic Campbell, NNOC Principal, Justin Rupert, James Warren, David Kobliski, Lou Moody, Cheyenne Spence, Wanda Bunn, NCN Chief and Council, Public Works, Mike Cullen, and Fern Hart.

Post-Secondary Sponsorships

The Post-Secondary Committee will meet on March 1st, 2018 in Thompson. Approximately 80 NCN members are being funded around the country, with the most from Manitoba. The NNCEA handbooks have been revised and will be available.

Keep in mind, the deadline for sponsorship applications is April 30th. If you have intentions of applying for sponsorship, you need to apply to educational institutions first. A letter of acceptance from the educational institution is an important part of the application process. For more application info,

D-MAC
2nd Annual Memorial V-ball Tournament
Proceeds to D-MAC Scholarship
first 6 teams to register
\$120 Entry

March 4th & 5th, 2018
Sunday 5pm to 8pm
Monday 3pm to 9pm

Contact Nic or Angela at
NNOC by Feb. 14th at
noon to register

A collage of four photographs showing V-ball players in action and a team photo. The top right photo shows a player in a grey shirt and black pants hitting a ball. The middle left photo shows a group of players in red and black uniforms on a court. The middle right photo shows two players in black uniforms. The bottom right photo shows a group of players in black uniforms posing for a team photo.

contact Bill Gamblin, post-secondary counsellor, at 1-866-233-6432 (toll free) or bgamblin@mymts.net

Upgrades

This year, the new bobcat that was purchased has come in real handy. NNCEA maintenance can clear the snow quickly and reliance on the NHFI has decreased. This is convenient for us and saves NNCEA money!

CAP/CIP Budget Announced

The CAP/CIP allocations for 2018 are now known. We thank the CAP/CIP committee for approving the following NNCEA applications: Healthy Breakfast, Snacks and Hot Lunch Program for \$46,000; High School Apprenticeship Program for \$36,800; Life Skills and

Your Director of Education is enjoying all the successes, challenges and learning lots! Working to improve our school system is always at our foundation!

Outdoor Education for \$6,900; Graduation Exploration for \$9,200; Post-Secondary Enhancement for \$46,000. KINANASKOMITAN! Your continued support is appreciated!

Reminders/Comments

- Keep yourself safe in winter! Always let someone know when you're going out on the land and travel with a buddy with extra supplies/equipment.
- Drivers please obey the rules of the road/speed signs in the school zone! We don't want anyone getting hurt!
- Parents: if you could meet your child after being dropped off the buses at the end of the day, this would be great. We don't want any child to go missing after they've been dismissed from school. Your cooperation will help.
- This month, in preparation for teacher recruitment for 2018-19, the Assistant Director, Wm. E. Thomas, will be attending Job Fairs at the major universities in Manitoba (BU, U of M, U of W). Information on the NNCEA will be displayed and distributed as well as application information.

It is hoped that this early effort will give us a head start on recruiting teachers for the next school year.

- Welcome back to Ms. Edith Linklater who has returned to her grade four position. Spencer Lindsay is now teaching Kindergarten in the half day program. Ariel Simpson-Linklater (Printshop Operator) is an EA at OK now. We welcome Ivan Muskego (new CCASEL teacher) and Jeremia Michell (gr. 7). We hope to have another grade 6 teacher soon. Ms. Caitlin McNeil will return on February 18th, 2018.
- Katie Kern has been recruited to do a short term Human Resources contract to the end of April 2018. She's been hard at work. Thus far, she's created an NNCEA information pamphlet, helped with recruitment/evaluations/policies, etc. Plus, she's developed a marketing plan for the Printshop. So, if you need items printed, come check out our services. We can print posters, postcards, business cards, bookmarks, tickets, brochures, etc. at a reasonable cost. Monies generated from this service will help offset the costs of operating the Printshop.
- On January 23rd and January 24th, 2018, a team from the MFNERC was here to present/share info on the First Nations Curriculum Framework called "Our Gifts" which is being developed. It was held at the United Church from 10-4 with lunch/beverages provided. Useful information was presented. Unfortunately, not many community members attended. Whenever meetings are scheduled, please do your best to attend!
- A big thank you to the Aboriginal Business Certificate Program (ABCP) organizers at the ATEC. For the next ten months, two students, Pauline McDonald and Nicole McDonald, are being trained as Finance Clerks at no cost to the NNCEA!
- A team from the *Live Different* organization will be here for grades 6-12's once again. They will be here on March 8-9, 2018 to do all kinds of interesting, fabulous, useful activities with our students at OK. Our students will do lots and learn lots from this event.
- Don't forget, *Spring Break* is March 26-30th and April 2-6th, 2018. During this time, there will not be any school at OK/NNOC. During spring break, there will be FLEX DAY FUN activities for some students held from March 26th, 2018 to March 30th, 2018. This is so our students can have some fun, enriching activities to do while NNCEA Admin/teachers/EA's are on break.
- In case you're wondering about that structure towards the lake by the AMEC, it's the Family and Community Wellness Centre building. It's a sweat lodge enclosure! Mr. Felix Walker has started having sweats. Talk to him for more information.

Condolences to all those who've lost love ones in the past while! Our thoughts are with you and we wish you hope, healing and happiness!

NCN FAMILIES COME HAVE A COOL TIME WITH US ON A BUS TRIP TO WINNIPEG TO SEE...

Disney ON ICE FROZEN

MARCH 9-11TH TRIP

(DISNEY ON ICE SHOWTIME MARCH 10, 2018 3:00 PM @ BELL MTS PLACE WINNIPEG, MB)

BUS FROM NCN
NCN BUS LEAVES FROM NELSON HOUSE, GILBERT McDONALD ARENA AT 10:00 A.M., FRIDAY, MARCH 9TH. (PICKUP BACK TO NCN FROM CLARION HOTEL AT 10:00 A.M. ON SUNDAY, MARCH 11TH).

NCN FAMILIES WELCOME
PARENTS/GUARDIANS ARE RESPONSIBLE FOR ALL CHILDREN, ALL MEALS AND HOTEL FOR TWO NIGHT STAY AT THE CLARION HOTEL. CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

SEATS LIMITED
SEATS LIMITED (FIRST COME FIRST SERVE BASIS UPON PAYMENT RECEIVED).

HOTEL STAY
ENJOY CLARION SPECIAL ROOM RATE \$100 PER NIGHT (TWO NIGHTS REQUIRED).

For more information and to reserve your spot for the trip, please contact:
Coordinator Vernon Moody (204)307-1566

NISICHAWAYASIN
CREE NATION

Clarion



Resource Management Board Update – NCN RMA Land Use Plan

Under the terms of the March 1996 Comprehensive Implementation Agreement (CIA) both NCN and Manitoba have agreed to undertake the development of a Land Use Plan (LUP) for the Nelson House Resource Management Area (RMA) in accordance with Article 6:

- Resource Management and through execution of section 6.5(g) where the Board has the authority to develop and recommend land use plans.

Since January of 2014, the Resource Management Board (RMB) have been carrying out community engagement and building capacity to develop a land use plan that reflects the future needs and desires of NCN Citizens, leaders and staff. Some highlights over the past few years are:

- Established a land use plan vision and values.
- Built internal capacity by purchasing Geographic



Steven Deroy and Shauna Johnson (The Fire Light Group) visiting NCN in January 2018.

Information System (GIS) mapping equipment and training
NCN Citizens with ArcGIS mapping software.

- Carried out numerous one-on-one interviews to document community land use and occupancy.
- Identified and documented community concerns and priorities as well as land use activities that Citizens would like to see in the future.
- Developed a communications strategy to ensure we reach our Citizens effectively and efficiently.

LUP Vision

“As stewards of the land, and based on the lessons learned from our past, traditional practices and our Elders, we work together as a self-sufficient people to ensure respect of the land, of customary principles and of traditional knowledge. Our strong land governance system allows us to balance our material and spiritual needs, understand the interconnectedness of everything, and ensure the sustainability of our land, culture and people.”

Identified Community Priorities:

- **Priority #1:** Managing and Monitoring Our Lands and Water;
- **Priority #2:** Teaching Our Way of Life;
- **Priority #3:** Protection and Preservation of Our Land.

Phase 3 of Land Use Planning Process

This year (January – December 2018), we are working in collaboration with the Firelight Group (Canada's Indigenous mapping experts) to complete the following:

- To design and deliver a Community resource based economic development survey to get input from Citizens regarding land use and economic development within the NCN territory;
- Develop preliminary land use zones based on existing data, identify gaps, assess land use options and formulate a land use plan framework and policies;
- Provide GIS services and mentorship to an NCN GIS technician and lands staff to develop a series of land use maps to visually display the variety of resources within the NCN territory;
- Engage community Citizens using the maps produced to help Citizens establish land use plan zones with lands management goals, objectives and lands management actions/activities required to help achieve the land use plan vision, according to the priorities of NCN Citizens;
- Draft (write), verify and finalize a land use plan in a format ready for communication and distribution.

**NCN Resource
Based Economic
Development
Survey**

In cooperation and collaboration with the Firelight Group (www.thefirelightgroup.com), NCN Resource



Nelson House Resource Management Board Left to Right – Gord Dumas, Ed Primrose, Lou Moodie, Eddie Vystrcil.

Management board and staff are conducting a survey to ask community Citizens

for their opinions and attitudes on life in NCN territory – as it relates to community growth and preferences for economic development within the NCN territory. We encourage you to complete the enclosed survey and express your opinions.

This survey will be an important part of understanding what growth and economic development policies our community supports and others that the community has less desire for. It will also help us prioritize what areas in the NHRMA are best suited for future economic development and what areas are off limits. The more responses we receive from Citizens, the better informed we will be to address key issues about the resources in our territory. All responses will be kept confidential and results of the survey will be distributed and posted in a future newsletter.

The survey is expected to take approximately 15 minutes of your time. To encourage you to complete and return the survey, we will automatically enter your name in a draw for one of many prizes. Prizes will consist of a variety of items, including Visa/Mastercard gift cards in various amounts of \$50 and \$100. Grand prize will be something to encourage people to do the survey (e.g., iPad or Smart TV). Community consultants will be hired to walk you through filling out the survey. Please leave ballot attached to the end of this survey. If your form entry is drawn, the NCN Team will notify you via email or a phone call.

Your opinions are important to us. ***Please return your completed survey no later than May 1, 2018.*** Additional copies will be made available on the ncncree.com website and hard copies will be available at community buildings or through community consultants. Surveys must be submitted as an attachment to Cody Anderson at andcody@gmail.com or Roslyn Moore at roslynmoore@ncncree.com. If you have any questions regarding the survey, please feel free to contact Cody Anderson via email or at (204) 484-2359 or (204) 307-2528.

Helping Overcome and Understand Addiction

Since the arrival of Europeans more than 500 years ago when our ancestors struggled with genocide, through the residential school era, and to the present day, First Nations people have suffered the profoundly negative effects of colonization. Emotional, mental, spiritual, physical and sexual abuse have affected our people for generations. Often, addictions act as a numbing agent for both adults and children.

The Nelson House Medicine Lodge (NHML) helps our Citizens conquer their traumas and their addictions. It is a not-for-profit organization funded by Health Canada, certified by the Canadian Accreditation Council, and prioritizes service to the MKO Region.

The NHML kNOW program uses contemporary techniques and treatments while emphasizing Indigenous culture. It includes sweat lodge, night lodge, sundance ceremonies, fasting camps and medicine harvesting as required. The assimilation process has created a stigma against many of our ceremonies, so we rely on the wisdom of Elders to regain the knowledge and the sense of pride our ancestors once had.

Workshops for clients can include communications skills, anger and stress management, healthy boundaries and parenting. We often focus on self-exploration, inner child, grief and loss, and forgiveness. Our program helps clients to understand the effects of trauma, colonization, family and domestic abuse, lateral violence, sexual abuse and addiction.

Our compassionate staff includes the treatment director, five treatment counsellors, a traditional counsellor, an intake worker and an Oskapeyes. They are all professionally certified and undergo continuous training.

The kNOW program runs for eight weeks, during which time all 21 participants stay in residence. We run the program three times a year for male clients, and another three times a year for women.

We are a resilient people. Recovering from addiction gives

our participants the space to move into forgiveness, not only for ourselves, but for those who have destroyed the peace we should have felt as innocent children. We must also find humbleness, kindness and compassion, not only for ourselves, but for others as well. Only then can we find love and attain peace within, and heal our people.

The Nelson House Medicine Lodge is here to help you and those you love. Call us at 204-484-2256.

How does drug addiction happen?

When you smoke, inject or ingest an addictive drug (such as alcohol, cocaine and heroin), your brain is flooded by dopamine, a chemical signal that creates feelings of pleasure. This happens naturally when you hug someone or eat a piece of chocolate, but when a drug releases dopamine, it's up to 10 times more powerful. Your body and brain craves that huge hit of happiness again, and just like that, an addiction is formed.

If a pregnant woman uses drugs, the baby will be addicted to drugs when it is born. He or she can be weaned off drugs by professionals, but it is difficult and heartbreaking. That child may have physical, emotional and mental problems for the rest of their life.

Drug abuse can cause:

- liver failure
- weakened immune system
- memory loss, brain damage
- loss of friends, family, job, home
- seizures, stroke
- heart attack
- coma
- death

Addictive drugs can permanently change your brain. People addicted to drugs cannot make good decisions and can only focus on getting more drugs. This is not their fault and they cannot fix themselves. Before you or a loved one becomes addicted to drugs, call 204-484-2256.

Alcohol abuse can cause:

- weakened immune system
- cirrhosis, hepatitis
- pancreatitis
- high blood pressure, stroke, heart disease
- brain shrinkage
- memory loss, dementia
- anxiety, depression, sleep disorders
- hallucinations, psychosis
- increased risk of type 2 diabetes, rheumatoid arthritis, gallstones, kidney stones
- loss of friends, family, job, home

Why is it bad to drink during pregnancy?

Alcohol passes through the mother's placenta and blocks nutrition and oxygen from the organs that are developing. A fetus that is damaged by alcohol during pregnancy becomes a child with FASD. These children have a wide

range of problems and disabilities, including:

- abnormal facial features
- deformed limbs
- hyperactivity
- poor coordination and movement
- delayed development
- poor social and emotional skills
- weak sight and impaired hearing
- heart problems
- kidney defects

There is no cure for FASD, but we know how to prevent it. If you are trying to conceive, or if you believe you may be pregnant, do not consume alcohol. If this is difficult for you, call 204-484-2256.

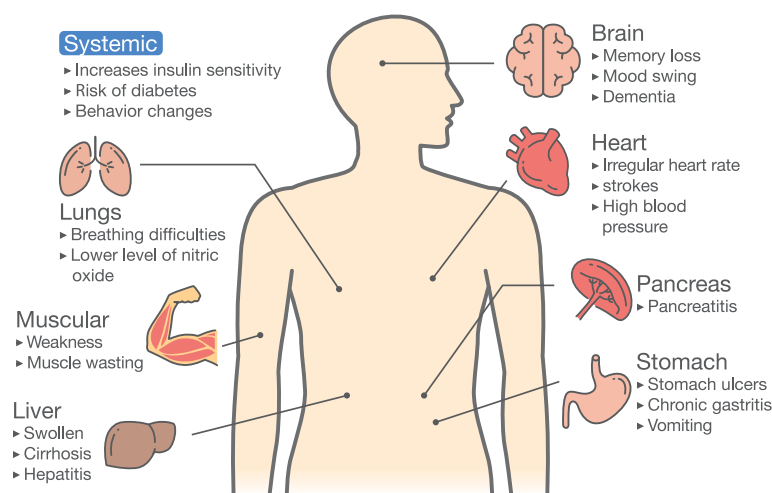
What about the kids of addicted parents?

These children have difficulties while they live with you and your addiction, and later in life when they grow up. They may experience:

- physical, emotional, mental and spiritual stress
- difficulty in school
- fear of authority (afraid they'll be separated from family)
- antisocial behaviour
- depression
- inability to keep a job
- unstable relationships
- poor communication skills
- fear of abandonment

Children grow up believing the behaviour of an addict is normal, so they seek out people who act in the same unhealthy ways when they are adults. They are at an increased risk of becoming addicted themselves. This is how the cycle of addiction happens for generations.

Symptoms of Alcoholism



Employment Opportunities

PRINTSHOP OPERATOR

Employer: NNCEA Inc, Nelson House, Manitoba
Position: Printshop Operator
Posting Date: February 22, 2018
Deadline: Wed, March 14th, 2018 @ 4 p.m.
Interviews: March 16th, 2018
Start Date: Week of March 19th, 2018
Rate of Pay: \$14.79 per hour
NNCEA is seeking a person for the above position. Printshop Operators are

responsible for printing/delivering all the demands of the Printshop. Training will be provided.
For more information on job qualifications and requirements, see below. Please send a cover letter, an updated resume with the names of three references to:
NNCEA Selection Committee @ AMEC
Nelson House, Manitoba
Phone: 204-484-2095 Fax: 204-484-2257
Email: katiek@nncea.ca

FLEX DAY FUN CO-ORDINATOR (SHORT-TERM CONTRACT)

Employer: NNCEA
Position: Flex Day Fun Co-ordinator
Deadline: Monday, March 12/18
Interviews: Wednesday, March 14/18
Start Date: Monday, March 19th, 2018 – Thursday, March 29th, 2018
NNCEA is seeking a Flex Day Fun Co-ordinator for a short term contract. The successful candidate will have to have to organize, finalize, manage and report on the Flex Day Fun activities or events for OK/NNOC. The

Co-ordinator will be responsible to the Director of Education and/or Assistant Director. The dates of the contract are stated above.
For more information on job qualifications and requirements, see below. Please send a cover letter, an updated resume with the names of three references to:
NNCEA Selection Committee @ AMEC
Nelson House, Manitoba
Phone: 204-484-2095 Fax: 204-484-2257
Email: katiek@nncea.ca

Footprint Lake Water Levels

Footprint Lake 60-Day Water Level Forecast

Revised Forecast
February 1 – March 31, 2018

On February 1, 2018 the level of Footprint Lake is forecasted to be 798.9 feet. The level of the lake is expected to fall 1 inch to an elevation of 798.9 feet by the end of February.

During the month of March the level of the lake is expected to remain fairly constant near an elevation of 798.8 feet until the end of the month.

Arrangements have been made to broadcast the above forecast on January 31 – February 3, 2018 both inclusive on NCN Achimowin TV/Radio Communications; and at 7:00 p.m. and 8:30 p.m. on Arctic Radio C.H.T.M. Thompson.



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).

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.

CLOSED



Nisichawayasihk Cree Nation
Culture and Education Authority Inc.



Nisichawayasihk Cree Nation
General Delivery
Nelson House, Manitoba R0B 1A0
Phone: (204) 484-2332
Fax: (204) 484-2392
www.ncncree.com

Do you have a suggestion or an Achimowina story idea?

We would like your comments, feedback or news stories. Please contact achimowina@gmail.com

NCN on Facebook!

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

