



OKIMAHKAN OTY'AMIWIN
FROM THE CHIEF
Meetings with
School Board

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KITTAHWINAOW ACHIMOWIN
COMMUNITY
NCN General Assembly
February 5, 2019

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PUSIKONISOWINI ACHIMOWIN
BUSINESS
Mystery Lake Long-Term
Staff Bids Farewell

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JANUARY 2019

Nisichawayasi Achimowina

NCN Purchases Thompson Bus and Freight



Sid Varma, third from left, Chief Marcel Moody, centre, and co-owner Jimmy Pelk, third from right, with other NCN Councillors Ron Spence, Cheyenne Spence, Jeremiah Spence and Vice Chief Cheryl Moore Monday at the announcement of the NCN Thompson Bus Line partnership deal.

NCN continues to take care of its Citizens and diversify its business interests with the purchase of Thompson Bus and Freight.

On Monday, January 21, NCN Chief and Council came together with the bus company owners Sid Varma and Jimmy Pelk to sign papers and finalize the deal.

NCN now owns 51 per cent of the company, which will be renamed NCN Thompson Bus and Freight.

"We have a vested interest in making this successful," Chief Marcel Moody says. "It's difficult for our Citizens to get back and forth to Winnipeg. They often just don't have the resources. Now, instead of relying on others to give us that opportunity, we can provide it for ourselves."

NCN continues to take care of its Citizens and diversify its business interests with the purchase of Thompson Bus and Freight. NCN now owns 51 per cent of the company, which will be renamed NCN Thompson Bus and Freight.

Thompson Bus and Freight stepped up to provide bus services in northern remote communities in Manitoba after Greyhound pulled out of the area last October. It currently offers passenger and freight services from Thompson to Gillam, Cross Lake and Winnipeg.

Moody hopes to expand those trips to include Leaf Rapids, Lynn Lake, Nelson House, Snow Lake, The Pas and Flin Flon.

Varma says partnering with NCN is a wise choice, as it has proven its business abilities with other ventures, including gas stations, hotel, grocery store and new cannabis store.

"We wanted to add a partner that can add a lot of value to it, and NCN is bringing that value,"

Varma told the CBC. "We have a life expectancy, but a Nation will be staying forever."

He also said the partners are making plans to open a training school for commercial driving. By the end of the year, they hope to provide education for Class 1, 2 and 3 licences.

"This is an exciting opportunity for NCN," Moody said. "We're providing services that our people need, we're generating profit for our community, and we're creating employment opportunities. This is something to celebrate."

NCN Chief and Council Take Action to Address Medical Access Concerns

Chief Moody (left) and Councillor Jackie Walker (right) meet with Pam Smith Regional Director for Indigenous Health-FNIB.



MKO Grand Chief Settee also attended to discuss follow up with Heath Canada about the death of Abraham Donkey on the bus. Indigenous Services Canada is expected to contribute \$42 million over three years to support health transformation in Manitoba. They are partnering with Manitoba Keewatinowi Okimakanak to help create tailored health solutions for the communities they serve. NCN is among those communities.



MKO Grand Chief Settee was pleased to host a meeting between Nisichawayasihk Cree Nation Chief and Council and Federal officials to discuss improvements to medical transportation for NCN and all MKO patients requiring health supports in a safe timely manner outside of the community.

STOP BUMPER SHINING

FACT:

Every year in Manitoba injuries and even death results from the nearly 160,000 estimated attempts to bumper shine. Many injuries are broken legs and head injuries from obstacles on the roadways. In severe cases kids have been hit by following vehicles or slid under the tires at high speeds.

It's illegal and dangerous!

Our Nisichawayasihk schools and safety officers have received a number of reports and complaints of children grabbing onto the bumpers of school buses or cars and sliding along for a free ride.

- Parents are urged to remind youngsters of dangers of what is now termed "bumper-shining".
- Students, if you hear or see others sliding behind buses, make the bus driver aware, report it to the school and encourage them to **STOP**.

PLAY SAFE.
Winter Safety is Everyone's Concern.

MAKE A DIFFERENCE for NCN kids

Pledge \$100 to 313 Cares About Education Program

What is it?
An initiative from the elders of the school to increase attendance for the students and raise awareness for the importance of education in today's world!

Monies raised will go towards:

- Attendance awards
- Winter gear- hats, mitts, socks etc. for students
- STAR Skating program

Attendance Awards will be given for:

- 100-99% - \$100*
- 98-95% - \$75*
- 94-90% - \$50*

(*Provided all Monies have been raised)

Please contact the following to make a pledge at O.K. School.

204-484-2242
William Spence, Nadine Yetman or Mavis Stevenson

Long-time Employees at Mystery Lake Hotel Say Goodbye

Mystery Lake Hotel has seen some staff changes this winter. Josie Haney bartended at Trappers and had two “tours of duty” at the hotel. She initially worked at the hotel for about 10 years and then, after she moved away and came back in 2005, another 12 and a half years. Molly Stapleton served as the assistant manager for an impressive 21 years. They both retired earlier this winter.

“Both Josie and Molly were dedicated and hard working,” says Rob Roberts, who worked as the general manager of Mystery Lake Hotel. “We have been blessed over the years with several long serving employees who truly care about the property, and many younger, high-energy staff. I deeply care about all of them and will miss them very much.”



Rob Roberts, former GM, Mystery Lake Hotel.



Back row (left to right): Molly Stapleton, Caroline Williamson, Scott Jocelyn (President Manitoba Hotel Association); Front row (left to right): Marlene Stoltz, Janet Andrews, Maria Guerra (missing Gloria Hermenegildo).

Roberts is also leaving Mystery Lake Hotel, after almost 8 years as GM. He says the biggest change during his time leading the hotel was the granting and implementation of Urban Reserve status.

“I’m also happy to see an increase in First Nations staff since we made that transition to Urban Reserve. As a First Nations owned business, this is very important.”

Roberts has moved to Winnipeg to take over the position of general manager at the Canad Inns Club Regent Casino Hotel. He’s happy to be starting this new chapter closer to his family. In the 8 years since he moved to Thompson, his two grandchildren have been born.

“I’m looking forward to spending time with my children, grandchildren, old friends and family, and playing rock and roll with my band,” says Roberts. “But I’ll miss so much here, like the many beautiful people I have come to know and

love. Pisew Falls. The ravens. The rare gift of fresh moose meat. Pickerel from the nearby lakes. The woods. The Northern Lights. There’s a lot to love here.”

Many NCN Citizens have fond memories of Josie, Molly and Rob. We wish you the best of luck. Ekosani!



Left to Right: Terri McKay, Molly Stapleton, Gloria Hermenegildo, Belinda George, Gaylene Flett, Kerry Thomas, Hun Choi Moose.



Josie Haney, former Mystery Lake Hotel employee.

Bringing in the New Year with Celebration

NCN Celebrates with fun and dance at the annual New Years eve dance hosted by NCN Chief and Council. The event was well attended and party goers of all ages took part in the festivities.



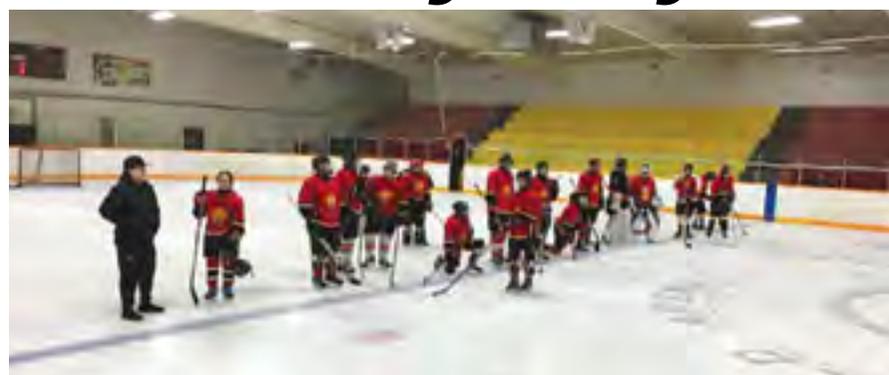
Midget and Pee wee Hockey Players Get Blades Going

By: Nic Campbell



Thank you to NCN Parks and Recreation for sponsoring the Minor Hockey program.

NCN Minor Hockey would like to thank all volunteers, officials, and members of Parks and Recreation who contributed to our Midget Hockey Tournament held on January 11-13, 2019 at the GMA. This tournament was part of our Midget A league play consisting of 6 teams. A big thank you to those who donated towards our tournament for fundraising purposes. Additionally, thank you to NCN Parks and Recreation for sponsoring our Minor Hockey program and making these tournaments possible, as well all volunteers who helped with time keeping and ticket



sales, and the GM arena staff for operating the arena. As January continues our PeeWee team will travel to Thompson January 18-20, 2019 and our Midget team will travel to Cranberry, January 25-27, 2019. Due to rostering we have had to collapse our bantam program, but our players will be able to either play midget or be overaged into Pee wee. Practices for the remainder of the season will occur on Tuesday and Thursday nights at the arena. A reminder to all players to keep your equipment secure and to ensure all your equipment is put back in your bag.

NNOC Prepares for New Academic, Drama and Music Options This Term

By: Nic Campbell

NNOC would like to wish everyone a Happy New Year and hope everyone enjoyed their winter holidays. We are currently wrapping up our first term at NNOC and will be starting exams very soon. Exam dates are January 23, 24, 25, and 28th. Term 2 at NNOC will start on January 29, 2019 at 8:25 a.m. On this day we will have a half day for students in the morning and Professional Development in the afternoon for staff. The purpose of this is for students to come, receive their timetable, be introduced to their new courses, and then make any changes in the afternoon if necessary. Our 40S Mathematics class will be writing the Manitoba Provincial Exam on January 23, 2019. Our 30S drama class will be travelling to Winnipeg to take part in a musical. The drama class would like to thank everyone who contributed to their fundraising for this trip. During the months of November and December the attendance at NNOC increased by 14% from last year. An increase in our attendance is great news and we hope our attendance continues to increase during term 2. NNOC would like to thank Mr. Bryce Peterson and Ellen Palmer, along with Connected North for coming to NCN to talk to us about setting up a virtual classroom within our school.

During term 2 we will be implementing a 10 teachings

During the months of November and December the attendance at NNOC increased by 14% from last year.

system which will focus on 10 different character traits. We would also like to thank Ms. Alma Spence for her service and dedication to our school system! Within our other classes we have exciting initiatives occurring such as robotics, soapstone carving, drama/play creation, hydroponics, exam preparation, guitar club, interviews, cross country skiing, weightlifting, and a model of a house made in Industrial Arts. On behalf of NNOC, I would like to thank all staff and students for their dedication to our school. Without each member of our staff and student body, we would not be able to achieve the goals we have set out or operate in an efficient and effective manner.

A reminder to any students in Grade 12 to apply to Post Secondary Schools as well for sponsorship. Additionally, congratulations to those

students who have been accepted to different Post-Secondary Schools!

NNOC TERM 1 EXAM DATES

The following dates will be reserved for student exams. Term 1 for NNOC will end on January 28, 2019. Term 2 for NNOC will begin on January 29, 2019.

EXAM SCHEDULE		
PERIOD	DATE	TIME
1	Wednesday, January 23, 2019	1:00 p.m. – 3:00 p.m.
2	Thursday, January 24, 2019	9:00 a.m. – 11:00 a.m.
3	Thursday, January 24, 2019	1:00 p.m. – 3:00 p.m.
4	Friday, January 25, 2019	9:00 a.m. – 11:00 a.m.
5	Monday, January 28, 2019	9:00 a.m. – 11:00 a.m.
Make up exam	Monday, January 28, 2019	1:00 p.m. – 3:00 p.m.



NNOC student Everton Linklater with his soapstone carving.

Kosopatchekan Ceremony Honours NCN Traditions

In collaboration NNCEA, NCN Family and Community Wellness Centre and the Nelson House Medicine Lodge will be hosting a sweatlodge and blanket night lodge ceremony (Kosopatchekan) on Saturday, January 26, 2019 for healing, prayer and ceremony – all for our overall NCN Community. We will be giving Gordie Walker an honorarium to cover the fees of travel expenses for himself and his helpers. The ceremonies will happen at the NNCEA building starting with a sweatlodge at 2:00 p.m. and will carry over until later into the evening.



Gordie Walker

Medicine Lodge Honours Outstanding Individuals

The Nelson House Medicine Lodge's Executive Director Laurel Wood and Board of Directors Shirley Linklater proudly presented framed awards to Citizens and staff of the Lodge in recognition of their achievements. The recognition, which also includes a framed plaque on the Lodge's wall of Honour, is given to recipients that not only have noteworthy accomplishments at the lodge but are also contributors to the overall wellness of our NCN community. The 2018 recipients acknowledged at the Lodge's holiday dinner in December were:

- Employee of the Year Award for Exceptional Service to Nelson House Medicine Lodge – Herman Linklater
- Community Member of the Year: Sandra Moose and Joe Moose
- Youth Community Member of the Year: Priscilla Bighetty and Lewis Dumas
- Elder of the Year: Gloria Spence and Sam Dysart
- Family of the Year: Mary and Johnnie Parisien

Congratulations to all recipients. Your efforts are greatly appreciated and honoured.



Nelson House
**MEDICINE
LODGE**
Mithwayawin Mitho Tehewinihk Ochi

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

Nelson House Medicine Lodge Intake Dates

The current residential intake program is for women and the next program starting is for men. Referrals and registration are being accepted now for alcohol and drug treatment, prevention and aftercare services. Intake dates and administration weeks are as follows:

2019 SCHEDULE

Women: January 2 – February 22, 2019
Men: February 25 – April 19, 2019
April 22 – 26, 2019 – Admin Week
Women: April 29 – June 21, 2019

Men: June 24 – August 16, 2019
August 19 – 23, 2019 – Admin Week
Women: August 26 – October 18, 2019
October 21 – December 13, 2019

A New Year of Fun with Parks and Recreation

On February 13, a whopping 70 people headed to the Strand Theatre to catch Aquaman. Thanks to Vernon and Mac for driving the two buses we needed, and to Nicole and Jack for organizing.

NCN Parks and Recreation is keeping people busy during the week at the DWMH, with open gym, arts and crafts, and movie nights. On the weekend, there are often mini skills

competitions, hockey tournaments and dance and lights shows. Follow the NCN Parks and Recreation group on Facebook to make sure you join

us for all the fun. On January 4, Jack Young posted a few slideshows on our Facebook page of last year's activities. Watch it to see if your family members are there!



CBC Reporter was Impressed by His Trip to Nelson House



William Spence (second from left) didn't need much convincing to give us a tour of his home community. (Photo by: Lenard Monkman/CBC)



That Monday the community radio was supposed to have filler music, but Russell Bonner opened up the studio to talk about our careers as journalists and offered us insight into what the community was like.

A CBC reporter, who knows Indigenous stories are hard to find in the media, took matters into his own hands when he came up to Nelson House on NCN Aboriginal Veteran's Day Holiday, November 12, 2018.

The new host of the CBC Radio's *North Country*, Ramrajh Sharvendiran and reporter Lenard Monkman from Lake Manitoba First Nation – an associate producer with the CBC Indigenous unit – were shown around the community by Vice Chief Cheryl Moore, her husband Jim Moore and other welcoming NCN Citizens.

"I wanted to visit northern communities near Thompson," he says. "The communities

that I wanted to visit have large populations and they are under-reported in the mainstream news, yet there are lots of stories that need to be told."

Monkman visited Nelson House, Tataskweyak and Cross Lake. He had plans to go to Norway House but the ferry was broken down.

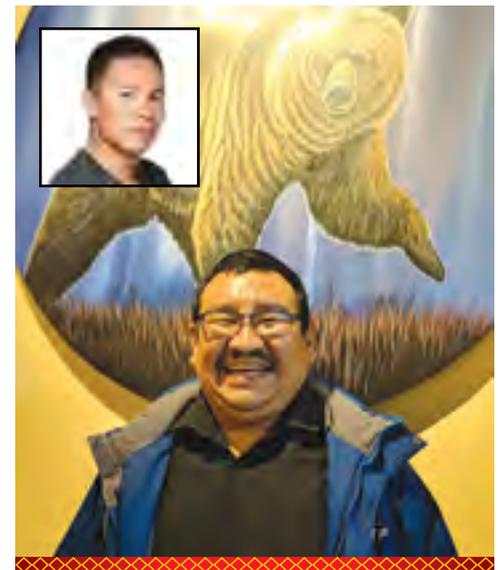
During his visit to Nelson House, Monkman had a tour of the community with William Spence, and visited the Three Rivers grocery store, chatting with Lorna and John Spence, who were selling their famous bannock. He also met Lou Moodie at the new multiplex.

"The people we were able to run into were very friendly and accommodating," says Monkman. "A lot of the locals had a good sense of humour and were genuinely pretty friendly. I think that was the most important part of the trip."

NCN Vice Chief Cheryl Moore brought Monkman to ATEC for a tour with Jim Moore after hearing him on the local NCN Radio with Russell Bonner. Cheryl said, "the tour was limited because many facilities were closed that day, but they seemed impressed with NCN."

"I think one of the biggest surprises for me was the ATEC building. I thought it was cool to see this facility that has a lot of room to teach post secondary education. I know that a lot of communities in the south don't have that kind of infrastructure on reserve."

His travelling companion was Ramrajh Sharvendiran, the



CBC reporter, Lenard Monkman (inset) enjoyed a tour of the community from NCN Citizens in Nelson House.

Monkman says the trip was definitely worth the effort.

host of CBC Radio's *North Country* on 93.7 FM. You can listen to him every weekday from 7:30 to 8:30 a.m. The two of them enjoyed their spontaneous interview on 98.1 CREE FM with Russell Bonner, and reminded listeners to reach out to Sharvendiran with interesting stories that should be told.

Monkman says the trip was definitely worth the effort.

"I love meeting people. I love talking to people. I would definitely be interested in going back up north."



BE ALERT!
 Snowmobile safely
 and be considerate
 of others.

RIDE SAFE!

Get to know your safe snowmobiling areas in NCN.



FOR EVERYONE'S SAFETY AND COMFORT PLEASE:

- ▶ **STAY OFF ROADS.** Remember cars and trucks always have the right of way.
- ▶ Do not snowmobile through protected areas as indicated on this map.
- ▶ Don't drink or use drugs when snowmobiling.
- ▶ When snowmobiling at night stay away from residential areas to avoid disturbing people.
- ▶ Watch carefully for children and pets when crossing roadways and in residential areas.
- ▶ Respect traffic signs and stay on safe ice trails.

Legend:
 - No snowmobiling zone (Yellow shaded area)
 - Recommended and maintained trails (Green dashed line)
 - Roads (snowmobiling not permitted on road, only in ditch beside road) (Red solid line)

NISICHAWAYASIHK CREE NATION
 For more information on snowmobiling recommendations and restrictions contact:
 Lianna Anderson
204-484-2332

Indian Residential School Survivors Valentine's Day Dance Fundraiser

Live Band: "Down The River"
 Featuring, Clint Dutiaume on Fiddle

*Door Prize!
 Silent Auction!
 Open Mic!
 Social Food!*

Thursday, FEBRUARY 14th, 2019
Canad Inns Destination Centre Polo Park,
 1405 St. Matthews Ave, Wpg, MB
 Dance: 7:00 p.m.— 1:00 a.m.
TICKETS: \$25 each
 For more information call
 Shantelle @ 204.334-9395 or visit www.anishcorp.ca
~ DRY EVENT ~
 All Proceeds benefit IRS Survivor (Thrivers) Continued Healing Journeys!

**Our People
 Our Priorities**

Public Health Conference

**PREVENTION
 AWARENESS
 EDUCATION
 PROTECTION**

FEBRUARY 13 & 14, 2019
 7 a.m. – 4 p.m. each day

ROYAL CANADIAN LEGION
 101 Elizabeth Drive, Thompson, Manitoba

This forum will emphasize First Nation and Indigenous priorities in expanding quality of care for our people and Nations in Northern Manitoba.

To register, book a booth space, or for questions, please call
 Amber Spence or Kyle McDonald
204-484-2341

Organized by:
 Nisichawayasihk Cree Nation
 FAMILY AND COMMUNITY
 Wellness Centre
 **NISICHAWAYASIHK
 CREE NATION**

NEED HELP? If you or someone you know is dealing with depression or suicidal thoughts, get help! You are important. You matter.

Thompson Mobile Crisis Team 1-866-242-1571 204-778-1472	Kids Help Phone 1-800-668-6868 Suicide Helpline 1-877-435-7170	Addictions Helpline 1-855-662-6605 Gambling Helpline 1-800-463-1554
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Nisichawayasihk Urban Reserve to be Recognized on Thompson City Signs



The old Thompson City Signs will be replaced with ones displaying recognition to NCN's Urban Reserve and new city logo.

The well-known welcome signs at the southern and northern ends of Thompson, Manitoba are expected to be updated this summer and NCN will be recognized.

The current signs have been in place for at least 40 years, but will be changed to include Thompson's new logo, which is already used on its social media and website. Other areas will also receive updated signage, including the water treatment plant, cross-country ski trails, and waste disposal grounds.

Kacper Antoszewski, communications officer for the City, told the Thompson Citizen the welcome signs would also include recognition of NCN and its urban reserve status.

Footprint Lake Water Levels

Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of January 19, 2019

On January 19, 2019 the level of Footprint Lake was at an elevation of 799.1 feet. The level of the lake is expected to rise 3.5 inches to an elevation of 799.4 feet by the end of the month.

The 14-day forecasts are estimates, and subject to change. Northern forecasts are broadcast on local radio stations at the beginning of every month.

DINNER THEATRE & DRAMA SHOWCASE

FRIDAY JANUARY 25TH
 @ THE OK SCHOOL GYM
 DOORS OPEN @ 6:00 PM
 5.00\$ PER TICKET

BUY IN ADVANCE LIMITED NUMBERS AVAILABLE @ THE DOOR

TICKETS CAN BE PURCHASED AT THE NNOC FROM MS. PIKE OR ANY OF THE DRAMA CLASS STUDENTS

NNOC HIGH SCHOOL DRAMA CLASS PRESENTS: "A CREATION STORY"

"SPAGHETTI DINNER"
 (VEGETARIAN OPTION AVAILABLE UPON REQUEST)



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