

MAY 2019

# Nisichawayasi Achimowina

## NCN Thompson Gas Bar Ready to Serve the North

On May 3, after a long two years of plans and some minor construction setbacks, the NCN gas bar in Thompson opened to the public.

"We're excited," said Chief Marcel Moody. "Any time we can create employment for our Citizens and diversity in our economy, it's another dream realized."

Chief Moody was happy to celebrate the soft launch of the gas bar with vice-chief Cheryl Moore and NCN councillor Jacqueline Walker.

The gas bar is located on NCN's urban reserve land, and is expected to create between 16 and 20 jobs for NCN Citizens.

**All the snacks and tax-free gas you need are available for purchase 24 hours a day, seven days a week, to anyone with an Indian status card.**

MKO Grand Chief Garrison Settee told the Thompson Citizen that the Thompson Gas Bar can count on his support.

"It goes to show what a First Nation can do when they set their mind and put their heart into an issue," Settee said. "This is where I'll fill up my 4x4."

All the snacks and tax-free gas you need are available for purchase 24 hours a day, seven days a week, to anyone with an Indian status card.

Watch for the announcement of a grand opening next month!



Construction had slight delays but Nisichawayasihk Cree Nation opened their Thompson gas station to the public on May 3.



Nisichawayasihk Cree Nation Councillor Jacqueline Walker, Vice-Chief Cheryl Moore, Chief Marcel Moody and Manitoba Keewatinowami Okimakanak Grand Chief Garrison Settee at the soft opening of the new NCN gas bar in Thompson.









KITITAHWINAOW ACHIMOWIN

# Community News

## Remembering Three Lost NCN Loved Ones

A MEMORIAL SERVICE and VIGIL was held on Sunday, April 28, 2019. Kethan Lobster, Matheo Moore and Terrence Spence passed in a tragic vehicle accident near Nelson House one year ago. Families and friends gathered on the anniversary date to honour their memories. Prayers and a ceremony were held followed by candle lighting. The community gathered for a hotdog roast and to share stories and memories of the boys.



## NCN Infrastructure and Public Works Workshop

In May Nisichawayasihk Cree Nation held a public works staff meeting workshop regarding the current situation of our infrastructure and how to move forward in respect to the Nation's infrastructure needs. The workshop meeting was held at the arena mezzanine. The topics of the meeting also included priorities, concerns and ideas from staff. The safety, well-being and health of employees were among the top priorities during the

meeting discussions. The department staff and NCN Infrastructure and Public Works portfolio holder, Councillor Jeremiah Spence were on hand to discuss these priorities directly with attendees and focus on the plans moving forward.



The NCN Public Works department held a well-attended workshop about plans and new development.



# NCN Girls Attend National Science Fair

Rhianna Spence and Denicka Spence competed in the Canada Wide Science Fair in Fredericton, New Brunswick during the week of May 15.

Their experiment was called, "Growth Analysis of *Vigna Radiata* Treated with Four Different Water Media."

They grew mung bean plants using four different sources of water: tap water, distilled water, caffeine, and cattails.

"We wanted to see which water media is the best for plants," explained Rhianna in a video that was posted by Manitoba First Nations Education Resource Centre (MFNERC) on Facebook.

"The plants that used distilled water grew the fastest and tallest, because it's pure. Tap water was the worst because it's for drinking, so it has chemicals in it," added Denicka.

Denicka and Rhianna originally created their experiment for the 2019 Keewatin Regional Science Fair, hosted by MFNERC in March. They nabbed one of the two top spots, which allowed them to travel to this national event.

While the grade 8 girls came home without a trophy, their entry gained a lot of attention. The winner was a student from Ottawa who came up with a new way to boost the body's ability to detect and kill cancerous cells.

We wish the Spence girls the best of luck next year!



Rhjianna Spence and Denicka Spence are finalists at the Canada Wide Science Fair CWSF for their plant growth analysis project.

Nisichawayasihk Cree Nation Parks and Recreation Presents

# SONGS IN THE KEY OF CREE

A Country & Western Show

**One Night Only!**  
**JUNE 4, 2019**

**Dinner at 6 PM**  
**Show at 7:30 PM**  
**Bingo at 9 PM**

**Norman Linklater  
Memorial Complex**

Nisichawayasihk Cree Nation (Nelson House)

**FREE ENTRY**

All Ages. Everyone Welcome!

Children Must Be Accompanied by an Adult.

**BINGO**

\$200 dollar pot, played after the show

**FUN WORKSHOPS**

Beading, fiddle workshops, drama/theatre,  
and a more general music workshop.

**For more information contact:**

Lou Moodie at 1-204-307-2243

Terry Linklater at 1-204-307-2246

Written and  
Performed by  
Tomson Highway  
with Krystle  
Pederson Lancelot  
Knight Junior  
Clarke and Liam  
Allan Nathan

[songsinthekeyofcree.ca](http://songsinthekeyofcree.ca)

Special Guests: The Bighetty



# 2019 Graduation Dates Announced

Mark your calendars! NNCEA has announced the Nisichawayasihk Cree Nation 2019 Graduation Dates:

- **OK School Kindergarten Grad**  
Located at the Norman Linklater Multiplex on June 13th, 2019 at 1:00 p.m.
- **OK School Grade 8 Grad**  
Located at the Norman Linklater Multiplex on June 14th, 2019 at 1:00 p.m.
- **NNOC's Grade 12 Grad**  
Located at the Norman Linklater Multiplex on June 18th, 2019 at 2:00 p.m. (18 potential graduates)
- **Mature Student (MSDP) Grad**  
Located at the Norman Linklater Multiplex on June 21st, 2019 at 2 p.m. (18 potential graduates)



# Update on High-Speed Internet in NCN

People in Manitoba's north are excited about the approach of high-speed Internet for First Nations communities, which Clear Sky Connections has promised, aiming for the end of this year.

The company recently posted a video update on its website.

"For more than ten years, the chiefs of Manitoba have collectively been working to provide First Nations communities with adequate, accessible, affordable Internet connectivity. We're on a mission to demonstrate outstanding leadership," says Chief David Crate, CSC vice-chair, in a voiceover.

"This summer, construction will begin. The initial fiber network will connect three gateway communities: Norway House Cree Nation, Pimicikamak, and Nisichawayasihk Cree Nation. It will strengthen unity, sovereignty, health, prosperity and hope, for our children and our communities, for each other and the world."

The CEO of Clear Sky Connections also appeared in the video, assuring viewers that the company is determined to see success.

"There's been a lot of questions about if we're capable of doing this, and skepticism, if a First Nations company can complete something of this magnitude," says CEO Lisa Clarke in the video. "We're perfectly capable of doing it ourselves,

and to operate it and maintain it thereafter."

Crate told CTV that different technologies will be used to create the network, based on the topography of the area. Bogs and muskegs would see "armoured cable" on the surface, while some areas will be trenched, and others "piggybacked" off existing Manitoba Hydro fiber.

He said a major benefit of the fiber network will be improved telehealth opportunities, instead of having to rely on microwave broadband, which is often in short supply.

"Quality telehealth could help reduce healthcare costs, because it has the potential to cut down on travel for medical care."

**The initial fiber network will connect three gateway communities: Norway House Cree Nation, Pimicikamak, and Nisichawayasihk Cree Nation.**

**SAVE THE DATE!**  
**JUNE 21<sup>ST</sup> 2019**

**LOVE IS GREATER**

**MEMORIAL GOLF TOURNAMENT**

**THOMPSON GOLF CLUB**

\$100 per golfer, \$400 per team  
\$25 Dinner only  
1pm-4pm Golf (followed by steak dinner)

Entry includes 9 holes green fees, 4 man best ball, dinner and swag bag! Raffles, 50/50 and prizes

**PROCEEDS WILL SUPPORT:**

Proceeds were also given to family members from NCN for support.

**REGISTER**

**\$100** per person  
**\$400** per Team

A SPECIAL THANK YOU THOSE WHO SPONSORED US THROUGH OUT THE YEARS. YOUR CONTRIBUTION IS GREATLY APPRECIATED.

PLEASE CONTACT IF YOU ARE INTERESTED IN CONTRIBUTION TO THIS YEARS MEMORIAL GOLF TOURNAMENT.

**REGISTRATION & INFORMATION**  
CALL OR CHECK OUT FACEBOOK

204.679.5546 Eleanor Erickson  
204.679.6475 Stephanie Cullen  
204.938.5322 Alfreda Linklater

**THOMPSON GOLF CLUB**  
facebook.com/events/107134943199075/







# RBC Training Ground Looks for Next Olympians in Thompson

For the first time the RBC Training grounds set their sights on Thompson, looking for future Olympic athletes in Northern Manitoba. Since 2016, the people behind RBC Training Ground have set up events across the country in the hopes of uncovering Canada's next great Olympian through rigorous fitness testing. Three NCN youth participated in the training and enjoyed the event.

Organizers want to encourage athletes to show their stuff and potentially be "found" for future training opportunities on the path to the Olympics.



RBC Training grounds are looking for future Olympians in Northern Manitoba. NCN athletes showcased their talents.

# NCN Flames Join Keystone League

The NCN Flames will join the Keystone Junior B Hockey League this upcoming year, and will play out of the Gilbert McDonald Arena.

"Everyone in the Nisichawayasihk Cree Nation franchise will ensure its success on and off the ice. The catalyst will be the development of solid community support. We want to make our entire organization a true part of the community," the team said in a press release.

"We'll strive to make a long lasting relationship for years to come. We know Thompson and our outlying communities will embrace junior hockey. Partnering with these communities will enhance the overall impact this franchise will have on the North."

"We specifically want to work with the local Minor Hockey and AAA Midget executives to solidify their existing programs, and to promote hockey development. We'll also reach outside Thompson to our outlying

**We know Thompson and our outlying communities will embrace junior hockey.**

communities and provide support where possible."

The Flames will join four other teams in the Keystone League, which are the Peguis Juniors (which won its fourth-straight championship last year), OCN Storm, Norway House North Stars and the Cross Lake Islanders.

The Fisher River Hawks passed on last year's season, and will inform the league of their intention to play (or pass) before July.

The NCN Junior B Flames have seen great success in the

past, when they played in the Norwest Junior Hockey League. They won the Baldy Northcott Trophy in 2002, and were two-time NJHL champions in 2002 and in 2003.

Good luck, Flames! We're ready to cheer you on!



The NCN Flames will participate with four other teams in the Keystone Junior B Hockey League.

# Schools Approach Year End and Exams

It is hard to believe, but there are only 4 weeks until our exams and 5 weeks until our 2019 Graduation. Exams for term 2 will run from June 10-June 13, 2019, however our 40S ELA Provincial exam will be May 27-30, 2019. Our last day of school is June 20, 2019 and our final report card pick up will be held on June 19, 2019. A reminder to all students that daily attendance is essential in order to be successful in school! Each and every day is valuable and students will quickly fall behind if excessive days are missed.

During the month of April we held our "Duct Tape the Junior Chief" event, which was a success, a big thank you to our Jr. Chief Maria Smith for participating in this event in order to fundraise for Jr. Chief and Council. Our Mathletics competition winner for April was Isaiah Baker who has now won twice! The winners of our Sacred Teachings contest were Jerome Moody, Desiree Spence, Angelina Donkey, Maria Smith, and Morgan Bonner. Every other week students have a chance to win \$50 if they submit a piece of literature for the teaching that we are celebrating that week. On May 17, 2019 we will be having a community clean up and bbq for all staff and students in the afternoon. We would like to thank all staff, students, and community members that contribute to our school on a daily basis.



**Maria Smith Jr. Chief and Sacred Teaching winner submission.**



Nisichawayasihk Neyo Ohtinwak Collegiate  
1 School Road  
Nelson House, Manitoba  
R0B 1A0  
Phone: 204-484-2602  
Fax: 204-484-2612

## TERM 2 EXAM DATES

The following dates will be reserved for student exams.

EXAM SCHEDULE		
DATE	EXAM	TIME
May 27-30, 2019	40S ELA Provincial	9:00 a.m.
June 10, 2019	Period 1	9:00 a.m.
June 11, 2019	Period 2	9:00 a.m.
June 12, 2019	40S Essential Math	9:00 a.m.
June 12, 2019	Period 3	9:00 a.m.
June 12, 2019	Period 4	1:00 p.m.
June 13, 2019	Period 5	1:00 p.m.
June 14, 2019	Make Up Exams	9:00 a.m.

Note: Students will have 2 hours to write NNOC exams. Additional time will be granted for Provincial exams as per Provincial exam rules. Buses will go around in the morning at 8:00 a.m. and in the afternoon at 12:15 p.m. to pick up students. Buses will also be available at the end of the day for students.

**GRADE 12 GRADUATION – JUNE 18, 2019 AT 2:00 P.M.**

## REPORT CARD DISTRIBUTION – JUNE 19, 2019

**LAST DAY OF SCHOOL – JUNE 20, 2019**

## Employment Opportunity

### AT THE ELEMENTARY SCHOOL (N–Gr. 8)

Qualified teachers for  
grades 1(4), 2(1), 3(1), 5(2), 6(1) and 8(2)  
School Social Worker for gr. 5-8 (new position)  
Resource Teacher for gr. 6-8 (new position)  
Vice-Principal for the Middle Years

### AT THE HIGH SCHOOL (GR. 9–12)

Science Teacher	English Language Arts
Mathematics Teacher	Teacher
Industrial Arts Teacher	Resource Teacher

**FOR BOTH SCHOOLS (N–GR. 12)**

N-gr. 12 Math Specialist (new position)  
Resource/Learning Support Program Administrator  
(new position)

If you are interested, send a cover letter with resume/  
references asap to:

NNCEA Selection Committee,  
Nelson House, Manitoba  
Ph. 204-484-2242 Fax: 204-484-2257  
Email: [sylviam@nncea.ca](mailto:sylviam@nncea.ca) or [gailm@nncea.ca](mailto:gailm@nncea.ca)

# Professional Staff Needed for 2019-20 at OK/NNOC

Upon application, a clear Child Abuse Registry Check and a clear Criminal Record Check or Vulnerable Sector Check are to be submitted.

*Only those selected for an interview will be contacted.*

*Interviews will be done in May/June 2019.*

*Tentative start date for new professional staff is August 26th, 2019.*



# NCN Minor Hockey in Moose Lake and Regina

During the month of April our Pee wee players travelled to Moose Lake to take part in a one-day tournament. Our players battled all day and came in second place! Chris McDonald led the team with 6 goals, one game scoring 4 on his own. Harriet Linklater, Silas Swanson, Sam Spence, and Thai Hunter all worked hard to put points on the scoreboard as well. On May 3-5, 2019 NCN sent an Atom hockey team to Regina to participate in the Oskana cup. The boys and girls battled through 5 games and came third out of eleven teams. The NCN Flames would like to thank the following sponsors for this opportunity,

without your support this would not be possible!

NCN Chief and Council, NNCEA, FCWC, NCLP, NCN Recreation, NCN Trust, and Gary Merasty.



Chris McDonald and Sam Spence.



Taleah Moore of NCN atoms in Regina.

**11th ANNUAL**

# Health Fair

Date: **June 12-13, 2019**  
 Time: **10 a.m. - 3 p.m.**  
 Venue: **Gilbert McDonald Arena**

**DOOR PRIZES**  
 BBQ  
 BBQ Accessories  
 and Meat Pack

For more information contact:  
**Amber Spence**  
 Health Admin  
**204-484-2341** ext. 165

Nisichawayasihk Cree Nation  
 FAMILY AND COMMUNITY  
 Wellness Centre

**Nisichawayasihk Cree Nation**

## Community Consultation MEETING

ABOUT THE

**PROPOSED KIVAHIKTUQ AGREEMENT**

**JUNE 5, 11am – 2pm: Leaf Rapids** – Town Centre  
**JUNE 5, 5pm – 8pm: Thompson** – Juniper Centre  
**JUNE 6, 10am – 2pm: NCN** – Norman Linklater Multiplex

*Refreshments will be provided.*

All NCN Citizens encouraged to attend.

NCN invites its Citizens to a consultation meeting with officials from the Government of Canada to identify any potential adverse impacts of the proposed Kivahiktuq Agreement on the Treaty or Aboriginal rights of Nisichawayasihk Cree Nation Citizens.

The proposed Kivahiktuq Agreement is an agreement between Canada, the Government of Manitoba, and Nunavut Tunngavik Incorporated, representing the Inuit of Nunavut. It sets out harvesting, land ownership and other related rights for the Inuit in an area west of Hudson Bay, in the northeastern most portion of Manitoba.

For more information contact: Joyce Yetman or Bonnie Linklater at the NCN Trust Office 204-484-2604.

**NISICHAWAYASIHK CREE NATION**

**Canada**



# Parks and Rec Celebrates Mother's Day and More

The new Norman Linklater Memorial Multiplex is hosting fun activities all the time. Check out the schedule on Facebook and join us!

Mother's Day was full of

games, from bingo to broom dance, and puzzles to ping pong. Everyone appreciated the BBQ supper. Thanks to all our great NCN mothers, and to our sponsors FCWC, NNCEA, NCN government and NCLP.

Check out the Parks and Rec 40+ Walking Club. If you complete 300 laps in a month at the Norman Linklater Memorial

Multiplex, you'll be entered into a monthly draw for \$100! Ten draws every month. Call Terry at 307-2246 for more info.

Join us for the Invitational Youth and Adult 3 on 3 Basketball Tournament on June 8 and 9. Get your team together and register with Lou or Terry, or just come on down to cheer on the action!

# Bear Witness Day Promotes NCN's Jordan's Principle Initiative

On May 10, NCN Citizens came together with high spirits and teddy bears to the Family and Community Wellness Centre for Bear Witness Day.

It is an important date in the history of

Jordan's Principle, which ensures First Nations children receive

the services and supports they need.

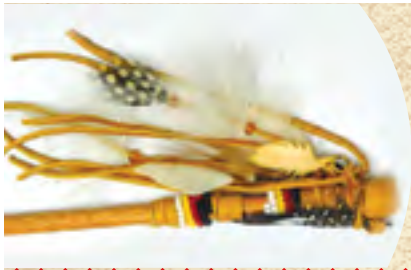
About 25 people showed up with their bears for games, fellowship and lunch.

In Nelson House, funding from Jordan's Principle has created a CFS home with special medical equipment, and has allowed a young girl to finally attend elementary school on a regular schedule.

Jordan's Principle is named after Jordan River Anderson, a boy from Norway House Cree Nation who died in 2005. While the federal and provincial government argued about the costs of caring for his rare muscular disorder, he died in hospital, without ever having enjoyed a day at home.







# Voice of Our Youth



**Corey Spence,  
Valedictorian**

## Valedictorian Address

*By: Corey Spence*

I would like to begin by acknowledging that we are on the traditional territory of my home; Nisichawayasihk Cree Nation. I would also like to acknowledge the spirit and memory of our ancestors and elders who vigilantly and defiantly kept the threads of our diverse cultures, values, and principles alive so that we, this generation and into the next,

have something to live for and to call our own.

Welcome family, friends, faculty, and distinguished guests, to the 2019 University of Manitoba Faculty of Social Work graduation. On behalf of my fellow graduates and myself, we would like to thank all of you for all the amazing encouragement, support and guidance that you have provided to us. It is upon this foundation that we are able to stand with you today. To these mentors, I say: Our success is your success, for you have given us the courage to dare, the knowledge to excel, and the belief that we can succeed. You have been there for us with encouragement and care; you have had faith when we doubted ourselves. You have instilled in us the self-confidence needed to reach for our dreams. For all of these things, we, the Class of 2019, thank every single one of you.

While today commemorates the end of us formally learning how to be effective social workers, the truth is that we've spent four years truly learning how to be more of ourselves. I firmly believe that social workers

aren't made in university, they're made through life experiences. We became social workers when we lost that close relative, but despite our pain we still had to comfort and take care of our loved ones. We became social workers when we witnessed poverty first hand, and found the resources to help ourselves and others in need. We became social workers when we realized that there was something different about our approach to problems, and to responding to the ills of society. And while other may see our sensitivity as a weakness, we see and use it as a strength.

Because let's be honest, the world needs us! They may not see it the way we see it, but social workers really make the world go round. We're behind the scenes providing counseling for those for those who need an understanding ear. We're helping families find their way out of poverty and comforting people dealing with abuse. We're in schools helping children stay focused and providing them with their unmet needs and we're even in Ottawa advocating for our communities and helping to write legislation that creates opportunity. The field of social work is literally a circle that ties in every other profession, connecting problems with solutions.

To my fellow graduates, I say to you; that we alone decide how our talents are bestowed upon the world – to either further our own interests and passions, to gain the momentary approval of our peers and cohorts; or to truly make a positive difference in the lives of all who we meet. As you embark on the rest of your life, I urge you to go forward with the seven sacred teaching of: Truth, Respect, Honesty, Humility, Courage, Wisdom, and Love. By living with truth, we will able to maintain

accountability and transparency with all those that we encounter. By living with respect, we will able to give to those that we encounter the attention and recognition that they deserve. By living with honesty, we are able to understand who we are and know what we are capable of; and be realistic about the circumstances that we are faced with. And to understand where my clients are coming from; in an honest way. By living with humility, we are able to recognize the areas where we may need to develop personally and professionally; and not be afraid to ask for help. By living with humility we are also aware of the great support systems in our lives. And to understand that we are greater than nobody; and that we should treat all people equally. By living with courage, we are able to face our fears; and we are able to recognize what we must do, in order to overcome our fear. By living with wisdom, we are able to use the knowledge that we have gained through lived experience, and the knowledge that we have gained through the western education system. Finally, by living with love, we are reminded to always be kind, accepting, nurturing, and supportive. We are reminded to see the goodness and worth in people; and the goodness and worth in ourselves.

Fellow graduates, we must concentrate on enhancing our futures and setting great examples for those who love us and for those who will follow us. We must be tomorrow's positive images. Our actions must make a statement and send a clear message. One that says, wherever we come from, whatever we have, or don't have, whatever our colour, sex or cultural background, we can be partners in success and we can achieve greatness together.



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

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

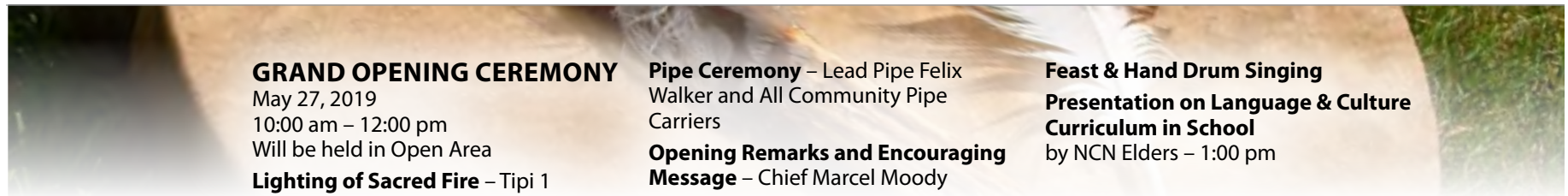


**MAY 27 TO  
MAY 31, 2019**

## Ithinisiwin Nihitho Pimatisiwin

Themes	Workshops	Facilitators	Date and Time	Location
Grief & Loss				
Explores people’s understanding of death and losses. Identify strategies you can use to help you cope.	Grief Recovery	Lee Sanderson, Ed Azure & Theresa Yetman	May 29 & 31, 2019	Green Tent 1
This workshop is designed to teach you to find ways of processing and coping with complicated emotions and reactions regarding the death and the trauma. It will help you identify an effective support system and help you regulate your triggers.	Making sense of Traumatic Grief – Closed-Same Group	Linda Cantelon, Jackie Hart	May 27 & 31, 2019	Green Tent 2
This workshop will help you find ways to get out the isolated and lonely times when caught in your grief. By finding comforting ideas to help you cope with emotions and changes.	Grief & Loss Workshop	Judy Wood	May 28 to 30, 2019	Green Tent 3
This workshop will help you release your emotions, especially the tension or stress your holding in your body.	Releasing Your Grief- Chipiy Ceremonies- Individual Sessions	Marilyn Hart	May 28 to 30, 2019	Tipi 3
Violence Prevention				
This workshop will teach you how identify your anger triggers and what to do when you get angry. It will provide you with positive and healthy coping skills to help settle your anger reactions.	Anger Management	Charlene Kobliski & Melfina Primrose	May 27 & 31, 2019	Deluxe Tent
This workshop will help you explore what factors contribute to healthy relationships and how to see signs of an unhealthy one.	Healthy/Unhealthy Relationships	Family Enhancement Workers	May 27 & 30, 2019	Deluxe Tent
To help you gain awareness and understanding about the dynamics of domestic violence. To help you assess risk and provide safety options and support.	Domestic Violence	Women’s Shelter	May 28 & 30, 2019	Green Tent 4
This workshop helps men understand their nurturing and provider role within their relationship with themselves, their family, and community.	Men’s Traditional Role	Terry Linklater	May 27 & 30, 2019	Teaching Lodge 1
Addictions				
This workshop will explore the negative effects that drugs and alcohol have on one’s life. It can be difficult to imagine, the abuse of these substances can change everything from your body to your bank account. This can include anything from altered brain chemistry, health complications, infections, legal issues, financial problems, accidental injuries, and even death.	The effects of Drugs, Alcohol & Gaming	Agnes Spence NNDAP		Teaching Lodge 2
To create awareness and promote approaches to reduce the health and social harms associated with addiction and substance use, without necessarily requiring people who use substances from abstaining or stopping.	Harm Reductions	Public Health		Teaching Lodge 3
There are 3 different presentation workshops on: 1. Making Peace with the Past; 2. Choosing Life and 3. Understanding Opioids. Including 3 evenings of Gospel Music	Choosing Life; Understanding the effects of addictions, & making peace with the past	Kenne and Milly Jackson & Carl and Cathy Crane	May 27 to 29, 2019	Big White Tent





### GRAND OPENING CEREMONY

May 27, 2019  
10:00 am – 12:00 pm  
Will be held in Open Area  
**Lighting of Sacred Fire** – Tipi 1

**Pipe Ceremony** – Lead Pipe Felix Walker and All Community Pipe Carriers

**Opening Remarks and Encouraging Message** – Chief Marcel Moody

**Feast & Hand Drum Singing**  
**Presentation on Language & Culture Curriculum in School**  
by NCN Elders – 1:00 pm

Themes	Workshops	Facilitators	Date and Time	Location
This will explore the impacts of cannabis and the risk problems with health, education and social life.	Legalization of Cannabis	Ryan Linklater	May 27 & 31, 2019	Teaching Lodge 6
Therapy Services	One on one Individual Sessions	Diane Linklater	May 27 to 31, 2019	Teaching Lodge 5
<b>Traditional Knowledge &amp; Healing</b>				
To honour & Celebrate your newborn baby. Burying of the placenta or umbilical cord. Spiritual Name Giving and Walking out Ceremony. Elders will be present with tobacco and gift to facilitate this ceremony.	Circle of Life Ceremonies	Circle of Life Program	May 27 to 31, 2019	Open area
The Indigenous Swing Therapy is a new method of healing that is based on ancient teachings and practices that provides the spiritual connection to oneself in a nurturing and healing way, to be loved in a sacred way.	Wiwip'son Indigenous Therapeutic Swing	Beverley Bagnall	May 28 & 31, 2019	Tipi 1
Bodywork is a form of healing that involves touching numb, tense or painful areas in a safe manner. It involves a combination of shiatsu massage, psycho-therapy, and traditional methods. This process empowers individuals to direct unexpressed emotions to be expressed, resulting in a freeing of body energy flow.	Seven Sacred Ways of Mind, Body & Spirits	Linda Dano-Chartrand, Lise Kobes, Diane Cross, Sheldon Cote, Angie Cote Individual, group, and family sessions	May 27, & 31, 2019	Tipi 2
In this workshop, you will learn about the developmental life cycle, the beliefs, customs and traditions of child rearing practices and using the Nehetho language to explain significances of raising a child.	Traditional Cree Parenting	Gordon & Madeline Walker	May 27 to 31, 2019	White Big Tent (Felix & Jackie's)
An exploration of stars and constellations. Through Wilfred Buck's creative, spiritual, and intelligent understanding of the stars, it will be easy to imagine yourself flying inside the Milky Way with Niska (the Goose) or chasing Mista Muskwa (the Great Bear), just like Tepakooop Pinesisuk (the Seven Birds). Above all, these stories can be passed on to the next generation, so they will know of the rich history, science practices, and culture of the Ininew people.	Star Teachings	Wilfred Buck	May 30 & 31, 2019	Indoors (Black Doom Structure)
Those in need of healing, guidance and medicines. This is an individual session and you are required to bring tobacco for offering and cloth/prints.	Traditional Healing & Medicines	Michael Dejarlius	May 27 to 31, 2019	Tipi 3
She will be dialoguing with NCN people on the legends of various heritage sites in NCN resource area. She is taking a consultation and discussion approach to generate stories, oral narrative teachings and understandings of cultural heritage such as the Wisahkichak foot prints, rock chair and rock canoe. Also discussions on a potential law heritage resource protection law and what are the ceremonial protocols for the resurfacing and repatriation of ceremonial items and human remains.	Culture Heritage Resource Protection Plan	Christine Swatzky	May 27 to 31, 2019	Teaching Lodge 5
Using of crafts to bring out your creative energy and talent.	Arts & Crafts	Stephanie Cullen	May 27 to 30, 2019	Open Area
Learn the skills of using birch bark to create crafts and beads to adorn the birch bark.	Birch Bark & Beading	Edgar and Noralee Hart	May 27 to 30, 2019	Open Area
There will be sweatlodge ceremonies in the evening at 6:00 pm each night. These are healing and purification ceremonies.	Sweatlodge Ceremony	Ed Azure & Felix Walker	May 27 to 31, 2019	Sweatlodge area



# PUSIKONISOWINI ACHIMOWIN

# Business News

**Nisichawayasihk Cree Nation Citizens:**

# Is Your Manitoba Health Card Up to Date?

Should you or anyone you know need to change information on a Manitoba Health Card or get a replacement card for "FREE," please note the following link: <https://www.gov.mb.ca/health/mhsip/mbcard.html>



You will need:

- ☐ Full name
- ☐ D.O.B.
- ☐ Mailing Address
- ☐ PHIN Number
- ☐ Manitoba Health Card Number

**CONTACT INFORMATION:**

Insured Benefits Branch  
Manitoba Health, Seniors and Active Living  
300 Carlton Street  
Winnipeg MB R3B 3M9  
CANADA

**Phone Numbers:**

Voice: 204-786-7101  
Toll Free: 1-800-392-1207  
Fax: 204-783-2171  
Deaf Access Line TTY/TDD: 204-774-8618  
Residents within the province from outside Winnipeg:  
Deaf Access Line TTY/TDD:  
Call the Manitoba Relay Service at 711 or 1-800-855-0511 to reach the  
above number.

**Please feel free to print and share this information with colleagues, family and friends.**

# Community Housing Forum "Our Homes, Our Future"

On May 14 and 15, Citizens gathered at the Gilbert McDonald Arena for two full days of discussions about attainable and sustainable housing for Nisichawayasihk Cree Nation.

The theme for the forum was, "Our Homes, Our Future: Bringing it all together."

Chief Marcel Moody started with opening remarks. He introduced the Housing Board, which includes Angie Spence, Carol Kobliski, Dez Colomb, Joe Moose and Lou Moodie, and Councillor Wille Moore, who chairs the Housing Portfolio. Moody then discussed the history of housing and the effects of colonization.

## The present

"Our current housing situation is not a reflection of us as a people," he said. "We were disempowered by the Crown and Canada when they took control

over every aspect of our lives and let us languish in poverty, caused by abuse, marginalization and oppression.”

Moody explained that the restrictions of the *Indian Act* has left NCN with limited access to resources and hampered our ability to progress under our own land governance.

**"It is a top priority for us that all Citizens will have suitable housing options," Moody said.**

Chief and Council conducted a housing survey 5 years ago. At that time, more than 40% of houses had more than 6 people living in them. More than 500 people were on a waiting list for housing, and a full 30% of the adult NCN population was considered homeless.

But Chief and Council are optimistic that the housing crisis in NCN can be turned around.

"It is a top priority for us that all Citizens will have suitable housing options," Moody said. "Under self-governance, we can take on responsibility for our own wellness. We can look at a land allotment law, and encourage Citizens to invest in their own home so they can be passed down to the next generation."

## The future

NCN CEO Kathleen Bluesky discussed housing governance and management, and said NCN is laying out its visions and defining strategic goals.

"Our Nation will benefit, by following the structures we develop for ourselves, which our children and grandchildren will in turn benefit from."

Ruth Deatcher explained a national fund called the First Nation Market Housing Fund (FNMHF). It allows First Nations across the country to apply for loans, and then





determine how that loan money should be used at the local level to create housing, as opposed to government social housing schemes. If NCN decided to pursue funding in this way, it could be used towards projects such as home ownership, rental homes, renovation funds, and homes for elders.

NCN spends more than \$2 million every year on renovations to homes.

"We use the Band's money from our own source revenue to do these renovations, and we do not generate enough revenue to cover our expenses," said Cheryl Moore. "We'd like to see more money invested in new homes, rather than most of our budget spent on renovations."

Moore also said that even though there is a policy in place to collect rent, NCN is not strict enough in its follow-through, and that must change to benefit all Citizens.

Lou Moodie finished the formal presentations by discussing the responsibilities of Chief and Council and individual Citizens of NCN.

"There seem to be expectations that people have about their housing needs that aren't realistic, in regards to cost and self-reliance," said Moodie. "Citizens themselves must take on more responsibility for the cost and maintenance of their own homes."

He said the Housing Department has created a rental policy and will institute it shortly, which includes damage deposits, rent collection and consequences, including eviction.

"Working together, we hope to move forward so all NCN Citizens can have a home, and to beautify the community, and achieve independence, empowerment and pride for all our families," he said. "We want to leave a legacy for our children and grandchildren, and we can do that through safe, quality and long-lasting homes."

## Community Housing Discussion Groups

The large audience was split into four groups to explore topics. Here are some highlights:

### Market Rent group

*What changes would we like?*

- adults owning their own homes
- solar panels
- bigger houses
- garages, fences, pools

*How do we help elders?*

- free rent, low rent, subsidized rent
- condos/apartments so they have people close by
- security
- bigger bathrooms/kitchens/hallways, ramps, chair lifts, etc.

*How do we prepare youth for sustainable housing?*

- training (maintenance, tools, budgeting, etc.)
- role models, support network

*How should people pay their rent?*

- most preferred payroll deduction over automatic payments
- consequences for non-payment could include eviction, seizure of assets, three strike policy, sweat equity

*Are rental rates fair?*

- most agreed rates are fair
- some said not everything is in place, such as landscaping, HRV units, regular inspections
- policies could be revisited (income, home valuation, age of tenants, age of units, etc.)

### Illegal Activity group

*What does zero tolerance mean to you?*

- absolutely no illegal activity
- warning and then BCR must be enforced!
- a clear process

*What else can be done?*

- RCMP need to follow through
- people must be held responsible and accountable
- parents should be held responsible for their kids
- education and resources to help people
- our own court system

*How long should people be BCRd?*

- 5 years
- have to meet conditions to return
- public and written apologies
- education and self-help
- boot camp

### Home Renovations group

*Why are new homes being renovated?*

- overcrowding
- vandalism
- negligence
- shifting, weather, plumbing damage
- fire

*Should we address off-reserve renovations?*

- yes 15 no 13

*Where should renovation money come from?*

- CAP/CIP
- CMHC
- FNMHF
- damage deposits/user fees
- rent

*How do we get the money back?*

- terms of agreement
- reserve funds
- payment plans
- court

*What about a home ownership program?*

- nice to pass homes down to children
- have to know credit score
- people need knowledge of program
- their ability to maintain the home
- NCN members only

### Tenant Rights and Responsibilities

*What are the core principles?*

- fairness
- accountability
- consistency
- self-determination
- quality

*What are the issues?*

- population increase
- inflation
- mould, vandalism, workmanship
- non-payment
- need an organized system

*What are the objectives?*

- more options (condos, cabins, apartments)
- more categories (rent, lease, own, rent to own, private)
- determine ability to pay (NCN employee, elder, social assistance, etc.)
- define occupants (families, singles, youth, non-NCN Citizens, boarders, etc.)





**Gambling Helpline**  
**1-800-463-1554**

## 16