

DECEMBER/JANUARY 2020

Nisichawayasi ᓂᑭᐱᐸᐅᐃᐅᐱᐳᐅᐱᐳ
Achimowina

Acclaimed Children's Book Written By NCN Citizen

Nehetho Traditions Shine in New Book

Natashia Moodie is a busy NCN Citizen who wears many caps, including public health nurse, singer/songwriter, animal advocate, and now, published author!

"Little Tree" is a children's book about a spruce tree who lives in the boreal forest of the Northern Hemisphere. He is



Little Tree was written by author Natasha Moodie.

curious about the world around him and, with help from his friend Strong Eagle Man, learns about climate change and the ways in which our actions affect the planet.

"It's amazing how this story came to me," says

Moodie. "I was on the ferry from York Landing for work. I was looking

at the trees, thinking about environment, and it just came to me. I wrote for an hour and a half straight. It just flowed."

In fact, Moodie says every step of the book came together so easily that it seemed like a blessing.

"It all feels like it's been the right time and the right place. I was trying to find an illustrator and jumping through all sorts

**The book is about
how we can make
a difference and
repair and heal
Mother Earth.**

Moodie dedicated "Little Tree," which was published by Eaglespeaker, to her three daughters, Ariel, Cara and Paige.

"The book is about how we can make a difference and repair and heal Mother Earth, so if people are motivated to



help that would be great. Everything we have going on in our world is affecting her, so we should think about taking care of her.”

Moodie is currently recording a song called, "Mother Earth," which was inspired by the book, and has a few readings planned, at the Millennial Library and at Fort Rouge School in Winnipeg.

**Congratulations,
Natashia!**

You can buy your copy of Little Tree at amazon.ca

House Fire Sends NCN Citizen to Hospital



update. He is in stable condition, but is expected to be in an induced coma for some time, as he is dealing with extensive third-degree burns to 70 per cent of his body and breathing complications. He has a long road to recovery, including

A house fire has left a young NCN hockey player with terrible burns all over his body.

At 6 a.m. on January 24, RCMP and firefighters were alerted to a house fire in Thompson on Centennial Drive East. They joined neighbours who had already appeared to help.

Homeowner John Vinci escaped through a window, and returned with others to rescue his 89-year-old mother. NCN Citizen Keith Blacksmith, jumped through the flames and was able to escape, but was badly burned.

Keith was flown directly to Health Sciences Centre in critical condition.

Blacksmith's mother, Cheryl, posted on Facebook on January 28 with an

skin grafts and other medical procedures. If you would like to contribute to help Keith's family deal with hotel and food expenses, go to [gofundme.com](https://www.gofundme.com) and search "Keith Blacksmith."

Keith is captain of the NCN Flames Junior B hockey team and works at the NCN gas station. His mother is Cheryl Blacksmith, his grandfather is Willard Francois, and his brothers Connor and Craig.

Thompson RCMP and the Fire Commissioner are investigating the fire.



Keith Blacksmith

Help Support Keith's Family!

Any donations you can provide will help the family with expenses.

On January 24, 2020 a fatal fire claimed a loved one and sent two others to Thompson General Hospital. Keith Christopher Lawrence Blacksmith was flown to Winnipeg Health Science Centre in critical condition with third degree burns on 70 percent of his body. He was placed on life support.

Keith will require numerous skin grafts and continuous extensive treatment. Keith's family are from Nelson House, Manitoba and have been in Winnipeg by his bedside since the house fire. The family will be required to relocate to Winnipeg, MB in order to support Keith during his hospital treatment and rehabilitation. The family will need financial support.

Keith is the Captain of NCN Flames Junior B hockey team, worked NCN Gas Station and attended RD Parker High School in Thompson, MB. His mother Cheryl Blacksmith is a single parent of two sons, Keith and Connor Blacksmith. His Grandfather Willard Francois is also his main caregiver.

To support the family, who are now homeless, go to [gofundme.com](https://www.gofundme.com) and search "Catherine and John Vinci."

Donate Now @



<https://www.gofundme.com/f/donation-for-keith-blacksmith>

For more information on the update of Keith's condition, Cheryl Blacksmith does regular posts on her Facebook Page.



Elders Are Our Most Precious Gift

Nisichawayasi Nethowi Piskituskan

Promise Yourself New Beginnings This Year

Elder's words remind us to reflect and celebrate this winter

A new year, and a new decade, is a great time to reflect on your daily life and your emotional well-being. We often move through our days on autopilot, going through the motions without checking to see how we feel, and if we're feeling fulfilled.

The winter solstice was on December 21, but we can still be reminded of its teachings throughout the year. In science, it's an important date because the sun is farthest from the equator as it can be, making it the shortest day of the year.

For First Nations people, these long hours of darkness

have always been considered a time for reflection. Elder Wilfred Buck, of the Opaskwayak Cree Nation, says it's a time for plants and animals to rest, and for people to dream and replenish the spirit.

How do we do that?

Basics like sunshine, exercise, company, a healthy diet and good sleep will keep up your strength while you hibernate. It's easy to feel stuck in a rut in the winter months, but consider feeling good your most important job.

This is the perfect time of year to go for a walk and look to the stars for inspiration. Look for the Seven Sisters constellation, which is known as Pakone Kisik, or "Hole in the Sky" in Cree. In our tradition, this is where we came from, when Sky Woman saw Earth from another dimension, fell through the hole in the sky and became the first human on the planet.



Look for small ways to improve your life. A belief in better days will bring happiness!

Reflect on last year:

- What am I most proud of?
- What was the best use of my time and energy?
- Who came through for me last year?
- Did I celebrate my wins?

When you come home, curl under a blanket and look ahead to 2020. Write in a journal or make a recording on your phone.

- What do I need more of this year? Less of?
- Who do I admire? Can I spend more time with them?
- How do I want to feel at this time next year? How do I get there?

Make the beginning of a new year and new decade a time of promise. Look for small ways to improve your life and be consistent. A belief in better days will bring happiness!

To hear Wilfred Buck talk about star stories in the Cree tradition, go to sciencefriday.com/articles/indigenous-peoples-astronomy

Nisichawayasi Nehetho Culture and Education Authority Inc.

School Board Meeting Dates for 2019-20



5:00 p.m. @ Alice Moore Education Centre, Nelson House, MB.
Supper to be provided.

Tuesday, January 14th, 2020	Tuesday, May 12th, 2020
Tuesday, February 11th, 2020	Tuesday, June 9th, 2020
Tuesday, March 10th, 2020	Tuesday, July 14th, 2020 (Annual General Assembly date)
Tuesday, April 14th, 2020	Tuesday, August 13th, 2020

Approved by NNCEA School Board Motion #2019-06-11-05

Some people choose a word to guide their behaviour and decisions throughout the year. What would your word be?

- discipline
- empathy
- strong
- helpful
- ambitious
- laughter
- traditions

Goodbye 2019... What a Year! NCN Stories That Made Headlines in 2019

There have been so many success stories over the past year in Nisichawayasihk Cree Nation. Our Nation is gaining strength, reclaiming its power, and using it to further develop our home and our people to ensure future prosperity. We have new infrastructures to serve the community, new programs to nurture our Citizens, and traditional practices coming back. The future of NCN looks bright!

Grand Openings for Long-Awaited Projects – Norman Linklater Memorial Multiplex

In March, Citizens celebrate the long-awaited brand new multiplex. Norman Linklater's family unveils his headdress



and wall mural, and then all enjoy a feast and entertainment. The NLMMA becomes a social hub for the community, with activities for all ages.

Thompson Gas Bar

Located on NCN's urban reserve land, the gas station opens in May and celebrates with the community in September. It creates jobs for about 25 NCN Citizens, and with the third highest gas volume sales in Manitoba, is creating a healthy income for NCN.



New Infrastructure In NCN High School

With space for up to 467 students, the new school will have two wings for younger and older grades, a full-size gym, multi-purpose room, fitness centre, auto shop and woods shop.



Water Treatment Plant

Well overdue, this project will support the new subdivision and ensures the days of water shutdowns are over! It includes a new raw water source intake structure, watermain and



forcemain installations, and an enclosed truck fill station.

Health Centre

Though the building will not be completed for about three years, the new Health Centre near RC Point will



provide health, dental and pharmacy care, emergency and community services all under one roof.

High speed internet

Clear Sky Connections aims to have high-speed Internet to First Nations communities by the end of winter. NCN is considered a gateway community and is one of the first to receive infrastructure.



Continued on page 6



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:

2020 INTAKE SCHEDULE

Women: January 6 – February 28, 2020

Men: March 2 – April 24, 2020

April 27 – May 1, 2020 Admin Week

Women: May 4 – June 26, 2020

Men: June 29 – August 21, 2020

August 24 – August 28, 2020 Admin Week

Women: August 31 – October 23, 2020

Men: October 26 – December 18, 2020

2021 INTAKE SCHEDULE

Women: January 4 – February 26, 2021

Men: March 1 – April 23, 2021

April 26 – April 30, 2021 Admin Week

Women: May 3 – June 25, 2021

Men: June 28 – August 20, 2021

August 23 – August 27, 2021 Admin Week

Women: August 30 – October 22, 2021

Men: October 25 – December 17, 2021

NCN Receiving Home in Winnipeg

A four-plex close to the Health Sciences Centre, at 610 Elgin Street, will be



available in 2020 for NCN
Citizens dealing with short-
term medical stays.

Powwow Returns to NCN

After an 11-year absence,
the community welcomes



thousands of visitors from across the Prairies to its powwow. Under the new arbour, huge audiences enjoy 200 dancers, 7 drum groups and 46 singers. Citizens are thrilled to declare that NCN is still here, and it is thriving!

NCN Ventures into Bus Industry

In January, NCN announces it has purchased 51% of Thompson Bus and Freight. The decision diversifies business interests and provides safe, reliable transportation for its Citizens with almost daily



NNCEA's Nihithaw Work

Cree language immersion begins at the nursery and kindergarten levels this year, and the curriculum for grade 1 is written. The Culture and Language Resource Unit provides cultural competency day, and training for teachers on how to teach language and culture.



Concerns About Safety and Housing

NCN is among the most violent communities in Manitoba, and has the second highest domestic violence rate in the province. In March, Citizens gather to brainstorm solutions.

In May, Citizens attend a two-day forum about attainable and sustainable housing in NCN. The focus is on *Indian Act* restrictions, best sources of funding, and the goal for more safe, long-lasting homes in NCN.

Safety of Our Citizens

The new Community Protection Law comes into effect in October, which will make NCN safer from violence, gang

activity, drug and alcohol abuse, and sexual exploitation. Permits are required to bring alcohol or cannabis onto NCN Lands.

Other initiatives include an Alternate Payments Policy, community surveys, a confidential violence hot tips line, and increased drug and alcohol enforcement.



Sacred Pipe Repatriated to NCN

In 2009, Harry Spence found a pipe during an archaeological survey. Believed to be about 175 years old, it was taken to Winnipeg for further study, and finally returned to NCN territory in September.



New Signs Declare NCN

After 30 years of fighting with government, new highway signage will replace the name Nelson House with the rightful Nisichawayasihk Cree and provincial funding covers the cost.



Nation. Federal

NCN Citizens Doing Their Part

Hilda Anderson-Pyrz and Jenny Lay attend the United Nations Commission on the Status of Women in New York City in March. They discuss the similar and different challenges of Indigenous women from around the world.

Ramona Neckoway, an assistant professor at the U of M, attends the UN Permanent Forum on Indigenous Issues in April to bring attention to hydro developments.

Programs to Care for Our Citizens and Land

The Land Guardian Training Program starts in February and will monitor traditional lands, report environmental concerns and implement NCN Land and Resource plans.

Nisichawayasi Nethowi Piskituskan

8

NCN Staff Christmas Brunch a Blast

On Saturday, November 30, 2019 the NCN staff celebrated the festive season with staff games, dinner and even a visit from Santa! Proceeds from the event were generously donated to the Junior B NCN Flames.



SPRING BREAK

313

WINTER GAMES

MARCH 30 - APRIL 3, 2020
NELSON HOUSE, MANITOBA

EVENT	AGE GROUPS
1. 3 on 3 basketball tournament	12-14 years and 15-17 years (M&F)
2. Speed skating	12-14 years and 15-17 years (M&F)
3. Cross country skiing	12-14 years and 15-17 years (M&F)
4. Volleyball	12-14 years and 15-17 years (M&F)
5. Badminton	12-14 years and 15-17 years (M&F)
6. 4 on 4 floor hockey	12-14 years and 15-17 years (M&F)

1 Entry fee per event: \$20.00/athlete

2 Team events:
3 ON 3 BASKETBALL: Minimum 4 players per team & max. of six players
VOLLEYBALL: Minimum 6 players per team & max. is 10 players
4 ON 4 FLOOR HOCKEY: Minimum 4 players per team & max. is 10 players

3 Athletes are permitted to participate in three events

4 Must provide own equipment

5 Minimum of 6 athletes/teams required to run an event

6 Accomodations available

7 All rosters and entry fee must be submitted by 5:00 pm, March 23, 2020

PRIZES!

Individual

Prize structure per event:

1st \$100.00
Plus T-shirt

2nd \$75.00
Plus T-shirt

3rd \$50.00
Plus T-shirt

Team

Prize structure per event:

1st \$500.00
Plus T-shirts

2nd \$300.00
Plus T-shirts

3rd \$200.00
Plus T-shirts

If you have any questions or to register contact:

Terry: (204) 307-2246

Lou: (204) 307-2243

Flu Bug

It's a battle many
are fighting; this year, the
flu is particularly strong
in the province. In mid-
western elementary schools

A medical syringe with a green plunger and a glass vial containing blue liquid, representing a vaccine. The syringe is in the foreground, angled towards the left, with its needle pointing downwards. Behind it is a small glass vial with a black cap, containing a blue liquid. To the right of the vial is a small rectangular box, likely the packaging for the vaccine. The background is a plain, light grey.

Most people who become sick with the flu report cough, fever, headache, and muscle aches and pains within the first four days of being exposed to the virus. Once you're showing symptoms, you should stay at home and avoid close contact with others, because you will be contagious for about five days.

A healthy diet, regular exercise, plenty of sleep and hand washing can make you less susceptible to the flu. But the best way to avoid it is to get the vaccine that becomes available every year at the beginning of winter.

**It's not too late to
get the flu shot!
Call the Health and
Wellness Centre at
484-2341 today.**

Less than 25 per cent of Manitobans are vaccinated against the flu this year. Don't be one of them!

- chest pain
- shortness of breath or difficulty breathing
- blood with your cough
- strong dizziness or confusion
- severe vomiting
- low blood pressure
- high fever for more than 3 days

**NEXT
COMMITTEE
MEETING...**

Nisichawayasihk Cree Nation


**Powwow
Committee**

Everyone is welcome to join

**February 3, 2020 at 6 pm
at Norman Linklater Memorial Multiplex**

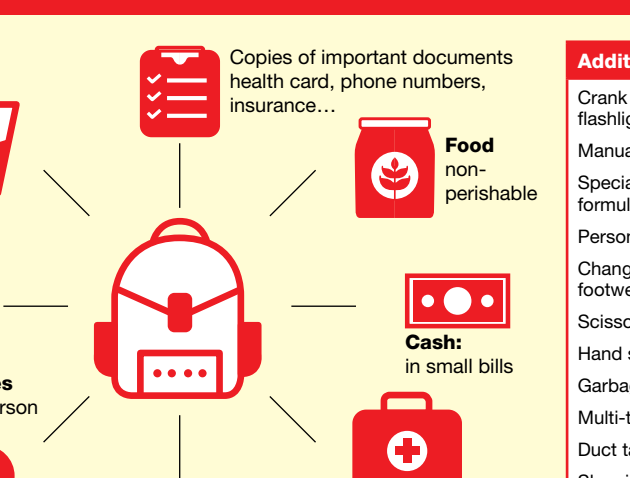
 **NISICHAWAYASIHK
CREE NATION**

For more information contact:
Cheyenne Spence, Councillor Nisichawayasihk Cree Nation
Email: cheyennespence@nncree.com Phone: 204-679-6827



72 Emergency Hour Preparedness Kit

The NCN Fire/Rescue Emergency Services recommends that you keep a disaster preparedness kit in your home with enough supplies to meet your family's needs for at least 72 hours.



The diagram shows a central red backpack icon with lines radiating to various items. Clockwise from top-left: a glass of water, a document with checkmarks, a can of food, a stack of cash, a first aid kit, a key, and a pill.

- Water**
at least one litre per person per day
- Copies of important documents**
health card, phone numbers, insurance...
- Food**
non-perishable
- Cash:**
in small bills
- Basic first aid kit**
one per family
- Keys**
for house, car...
- Medication**
at least 72 hours worth
- Change of clothes**
several sets per person

Additional Items:

- Crank or battery-operated flashlight with extra batteries
- Manual can opener
- Special needs items like formula, walkers...
- Personal hygiene items
- Change of clothes and footwear
- Scissors and a pocket knife
- Hand sanitizer
- Garbage bags and twist ties
- Multi-tools or basic tools
- Duct tape
- Sleeping bag or warm blankets
- Pet food and medication
- Whistle
- Plastic sheeting

Parks and Rec Leads us Into 2020

NCN Citizens rang in the new year with a dry social at the Normal Linklater Memorial Multiplex. People enjoyed dancing, jigging and music from the Three Rivers Band. The air band competition was a lot of fun with AC/DC winning top prize. Boney M won second place and the Village People came in third. Fireworks were held on January 1.

Kids of all ages were kept busy over the Christmas holiday with movies and munchies, ball hockey tournaments, volleyball, tiny tots in the gym and more. A big thank you to all the Parks and Rec volunteers who made it happen.

Parks and Rec would like to wish everyone a happy and healthy new year! Plan to join us for our activities this year. Most of our events are free and all of them are fun. Follow us on Facebook where we always post our schedules and activities. We try to update last minute changes and postponements, and often post photos and results after events.

Parks and Rec also introduced the 2020 calendar. Be sure to save the dates!



NISICHAWAYASIHK CREE NATION RECREATION CALENDAR

2020

JANUARY

- Basketball Tournament:** January 24, 25 & 26. 3 on 3 m/adults and youth. *Multiplex*
- Accumulator Bingo \$6000:** January 19. *Multiplex*
- Teen Activity Night:** Saturday @ 7-9 p.m. Irene Spence, Edna Moodie, Cheryl Moore January 18. *Multiplex*
- Exhibition Game-NCN Flames/RCMP:** January 22. *Gilbert McDonald Arena*

FEBRUARY

- Accumulator Bingo:** February 23. *Multiplex*
- Youth Sponge Puck Hockey Tournament:** February 1 & 2. *Gilbert McDonald Arena*
- Grandparents Valentines Day:** February 14. *Multiplex*
- Teen Activity Night:** February 1 & 8 @ 7-9 p.m. *Multiplex*
- \$100,000 Monster Bingo:** February 29. *Mystery Lake Boardroom, Trappers and NCN. Multiplex*

MARCH

- Youth Fishing Derby:** March 8 starting at 1 p.m. *United Church Area*
- 3 on 3 Hockey Tournament:** March 7 & 8. *Gilbert McDonald Arena*
- Youth Teen Night:** March 7, 14, 28. *Multiplex*
- March Madness Basketball:** 13, 14 & 15. *NCN Multiplex*
- Winter Festival:** March 16-22
- Flex Week and Spring Break:** March 16-27
- Chase the Ace & \$20,000 Bingo:** March 22. *Multiplex*
- \$50,000 Monster Bingo:** March 21. *Multiplex*
- NCN Winter Games:** March 23-27. *NCN*

APRIL

- Open Hockey Tournament:** April 3, 4 & 5. *Gilbert McDonald Arena*
- Youth Teen Activities:** April 11 & 18 from 7-9 p.m. *Multiplex*
- Open Dodge Ball Tournament:** April 17, 18 & 19. *Multiplex*
- Local Badminton Tournament:** April 24, 25 & 26. *Multiplex*

MAY

- Teen Youth Activities:** May 2, 9 & 16 @ 7-9 p.m. *Multiplex*
- Mother Day Events:** May 9. *Multiplex*
- Co-ed Volleyball Tournament:** May 22, 24. *Multiplex*
- 45+ Male/Female Volleyball Tournament:** May 29, 30 31. *Multiplex*

JUNE

- Teen Activities:** June 13, 20 @ 7-9 p.m. *Multiplex*
- Local Youth Cross-country Race:** June 5, 6, 7. *Mile 33, Mamawedan*
- Sports Banquet:** June 16. *Multiplex*
- Father's Day Events:** June 20. *Mile 33*
- Youth Soccer Tournament:** June 23, 24, & 25. *NCN*
- Youth Ball Tournament:** June 26, 27 & 28.
- Adult Horseshoe Tournament:** June 27 & 28. *NCN*

JULY

- Canada Day & NCN Day:** July 1 & 2. *NCN*
- Teen Activities:** July 11 @ 7-9 p.m. *Multiplex*
- NAIG:** July 8-22. *Halifax, Nova Scotia*
- Local Canoe Races:** July 25 & 26. *NCN*
- GrandParents Week:** July 27-31. *Mile 33*

AUGUST

- NCN Beach Party:** August 1. *Wasasik*
- Youth Teen Activities:** August 8, 15 @ 7-9 p.m. *Multiplex*
- Local Adult Slo-pitch Tournament:** August 4, 5 & 6. *NCN*
- Summer Festival:** August 17-22. *NCN*
- \$50,000 Monster Bingo:** *NCN*

SEPTEMBER

- Teen Activities:** September 5 @ 7-9 p.m. *Multiplex*
- Back to School Fun Fair:** September 5. *Multiplex*
- Local All-Nighter Horseshoe Tournament & Activities:** September 11, 12 & 13. *NCN*
- Youth Volleyball Tournament:** 18, 19 & 20. *Multiplex*
- Local Baseball Skill Competition:** September 25-27. *NCN*

OCTOBER

- Teen Activities:** October 3 & 17 @ 7-9 p.m. *Multiplex*
- Open Co-ed Volleyball Tournament:** October 23 & 24. *NCN Multiplex*
- Local Youth 3 on 3 Hockey Tournament Hockey Skills Competitions:** October 23 & 24. *Gilbert McDonald Arena*
- Halloween Smash:** October 30. *Multiplex*

NOVEMBER

- Teen Activities:** November 7 & 28 @ 7-9 p.m. *Multiplex*
- Local Youth and Adult Badminton Tournament:** November 2-5. *Multiplex*
- Local Youth Broomball Tournament:** November 13 & 14. *Gilbert McDonald Arena*
- Local Youth & Adult Dodge Ball Tournament:** November 16-19. *Multiplex*

DECEMBER

- Christmas Special:** December 5. *Multiplex*
- Teen Activities:** December 12 & 19 @ 7-9 p.m. *Multiplex*
- Christmas Wreath Workshops:** December 8 & 9. *Multiplex*
- Dry Social:** December 31 @ 6-12 am. *Multiplex*
- \$100,000 Monster Bingo:** December 12







***Note: Events subject to change due to weather or other circumstances, changes will be posted. Please visit our NCN Parks and Recreation facebook page.**





Voice of Our Youth

Wîsahkêcâhk Goes to Wall Street

Shared by: Frank Busch

One day, Wîsahkêcâhk was awoken by horrible noises. He got up and went to see what was going on. He ran through the forest, across the clearing and found the source of the noise by the river. There were pale skinned men with round yellow hats on strange machines tearing up the land.

"What are you doing?" yelled Wîsahkêcâhk.

The pale men in the round yellow hats only yelled back in a strange language, waving at him to go away. Wîsahkêcâhk was approached by a pale man in a round white hat and another wearing blue clothes with thin white stripes and no hair on the top of his head. The bald one could speak in the Nehitha tongue, albeit very poorly.

"We dig great hole, move river other side." Yelled the pale bald man over the horrible racket. "I, Indian Affairs, you sign treaty, you go away!"

Wîsahkêcâhk still did not quite understand, the pale bald man with the strange name, so he decided to go speak to the animals.

"Hey Weasel, who are these pale men and why are they making so much noise?"

"Are you ever lazy Wîsahkêcâhk," replied Weasel, "you have been sleeping for over 100 years?"



"So what?" said Wîsahkêcâhk, "I can sleep whenever I want. Just tell me what is going on?"

Wîsahkêcâhk could understand most of what was being said but the fat Nehitha kept adding strange words like "treaty rights," "impact benefit agreement" and "per capita distribution."

"These pale men came," explained Weasel, "and they have been messing up everything. They cut down all the trees, dig great holes for no reason and now they want to turn the river in a different direction."

"Why would they do such a thing?"

"I don't know," lamented Weasel, "but now I have to find a new home."

"Where are the Nehithawak?"

"They got sick when the pale men came. Most of them died. Some of them live in a village over there." Weasel pointed east with his lips. "They are not the same Nehithawak you would remember, ekosi."

Wîsahkêcâhk and Weasel parted ways. Wîsahkêcâhk made his way east and was relieved he could hear the horrible noises less and less. When he got to the village, he was very surprised. There were big strange boxes with smoke coming out of a pipe on top and hard sand paths wide enough for a dozen men to walk abreast going in every direction. He could see a lot of people going in and out of a large structure. He went towards it and saw three strangely dressed Nehithawak smoking tiny white pipes.

"What is going on?" he asked.

Two of the younger Nehithawak didn't seem to understand. The older one replied "Band meeting" Wîsahkêcâhk went inside and some young women looked at

his clothing and yelled “Ever tradish!” laughing at him.

He ignored them and saw a fat Nehitha talking into a shiny stick that made his voice loud. Wîsahkêcâhk could understand most of what was being said but the fat Nehitha kept adding strange words like “treaty rights,” “impact benefit agreement” and “per capita distribution.” The Nehithawak just kept nodding and smoking their tiny white pipes.

“What do you think about all this?” Wîsahkêcâhk asked an old man sitting next to him over the din.

“It’s not like when we were young,” said the old man.

Wîsahkêcâhk was a little annoyed to be so casually compared to this grey-haired man with wrinkles, after all Wîsahkêcâhk was still only a few thousand years old. He ignored the slight and continued to listen.

“They don’t care about the land anymore, all they care about is money!” said the old man.

“So they aren’t going to stop the pale men from wrecking the land?” asked Wîsahkêcâhk.

“The only way it will stop is if the company goes out of business. No chance of that happening, they’re a big American company based in New York City.”

Wîsahkêcâhk thanked the old man and got up to leave but saw people lining up behind the fat Nehitha with the shiny stick. The Nehithawak at the front of the line would show the fat one a card and he would give them a stack of shiny papers. The shiny papers seemed to make them very happy. Wîsahkêcâhk thought he should line up and get some of the shiny papers too. When it was his turn the fat Nehitha asked him, “Can I see your status card?”

“I don’t have one, I just want some of those shiny papers.”

“I can’t give you any unless you have your status card. If you lost it, you will have to talk to Indian Affairs.”

“I don’t like Indian Affairs,” recalled Wîsahkêcâhk, “always telling me what to do and where I can go.”

The fat Nehitha laughed and signalled for the next person to approach. Wîsahkêcâhk could see that Weasel was right, the Nehithawak had changed. He could tell that he might need to change too, in order to get anything done. Just then he saw a bald head with blue clothes and recognized Indian Affairs. He walked over to him and said, “Hey Indian Affairs, do you want to trade clothes?”

Indian Affairs looked Wîsahkêcâhk up and down admiring his moose hide garments with elaborate quillwork. Wîsahkêcâhk could tell he was excited because his bald head had beads of sweat and he was nodding quickly. Indian Affairs led Wîsahkêcâhk into a small room that smelled bad and started taking off his clothes. Wîsahkêcâhk did the same and passed them to Indian Affairs, putting on the strange blue clothes with tiny white stripes until he was fully dressed. Indian Affairs kept shaking Wîsahkêcâhk’s hand and thanking him profusely. After leaving the smelly room, Wîsahkêcâhk went outside and saw the old man sitting in a small red machine.

“Took off the moose hide, eh?” the old man remarked. “Do you need a ride into town?”

Wîsahkêcâhk thought this was as good a place as any to start and he wanted to learn more about stopping the pale men from their home in New York City. He got into the red machine and the old man pressed his feet down on something and the machine began to move very fast.

On the way to town, the old man talked a lot and Wîsahkêcâhk just nodded and listened. The old man described trading his shiny papers for different things he wanted besides food and clothing. Wîsahkêcâhk felt a lump in his clothing near his chest and reached into a pouch. There was a small leather pouch that was folded and had some of the shiny papers and little cards in it. Some of the cards had little pictures of Indian Affairs on them.

When they got to the town the old man turned to Wîsahkêcâhk, “Where can I drop you off?”

“I need to go to New York City to tell the pale men to stop making all that noise.”

“I can take you to the bus station, but it will take you a few days to get all the way there,” explained the old man.

“Okay then.”

The old man drove the red machine to a place that had much bigger machines that could fit a lot more people in it. He thanked the old man and went inside the building where a pale woman was sitting behind a counter. People would name a place and then give her shiny papers in exchange for a big white card. Wîsahkêcâhk lined up and when it was his turn she said something in the strange language.

“New York City” said Wîsahkêcâhk.

“Three hundred and eighty-seven dollars and fifty-two cents,” she said.

Wîsahkêcâhk gave her all of his shiny papers and she gave him some back along with some thin flat shiny rocks and a white card. Everyone was sitting in chairs and occasionally looking at their bracelets. Wîsahkêcâhk sat down trying to fit in. After a short time, a pale man in a moustache started calling the names of various places that Wîsahkêcâhk had never heard of, but ending with “New York City.”

Wîsahkêcâhk lined up again, getting really tired of this. When it was his turn, the moustache man took his white card and poked a hole in it with a strangely shaped knife. Wîsahkêcâhk sat down in one of the spots and a young woman sat down next to him. She was holding a pink rock against her ear and talking to herself very quickly. He listened to the young woman, trying to learn the strange language. For three days the machine would move quickly and then stop somewhere so people could get off, new people could get on and the man with the moustache could smoke a tiny white pipe. Wîsahkêcâhk learned to speak the pale people’s language by the time the big machine stopped for the last time.

The man with the moustache yelled “Final stop, New York City!”

Wîsahkêcâhk got out and was very surprised by what he saw. There were strange people everywhere walking in every direction but not looking at each other. There were tall skinny

mountains that looked like they were made of squares. People were going in and out of the mountains and there were many small machines all barking at each other. Wîsahkêcâhk jumped in front of a yellow one and the man told him to get in. Wîsahkêcâhk did so and the man asked where he wanted to go.

“I need to tell the pale men to stop wrecking the land and trying to change the direction of my river.”

The driver blinked and said “You mean the big hydro-development on Indian land by Annex Construction?”

“Yes,” said Wîsahkêcâhk, though he wasn’t sure if it was entirely accurate.

“I read in the papers that the Indians agreed to the development? I even bought shares in Annex!”

“Well I don’t know about the papers, I just know I’m here to tell them to stop what they are doing.”

“I can see by your suit and the fact that you are in New York that you must be the Chief. I’ll take you down to Bloomberg so you can tell them what’s going on. In the meantime, I better sell my shares – hell, I’m gonna short them!”

Wîsahkêcâhk didn’t understand what he meant but felt that progress was being made. The driver talked to himself while holding a shiny black rock to his ear and yelling to sell, sell, sell!

The driver stopped at a place that looked the same as everywhere else and Wîsahkêcâhk gave him some of Indian Affairs’ shiny papers. He went inside the building



and a young man asked,
"Welcome to Bloomberg
News, how can I help you, sir?"

"I'm here to stop
Annex Construction from
destroying my land!"

The young man quickly picked up a curved stick on a curly rope and spoke into it quietly.

"I am to take you up to the newsroom immediately, come with me," said the young man. Wîsahkêcâhk followed the young man to a wall and into a small room that opened by itself. The young man put his finger against the wall and the room closed again. The room shook and Wîsahkêcâhk's stomach felt strange like someone was pressing against the top of it. The room lurched and opened again but everything outside the room had changed. The young man hurried Wîsahkêcâhk onto a chair and started tying black ropes onto his clothes.

“Testing, testing” the young man spoke into Wîsahkêcâhk’s chest. These pale men just got stranger and stranger, Wîsahkêcâhk thought to himself.

A beautiful young woman came up and started tickling his face with a small tail on a stick. Her clothes seemed too small for her and she was chewing something that smelled nice and she winked at him. Wîsahkêcâhk liked this one ...

"Ready to roll," someone yelled from behind a strange log held up on some poles.

A handsome pale man with a white rock on a string in his ear sat down in the chair across from Wísahkêcâhk and was looking at some cards.

"Five, four, three ..." the man behind the log was shouting.

"We come to you live with a Bloomberg exclusive," began the handsome man. "Trouble in paradise? Annex Construction's highly publicized partnership with First Nations groups may not be as solid as previously thought. We are joined by Chief ... uh Chief?"

"Wîsahkêcâhk."

"Yes, Chief Whiskeyjack, can you tell us why you are here?"

"I am here because I want the pale men, Annex Construction they are called, to stop what they are doing."

"But we where told that your First Nation has approved the project and signed an impact benefit agreement and were receiving per capita distributions as compensation?"

"That is a lie, I don't know anything about those things."

"So you are telling our viewers that Annex Construction has knowingly misled investors and the public at large?" asked the handsome man.

"Yes," answered Wîsahkêcâhk. "I heard someone on the

street say he was going to 'short' them."

"Insider trading on Wall Street?!" exclaimed the handsome man.

"It would appear so,"
Wisahkêcâhk spoke into
his chest.

"This just in," yelled the handsome man holding the small white rock in his ear. "Annex Corporation stock is in free fall amidst allegations of fraud and insider trading. The SEC has issued warrants for the arrest of Annex's executives pending an investigation. You heard it on Bloomberg News first! Thank you Chief Whiskeyjack!"

“Wîsahkêcâhk!”

"Cut!" shouted the

man peeking behind the log. The young man came and got Wîsahkêcâhk.

"Come with me Chief Whiskeyjack," he said. "My boss said I should take you anywhere you want to go."

"I want to go home" answered Wîsahkêcâhk.

"I can send you on our private jet. You should be home before dark."

"Ever fast!"

The young man took Wîsahkêcâhk into a long black machine. There was food and drinks inside it and Wîsahkêcâhk ate and drank everything. He felt very strange when they arrived at a place full of machines shaped like birds. They led Wîsahkêcâhk on one and put him in a chair and tied him to it. Wîsahkêcâhk fell asleep. When he woke up he felt sick and there was a pretty lady telling him he had to go now. He got off the bird machine and could recognize where he was. He walked toward the forest and tried to climb over some hard shiny ropes but they were very sharp on top and tore apart the clothes he traded Indian Affairs for. It was just as well; they were starting to get itchy. Weasel came hopping up to him.

"You did it Wîsahkêcâhk," said Weasel, "the pale men are all leaving with their noise makers! Maybe you aren't so useless after all!"

"Oh shut up," said Wîsahkêcâhk. "I don't feel very good. I just want to go back to sleep."

"Ever lazy!" laughed Weasel.

"Mahti awas!" yelled Wîsahkêcâhk. He went home and fell back asleep hoping to never be woken up in such a crude manner ever again.

EKOSI

**Mystery Lake
Motor Hotel**

Stay with us when you're in Thompson.
It benefits the entire community!

Phone: **(204) 778-8331**
Address: 58 Cree Rd, Thompson



NCN 
Thompson Bus
Connecting the North 1-204-939-3991
thompsonbus.com

**DOMESTIC
VIOLENCE
CRISIS LINE**

**1-877-
977-0007**

A person with long dark hair is shown from the chest up, holding their right hand up to their face with the palm facing forward. They are wearing a light-colored, possibly white, long-sleeved shirt. The background is a solid, deep red color.

**NCN
NURSING
STATION**

+

204-484-2031



Atoskiwin
 TRAINING & EMPLOYMENT CENTRE
 CENTRE OF EXCELLENCE

**A wide range of
 programs offering a
 world of opportunity**

1 ATEC Drive, Nelson House
 Phone: (204) 484-2886
 Toll free: 1 (866) 614-7686
www.atoskiwin.com




**NCN BAND
OFFICE**


204-484-2332

OT GAS BAR

Gas up at
OT and
support the
community!

A photograph of the OT Gas Bar, a gas station with a sign that reads "OT Gas Bar" and "Support the Community". The station has a dark roof and several gas pumps. A black car is parked at one of the pumps. The background shows some trees and a clear sky. The photo is framed by a brown, curved border that matches the background of the slide.The crest of the Royal Canadian Mounted Police (RCMP) is centered at the top. It features a crown atop a shield with a bison's head. The shield is surrounded by a wreath of maple leaves. A banner below the shield reads "ROYAL CANADIAN MOUNTED POLICE". Above the shield, a scroll contains the motto "MAINTIENS LE DROIT".

RCMP
Complaints and
Emergencies

A close-up, low-angle shot of the front of a white RCMP vehicle. The red and blue emergency lights on the roof are flashing brightly. The background is blurred, showing trees and a bright light source, possibly the sun.

Call
204-484-2288

An advertisement for the Norman Linklater Multiplex. The top half features a large, modern building with a prominent red and white facade. A black pickup truck is parked in the foreground. The bottom half of the image is a solid red background with white and yellow text. The text reads: "NORMAN LINKLATER MULTIPLEX" in large white letters, "Find out what's on the program!" in white, "Call us at" in white, and "204.484.2171" in large yellow letters.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

**Working to Keep
Families Together**

(204) 484-2341
ncnwellness.ca



*Nisichawayasi Nehetho
Culture and Education Authority Inc.*

NISICHAWAYASIHK CREE NATION

Call us at **204-484-2095** **nhea.info**

Coronavirus Outbreak Grabs World's Attention

While a new virus has taken over headlines around the world, there is no need for concern or fear in NCN.

A lung virus called the Coronavirus broke out in China and was announced to the World Health Organization (WHO) on January 7. At the time of print, almost 7,700 people were confirmed to have the virus, and 170 had died. All deaths have occurred where the outbreak began, in a city called Wuhan in central China.

At this time, officials around the world are telling people to remain calm. WHO has not declared a global health emergency. There is a diagnostic test that can confirm the coronavirus and work is underway on creating a vaccine.

As of January 29, there are only three confirmed cases of coronavirus in Canada, in Toronto and Vancouver. Two of these people had been in the Wuhan, China area and contacted the virus directly; the third is the wife of one of these.

You only need to worry about coronavirus if you have travelled to Wuhan, China, or if you've been in contact with someone who was there.

The coronavirus is a common group of lung viruses that can cause respiratory infections in people. They are usually mild, but can be fatal, particularly for older people or those with compromised immunity. Experts say the expected mortality rate is only about 2 per cent, and for most people, the coronavirus will run its course like a flu.

Symptoms of coronavirus are familiar: runny nose, headache, cough and fever. If you or a family member are experiencing these discomforts, you are probably dealing with a cold or flu. Drink plenty of fluids and rest as much as you can. Read our story about the flu on page 10 for more information.

If you would like to learn more about coronavirus, be sure to visit reliable sources of Canadian news, such as CBC, Global or CTV, or websites such as WHO or PHAC (Public Health Agency of Canada). Remember that anyone can post

anything to social media, which means we cannot trust sites such as Facebook, Instagram, TikTok or Whatsapp as a source of information.

Locally, if an alarming medical situation ever arises, Citizens would be updated by Achimowin NCN Radio, Chief and Council, Family and Community Wellness Centre, Nursing Station and the RCMP.

OPEN HOUSE

WHO:
Alamos Gold Inc. and
Stantec Consulting Ltd.

WHEN:
Monday, February 3, 2020 1-4:00 pm
Presentation starting at 2:00 pm

WHAT:
Lynn Lake Gold Project Update

WHERE:
Multiplex
Nelson House, MB

WHY:
To share information and solicit feedback/input

If you are unable to attend the Open House but have questions or would like some further information, please contact LLGPengages@stantec.com

Coffee, tea, and light snacks will be served

ALAMOS GOLD INC.

Stantec

JOIN US AT A CONFERENCE FOCUSED ON...

HARM REDUCTION

For Our Indigenous and First Nations People

2nd Annual Public Health Conference

- HARM REDUCTION
- REDUCING STIGMA
- INCREASING AWARENESS

FEBRUARY 26 & 27, 2020
8 a.m. – 4 p.m. each day
(Registration starts 8 a.m., conference to follow)

THOMPSON REGIONAL COMMUNITY CENTRE
274 Thompson Drive S., Thompson, Manitoba

This forum will focus on harm reduction for our First Nation and Indigenous citizens. Our priorities will be on reducing stigma and increasing awareness while improving quality of care for our people and Nations in Northern Manitoba.

To register, book a booth space, or for questions, please email or call Lynda Wright at nphc@ncnwellness.ca
204-484-2341

Organized by:

Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre

NISICHAWAYASHIK CREE NATION

New Education Partner Brings Equality to First Nations

Teach For Canada brings equality of education to First Nations communities. The non-profit works with about 20 First Nations in Northern Ontario and Manitoba, and NCN is thrilled to be its newest partner.

"There are a lot of factors that affect the education our children receive. Teacher supply and turnover, historical

injustice and systemic inequities can create an imbalance in comparison to what children off-reserve learn," says Chief Marcel Moody. "This is an opportunity to help level the playing field for our kids."

Teach For Canada is a special program because the First Nations community and its Citizens (such as Chief and Council) are included in the selection of teachers. They are specifically looking for certified teachers who are adventurous, open to truth and reconciliation, and eager to bring equality to education.

Once they are hired and accept a minimum two-year

teaching commitment, the teachers receive additional

We have great educators in our community already, and this will bring even more understanding and awareness into our schools. This is a great chance for us to provide even better schooling for our kids.

training over the summer in Thunder Bay that is specific to teaching in the North. They learn from current and former teachers, community

members and Elders about Indigenous teachings and wisdom, specific First Nations, wellness and self-care.

"We have great educators in our community already, and this will bring even more understanding and awareness into our schools. This is a great chance for us to provide even better schooling for our kids."

This partnership with Teach For Canada comes at an exciting time for education in Nisichawayasihk Cree Nation, after last year's confirmation of the creation of a new high school.



Teach For Canada is a special program because the First Nations community and its Citizens are included in the selection of teachers.

Footprint Lake Water Levels

Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of January 19, 2020

On January 19, 2020 the level of Footprint Lake was at an elevation of 798.4 feet. The level of the lake is expected to drop 1.2 inches to an elevation of 798.3 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.



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.

