



OKIMAHKAN OTY AMIWIN
FROM THE CHIEF
NCN State of
Emergency

COMMUNITY

Keith Blacksmith

Keith Blacksmith
Recovering From Burns

PUSIKONISOWINI ACHIMOWIN

BUSINESS

New Executive Director at Medicine Lodge

10

Covid-19 Special Update Newsletter

FEBRUARY/MARCH 2020

NCN Declares State of Emergency

Chief and Council approved a new NCN Emergency
Measures Law in accordance with Othasowewin and
Aski-Pumenikiwin to replace the old 1992 *Indian Act* bylaw.
An NCN Order in Council was then passed declaring a
State of Emergency. This State of Emergency included a
number of temporary orders that will remain in effect
for up to 60 days unless reduced, amended or extended
depending how the pandemic progresses. It includes:

- A ban on non-essential travel into and out of the community, except as required by the NCN Communicable Disease Emergency Plan.

 All NCN Citizens must remain in the community until Chief and Council lift these safety measures.
- A roadside checkstop will track and monitor all travel through Nelson House
- A ban of transportation of alcohol onto NCN lands
- A mandatory two-week self-isolation if you have travelled outside the province or have been in contact with someone who has.
- These rules apply to all Citizens and



Chief and Council have issued a state of emergency for Nisichawayasihk Cree Nation.

organizations on all NCN Lands, except Mystery Lake

This mandate will be reviewed weekly. It may be

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- modified, extended or revoked.
- People who do not comply with these-state of-emergency rules may lose their benefits, or be fined, evicted or banished.

You can learn more about the Nisichawayasi Emergency Measures Law at noncree.com under the Government and Laws section.

Preparation and Planning in NCN

The NCN emergency management team, which includes the Emergency Measures Coordinator, the nursing station, public health nurses and Chief and Council, have a plan for situations exactly like this pandemic. They are in

If you are feeling

anxious, talk to a

friend or family

member about

your feelings, and

get active! Clean

the surfaces of your

home, go for a walk,

or make a healthy

meal.

continuous contact with ISC Indigenous Service Canada for updated policies and procedures, and are here to protect our community.

It is important for every Citizen to stay calm and follow their protocol.

NNOC and OK schools and the daycare have closed. Non-essential organizations have shut down, and Citizens are reminded to cancel any non-essential activities and errands.

A shopping trip to Thompson Family Foods was coordinated for Citizens to purchase basic food, medical and cleaning supplies, and was organized with safety precautions in place. Watch the NCN Facebook page for more upcoming trips to reserve your spot on the bus.

Symptoms of coronavirus include runny nose, headache, cough and fever. If you or a family member are experiencing these discomforts, do not go to the nursing station. You

must self-isolate immediately.

Stay Calm

It is natural to feel worried about the spread of this virus. Remember that at this time, the risk to NCN Citizens remains low. If you are feeling anxious, talk to a friend or family member about your feelings, and get active! Clean the surfaces of your home, go for a walk, or make a healthy meal.

As we all know, First Nations people are especially vulnerable to contagious germs, due to overcrowding issues, underlying

health issues and lack of resources. We all have a shared responsibility to minimize the spread of this virus, even if it does cause inconvenience. We must be extra careful with cleaning and hygiene habits.

The best chance we have of keeping our community safe is social distancing. This means avoiding unnecessary errands or visits, never being in a group of more than 10 people, and

Get info from valid sources. Search for:

- NCN Family and Community Wellness Centre
- ISC Indigenous Service Canada
- Manitoba Health
- Public Health Agency of Manitoba
- World Health Organization

To protect your family:

- do not gather in groups of more than 30
- stay at home as much as possible
- keep 6 feet (2 metres) away from people
- wash your hands often and well
- cover your mouth and nose when you sneeze and cough
- avoid sharing food, drink, utensils, towels, and toiletries
- regularly clean common things and places
- change towels, washcloths, handkerchiefs often
- don't pick your nose, bite your nails, or touch your face

always keeping at least two arms lengths away from others. Information about COVID-19 and its spread in Manitoba

is changing on a daily basis. To ensure you're receiving correct facts, visit reliable sources of Canadian news, such as CBC, Global or CTV, or websites such as WHO or PHAC (Public Health Agency of Canada). Anyone can post anything to social media, so do not trust sites such as

If you are feeling unwell, then as an initial screening step, take the Covid-19 self-assessment on the Province of Manitoba website.

not trust sites such as
Facebook, Instagram, TikTok or Whatsapp for information.
Locally, Citizens will be updated by Achimowin NCN
Radio, Chief and Council, Family and Community Wellness
Centre, Nursing Station and the RCMP.

What is COVID-19?

A lung virus that can cause respiratory infection. It is usually mild, but can be fatal, particularly for older people or those with compromised immunity. Symptoms include cough, fever, sore throat, runny nose, shortness of breath, difficulty breathing, flu-like muscle aches, nausea, vomiting and diarrhea. For most people, the coronavirus will run its course like a flu.

For a self-assessment, go to sharedhealthmb.ca/covid19/screening-tool/



World battles COVID-19

Almost three months after China informed the World Health Organization (WHO) about its first case, COVID-19 has spread throughout the world. On January 30, WHO declared a COVID-19 global pandemic.

As of March 25, there were 413,467 confirmed cases of the highly contagious virus and almost 18,433 deaths in over 170 countries around the world.

Italy has been especially hard hit, due to its lack of initial response and elderly population. Its government put the entire country on lockdown on March 9, and since then, has charged more than 40,000 people for violating the command. More than 3,400 people in Italy have died from COVID-19.

In Canada, on March 25, there were 3,409 (confirmed and presumptive) and 35 deaths for Canada. For the latest information and for updates please visit the Public Health Agency of Canada website.

Here at Home

Many are worried about the ability of First Nations to care for themselves properly, due to lack of access and resources. On March 17, the Assembly of Manitoba Chiefs, which represents 62 First Nations in Manitoba, called for a state of emergency.

The federal government has created \$305 million to

RCMP in Nelson **Houses Closes Doors**

Still ready for emergencies

Please be advised in response to Covid-19, the Nelson House RCMP detachment is taking measures to limit person-toperson contact. Therefore, the RCMP office is closed to the public and the door will remain locked.

There will be no criminal record checks or fingerprints done until further notice.

If you require assistance of for emergencies, please call

204-484-2288



address the immediate needs of First Nations, Metis and Inuit communities, and another \$100 million that Indigenous communities can draw from to develop their plans and to stockpile medical supplies.

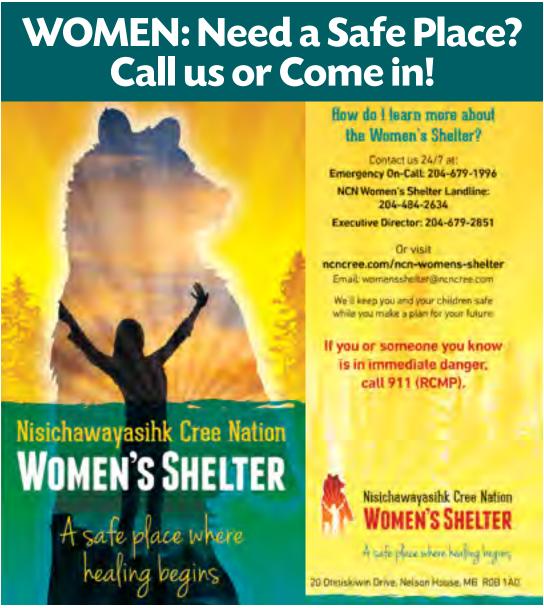
"We're here to help adapt and activate plans for your communities. No community will be left behind," said Indigenous Services Minister Marc Miller. "We know Indigenous communities have been disproportionately vulnerable to pandemics in the past, and this is unacceptable."

What's next?

At this point, medical specialists and government officials say there is no way to stop the spread of the virus. Our greatest hope now is to slow its spread so the medical system and hospitals, clinics and testing sites can keep up with demand. This is called "flattening the curve," and calls upon people

around the world, including here in NCN, to practice social distancing and selfisolation as required.

While the spread of the COVID-19 pandemic is dire news, there is hope. A research team in Toronto has already isolated the virus, which enables professionals to study it. They have shared the information with scientific teams around the world to develop better testing, treatments and a vaccine.



Nisichawayasihk Housing Authority

As a precautionary preventative measure against spreading the coronavirus and the COVID-19 illness, the Nisichawayasihk Housing Authority main office at 8 Otetiskiwin Drive in Nelson House is closed to the public until further notice:

- Therefore, at this time the office is open only to the housing employees and authorized apprentices;
- Collateral service providers such as the housing contractors and casual, short term workers are encouraged to conduct

business by phone, texts and email, and to come to the office only if absolutely necessary;

Citizens can still access housing services by calling the office telephone number at 204-484-2422 during office work hours Monday to Friday; and the on-call services number at 204-307-7100 after office hours and on the weekends.

COVID-19 EMERGENCY PREPARATION UPDATE

TO: NCN CHIEF AND COUNCIL FROM: HEALTH DIRECTOR

DATE: THURSDAY, MARCH 19, 2020

Please note the following updates from the meetings and work that has been taking at the Public Health department.

1. Teleconferences: Dr. Lavallee at the Manitoba Keewatinowi Okimakanak (MKO) has recommended that all First Nations begin identifying testing sites in the communities. So the NIC and HD have visited and identified the Duncan Wood memorial Hall as a the community's testing site. This is only a contingency plan as the site may or may not be utilized in the course of the pandemic. However, the site needs to be prepared and disinfected. So kindly make arrangements for the hall to be cleaned and disinfected.

- **2. Personal Protective Emergency:** training is ongoing with sectors and agencies in the community.
- 3. Isolation Units: Isolation units (ATEC) has been prepared and resourced for operation. Supplies available there include a thermometer, disinfectant wipes, masks and hand sanitizer. Communication on quarantined people is being routed from FNSOs to the ED Justice and Public Safety who then notifies the Heath Director when someone has been quarantined.
- **4. Quarantine:** There is currently one person in self-isolation at the ATEC center. A routine check schedule has been prepared to monitor the individual daily for any symptoms. The same protocol will be applied to any additional people who do go into isolation.
- **5. Reducing patient traffic to the Nursing Station:** The NIC is requesting that people manage chronic conditions and associated symptoms at home as much as possible and only go to the nursing station with life threatening symptoms. Or symptoms closely resembling those for CIVD 19 (dry cough, difficulty breathing, fever and headaches).
- 6. Community demographic data: for potential evacuation preparation is ongoing. While a lockdown is the most probable occurrence with the pandemic, we are taking all potential occurrences into consideration and creating a comprehensive list of all people in the community so that we can keep proper count if for any reason homes or individuals need to be located.



DEALING WITH ADDICTIONS? call (204) 484-2256

Nelson House Medicine Lodge Intake Dates

The current residential intake program is for men and the next program starting is for women. 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

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 Public Works Asks Citizens To Prevent Sewage Blockages

It has come to our attention that people are flushing items down the toilet such as: material, fabric disposable towels, sanitary napkins, etc.

> Please be advised that these items are not intended to be flushed down the toilet and can cause serious damage to the community's sewer/septic

Particularly during this time of heightened concerns related to the coronavirus, a sewer/septic system in good working condition is vital for our community's well-being. It is also suggested that people get in the habit of flushing with the lid down to help stop the spread of any droplets during flushing. Your cooperation is appreciated! Ekosani

COMMUNITY ANNOUNCEMENT

TO: ALL NCN RESIDENTS FROM: CHIEF AND COUNCIL

DATE: MARCH 19, 2020 **RE: NCN VLT CLOSURE**

The recent outbreak of the Novel Coronavirus (COVID-19) has brought uncertainty and disruptions to our normal routines. We are asking for your understanding and cooperation during this trying time.

Chief and Council are taking action to prevent the potential spread of COVID-19 in all work and public places. On Thursday, 19th March 2020, a special meeting of a quorum of Chief and Council was held and as a matter of public safety, a motion was passed to close the NCN VLT Lounge affective 10:00 p.m. Thursday, 19th March 2020 until further notice.

Chief and Council's focus remains on the health and safety of NCN citizens and visitors during these uncertain times. Thank you for your patience and understanding.

Chief and Council encourage all our NCN citizens and visitors to help in reducing the risk of COVID-19 infection by following these guidelines:

- if you are coughing, sneezing, or have a fever, please stay home and rest
- cough or sneeze into a tissue or the bend of your arm
- avoid touching your eyes, nose, or mouth with unwashed hands The protocol for the health and safety measure of the Coronavirus pandemic must be followed by everyone.

Ekosani ...

MEMORANDUM

TO: NCN CITIZENS

FROM: CHIEF AND COUNCIL

DATE: THURSDAY, MARCH 19, 2020

SUBJECT: OUT OF PROVINCE TRAVEL AND **ENTERING THE COMMUNITY**

Further to the attached Memo from Chief Moody, it has come to Chief and Council's attention that some people are entering our community who have been out of province and are not abiding by the direction to self-isolate for 14 days (see attached).

The purpose of this letter is to advise that this is a mandatory direction to all NCN Citizens, other residents or visitors who have recently returned to the community from any out of

province travel or may have come in contact with anyone who has COVID-19.

You **MUST** immediately self-isolate for 14 days

as recommended by the NCN Chief and Council and NCN Health team. In addition, all persons you have come in contact with in the community must now also self-isolate.

It is extremely important to contain this deadly virus from taking hold in our community. So far there is no community spread in Manitoba and the cases are all linked to travel outside the province. The situation is changing very, very rapidly and extreme measures are now in place which would prevent further spread which would devastate our community.

We encourage you to do your part in this war against preventing the virus from taking hold in our community by self-monitoring and self-isolating yourself. You are directed to go to ATEC as ATEC has been designated as a place to self-isolate. Please check in with Vanessa Spence and she will explain the further rules that apply during this period.

If you fail to comply with this directive, then Chief and Council will need to take additional steps against you to protect our community. These could include removal of any benefits, eviction, banishment, or fines including trespassing on NCN Lands. We all have a shared responsibility to keep our family and friends safe so we hope you will now take this issue seriously and do the right thing - isolate immediately and stay isolated for the next 14 days and let everyone you have come in contact with since returning from out of province to do the same.

Everyone must take the risks of this COVID-19 pandemic very seriously. Thank you for your anticipated co-operation.

Ekosani!

Helping our Vulnerable Citizens

In uncertain times like these, when it feels like the news is all bad, it's easy to feel helpless.

But stress and worry are terrible for our bodies. In fact, they affect our immune systems, which is exactly what we need to be healthy over the next weeks and months.

One way to beat stress is to do something. Action

alleviates anxiety! This is a great time to be a helper.

Think about the vulnerable people around you. They may be on their own, or elderly, or have a chronic illness, or dealing with family addiction or violence. How can you help them?

- Shovel their sidewalk
- Get their groceries and leave at the door

Isaac Murdoch is an author, artist and environmentalist from Serpent River First Nation. He is active on Facebook and offers lots of great advice.

- Use your own dishes.
- Clean surfaces and common devices regularly.
- Smudge regularly.
- Drink traditional teas, even if you're not sick.
- Don't be giving people drags. Give'em a whole smoke. lol
- Play games that make you feel good and laugh lots.
- Social isolate, but go outside and play!
- Soups go a long way and preserve your food rations.
- Use a drop box outside your house.
 When someone brings you something,
 they leave it outside, and three days
 later, it is free from germs. If you need it
 now, wash it and your hands thoroughly.
- Have language classes. Record stories from Elders. This is medicine.
- Play happy music and dance.
- Help those in need.

Try a traditional recipe

Of course we wish COVID-19 wasn't happening on a global scale, and moving closer to our community. But instead of being fearful, let's be cautious. Social distancing and self-isolation don't have to be punishments. This can be a time to slow down and care for ourselves and others.

Cedar Tea

This traditional tea improves respiratory organs. It has an anti-inflammatory effect for problems such as bronchitis, pneumonia, rheumatism.

Cedar helps to decontaminate the air, and is used as a form of protection in fasting and in the sweat lodge. It improves circulation,

and has a general strengthening effect. Cedar fills the spirit with a sense of stability and safety, and creates reflection about eternal values. The smoke of cedar carries prayers to the

To prepare: add 2 or 3 teaspoons to 2-4 cups of water. Bring to a boil, then simmer until water is tea coloured. Strain before drinking and add honey to flavour.



- Bring them a healthy snack
- Drop off pictures from your children
- A morning walk
- An evening phone call
- Check if they understand COVID-19
- Ask if your contact is helpful or stressful
- Do they have someone they'd like you to check on?
- Remember:
- wash your hands!
- cover yourself when you cough or sneeze
- try to stay outside of their home
- keep 6 feet away as much as possible
- don't scare them with news
- they may not want your help and that's OK

Housing Authority Office Closed Due to Covid-19

As a precautionary preventative measure against spreading the coronavirus and the COVID-19 illness, the Nisichawayasihk Housing Authority main office at 8 Otetiskiwin Drive in Nelson House is closed to the public until further notice:

- Therefore, at this time the office is open only to the housing employees and authorized apprentices;
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NCN Minor Hockey

Throughout this hockey season our Midget boys have played in over 24 games! Our boys teamed up with members from Thompson and Wabowden to form an NCN Midget Hockey team. Our team came in third out of eight teams for the Norman Midget A league. We are proud of the boys and wish them luck in Provincials March 13-15, 2020. We would like to thank NCN Parks and Recreation, NCN Chief and Council, NCN FCWC, NNCEA, and TMHA for their support during this season! A big shout out to our boys: Draiden McDonald, James Bunn, Jaden Francois, Jody Spence, Cyril Hart, and Brayton McDonald.







The future of NCN hockey!

Thompson Little Chiefs, Wabowden Stingers, and Thompson Aero's. We are very

proud of

our young

who skate

play harder!

Good job

to all atom

and novice

players this

year!

hard and

players

Stopping HTLL HTLL It Starts with YOU

The flu is spread from person to person when someone who has the flu virus sneezes, coughs, talks or handles infected surfaces.
The flu virus can be inhaled by anyone close by or from infected hands touching your mouth or rubbing your eyes.

To protect yourself, your family and community from the flu:

- · Get the flu shot. It's easy and it's FREE.
- Wash your hands often with soap and warm water.
- Cough or sneeze into your elbow or use a tissue and dispose of the tissue in a covered trash basket.
- · Keep hands away from your face.
- Eat healthy foods and get at least 7-9 hours sleep.
- Clean shared spaces (such as phone receivers, keyboards, door knobs, toys and office equipment) often.
- Do not share personal items such as forks, spoons, toothbrushes and towels and avoid shaking hands, hugging or kissing.
- Avoid crowds or people who are sick.
- Stay at home if you are sick.

For more information or to get a flu shot appointment, contact:

NCN Family and Community Wellness Centre Public Health

204-484-2341



Social Distancing with Parks and Rec

Unfortunately, it was been a quiet end of winter with Parks and Rec, as we continue to cancel events and activities due to COVID-19.

While we are asked to practice social distancing, which means we should avoid physical contact and not gather in large groups, we can still get outside and enjoy the beautiful weather. Go for a walk, start some yard work, clean up an Elder's sidewalk.

Remember that in times like these, technology is our friend! Go to YouTube and search for any activity, and you'll find something that suits you. Look for "family dance party" or "yoga" or "gentle exercises for seniors" or "cardio workout." If you can't use YouTube, search for exercise worksheets. Physical activity will get your heart pumping and bring a smile to your face.

Parks and Rec continues to plan events and activities for the spring. Of course, there is a chance these things may be cancelled. Follow us on Facebook so you can keep up with us!

Upcoming events:

- April 17-19 youth and adult co-ed dodgeball tournament
- May 12-14 4th Annual D-Mac Memorial Tournament
- May 20-22 co-ed volleyball tournament
- May 29-31 men's and women's 45+ volleyball tourney

Contact Terry Linklater at 307-2246 to register. Of course, if your event is cancelled, you will receive a refund.



Go outside and enjoy the beautiful weather.



NCN Citizen Recovering From Severe Burns

Two months after a terrible house fire, Keith Blacksmith, on March 25th, returned to Thompson and is living with friends.

Blacksmith is recovering from burns to almost 70% of his body. He was put into a medically induced coma when he arrived at HSC, and since then has faced battles including pneumonia and several major skin grafts.

A few weeks ago, his mother Cheryl Blacksmith said on Facebook, "This is so hard, seeing my boy like that. Pray no more complications come along. I don't know how much more sadness I can take."

Since then, Blacksmith has been moved out of HSC

intensive care and to the fifth floor. He is doing physiotherapy, walking on his own and eating well. His team of doctors say there is hope he could be released from hospital within a

His family is appreciative of everyone who has been supportive with prayers, well wishes and visits. On March 7, his Junior B Flames teammates stopped in for a visit after a game against Peguis.

A GoFundMe received almost \$7,000 to help Keith's family with expenses while he recovers. If you would still like to contribute, look for the donation jar at the Thompson Gas

Bar where Keith worked, or contact his grandfather, Willard Francois, at 431-275-

The house fire occurred on January 24 in Thompson. Several family members escaped, including Keith, but his girlfriend Tyra, did not. Her body was found by firefighters the next day.

ATTENTION: NCN CITIZENS PUBLIC NOTICE

PUBLIC HEALT AND SAFE

THE NISICHAWAYASIHK CREE NATION IS **REQUESTING ALL NCN CITIZENS** REPORT INFESTATIONS

BEDBUGS, COCKROACHES AND OTHER INSECTS

WHAT TO DO IF BEDBUGS OR OTHER INSECTS INFEST YOUR HOUSE?

If you suspect you may have bedbugs or think your home has become an ideal nest for insects, you are responsible to contact the appropriate NCN departments for reporting bedbugs, cockroaches and other insect infestations when discovered in NCN housing units.

YOU MUST IMMEDIATELY CONTACT BOTH OF THE FOLLOWING DEPARTMENTS UPON DISCOVERING THESE INFESTATIONS:

FAMILY AND COMMUNITY WELLNESS CENTRE - PUBLIC HEALTH

Ron Wood, Community Health Representative (CHR) Work: 204-484-2341

Cell: 204-970-0205 Fmail: ron@ncnwellness ca

NELSON HOUSE HOUSING

Work: 204-484-2422 Cell: 204-307-7098 Email: rhondamcdonald@ncncree.com





Keith Blacksmith is doing well recovering from burns to almost 70% of his body.



Keith with his Junior B hockey team and coaches (Saturday, March 7th, 2020). The team was playing at Peguis and stopped in for a visit.

New Director for Medicine Lodge



Marilyn Linklater has settled into her new position as Medicine Lodge director, which she began at the end of February.

Citizens may recognize

her from the Family and Community Wellness Centre, where she worked in a wide array of services, including critical care

and mental health, or from NNOC, where she worked as a social worker for about two years.

Linklater originally came to Nelson House

in the 1980s with her parents, Florence and Philip Paynter, who were teachers in the community.

Linklater actually started her counselling career at the Medicine Lodge in 1997, before she began her social work degree. She is happy to return.

"The Medicine Lodge really allows me to connect with

clients, and it's awesome for me in that it gives me a better understanding of myself," Linklater says.

Some immediate goals include staff education and training on new emerging drugs that cause problems for Citizens, and

> a new board of directors, to move the Lodge forward in providing care for the community and adapting to client

"In Nelson House we have a lot of addiction issues, which always go hand in hand with mental health, depression and anxiety. These are common things. When I was at the Medicine Lodge before, I started to learn about the traditional ceremonies, so now being able to incorporate all of these things

into healing our own people is really special."

Some immediate

goals include

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and training on

new emerging

drugs that cause

problems for

Citizens.

☐ Handrails
☐ Light switches

☐ Locker handles

☐ Light switches

IN WASHROOMS

☐ Light switches

☐ Hand driers

IN KITCHENS

☐ Toilet flushers



Custodian/Janitorial Checklist

Because of the nature of their function, public buildings must be held to high standards of cleanliness. Thorough cleaning helps to reduce the risk of virus transmission. Our NCN custodians and janitorial staff are a crucial part of our workforce. We appreciate their diligence in following these guidelines for keeping themselves healthy, our spaces clean and our Citizens safe.

W BE FLU SAFE

ensure their own health, cleaning employees should practice good personal hygiene habits:

- ☐ Wear gloves & mask
- ☐ Wash hands often
- ☐ Sneeze & cough into sleeve
- ☐ Stay home when sick ☐ Maintain healthy diet, exercise and sleep

W USE PROPER **CLEANING PRODUCTS**

- $\hfill\square$ Ensure you're using the appropriate solution for
- ☐ Disinfectant should be applied for 1 minute before being wiped off.
- ☐ If disinfectant is unavailable, a mixture of 1 part bleach and 9 parts water is effective
- ☐ Solvents such as Lysol must be stored in appropriate, secure spaces

CLEANING VS. **DISINFECTING**

- ☐ Using soap and water may not kill germs
- ☐ Use disinfecting or sanitizing chemicals to kill germs on surfaces is most effective after cleaning. This lowers the risk of spreading infection.

TIPS FOR THOROUGH, **EFFECTIVE CLEANING**

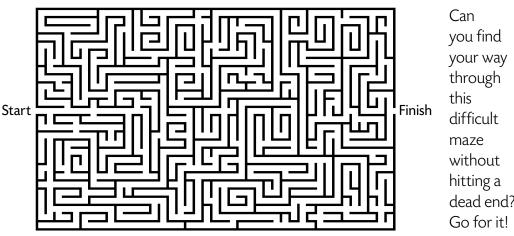
- Work your way from top to bottom of the room, so that dust & materials fall and settle.
- Start by the door on your left, and work clockwise through the room, so you don't miss
- Do cleanest tasks first, such as dusting, and end with dirtiest, such as mopping/sanitizing
- Use different cloths for different tasks. Change and launder after each use.
- Use & maintain "no-touch" equipment (soap dispensers, hand driers, garbage cans, etc.).
- Ensure tissue containers & other hygiene products are available and within easy reach.

See daily checklist on back page...

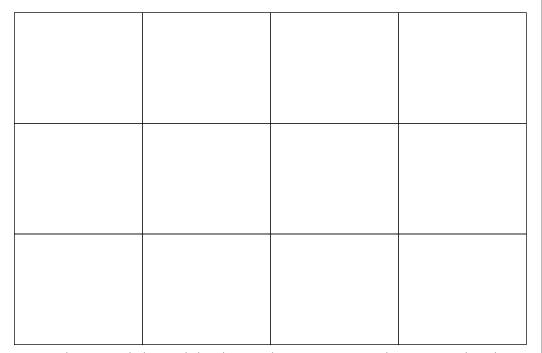




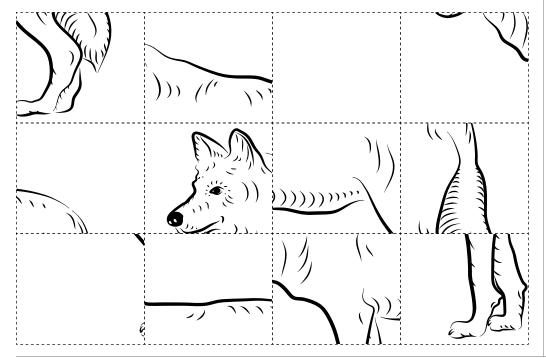
MAZE



dead end?



Cut out the squares below and glue them to the correct squares above to complete this picture. It's a mahihkan. Do you know what animal this is? Then colour it!



Wordsearch: Cree Animals

W	Α	W	I	S	E	K	S	Α	W	Α	W
S	0	K	Α	М	Α	M	Α	K	0	E	Α
I	K	C	S	P	Α	L	Н	Н	S	W	M
Н	K	Α	I	I	0	Α	0	0	K	S	M
K	I	Α	W	K	Ν	S	N	S	M	I	I
0	Р	E	K	I	0	I	Α	Α	K	S	S
S	E	I	K	W	K	M	Н	I	M	E	Т
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М				.,			_		_	D	ı
141	K	Α	Ν	K	W	Α	C	Α	3	P	ı
P						S					

Submitted by: Anonymous

PISIW (bobcat) WÂPOS (rabbit) SIHKOSIW (weasel) ANKWACAS (squirrel) MAHIHKAN (grey or timber wolf) PÎYESÎS (small bird) OSKWATIM (beaver) MIKISOW (bald eagle) MASKWA (black bear) NISKA (Canada goose) MISTATIM (horse) ÔHÔ (owl) ATIM (dog) KINEPIK (snake) WÂWÂSKESIW (elk) KINOSEW (fish) MAHKESÎS (fox) MISKINÂHK (turtle)

OCIKOMSIS (raccoon) ÂMÔ (bee)

KÂKWA (porcupine) KAMÂMAKOS (butterfly)

CHALLENGE to all NCN Citizens

How creative are you. Whether you're a student, a teacher, a former student, a parent or an elder, we'd love to publish a wordsearch puzzle from any of you in a future edition of the NCN Achimowina Newsletter and give you the credit. Perhaps make it a classroom project. Submit your wordsearch puzzle (it can be themed as the present one is) or just a group of Cree words that you've learned over time. Submit your puzzles to any member of Chief and Council and we'll see that it gets published in a future edition. Enjoy!

Solution to the puzzle and maze can be found on next page.

Making Healthcare Less Stressful for NCN Citizens

An exciting new initiative will make healthcare appointments in Winnipeg much easier for NCN patients and their families.

The NCN Medical
Receiving Home (MRH)
is located close to the
Health Sciences Centre in
downtown Winnipeg. It
provides transportation,
accommodation and meals
as required for up to 14
NCN medical clients at a
time. All costs are covered
by ISC Indigenous Service
Canada.

"It's our goal to make sure NCN Citizens feel safe, secure, loved and cared for so they feel valued and respected on their health care journey," says MRH Director Kenny Braun. "Our aim is to reduce the stress of the current system and ensure minimal impact of travel on our members."

More than 4,000 medical

appointments are expected for NCN Citizens this year alone, so Braun expects the house to be busy.

The MRH is set up to accommodate one-day appointments, overnighters, and even longer stays in cases of surgery and ongoing treatment. It can pick up patients upon

their arrival in the city, provide transportation to and from their appointments, take care of meals, accommodations, and security, and return them again to their departure site. Management is exploring more ways it can help clients, such as translation services and appointment assistance.

The house has three common areas, two dining areas, and a full kitchen. There are 14 bedrooms, and each has a full, private bathroom. It is not capable of accommodating people in wheelchairs at this time, but staff can coordinate their transportation, meals and hotel stays.

"This house has come to completion through tragedy and complaints. Community members' lives have been lost while they were on medical travel and others have had terrible experiences in their health care journey," says Braun. "Waiting on pay phones

for hours to find out where they will stay, waiting for cabs that may or may not come causing missed appointments, patients left stranded because they've missed appointments ... these are all common experiences for NCN Citizens in the health care system."

Achieving the goal of providing support for NCN medical patients has been two years in the making, and is the result of hard work from many NCN departments.

"Chief and Council recognized the need for this service and provided political will to make it happen. The NCN

executive management team, including Kim Linklater, Lianna Anderson, Yvonne Wood, Kathleen McKay and Joyce Yetman, provided guidance and resources. Inez Vystercil was instrumental in developing our proposal and the organization structure."

Braun is also grateful for the hard work of medical transportation coordinator Ricki Linklater, who works tirelessly to get patients to Winnipeg, and her predecessor Bella Leonard, who worked the front line of NCN medical transportation services for more than 30 years.

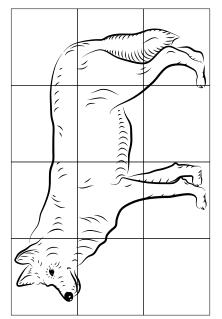
Braun is proud of the new MRH staff of 11 employees, all of whom are NCN Citizens. They include drivers, security, kitchen staff, housekeeper and councillor, and have all received first aid and CPR training, food handling and hazardous materials safety certificates.

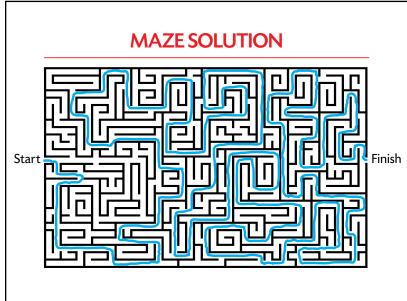
He says they are going to be a great asset to Nisichawayasihk Cree Nation.

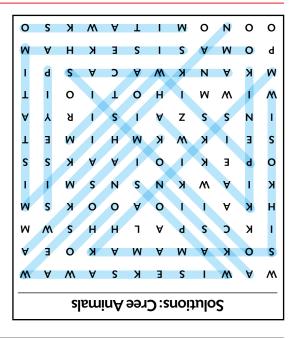
"They have prepared to be on our frontlines of service, took care of the finer and last minute details, and genuinely care about helping their fellow community members."

The NCN Medical
Receiving Home
(MRH) is located
close to the Health
Sciences Centre
in downtown
Winnipeg.
It provides
transportation,
accommodation and
meals as required
for up to 14 NCN
medical clients at a
time.

Solutions below to puzzles on previous page









Drunk Driver Receives Sentence

Todd Linklater has been sentenced to six more years in jail for killing three young NCN boys in 2018.

Terrence Spence, Keethan Lobster and Mattheo Moore-Spence died on April 28, 2018, when Linklater crashed his car into them as they rode their bikes on PR 620.

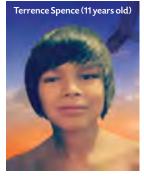
He fled the scene, but turned himself into RCMP the next day, and has been in jail since. In December 2019, he pled guilty to impaired driving causing death and failing to stop at the scene of an accident.

The night of the tragedy, he was under court order and should not have been drinking. Linklater was driving while drunk with his girlfriend and friends in his vehicle. His girlfriend had warned him to slow down.

At his hearing in Thompson at the end of January, Judge Todd Rambow said even though Linklater grew up in an environment of violence and alcohol abuse, he still doesn't







understand the impact alcohol has on his decisions. He called Linklater's behaviour that night, "morally despicable."

"He very quickly departed the scene ... he thought only of himself in those moments," Rambow said in court.

This tragedy is not the first time Linklater has been punished for drinking. He has a prior conviction for impaired driving, which included a \$1,000 fine and a driving suspension for one year.

When Linklater finishes his sentence, he will be prohibited from driving for 15 years.

Essential Service				
Department/Org. Contact Info	Nature of Essential Service	Essential Staff: Names & Contact	Plan for Delivery of Essential Service	Plan for Deliveries, Maintenance, etc.
Achimowin Radio Announcements - fax: 484- 2639 or email: norathomas@ncncree.com or email: russell.j.bonner@ hotmail.com	Communication	Nora Thomas, 307-1178/484-2295 Russell Bonner, 679-3032 Brendan Linklater, 679-1596	All staff available 24/7 Russell and Brenden can do live broadcasts	Building being disinfected Visitors must have masks & gloves
Nisichawayasihk Construction LP Iim Bunn, 679-2068 Rob Linklater, 679-8491	Fuel supply, road maintenance, mechanical services, equipment support to Public Works	Jim Bunn, 679-2068 Rob Linklater, 679-8491 John Parisien, 670-4860 Lambert Anderson, 939-1253 Brian Hart, 679-5407 Darwin Linklater, 679-6138 Clifford Hart, 679-2009 Richard Bunn, 307-2230 Sally Wood, 679-6138 Claudette Hart, 915-5362	NCLP will split staff coverage to one week on, one week off Week one contact: Jim Bunn 679-2068 Week two contact: Rob Linklater 679-8491	
NNCEA Gail Gossfeld-McDonald, 579-3500 William Elvis Thomas, 579-0803 Vic Campbell, 519-330-4707 Matilda Gibb, 679-2075		Gail Gossfeld-McDonald, 679-3500 William Elvis Thomas, 679-0803 HR, Lorna Hart, 797-7686/656-4579 Finance, Shirley Spence, 307-2226 Finance, Candace Dumas, 307-0795 Finance fax, 484-2392 Transportation, Vernon Moody, 307-1566 Maintenance, Graham Dysart, 670-1943 Teacherages, Graham or Elvis Thomas Security, 307-2669, Andrew Beardy, Brian Wood, Brian Hart, Ben Kobliski NNOC Principal, Nic Campbell, 519-330-4707 OK Principal, Matilda Gibb, 679-2075	Schools Closed: March 16 - April 12 If situation changes, staff will be contacted If staff leave province, they will need to self-isolate upon return Teacherages available: Two 2-bedroom units, Go fully furnished, 6D basic furnishings Units 8B, 8C, and 8D to be occupied by FNSO	Staff remaining in NCN: Susa Francois, Fay Flett, Tara Van Segbrook, Debra Duvall, Margaret Bird, Flora Hart, Lin. Linklater, Andrew Murphy, Natalie Tays, Ashley Boutin, William Spence, Nic Campbe Gail McDonald Staff remaining in Thompson Susan Francois, Lorette Bonn-Sukhbir Dherdi, Fredrica Prin. Ross Francois, Margaret Thon Preet Dherdi, Tammy Long, Nadine Yetman, Margaret Monias
Bereavement Myrna Dumas, 307-0706 Elvis Francois, 679-3311 Darren Linklater, 679-0141 Gloria Baker, 307-0294		All staff available	Vehicles cleaned regularly	2 - 15 passenger van 1 - 12 passenger van 1 - hearse
Multiplex Tevor Linklater, 307-2160 or revorlinklater@ncncree.com	Mulitplex closed to public	Manager, Trevor Linklater, 307-2160 Cook, Kirk McDonald Asst Cook, Justine Thomas Cooks Helper, Robbie Hart Custodian, Brian Moses Hartie	Facility available as a kitchen or for use of washrooms, lockerrooms (w/showers) Kitchen staff can be called in In event of shut-down: signage, phone call and radio announcements will inform public	
Public Health Lynda Wright, 679-5330	Manage reduced hours and skeletal services at the Wellness Centre Clinic services: Nursing Station will tend to children and life-threats, The Medicine Lodge (24 beds) will tend to adults and non-life threats Quarantine services: ATEC (12 rooms) capacity 36 people, Women's Shelter for 5 families Testing: Duncan Wood Memorial Hall	All staff available via 484-2031/484-2341 Physician: Lydia Derzko Nursing staff: Lynda Wright, 679-5330 Leanna Anderson, 679-1779 Maria Neepin, 679-5727 Dora Spence, n/a Krystal Bayer, 679-9201 Jean Johnson, 307-0863 Debra Linklater, 939-3863 Brianne Monroe, 307-1378 Roba Frost, 670-3156 Arlene Jobb, 670-1982 Karen Beardy, n/a Tiffany Zettergren, 307-0474 Marigold Chua, Rachel Hubbert, Sandy Prince, Rochelle Ty Nursing Support: Rikki Tait, Giovanni McDonald, Darlene Clemons, Brenda McDonald Health Care Aides: Martha Templeton 679-3169, Andrea Francois 670-1981, Leta Walker 679-1944, Christabelle Keeper n/a Medical Transportation: Vernon Moody 307-1566, Joel Spence, Jared Linklater, Tyson Spence, Mervin Linklater, Lawrence Dysart at 307-1901 or 307-1902 Jordan's Principle: Eleanor Erickson 679-5546, Tiffany Zettergren 307-0474 Mental/Spiritual Care: Diane Linklater 679-0476, Samantha Pike, Melfina Primrose, Dolly Francois at 484-2031 or 484-2341	Fan-out: 1 - Health Director sends written memo to program managers and follows up with call or text, 2 - Program Managers forward memo staff and clients as necessary, follows up with call or text, 3 - Health Staff relay info to client list if necessary, diseminate info to clients via call, text, social media as most appropriate • On-call staff required to be accessible by phone for 24 hours. They will have decision making powers in consultation with Director or Nurse-in-charge	Supplies have been ordered Additional resources requested through MKO, ISC, KTC and other sources Safety training being rolled out, i.e., PPE Data collection being gathe at checkstop Communication to commun will continue to be provided by public health team Central Coordination set up Wellness Centre, team leads: Information Management & Information Management & Distribution: Kyra Hart, Thom. Weenusk Data Collection: Lewis Duma: Carmella Wood Elders Care: Melfina Primrose Carl Young Community Care Packages: Tiffany Zettergren, Arlene Smears Communication: Martha Templeton, Natalie Linklater HR Support: Amanda LeDrew Anna Spence Infection Control & Contact Tracing: Jean Johnson, Krysta Bayer Medical Trans: Vernon Moody Joel Spence
NCN CFS & CWC CFS Division Winnipeg, 784-8160 Brandon, 726-3693	Child welfare service delivery	Winnipeg: Director South - Shavonne Hastings Supervisor - Carol McDonald Team Leader - Rob Knudsen, Office Manager/Legal - Denise Hastings Brandon: Team Leader - Christa Templeton, CM - Rebecca Desjarlais, FCM - Tara Unrau,	Capacity will continue at 50% as per Provincial minimum service standards Remote work in place for staff with accountability List of medically compromised children	

~~~~ **NISICHAWAYASIHK CREE NATION Essential Service Delivery Plans and Contacts - Covid-19** Department/Org. Contact Info Nature of Essential | Essential Staff: Names & Contact Plan for Delivery of Plan for Deliveries, Family & Community Wellness Centre Case Managers and Foster Care: Barbara Moore, Eleanor Dumas, Melanie • Staff can provide coverage Ability reassign staff if required Deborah Francois, 484-2341 Peterson, Sandra Irving, Loretta François, including supporting sub-offices with staff • Sub-office operating on Carl Young, Melody Linklater, Lorraine Edith Moody, 484-2341 Parisien, Natalie Linklater After Hours, 679-5544/ Emergency Duty Workers (after hours on 679-6386 skeleton staff Compliment of Admin. Tanya Linklater, Leona Linklater, Renada Team Leaders, Case Managers available for support • FCWC & CFS closed to public Linklater-Tait Admin Support: Bonnie Linklater, Natassa Swanson however social distance protocol will be observed if someone nes to office • Foster parents being kept infomed. Self-isolation protocol in place and alteranative placements have been identified if necessary • Directors will tele-conference weekly Family & Community Wellness Centre Child and family services Operations Manager - Irvin Smith, EPR Signage and proper protocol in place in place • All training cancelled • Non-essential meetings to be Supervisor - Maxine McKay, Thompson Unit Thompson office, 778-1961 Supervisor - Harmony Dumas, South Indian/ Leaf Rapids Unit Supervisor - Barbara Pike, All Family Enhancement Groups cancelled Use of phone, email rather than DIA Supervisor - May Mossip, DIA Acting Supervisor - Pesim Moose in-person • Staff are expected to be available for work not out in community • Pre-approval required to work **Employee List:**Greg Tays, Brian Flett, Darren Spence, Harvey Linklater, Henry Wood, Rudy Linklater, Walter NCN Public Works Public works Full time staff complement Greg Tays, 484-2597/679-0481/g.tays@yahoo.ca Services that will continue to Linklater, Jeremy Spence, Alwin Linklater, Benjamin Linklater, Ron McDonald, Theo Tommy Spence. repairs as required, water 484-2063/679-2368 Spence, Garrick Linklater, Bruce Francois, RyanHibbert, Tommy Spence, Andrew Gamblin, Quinton Francois, Lanny Spence, delivery, sewer pick up, garbage Darren Spence, 679-9066 pick up, Elder firewood delivery, funerals, security at water treatment project Lyle Thorne, Garth Berard, Jack Kobliski, James Spence, David Moose, Calvin Hart, Scott Leighton,Ryan Moore, Stan Spence Vernon Wood Check stop first in command: Carol Kobliski, 307-0465 All FNSO's on 24-hour standby **FNSO** Checkstop, community • 24 hour checkstop at #391 & 24 hour checksup at #97 #281 Junction Only essential service providers allowed entry All on-duty FNSO will wear PPE FNSO recruitment will be ongoing Reassignment of NCN staff licences will be considered Bonnie Linklater, 670-0115 Check stop second in command: Wayne Spence, 679-3704 Morgan Francois, 307-5306 • Reassignment of NCN staff with Carol Kobliski, 307-0465/679-4749 Dorothy Bonner Carla Bonner Gayla Questionnaire and Report • Escort occupant to selfisolation (ATEC) if necessary Francois, Sonya Francois, Felix McDonald, Landon Parisien, Daniel Friesen, Jai Dugall, Cynthia Hart, Naz Lavessuer, Murdo Clee All reporting to ED Justice & Public Safety and forwarded to Health Director and NIC RCMP will have a FNSO radio Country Foods hours reduced 12:00 pm - 3:00 pm Monday to Lands, Environment & Distribution of traditional · LER office closed, staff to work at home • Elders Traditional Program Gord Dumas 679-5319 Country Foods will remain IR & Special Projects: Joyce Yetman, 679- Department does not provide Intergovernmental Relations/Taskinigahp 0506, Randy Sawatzky, 679-3630 **Trust:** Alvin Yetman, 679-6239/679-3544 essential service • All staff can be reassigned Irust: Alvin Yetman, 6/Y-623Y/6/Y-3544 Agnes Linklater, n/a HR: Kim Linklater, 307-2107, Nicole McDonald, n/a Citizenship: Melissa Moore, n/a AOL: Mark Linklater, 939-0221, Bill Yetman, Joyce Yetman, 679-0506 except Administration Assistant required in office to answer calls Justice & Public Safety: Bonnie Linklater, 670-3597 Achimowin Radio: Nora Thomas, 679-2361 **Staff:** Kenny Braun, Stephanie Harrison, BryantLinklater, Jordan Spence, Maris Campbell, Mike Linklater, Grant Brightnose, Dan Hart, Dufresne Furniture - final delivery April 8 NCN Medical Receiving Medical Receiving Can assist with: • Prepare and deliver care Home set to open April 1 MRH in need of direction re: delay Kenny Braun, 431-374-1533 packages • Identify most vulnerable NCN Nation Sales Hotel Ame Tori Yetman, Larry McDonald, final delivery March 27 Stephanie Harrison, members in Wpg • Transportation for potential opening, reassign staff 509-1394 • Meal preparation • Rooms can be set up for selfisolation Communicate with NCN members in Wpg duplex units with 9 beds, 2 lounges, and kitchen laundry facility

NNOC School Update

Although school classes have been suspended until further notice, NNOC would like to thank

all of the staff and students for their hard work during this school year. We are proud of our students and the accomplishments of each individual within our building. As we continue to progress throughout the year we are able to see an increase in attendance, student engagement, and overall climate of the school.

We would like to thank our coaches for taking our students to various basketball trips and for holding practices

to develop their skills. We would also like to thank the various organizations who have presented to our students on different topics such as MMIW, Youth Justice, and more.

Although school classes have been suspended until further notice, NNOC would like to thank all of the staff and students for their hard work during this school year.

We look forward to continuing to see our student's progress and are excited to see our Potential Graduates receive their diplomas on June 19, 2020.

Square Dance Team Runner Up



NCN 313 stompers, square dance team, placed 2nd in Pukatawagan, 1st annual Mary Nicholas memorial square dancing competition.



NCN Outstanding Woman Receives U of M RESOLVE Manitoba Community Award

Work with Missing and Murdered Women and Girls Liaison Honoured

NCN's own, Hilda Anderson-Pyrz, Manager, at the Missing and Murdered Indigenous Women and Girls (MMIWG) liaison unit with Manitoba Keewatinowi Okimakanak Inc., and co-chair of the Manitoba MMIWG coalition is the recipient of the 2019 RESOLVE Manitoba Community Award.

The RESOLVE Community Award is to acknowledge and celebrate a "person who has distinguished themselves for their contribution to creating homes and communities safe from interpersonal violence and abuse." This year, RESOLVE focused the award on someone whose work in the area of violence has also advanced the work of the Truth and Reconciliation Commission (TRC).



Congratulations Hilda!

ALCOHOL BAN EFFECTIVE

TO: ALL NCN EMPLOYEES AND RESIDENTS FROM: CHIEF AND COUNCIL **DATE: MARCH 19, 2020**

At a Special Council Meeting held on March 19, 2020, Council passed a motion that effective March 20, 2020 at 6:00 p.m. the transportation of alcohol and onto NCN Lands is prohibited until further notice due to the coronavirus pandemic.

The Community Protection Law Section III, (15) states that: Chief and Council may by order ban the transportation and consumption of alcohol on NCN Lands or a portion of NCN Lands if it is considered in the public interest to do so.

NCN has taken a number of proactive steps to protect the health and safety of NCN Citizens and those living on NCN Lands to prevent the spread of the coronavirus pandemic on NCN Lands.

Countries, states, cities, counties and other geographic areas have declared states of emergency and limited travel within their boundaries.

Goods and services have been restricted and

businesses required to shut down or modify their operations.

Citizens have been advised to practice social distancing, stay at home, and stock up on essential supplies.

Policies to improve food security and reduce domestic violence and other behaviours are important considerations as part of NCN's pandemic response.

We ask for everyone's cooperation. Together we can contain the spread of this COVID-19.

Ekosani!



STOP

I am under Self-isolation Precautions

Start Date: End Date:

Thank You. Ekosani.



Keeping Our Community and Citizens Safe.

During the Covid-19 **Pandemic** Emergency, any Citizen that is in selfisolation or quarantine due to flu-like symptoms or return-travel quarantine is asked to cut out and fasten this poster on the entrances (or in a visible area) for visitors. You are encouraged to let others know before entering your residence that you are in self-isolation. Thank you on behalf of Chief and Council and the NCN public health department as we all work together to reduce the risk of spreading the virus.







KNOW Your NCN

See what your community has to offer...

BUSINESSES, SERVICES, ACTIVITIES AND MORE...

Nelson House Medicine Lodge

The Nelson House Medicine Lodge has helped men and women throughout northern Manitoba heal from addictions since 1989. It is a fully accredited healing centre that offers both residential and outpatient treatment and counselling for alcohol and drug addictions. The NHML also offers prevention, intervention and aftercare services in the hopes of creating an addictions-free community.

Medicine Lodge staff include professional clinicians, counsellors and spiritual healers who use both traditional Indigenous teachings and contemporary Western methods to help clients deal with the impact of their addictions and the underlying spiritual and psychological problems.

Its main program is the eight-week kNOw Drug and Alcohol Treatment Program, which covers topics such as trauma recovery, stress management, relapse and prevention. This program is offered several times throughout the year, in both residential and telehealth formats.

The NHML has more than 20 beds for long-term stays and assists between 125 and 400 people every year. It collaborates with NCN agencies and organizations and reserves beds and treatment placements for Circle of Care participants as required.



Let us heal you and get your life back on

Phone: (204) 484-2256 Address: 75 Otetiskiwin Drive, Nelson House

Atoskiwin Training and Employment Centre (ATEC)

ATEC provides education and training for young NCN Citizens in industries such as trades, manufacturing and business. The 27,000-square-foot, non-profit, community-based, post-secondary facility was established in 2006 to train locals for work on the Wuskwatim hydroelectric generation project. Since then, students have worked through apprenticeships such as carpentry, electrical and plumbing. A current focus is local residential construction and fabrication of green-technology SIP panels.

ATEC focuses its efforts on young people who are not employed or receiving training. A thorough intake process of academic and interest assessment ensures they enter appropriate fields. ATEC has an 84% success rate in placing students into employment.

The ATEC model is the first of its kind on a First Nation reserve and an unprecedented achievement. Students' incomes increase

ten-fold, moving from social assistance payments to apprentice wages. That money contributes to the economic stability of families, businesses and the entire NCN community.



Providing technical and vocational training to young NCN Citizens to improve lives for all.

Phone: (204) 484-2114 Address: Nelson House

Hit and Run of Solomon McDonald Remains Unsolved

Family and Friends Pay Respects on The Anniversary of His Passing

March 22, 2020 marked exactly one year since the tragic passing of Solomon McDonald. Solomon of Nelson House was killed in a hit-and-run last year on highway 391, just north of the Myles Hart bridge. Solomon was walking alongside the highway on his way home, the collision was reported after 1 am. The family had a memorial feast today commemorating one year of his passing. The family complied with the recommendations from the local health authorities

and NCN leadership of avoiding large groups with respect to the covid-19 and made sure the feast had less than 50 people in attendance. The feast was organized by Solomon's mother Delsey McDonald, his siblings: Gail McDonald, Rogina Linklater, Trapper Linklater and David MCDonald, his aunts Lori Anne Hartie, Alma McDonald and Nora Linklater, uncle Alex McDonald. Solomon who would've been 42 years old last month, is a father of 10, (the youngest of the 10 are 4 year old twin girls), a grandfather of 2, he would've been expecting his 3rd grandchild this coming August. His family has not heard anything from the RCMP as to the investigation and to date, nobody has come forward to claim responsibly for McDonald's hit-and run. His mother Delsey prays that someone will come forward, she believes someone in Thompson or from the surrounding communities of Thompson must know something. Solomon's family including his common-law partner Nellie Wood urges the public to please come forward if you or anyone witnessed the collision or has information about it to please call the Thompson RCMP at 204-677-691 or Crime Stoppers anonymously at 1-800-222-8477. Secure tips can also be submitted online at www.manitobacrimestoppers.com



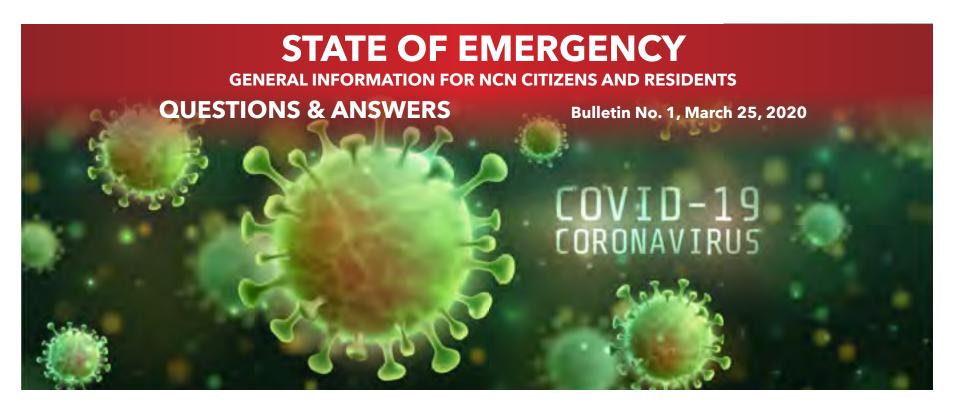
His twins: Jean and Jenine.



Left to right: Solomon's sister Rogina Linklater, his mother Delsey McDonald, his brother Trapper Linklater and his sister Gail Linklater.



Solomon's children and common-law wife an Nellie Wood.



• What does a State of Emergency mean?

A. A state of emergency is declared in response to an imminent threat to the community. Forest fires, power outages, and public health emergencies, like this pandemic, create similar situations as Chief and Council have to respond to the threat to the community. They must be able to use whatever personnel, other resources and infrastructure they have at their disposal. They must be able to issue Orders to reduce the threat. The Orders could affect individual freedoms and civil liberties. A declaration of a state of emergency enables leadership to do this to protect all of us.

Q. What does a "lockdown" mean?

A. Lockdown is a term that describes restrictions on businesses, transportation, and movement of people into a community and within a community. Countries, states, towns, cities and rural and northern areas around the world have imposed various types of restrictions and have used different enforcement mechanisms during the current global pandemic. As the pandemic spreads, more restrictions are imposed.

For NCN, "lockdown" currently means that we are restricting who can come into and go out of the community. This restriction is being imposed to try to keep the virus out of our community. Further restrictions may become necessary within the community if the virus spreads into northern Manitoba.

\mathbf{Q}_{ullet} Will we still be able to get out of the community and then get back in?

A. At this time there is a ban on non-essential travel into and out of the community. This ban applies to all NCN Citizens, whether resident or not, as well as visitors. In accordance with the Order issued by Chief and Council on March 20, 2020,

AT THIS TIME only the following people will be allowed to enter and exit the community:

- Persons providing essential services as determined by the NCN Health Director in consultation with Chief and Council;
- Medical personnel;
- Utility providers;
- Designated NCN Advisors;
- Members of Chief and Council;
- Persons the NCN Health Director determines require medical assistance at the Nursing Station;
- Other personnel designated by Chief and Council in writing if the need arises.

Manitoba has also declared a provincial state of emergency and is strongly discouraging nonessential travel. Enforcement measures are being implemented.

• What is an essential service?

A. At this time, an essential service is being considered as a service that's required to maintain our community's safety and well-being. Public health services, food deliveries for the local store, repairing downed electrical wires, water treatment plant maintenance, delivery of medical supplies and personnel protective equipment are among the services that are considered essential.

Driving to Thompson for groceries or visiting people is not considered essential. You will be expected to shop at the local store. Food and supplies will be delivered on a regular basis. These shipments may need to be off loaded to local trucks at the junction. Please observe the physical distancing protocol at the store and the limitations on the number of customers in the store.

• How will the FNSO's know who is delivering essential services?

A. All authorized personnel will be given a special pass to enter the community. A list of people and the positions they occupy and their pass number will be provided to the FNSOs. They are required to complete a questionnaire for each person who is entering the community to ensure compliance with the State of Emergency rules.

Q. Am I allowed to leave my house?

A. Yes, at this point as long as you are not sick. We encourage you to get outside and walk but stay away from people - practice physical distancing at all times. Do not go visiting a lot of family or friends. We recognize this is not how we normally live but these are extra-ordinary times and the world has never seen anything like this coronavirus.

Q. What is the difference between "social distancing" and "physical distancing"?

A. When the virus first started to spread the advice from health professionals was for governments to put in place "social distancing" measures. On Friday March 20, 2020, the World Health Organization recommended changing the terminology to "physical distancing" to make it clear that people are to keep their distance from each other. Whether they are inside their homes or outside they are to be physically separated by at least 2 meters or 6 feet.

Q. Will I be allowed back into the community if I have to go for a medical appointment or procedure?

A. People who have medical appointments or procedures in Thompson will be allowed to go to them and return to the community. However, if they go to Winnipeg or outside of Manitoba for their appointments they will be required to self-isolate

and self-monitor for 14 days upon return to the community. If they develop any symptoms such a cough, fever, sore throat, runny nose, shortness of breath, difficulty breathing, flu-like muscle aches, nausea, vomiting and diarrhea they must call the nursing station 204 484-2031 for further medical advice

Q. What is the difference between self isolation, self monitoring and isolation?

A. Depending on a person's exposure (i.e., contact with an ill person or recent travel) and/or symptoms of COVID-19, they may be advised to self-monitor for symptoms, to self-isolate or to isolate.

Self-monitoring means: record your temperature twice a day - in the morning and evening; monitor how you feel to see if and when other symptoms develop (e.g., cough, sore throat, runny nose, sore muscles, nausea, vomiting, diarrhea, shortness of breath and difficulty breathing).

Self-isolation means: staying home and keeping away from other people. This means not attending activities or gatherings outside of the home, including work, school, university, health care and long-term care facilities, churches, sweats, ceremonies, grocery stores, restaurants and shopping malls. It means getting groceries delivered and dropped off outside your house if possible. Self-isolation means avoiding situations where you could infect other people. This can help prevent the spread of infections.

Isolation means: if you have symptoms, even if mild, associated with COVID-19 or have been diagnosed with COVID-19 or are waiting for laboratory test results or have been advised to do so by your Public Health Authority, you must stay home until the local public health authority says you are no longer at risk of spreading the virus AND avoid contact with others. If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions.

• How am I supposed to self-isolate when I live with a number of other people in my house?

A. If you are in a home where other people have not been exposed, minimize close contact with the other members of your household. Do not use common spaces at the same time. Don't share towels or toiletries. Regularly clean spaces used by the person who is self-isolating. NCN is preparing separate locations to be able to send people if they need to be isolated or quarantined. Staff at the Nursing Station or Wellness Centre will provide the necessary instructions if this happens.

• Should I wear a mask?

A. If you are healthy, it is not clear if there is any significant benefit to wearing masks to prevent COVID-19 in your home or while shopping. Good hand hygiene will provide the most significant protection from viral respiratory illnesses including COVID-19.

A number of people are sewing masks for their families. If you do this it is very important that the mask be made of a tightly woven cloth like cotton, that the mask be properly fitted and worn over the nose and mouth and that it be washed frequently.

If you are sick and experiencing symptoms such as coughing or sneezing, wearing a mask can help prevent the spread of germs and viruses. This is why people who are experiencing cough or respiratory symptoms are provided with a mask to wear when visiting a health facility including the Nursing Station, an urgent care centre or emergency department.

• Can I still share utensils, drinks, makeup, cigarettes?

A. ABSOLUTELY NOT as this is one of the ways the virus can spread. You should not be doing this whether there is a pandemic or not as other diseases like meningitis can spread this way also.

• What is the difference between screening and testing for COVID-19?

A. Screening is done by Health Links or at the Nursing Station to see if a person who has recently traveled or been exposed to an ill person has symptoms of the illness.

Diagnostic testing is done to identify an illness in an individual, which helps health care providers to determine the best way to provide treatment.

COVID-19 symptoms are similar other respiratory viruses like the cold or flu so people who have travelled or been exposed to a person who is ill are tested once the screening has taken place to confirm which virus is causing their symptoms.

• Why isn't everyone tested?

A. There are not enough tests or labs or qualified people to administer the tests so screening takes place to ensure those who are exhibiting potential symptoms of COVID-19 are tested. This is a global issue. Canada is testing more people every day.

Q. What does the test look like and how is it administered?

A. The test is called a swab but it looks like a miniature baby bottle scrubber. The doctor or nurse swabs the back of your throat and nose.

Q. Does the test hurt?

A. No. It might be a bit uncomfortable like any throat or nose swab. It usually takes less than a minute to administer the test. It might cause your eyes or nose to water a little bit but that is about it.

Q. Why does NCN have to do all this when the virus is not even in northern Manitoba?

A. All of us have to assume that everyone has the virus and keep our distance for now. There is a backlog in the tests at the moment so we don't know how widespread it is. Make sure you continue to wash your hands with warm soap and water for 20 seconds. Clean and disinfect frequently used surfaces.

• What will happen if I do not obey the rules during the State of Emergency?

A. We hope that everyone will take responsibility and protect themselves, their family and our community. If we find that people are not practicing social isolation and physically keeping their distance from people, then we may impose fines, remove benefits, banishment or combination and use other forms of enforcement but we hope that will not be necessary. We will be monitoring the situation and really need everyone's help to protect our community from this deadly virus.

• Why is there an alcohol ban in place during Coronavirus outbreak?

A. Drinking is a very social activity, people visit one another, share drinks, forget social distancing protocol, etc. Additionally, our health care system must remain a priority, and must be prioritized to address the coronavirus and not alcohol-related incidents.

When there is an alcohol ban in place, the calls and visits to the nursing station and other service providers decrease. Your safety is our goal. We cannot allow the spread of the coronavirus into our community. We will do whatever is necessary to ensure people are not congregating or putting themselves and others at risk.

Q. If there is a ban on alcohol, why is there no ban on cannabis?

A. The effects of the two on a person are very different. Alcohol is usually involved when emergency calls related to violence and social disturbances are made. The violence and social disturbances are why the ban is in place. The situation is being monitored and Chief and Council will consider whether the ban should be extended to cannabis. It is important to remember that it is still illegal to purchase cannabis or any other drugs from a dealer.

Q. Who can I phone if I have question on COVID-19 or about the State of Emergency?

A. Chief and Council and the Family and Community Wellness Centre nursing staff have made two dedicated lines available for COVID-19 questions: (204) 679-0179 and (204) 679-0279.

If you have general questions about the State of Emergency or the Alcohol Ban then please call Wayne Spence, EMO Co-ordinator at (204) 679-3704

If you prefer to ask your question online, please go to the NCN website at **www.ncncree.com** to ensure your question gets answered.

• Who can I phone if I have need to talk to someone?

A. Mental Health therapist (Dianne Linklater), FCWC counselling Dept. - (204) 484 2341, Nursing Station - (204) 484-2031. These are all local resources.



• Will I be laid off during the pandemic?

A. Chief and Council hope that no more layoffs will be necessary during the pandemic. We made arrangements to lay off the employees at the Mystery Lake Hotel and restaurant during the pandemic in accordance with the collective agreement. We hope no further layoffs will be necessary and we will do everything we can to ensure our employees can continue working or will be able to come back to work as soon as it is safe to do so.

Q. Can I work from home?

A. A schedule has been developed to allow as many people as possible to work from home or alternate working at home and in the community. It is very important that everyone understand that working from home in these circumstances is not a paid holiday. You are still required to work. We recommend you try to do the following:

- Set boundaries with your kids by setting up a daily schedule so they know when it is your work time but schedule breaks to spend a bit of time with them and give them snacks and meals;
- Create a physical space for you to work;
- Stick to a schedule if you start your day at 8:30 or 9:00 try to stick to that and schedule times you can check in with your colleagues so you stay connected;
- Be patient as we work through the technology problems that we know will arise given the speed of internet in the north;
- Maintain your mental and physical health while you are physically/socially distancing by taking time to go outside for a walk and enjoy the

• Will I have remote access to NCN's network if I am required to work from home?

A. A review of each position is taking place to determine who may need access to the network in order to be able to continue doing their job from home. Not everyone will be able to do so due to

internet speed issues as well as security concerns. You will be able to obtain your emails and respond but given the magnitude of the issue internet speeds may be even slower than normal (and we know they are already slow).

• Can I refuse to go to work because I am afraid I will get coronavirus at work?

A. You have the right to refuse unsafe work. At this point, the virus has not spread to NCN or northern Manitoba and we hope to keep it that way. If you exercise your rights under employment legislation and refuse to work there are steps that must be followed to address the concern you have raised. Generally, though fear alone is not a sufficient reason to refuse to go to work. As this situation is unprecedented, we encourage you to contact Diane Linklater at the Wellness Centre to discuss your fears. It is a time of anxiety and uncertainty for all of us and we empathize with the fears you may have and will try to address them as best as we can given this rapidly changing situation.

• Can I refuse to go to work if my family does not want me around as they are afraid I will get coronavirus at work?

A. You can assure your family that NCN has taken all the necessary steps to prevent the virus from entering the community and that plans are being updated daily as issues arise. Our goal is to keep everyone safe and healthy and if there are risks then we will address them. If you are suffering from anxiety because of the situation we all find ourselves in then please contact Diane Linklater at (204) 484-2341.

• Why is my work being modified?

A. NCN is trying to ensure people continue to have employment so that they can make their payments. The pandemic has created additional workloads in some areas and reduced needs in other areas. Therefore, work is being adjusted to meet the community's needs during this unprecedented situation.

• Why am I being reassigned?

A. You are being reassigned to assist in the areas with the greatest need during this pandemic. We need everyone to co-operate to protect our community to the maximum extent possible.

Q. Will I continue to be paid my same salary if I work from home or am reassigned?

A. Yes, for as long as we can afford to do this we will.

Q. What should I do about working if I am pregnant or nursing my baby?

A. Check with your supervisor to determine how you can continue to work while minimizing contact with other colleagues or the community.

• Are visitors still allowed at my workplace?

A. Restrictions are in place and in most of our workplaces no-one is allowed into the workplace except for the people who work there and are designated as essential services.

• What protective measures have been put in place in my workplace?

A. Visitors have been limited, positions have been reviewed to determine who can work from home, schedules have been modified, workplaces have been cleaned and sanitized or will be shortly, protective gear has been obtained for critical positions.

• Do I have to serve someone who is sick?

A. It depends on your job. If you are in an essential position you may be required to wear protective gear while helping a person who is sick. If you are unsure, additional information can be obtained from the Linda Wright, the NCN Health Director or Maria, Neepin, the Nurse in Charge.

Do I need to wear a face mask or other protective equipment when I go to work?

A. Most NCN positions will not require you to wear a face mask or other protective equipment but some might. Your supervisor will advise you

if you do. If you are unsure, then please contact Linda Wright, the NCN Health Director or Wayne Spence, the EMO Co-ordinator.

Q. What happens if I get sick?

A If you get sick from coronavirus you will be entitled to take sick leave. You will be entitled to access either paid sick leave, El sick leave benefits or in certain cases disability benefits. You will be required to follow the instructions from the public health nurse. You must remain isolated until you are symptom free. If you get sick from another virus or something else,

then the ordinary NCN sick leave policies continue to apply.

Q. Who do I call if I can't come to work?

A. Call your supervisor as you normally would and if they are not available then call Kim Linklater, Executive Director of Human Resources or her Assistant.

• Do I have to tell my employer what type of illness I have?

A. Given the current pandemic you must disclose if you have any symptoms of coronavirus even thought you might think they are just a cold or the flu. The symptoms can include dry cough, fever, sore throat, runny nose, shortness of breath, difficulty breathing, flu-like muscle aches, nausea, vomiting and diarrhea.

• What proof of illness do I have to provide?

A. If you think you have symptoms of COVID-19 then you will be screened and tested if necessary. If you test positive you will be notified and that information will be provided to the NCN Health Director. If you have another type of illness the usual NCN personnel policies will apply.

Q. If I get COVID-19 will I be able to return to work?

A. Yes, once the NCN Health Director or her designate confirms you are symptom free and you are fit to return

to work. If you suffer from long term effects of COVID-19 for example, scarring of your lungs that causes you to have breathing or other

problems you may need to have a workplace accommodation in accordance with NCN's personnel policies. You should discuss your needs with your Supervisor.

Q. Will I receive my salary and benefits if I get sick?

A. Yes, in accordance with NCN personnel policies and any additional benefits available through Employment Insurance or our benefit policies.

• If my co-worker or someone close to them gets COVID-19 what steps will be taken to clean our workplace?

A. Steps will be taken as directed by the NCN Health Director.

Q. Do I have to report someone who traveled outside the community or was in contact with a person who had COVID-19 and lied about it?

A. Providing this information may assist in keeping this deadly virus out of our community. While we normally do not promote gossip and other forms of lateral violence in our community, the risks are great and if it is possible to save lives by disclosing this information then we recommend that you notify Linda Wright, the NCN Health Director so she can decide upon next steps.

• Do I have to report people who refuse to abide by the physical/social distancing rules?

A. We recommend that you suggest politely to people who may not be following this rule that they should put some space between each other as we all have a responsibility to protect ourselves, our families and our community. If they do not follow the rules they are putting all of us at risk and then other more drastic forms of enforcement may become necessary.





In a fast paced, hard checking end to end series, Madison performed miracles. In the first game last Thursday, Madison stopped 23 of 25 shots, helping the Trojans earn a 5-2 victory over the Sanford Sabres. Tuesday in their thrilling 2-1 game and semi-final series win, Madison stopped 46 of 47 shots, many of them of the spectacular. She remained calm and steady and shut the Sabres down when they were pressing for the tying goal. Congratulations Madison!



Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel ill, contact the nursing station at (204) 484-2031 or one of the COVID-19 related information numbers at the bottom of this page.

STAY HOME

- Do not use taxis or rideshares.
- Do not go to work, school or other public places, except for groceries or gas.
- Do not share towels, utensils, glasses, cups, toiletries, drinks, cigarettes or cannabis.

► Anyone with medical appointments must obtain permission to leave the community and travel in the medical van only.

NO VISITORS IN YOUR HOME

- ► No visits from any family or friends who do not live in your house. No poker or card games.
- Keep away from Elders and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency, cancer).

AVOID CONTACT WITH OTHERS

► Ensure no public

gatherings of more than 10 people.

- Stay in a separate room away from other people in your home as much as possible.
- Make sure that shared rooms have good airflow (e.g. open windows).

KEEP DISTANCE

If you are in a room with other people, in a lineup for gas or groceries at Three Rivers Stores, at a sweat, ceremony, or church, or walking outside keep a distance of at least two metres or six feet.



OTHER SAFETY PRECAUTIONS AGAINST COVID-19

COVER YOUR COUGHS AND SNEEZES

- ► Cover your mouth and nose with a tissue when you cough or sneeze.
- ► Cough or sneeze into your upper sleeve or elbow, not your hand.
- ▶ Throw used tissues in a lined wastebasket and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- ► After emptying the wastebasket wash you hands.

WASH YOUR HANDS

- ► Wash your hands often with soap and water.
- ▶ Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- ▶ Use an alcohol-based hand sanitizer if soap and water are not available.

HOW COVID-19 SPREADS

By respiratory droplets of an infected person landing on:

▶ Others with whom they have close contact such as people who live in the



same household or who provide care.

Surfaces like counters, doorknobs or toilets and then others touch them.

COVID-19 SYMPTOMS

- ▶ Cough
- ► Fever
- Sore throat
- ► Runny nose
- ► Shortness of breath
- ▶ Difficulty breathing
- ► Flu-like muscle aches
- ▶ Nausea
- ▶ Vomitina
- Diarrhea



DOMESTIC VIOLENCE CRISIS LINE

1-877-



Mystery Lake Motor Hotel

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Address: 58 Cree Rd, Thompson



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ATTENTION PROGRAM MANAGERS:

SUMMATIVE REPORTS FROM THE JANUARY 15, 2020 DEADLINE FOR THE 2019 CALENDAR YEAR **ARE NOW DUE.**

Program managers that have not submitted are advised that it is imperative that they get this done. Forms can be accessed on either **NCNcree.com** website or Trustoffice.ca

Individuals responsible for programs or projects funded by either of the NCN Trusts must submit the program evaluation report to the Trust Office. A payment will not be advanced until this program report has been submitted and been deemed satisfactory by the Trust Office. A Summative Evaluation Form must be completed at the end of the Fourth Quarter.

Reports can be emailed to Alvinyetman@ncncree.com



For questions or assistance with the forms, please contact the Trust Office at 204-484-2604.

Footprint Lake Water Levels

Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of March 19, 2020

On March 19, 2020 the level of Footprint Lake was at an elevation of 798.1 feet. The level of the lake is expected to drop 1.2 inches to an elevation of 798.0 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?

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