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JUNE/JULY 2020

Nisichawayasi ᓂᓯᓴᓐᓴᓯᓐ ᓂᓴᓴᓐᓴᓯᓐ
Achimowina

Chief Moody Concerned Over Violent Incident with Saskatoon Police Service



Photo Credit: Photo submitted by Frank Collins.

NELSON HOUSE, MANITOBA – Upon hearing about the violent incident involving officers of the Saskatoon Police Service and Nisichawayasihk First Nation (NCN) Member Evan Penner on July 4th, Chief Marcel Moody addressed fellow NCN Citizens.

“I am worried about Evan and his well-being, and I am alarmed and enraged by this most recent incident of police brutality,” said Moody in a post on the NCN Facebook page. “Indigenous people have faced generations of systemic and personal racism from RCMP and police officers. We hear that current administrations are working to change things, but it is difficult to believe when we hear about these occurrences over and over. It is difficult to trust law enforcement and collaborate with them for a better future.”

Moody and NCN Council are hopeful that the Saskatoon incident, which included the NCN Citizen being punched,

pepper sprayed and tasered, and was caught on film by a man who lived next door, will lead to a significant overhaul of the RCMP and police systems to create a true culture of serve and protect, not aggravate and assault.

“This incident is proof to me that Canada’s current policing system is broken. So often these violent interactions are the result of addictions, homelessness and utter hopelessness. The victims of excessive police force don’t always need to be subdued, but they do always need to be supported. Rather than escalating to violence, we want to see situations diffused. This includes everything from improved training in de-escalation and restraint methods to proper third-party channels for reviews and accountability,” Moody says.

Moody reminded his Citizens that Nisichawayasihk Cree Nation is fortunate to have a good working relationship with its local RCMP detachment, and encouraged them to remember the good things they do locally,

such as the bike rodeo, fishing derby, and tracking illegal activities such as bootlegging and drug running.

“But this latest case of police brutality against Indigenous people is another call to sovereignty and self-governance. When we are able to create our own law enforcement with our own accountable police forces, these violent acts will be replaced by de-escalation, corrective support and remedial services. NCN Council and I continue to work toward turning this dream into a reality for our next seven generations.”

“I am worried about Evan and his well-being, and I am alarmed and enraged by this most recent incident of police brutality,” said Moody.



Your Path to Wellness

See how the FCWC can help you Programs, support, education, and more ...

The Canadian Prenatal Nutrition Program (CPNP)

The Canadian Prenatal Nutrition Program (CPNP) is available at the NCN Family and Community Wellness Centre for all pregnant women and new moms. Through weekly group sessions, it provides support, resources and education to all moms-to-be, with a focus on maternal nutrition. Individual meetings are also available.

Some of our clients are referred to us by other NCN social services and programs, but you are welcome to call anytime for an appointment. CPNP participants often enjoy group activities and games that incorporate information they will need to have a healthy pregnancy and healthy baby.

All pregnant women receive a Food and Milk coupon after each visit on a weekly basis.

CPNP topics of education include:

- Common changes and discomforts in pregnancy
- Warning signs and complications
- Domestic and substance abuse
- Prenatal visits and tests
- Nutrition and exercise
- Labour and delivery
- Newborn care
- Immunizations
- Baby's development
- Breastfeeding



Pregnant women and new moms!

*Be prepared. Be educated.
 Be confident.*

The Aboriginal Diabetes Initiative (ADI)

The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to help NCN Citizens manage their diabetes and to help reduce the prevalence of diabetes in our community.

Diabetes affects blood sugars in the body, and can cause many difficulties, including heart and eye diseases, stroke, foot complications, and kidney and nerve damage. It is managed through a healthy lifestyle and, sometimes, medication. It's often possible to avoid diabetes in the first place with nutritious food, active habits and stress management.

Through workshops, group activities, contests, challenges, and one-on-one counselling, ADI participants learn about what's happening in their bodies and how to maintain healthy blood sugar levels.

Signs and symptoms of diabetes:

- Blurred vision
- Lack of energy
- Excessive thirst
- Frequent urination
- Weight loss

ADI services include:

- Nutrition, exercise and wellness advice
- Foot care referrals and retinal screening
- Telehealth services
- Home visits



Act on diabetes today to change tomorrow



Nisichawayasihk Cree Nation
**FAMILY AND COMMUNITY
 Wellness Centre Inc.**

Phone: **204-484-2341** Ext. 132

Address 14 Bay Road Drive, Nelson House, MB R0B 1A0

WEAR IT! Properly dispose of your Protective Masks and Gloves (PPE)



DON'T JUST DROP IT!

There are health risks in NCN when Citizens throw PPE's on the ground, or in public spaces. Even at home or work, used face masks and protective gloves must go into a bag first and then into the garbage. Do not drop them, leave them out, or litter. This poses a health risk to others. Wearing protective masks is great, but we want to remind you to clean or dispose of your PPE properly to avoid spreading germs or the Covid-19 virus, to loved ones, waste collectors or others in NCN.




ATTENTION NCN Community members:

Are You Pregnant or a New Mom?

*Be Prepared
Be Educated
Be Confident!*



The CPNP program can offer education and resources on baby's development, nutrition and exercise, labour and delivery, and breastfeeding and newborn care.

Including:

- ♦ Common changes & discomforts
- ♦ Warning signs
- ♦ Pregnancy complications
- ♦ Domestic and substance abuse

REFERRAL SERVICES OFFERED

For more information contact **Leanna Anderson, LPN**
Interim Program Coordinator
Aboriginal Diabetes Initiative
Canadian Prenatal Nutrition Program

Phone: **204-484-2341**
Ext. 132
Fax: 204-484-2384

CALL TO BOOK AN APPOINTMENT
Receive a Food and Milk coupon after your visit

Your CPNP nurse can help you understand your prenatal visits and why certain tests are done, such as:

- ♦ Blood work
- ♦ Pap smear
- ♦ Ultrasound
- ♦ Oral glucose tolerance test

They will also help you understand:

- ♦ Routine postnatal care for you and your baby
- ♦ Importance of immunization




Nelson House MEDICINE LODGE
Mithwayawin Mitho Tehewinihk Ochi

DEALING WITH ADDICTIONS? call (204) 484-2256

Nelson House Medicine Lodge Intake Dates

The current residential intake program is for 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:

<p>2020 INTAKE SCHEDULE</p> <p>Men: June 29 – August 21, 2020 August 24 – August 28, 2020 Admin Week</p> <p>Women: August 31 – October 23, 2020</p> <p>Men: October 26 – December 18, 2020</p>	<p>2021 INTAKE SCHEDULE</p> <p>Women: January 4 – February 26, 2021</p> <p>Men: March 1 – April 23, 2021 April 26 – April 30, 2021 Admin Week</p> <p>Women: May 3 – June 25, 2021</p> <p>Men: June 28 – August 20, 2021 August 23 – August 27, 2021 Admin Week</p> <p>Women: August 30 – October 22, 2021</p> <p>Men: October 25 – December 17, 2021</p>
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Parks and Rec Summer Fun

Since our lockdown ended, Parks and Rec has been creating good times for Citizens of all ages while keeping social distancing in mind. We understand that these challenges can be difficult, but we're proud of our NCN community adapting to new rules and still having fun!

On July 13, families enjoyed a bingo and walking club. Every team of one adult and two kids that completed 10 laps together got a bingo card. There were cash prizes for adults and bikes for the kid winners.

Family Activity Week at Mile 33 during the week of July 21 included traditional teachings, survival skills, planting and

gardening, music lessons, family competitions, arts and crafts, entertainment and more!

The week of July 27 was the 7th Annual John and Druscilla Linklater Grandparents Festival. People enjoyed gospel singing, merchandise bingo and jiggling and dancing with the Three Rivers Band.

COVID-19 made Canada Day different this year, but the community came together for a great parade, elders' animal calling, canoe and BMX races!

Watch the Parks and Rec Facebook page for sports, open gym, movie nights and more!

Chief Pierre Moose Day talent show results:

8 and under

- 1st Joylin Linklater
- 2nd Rayalan Castel
- 3rd Rose Castel

9-12 years

- 1st Stacey Francois

13-17 years

- 1st Kaidence Choquet
- 2nd Karianna Nicholas
- 3rd Kari Spence

18+

- 1st Caitlyn Francois
- 2nd Jordon Spence
- 3rd Sarah Spence

LIVING WITH DIABETES?

We can help

Out of control blood sugar can lead to:

- Heart Disease
- Stroke
- Blindness
- Kidney Disease
- Foot Complications

Reduce your risk of diabetes complications

- Plan meals and make healthy food choices.
- Monitor yourself. It's more than just your blood sugar.
- Stay active
- Take your medications
- Quit smoking

REFERRAL SERVICES OFFERED

Diabetes education can teach you how to manage your blood sugar, blood pressure, and cholesterol. Your ADI nurse can help you learn Diabetes Management as a part of your daily life.

When should I seek help?

- When newly diagnosed
- Annually
- When I detect complications
- When I change doctors
- When I change medications

Learn how to:

- Improve you blood sugar and A1c levels
- Keep you blood pressure on target
- Better manage your cholesterol numbers

DIABETES EDUCATION WILL HELP

Leanna Anderson, LPN
Interim Program Coordinator
Aboriginal Diabetes Initiative

Call **204-484-2341** ext. 132
Fax: 204-484-2384

Nisichawayasihk Cree Nation Family & Community Wellness Centre

ANNUAL HEALTH FAIR

WE ARE ALL IN THIS TOGETHER

Maintain a physical distance of 2 metres (6 feet). Please stay home if you are sick.

HUGE DOOR PRIZES:
Couch set, Table & chairs, Bed & frame, Washer & Dryer

GIVE-AWAYS FREE TABLE DRAWS

August 11-12, 2020
10:00 A.M. to 3:00 P.M.
Gilbert McDonald Arena

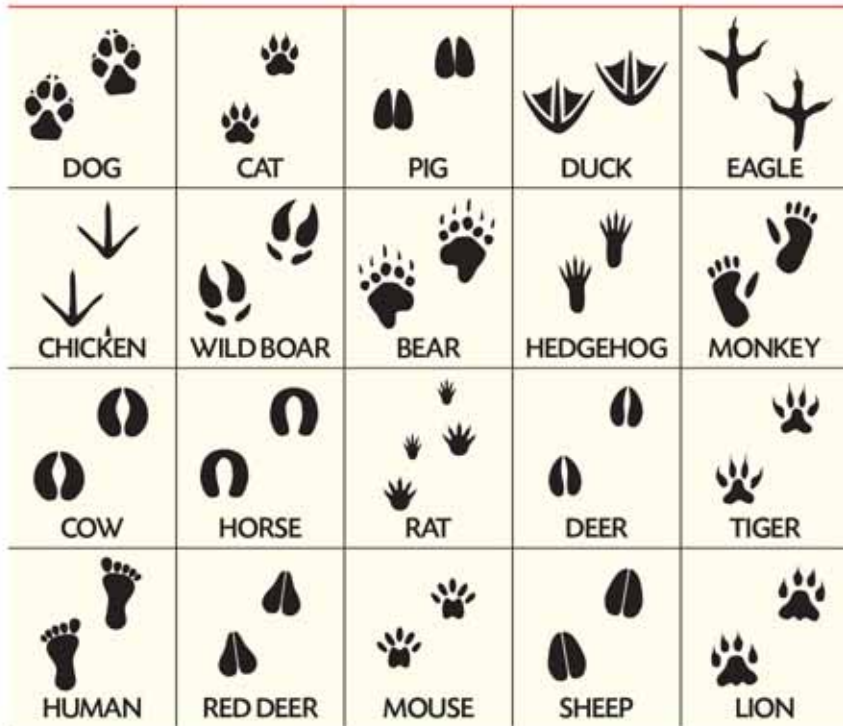
Come join us! We will be providing info on various subjects related to the COVID-19 pandemic:

- Nutrition
- Teaching children about germs
- Mental Health
- Immunization
- Cleaning & Disinfection
- 14-day isolation and what to monitor for
- Homemade masks
- And more info on staying healthy during a pandemic

For more information contact:
Amber Spence
Email: amberspence@ncnwellness.ca
Phone: (204) 484-2341 ext. 165
Or Public Health Department ext. 131

PROTECTING OURSELVES AND OUR COMMUNITY

ANIMAL TRACKS



Here are some typical animal tracks (real ones may vary slightly). How many of these tracks have you seen? The next time you go outdoors for a walk with your family or friends, or on a nature hike, or to the zoo, see if you can spot any animal tracks and try to figure out what kind of animal produced it.

If you find an unusual track that you're not sure about, with a few ingredients and a little bit of time you can make a plaster impression of the track, if you're ambitious and a bit curious. Making a plaster cast of animal tracks is a great activity to do with kids while out in the wilderness. It's easy to do, helps kids learn about animal tracks and makes a great souvenir. Here's how.

You'll need the following supplies: Plaster of Paris (this can be found at hardware stores or craft stores and is around \$7 for 4 lbs), water, a plastic cup or bowl for mixing the plaster, and a plastic spoon to mix it. Or, use your own mixture of flour and water, or school glue and water. Check online for instructions.

Search out animal tracks. Look for clean clear tracks. Look in ground that is a little moist for good tracks (Clay soil does not work well for making molds of tracks). Once you have found a good track, pick out any grass or rocks being careful not to wreck the track. Optional – you can build a little wall out of dirt encircling the track to contain the plaster if you would like.

- In the plastic cup/bowl mix the water and plaster 1 part water to 2 parts plaster. It should be thick, similar to pancake batter. Mix enough plaster to fill the animal track. Once mixed work quickly, it will start to harden within 10 minutes.
- Carefully pour the plaster into the track to fill it up and have some extra on top.
- You can smooth out the top if you want a flat surface on the back.
- Let it sit for 30 minutes to 1 hour. You can let it sit overnight if it's in a place where it will be protected, otherwise once it is pretty hard you can dig around it and underneath it to get it out. Avoid trying to pry it out of the ground it's still fragile.
- Wrap it in paper towels and let it dry overnight.
- If you left the cast in the ground to dry overnight, once the cast is dry, dig around and under the cast to get it out of the ground.
- Brush the dirt off of the cast.
- After drying for another day or so you can wipe it with a wet cloth to get the rest of the dirt off.
- Admire your awesome plaster animal track cast!
- Your plaster animal track can also be painted for fun.

Check out this youtube video if necessary. <https://tinyurl.com/ycffzrq>

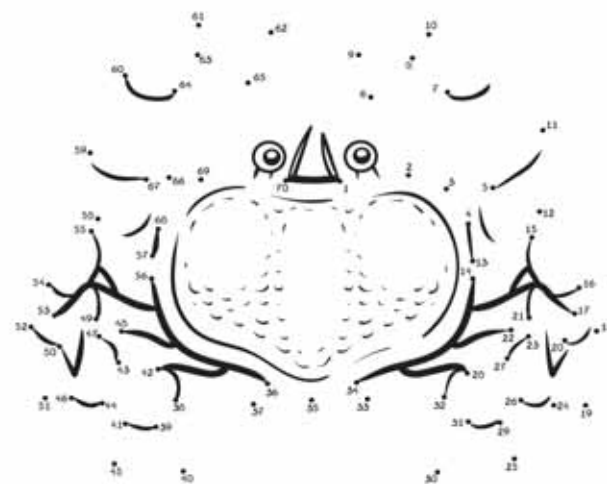
Wordsearch: ᐱᓴᓴᓐᓴᓴᓐ ᓂᓴᓴᓐᓴᓴᓐ payākwāsi āyamiwina Common words/Simple commands



Adapted from the NNCEA nisichawayasihk asiniskaw ithiniwak itwiwina(NNCEA Rocky Cree Wordlist)

- | | | |
|---|------------------------|-------------------|
| TĀNISI (Hello) | NI MITATIN (I'm sorry) | WĪTHAWAW (Them) |
| ĪKOSANI/
KININASKOMITIN
(Thank you) | NAMWĀC (No) | TĀNISPIHK (When?) |
| KISAHKIHTIN
(I love you) | ĪHĪ/TAPWĪ (Yes) | AWĪNA (Who?) |
| KISAKIHIN NA
(Do you love me?) | ĀHPŌ (Maybe) | KĪKWAY (What?) |
| | NĪTHA (Me) | TĀNIWI (Where?) |
| | KĪTHA (You) | TANIHKI (Why?) |
| | WĪTHA (Him/her) | TĀNISI (How?) |

CONNECT THE DOTS



I live in all the world's oceans, in fresh water, and on land, and I'm generally covered with a thick exoskeleton and have a single pair of pincers. I like to walk sideways a lot. I like to eat algae and plankton mostly, but I'll eat mollusks and worms too.

What am I?

Nisichawayasihk Cree Nation Launches New NCN Wellness Sports Association

The NCN Family and Community Wellness Centre (FCWC) has served the community through its social services for decades. Its next focus is youth in sports.

"We recognized a need in our community for an official sports program," says NCNWSA Executive Director Felix Walker. "NCN has a history of taking care of itself, and we're excited to do our part by starting this local league."

The NCN Wellness Sports Association (NCNWSA) will offer many sports year-round, including basketball, baseball, volleyball, floor hockey, indoor soccer and flag football. Divisions and age groups will depend on participation numbers, but at this point, the league is aiming to serve boys, girls and adults in categories from 4 years old to 30+. There is a capacity of up to 240 participants in each sport.

Felix added, "We want to run a great top quality league for participants, coaches and officials and will have room to grow in the coming years."

Games and practices are planned to be held at three main venues: Gilbert McDonald Arena, OK School and plans are being

We recognized a need in our community for an official sports program.

finalized for games in the Norman Linklater Memorial Multiplex.

Best of all, participation will be free! The goal of the NCNWSA is to lift up the entire community by giving our young people the opportunity to improve themselves through sports. Removing financial barriers is the best way to start.



NCNWSA
Register Now!
NEW NCN LEAGUE!
FLAG FOOTBALL
JOIN TODAY!
 For Ages 12 to 18 and Adult Leagues
 Be a part of Nisichawayasihk Cree Nations New Sports League!
 We are now looking for players of all skill levels and ages.
Register Now at ncnwsa.com
 Operated by Nisichawayasihk Cree Nation FAMILY AND COMMUNITY Wellness Centre...
ncnwsa.com



NEW NCN LEAGUE!
Play
BASKETBALL
KIDS AGES 4-19
And adult leagues
Join a Team Today!
 Be a part of Nisichawayasihk Cree Nations new sports league!
 We are now looking for players of all skill levels and ages to ensure full teams. Start today! Join yourself or bring a friend and take part in the fun!
Registration Now at www.ncnwsa.com
 Operated by Nisichawayasihk Cree Nation FAMILY AND COMMUNITY Wellness Centre...

Should you need more information, please feel free to contact Felix Walker (204-679-0788) or Jackie Walker (204-679-2121).

Hosting a sacred ceremony requires a lot work before and after the Sundance, if you would like to volunteer, contact Jacqueline or Felix and feel to come out to the site.

Did You Know?

Sundance ceremonies have always been a part of First Nations' cultural way of life. Unfortunately Government's colonization policies and church-run missionaries outlawed our ceremonial practices and cultural way of life. For years our people have fought to bring these ceremonies back to our communities. Our Nisichawayasihk Cree Nation community has traditional dancing circles embedded in the earth at Wuskwatim and Leftrook, these sites have been protected by our old people (they symbolize a monument of our culture and ceremonies).

Due to the Covid-19 Pandemic, the Sundance Ceremony will have the following safety restrictions:

- Practice Social Distancing – refrain from physical contact such as hugging, 6 ft apart during dancing, camping and line ups;
- If you are experiencing flu-like symptoms, stay away;
- Bring your own sanitizers;
- Bring your own plates, bowls and cutlery;
- Absolutely only the kitchen cooks and helpers in the kitchen. No one will be allowed to store their own food, frozen items or drinks in the kitchen;
- Sorry we have no special diet services, food is served based on what the cooks prepare;
- You will be responsible to clean your own plates, bowls and cutlery;
- Supervise and ensure your own children and youth's safety. Sundancers, when you bring your children, ensure that they have adult supervision during the duration of Sundance;
- Please come prepared for all weather conditions, rain, shine or snow. Bring tarps and sunblock;
- Be prepared for lots of mosquitoes, and Micheal Dejarlais endorsing Woods-unscented cream or spray. Avon has great products and Konk is another great product. For dancers, rosemary and sage is good to place around tent;
- Sundancers – if you have medication to take during sundancing, please inform Jackie, Shelley or Leta Walker;
- Only Chief Sundance leaders, O'skapewaks, Cedar

Sundance at Néso Pisimak Kakisimo Kamihk

(Two Suns Prayer Sundance Lodge)

August 1–5, 2020

At Mile 33

Everyone Welcome!

Tansi Sundancers, Chief Sundancers, Elders, Drummers, Helpers and Honoured guests and community members.

**For more information contact
Felix Walker: 204-679-0788 or Jackie Walker: 204-679-2121**

O'skapewak, singers and drummers, knowledge keepers are allowed at the Sundance area. Sundancers need to maintain focus on the prayers, purpose and sacrifice to dance;

- Please practice our natural customary laws at all times. We are all coming for healing, health, well-being and safety all in the spirit of prayer and sacrifice. Ekonsani!



Continued on page 14

Wilfred Buck to Lead Sundance Ceremony

NESO PISIMAK PISIM OWESIMONANIWAK

Tansi Nitootimuk ... I am Pawami Nikititicihiw ... Wilfred Buck. Here is a brief history of how NESO PISIMAK came to be ... Keep in mind this is just ONE way of coming to healing ... there are many others ...

PAWAMIUK ... ACAKUK ... PAWAKANUK ... NITOOTIMUK ... MANITOUK ...

These are the ones that guided the vision of NESO PISIMAK into reality ...

In waking visions while in ceremony and in vivid dreams it was revealed that there was a way to help with healing our people.

If people were to shut themselves off from the world ... give up their food and water for four days ... this would show the people they were not alone. It would show the people there were those willing to sacrifice themselves for the good and well-being of the people. It would show the people what others were willing to do to have our people well and healthy again.

Those that choose to do this sacrifice (sundancers) are led by dreams of a sacred place where a central tree, OKIMAWATIK

is not cut or shot for the ceremony to happen. ACAK remains alive and connected to all its' relatives that stand with it ... supporting the work that it chooses to do. When this occurs, the spirit energy continues to flow from pisim to aski to nipi to OKIMAWATIK/mistikuk to Ininewuk to pisim ...

In this way energies and spirits are recharged, hurt is healed, confusion is focused, dreams are fulfilled, anger is released ...

The dancers ready themselves for two full days by purging their bodies and minds of the outside world.

They are shut off from the world

and are left with just themselves ... fasting, dancing, praying and dreaming for forgiveness, commitment, healing, direction, understanding, humility, kindness ... to do what it is they have pledged to do.

On the evening of the second day before they sleep for the night, the dancers ask for additional assistance of TIPISKAWI PISIM, for clarity and energy for what is to come for the next two days.

When the dancers awaken on the third day ... they have purged much of the outside world from their reality and as some people say, they have entered the realm of acak ... spirit. In this way the dancers earn the right to cry for pity for the people who are now asked to come ... with cloth and tobacco ... to cry for pity at OKIMAWATIK while the dancers, pray, dance, cry and whistle for the peoples healing.

From our family to your families NITOOTIMUK ... KISAKIHITIN

Those that choose to do this sacrifice (sundancers) are led by dreams of a sacred place where a central tree, OKIMAWATIK stands ready to receive all their pain, hurt, anger, hate, disease, grief, physical, mental, emotional and spiritual abuses and put hope, belief, healing and clarity in their place.

stands ready to receive all their pain, hurt, anger, hate, disease, grief, physical, mental, emotional and spiritual abuses and put hope, belief, healing and clarity in their place. A place of healing ... of community ... of spirit.

OKIMAWATIK ... a living tree would reveal itself to those that took the responsibility to hold such a ceremony.

It is revealed that OKIMAWATIK once found, has stood where it is ... waiting for someone with commitment to ask it for help ... for direction ... for pity ... for healing.

OKIMAWATIK



Jordan's Principle's Summer Day Camp

July 13, 2020 - August 28, 2020

Swimming, Fishing, Games, Arts&Crafts. Field Trips. Evening activities will be announced. Rainy days will be held indoors.

Age Categories: Mon. 5-6, Tues. 7,8&9 Wed.10,11&12 Thurs.14,15 &16
1:00 - 4:00PM

* Social Distancing will be practiced *

SNACKS WILL BE PROVIDED DAILY

Weekly Prizes for best attendance

Contact us to register today!



Eleanor Erickson
Jordan's Principle Case Manager
Family and Community Wellness Centre
Tel: 204-484-2585
Fax: 204-484-2603
Email: eerickson@ncnwellness.ca

Jordan's Principle
A Child First Initiative
NCN Family and Community Wellness Centre



Chief Sundance leaders, Wilfred Buck and his wife Connie West.



KINDERGARTEN GRADUATES CLASS OF 2020

Teacher – Mrs. S. Francois	Kayleigh Spence	Jace Denechezche	Kuyper Moore	Kylah Francois
Rosalina Brooks	Liv Skylar Spence	Mateo Dumas	Ariya Sinclair	Zuri Grieves
Serenity Constant	Rose Spence	Reanna Flett	Aleigh Spence	Ariel Hart
Trinnian Mcdonald	Theron Swanson	Desmond Francois	Harley Spence	Conrad Hart
Echo Mckay	Jeremy Towers-Saunders	Aria Hart-Dysart	Mika Spence	Xavier Hart
Audrina Moody	Joey Wood	Lyveli Hunter	Mia Spence	Chloe Parisien-Linklater
Alexandre Moore	Alicia Young	Benson Kobliski	Harvey Wood	Chase Mcdonald
Faith Joy Moore	Lee Young	Karli Kobliski	Victoria Wyatt	Levi Mcdonald-Tait
Olivia Moose-Soulier	Teacher Ms. J. Baker	Eddie Linklater	Teacher – Mrs. I. Patterson	Marcus Munroe
Kaylena Peterson	Melody Baker	Kaycee Linklater	Davis Bonner	Ayden Spence
Blaze Spence	Weslie Baker	Dre-Lee Lobster	Rosie Dumas	

GRADE 8A GRADUATES CLASS OF 2020

Teacher – Mr. P. Dherdi	Kingsley Francois	Brooklyn Linklater	Kayde Parisien	Kaydon Spence
Kiandra Brightnose	Jayleen Hart	Elle Linklater	Giselle Peterson	Leisha Spence
Anderson Dumas	Trevor Hart	Christopher Mcdonald	Jericho Peterson	Mikayla Spence
Keira Dumas	Shawn Hughe	Patrick Moody	Tahanna Peterson	Nelson Spence-Linklater
Montayo Dumas	Zeroam Levasseur-Hart	Jayne Moore	Dnara Spence	Ellisa Wood
Serena Francois	Al Linklater	Myles Moore	Hannah Spence	

GRADE 8B GRADUATES CLASS OF 2020

Teacher – Ms. F. Hart	Mary Hart	Harrietta Linklater	David Moose	Rita Spence
Caelan Colomb	Claudette Hart-Linklater	Tyra Linklater	Jericho Moose	Samual Frederick Spence
Melody Dumas	Kiva Hill	Jeremiah Preston Mcdonald	Jody Peterson	Jonus Tait-Mckay
Bethany Francois	Shawna Hughes	Solomon Mcdonald	Montana Primrose	Shiloh Thomas
Giselle Francois	Thai Hunter-Wastasicoot	Syerra Moody-Harper	Achie Spence	Leonard Wood-Francois
Nyeisha Francois	Aaron Kobliski	Alicy Moore	Jayda Spence	Dawnday Young-Hart
Deja Hart	Cassidy Linklater	Mandy Moore	Nelson Spence	



GRADE 12 GRADUATES CLASS OF 2020

Donovan Nelson James Hart	Kia Yvonne Dawn McLeod-Linklater	Leon Roderick Linklater Parisien	Tanika Jolena Spence Wade Wesley Spence Riley Jason Swanson	Luke Ross Woods Marybelle Joy Yetman Carlene Rochelle Deziree Mari Young
Robbie Taurus Hart	James Donald Daniel Moore	Reagan Cree Smith	Brandon Charles Wood	
Jeffrey Jackson Leonard	Antony Brayden Nozicka-Spence	Isaac Thomas Kodi Spence Romeo Bailey Nazar Spence	Madison Shaylene Wood	
Bryston Jerry McDonald				
Laura Lisa Lynn McDonald				

MATURE STUDENT DIPLOMA PROGRAM

Brandon Anderson	Andrea Hartie	Patricia Linklater	Jamie-Lee Spence	Roderick Spence
William Bighetty	Jantie Hartie	Dona Morris	Jeremiah JC Spence	Angela Wood
Charmaine Hart	Chelsea Hunter	Yolanda Osbourne	Florence Norma Spence	Kevin Wood
Tanice Hart	Mildred Linklater	Branon Peterson	Preston Spence	

CARPENTRY/WOODWORKING

Bruce Donkey	Eric Linklater	Ernie McLeod-Linklater	Marcel S. Spence	Desmond J. Wood
Travis Francois	Lance Linklater	Edwin Moose	Dallas Swanson	Johnathan B. Wood
Geronimo Hart	Shaun Linklater	Hazel Moose	Chad Wood	
Cheeminin Linklater	Tyson Linklater	Michael Primrose-Dumas	Cody Wood	

BUSINESS CERTIFICATE

Heather Baker	Lillian Peterson
Winter Donkey	Blaire Spence
Katlynn Hart	Chelsea Spence
Agnes Linklater	Vanessa Spence
Donovan Linklater	Craig Swanson
Eden Linklater	Nora Thomas

POST-SECONDARY GRADUATES

Gavin Bergeron

St. Paul University, Ottawa, CA
Bachelor of Arts Honours Degree

Kendra Brightnose

Trent University, Peterborough, ON
Bachelor of Arts Degree

Brady Cable

University of Manitoba, Winnipeg, MB
Bachelor of Arts Degree

Trevor Dysart

Assiniboine Community College, Brandon, MB
Business Admin. Diploma

Alyssa McDonald

Red River College, Winnipeg, MB
Univ. Coll. Entrance Preparation

Roger McDonald-Colomb

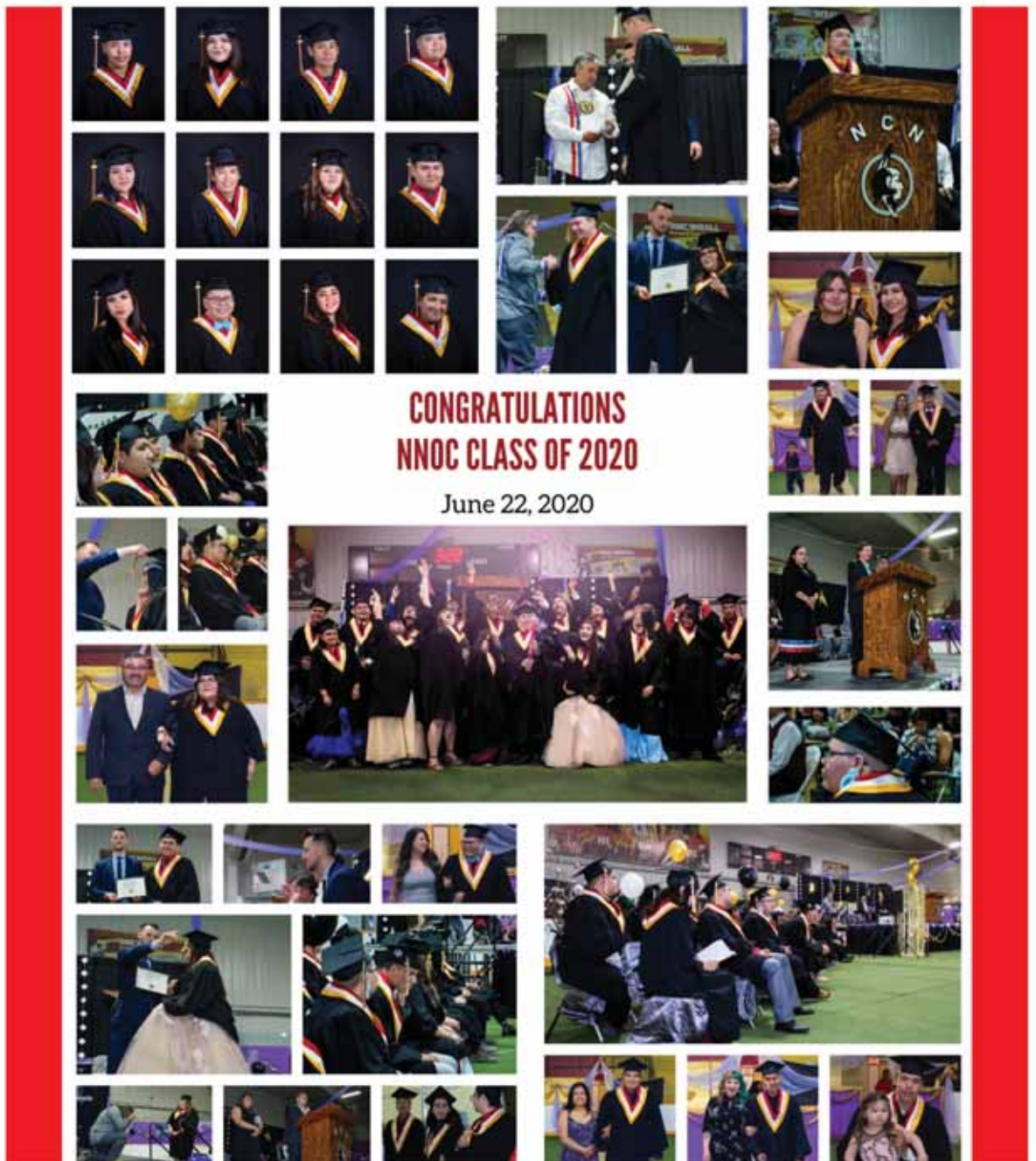
University of Winnipeg, Winnipeg, MB
Bachelor of Arts Degree

Ashley Moore

University of Manitoba, Winnipeg, MB
Bachelor of Env. Science Degree

Weller, Shantay

College of the Rockies, Cranbrook, BC
Human Services Worker Diploma



ATV Use in NCN Be Aware

Community Notice:

It has come to the attention of NCN Chief and Council and Nelson House RCMP that ATV's are being driven carelessly, without adult supervision, and at all hours of the night. ATVs are not to be operational in NCN after 11:00 pm daily.

The Manitoba Off-Road Vehicles Act states:

- It is illegal for a person under the age of 14 years to operate an off-road vehicle without being in clear view of a parent or authorized adult.

- It is illegal to operate an off-road vehicle carelessly.
 - Must wear a helmet when on an off-road vehicle.
- Failure to comply with the Manitoba Off-Road Vehicles Act could result in a fine ranging from \$113.00 to \$672.00.
- If you have any questions, please contact Nelson House RCMP at 204-484-2837.



ATTENTION NCN Community members:

Be Health Smart

Tuberculosis Champion Program

Introducing The Tuberculosis Food Incentive Program.

Contact us to receive a food coupon after you've completed your appointment at the Nursing station. Pick up your weekly coupon from your TB Champion at MCH office at the NCN Family and Community Wellness Centre. You have the option of choosing from one of the three coupons – once a week during the course of your treatment:

- Healthy Food Incentive Soup Bowls
- Breakfast Package
- Snack Attack

Tuberculosis (TB) is an infectious disease usually caused by bacteria. It affects the lungs, and other parts of the body. Treatment includes medicine, good rest and eating well. A bad diet feeds diseases, a healthy diet fights it.

A bad diet feeds diseases, a healthy diet fights it.

For any questions contact Martha Templeton at MCH Office
 Phone: **204-484-2341** ext. 166

Nisichawayasih Cree Nation
 FAMILY AND COMMUNITY Wellness Centre

You Can Learn to Raise Your Own Hens and Have Fresh Eggs!

Learn about the NCN **BACKYARD HENS PROGRAM**

CALL US TO GET INVOLVED AND SCHEDULE AN ORIENTATION

Hen yard is located at 2 Moore's Bay
 Hours: Every Friday from 11 am – 2 pm

LEARN AND HELP OUT

Must be 18 years of age or older. Kids must be accompanied by an adult. If you have any questions, contact Leanna Anderson, LPN **204.484.2341** ext 132 or Alexandria Moodie **204.484.2781** at your Community Hen Yard location

The Backyard Hens program is coming to NCN

Join us to gain valuable knowledge and experience in preparation to receiving your own Backyard Hens next season.

Learn to properly care for the hens, build the chicken coops, protect the birds from animals and more!

Participants can also take eggs home weekly.

All participants will receive a meat bird at the end of the season!

Note: Number of hens are limited

Promoting sustainability and food security for you, your family and the community!

Nisichawayasih Cree Nation
 FAMILY AND COMMUNITY Wellness Centre

NCN Land Use Plan (Aski Apachi'chikewi Othaschikewin)

NCN is developing a community-based land use plan (LUP) for the Nelson House Resource Management Area (NHRMA). The LUP is being developed in accordance with Article 6 of the March 1996 Comprehensive Implementation Agreement (CIA) and, more specifically, through the execution of section 6.5(g) where the Board has the authority to "develop and recommend land use plans." NCN RMB and Lands, Environment and Resources department, with the assistance of renowned indigenous mapping experts and planners the Firelight Group (www.thefirelightgroup.com), have been carrying out

community engagement and building capacity to develop a final LUP that reflects the future needs and desires of NCN Citizens, leaders and staff. The Land Use Plan is in final drafting stages and is expected to unveil it late in 2020 – an important part of this is gathering additional community input on the zones, land use categories and policies in the LUP.

This update provides a brief summary of the work that has been done to date with a focus on creating awareness of the final draft LUP, including a summary of draft maps (zones), protected areas and policies formulated to date.

Some recurring themes and LUP goals that have emerged through the planning process include:

- Cultural reclamation and revitalization, including increased land based education and use of language for original place names;
- NCN should receive 50% social, economic and fiscal benefit from existing Provincial Crown land tenure;
- Cultural and ecological protection and preservation – NCN owned, operated and managed Park(s);
- Increased employment opportunities, including indigenous tourism sector;
- Watershed protection;
- Monitoring and management initiatives;
- The final land use plan will provide certainty on any

potential external investment in the Resource Area, including on NCN lands;

- Protection of Inherent and Treaty Rights, including UNDRIP, are foundational to NCN self-government
- Assertion of NCN Self Government Initiatives.

NCN members who participated in any focus group meetings were recently asked about activities and land uses within the Resource Management Area using a PARK model. More specifically, the questions were framed around land use and activities that should be:

Protected or preserved	Added	Removed	Keep Out
Lands or areas that are culturally, or ecologically significant or important	Lands that may have been lost and NCN wishes to see returned or lands that are wanted or needed	Lands that are insignificant or existing land uses that are not wanted	Specific land uses that are prohibited or not wanted in certain areas

The table below is for discussion purposes only and shows the results of the discussions during focus group meetings (based on the PARK method).

Protect	Add	Remove	Keep Out
<p>What are the activities and land uses that you want to protect in the RMA?</p> <ul style="list-style-type: none"> ■ Caribou habitat and migration routes ■ Caribou calving areas ■ Other wildlife habitats ■ Pristine Watershed (lakes, rivers and streams) ■ Safe portage and travel routes for navigation ■ Minerals ■ Forest ■ Ceremonial sites ■ Culture ■ Language ■ NCN knowledge system and Identity ■ Medicines ■ Allodial Title [NCN never ceded or gave it away] ■ Preserve NCN's inherent and Treaty rights 	<p>What are the activities and land uses that you want to add to the RMA?</p> <ul style="list-style-type: none"> ■ Land-based education ■ Tourism ■ Cottage areas ■ Access to the water (e.g. docks) ■ NCN's own Consultation framework ■ NCN land/water monitoring ■ NCN owned land and resource registry and permitting, licensing system [so that NCN grants approval and tracks industrial development in the RMA] ■ Air – there needs to be something that speaks about air protection and rights – explore carbon industry ■ NCN's own Parks through protected areas ■ Land Guardians – led and staffed by NCN members ■ Monitoring, Management and Enforcement ■ Allodial Title ■ Ad signage 	<p>What are the activities and land used that you want to remove from the RMA?</p> <ul style="list-style-type: none"> ■ Rotten woods and other debris ■ Ruttan Mine and exploration messes ■ Debris and other obstacles form navigable water routes ■ Removing provincial licenses ■ Remove FML 2 ■ NFA Easements regime ■ Remove foreign practices to manage the land and resources 	<p>What are the activities and land uses that you want to keep out of the RMA?</p> <ul style="list-style-type: none"> ■ Future Hydro Development ■ Forestry/Logging ■ Keep out the "tree toppers." This is a Christmas tree business. ■ Top soil and peat extractors ■ Uranium mining or nuclear energy ■ Outsiders and encroachment/or coming in the territory – municipal boundary expansion ■ Remove the colonized method of decision making ■ Keep out outside impact [or, decision making by outsiders] ■ Commercial big game hunting

knew where the locations of these were according to the families that gathered there to share, trade, and build relations between families.

The following figure presents the *Mamawe Kapisiwini* Base Camp zones of our land use plan:

Within each *Mamawe Kapisiwini* Base Camp zone, we have mapped and identified subzones which protect important areas and guide future development within the NHRMA:

- **Claims and Settlement Areas** – TLE, NFA and Existing Reserve Lands (18), very restrictive federal lands, under NCN Land Code Authority – will establish a 30 km diameter consultation zones around each existing reserve and TLE and NFA land selections;
- **Indigenous Protected Areas** – Strict land use activities in which the only acceptable land use activities are NCN cultural land use and harvesting activities – potential NCN Parks owned, operated and managed by NCN;
- **General Use Areas** – less stringent, with a greater variety of acceptable land use activities permitted; and

- **Special Management Areas** – have exceptions and/or require specific management prescriptions – species at risk, wildlife corridors, fish spawning areas, etc.

The implementation of this plan will include further articulations of our policies, priorities and actions, as well as who within our Nation will be responsible for executing, enforcing, monitoring, and evaluating the implementation process.

The purpose of *Aski Apacihikowi Othascikiwin* (Land Use Plan to benefit the future) is to guide the activities and conduct of all persons while they are within the NHRMA. The plan is an assertion of our sovereignty, in alignment with the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP). It helps promote a better understanding of our people, our community, and our perspectives on and relationships with the lands, waters, plants, and animals in our territory. It articulates the desires of the community for future development and economic opportunities within the NHRMA by providing clear policy direction for land uses that are acceptable and not acceptable. These policy

directions apply both for our internal decision-making and for external parties to understand how and when to approach us with opportunities in a way that ensures our free, prior, and informed consent is sought out and our answers respected.

We look forward to what a shared future – one that respects the policies and positions we have laid out in *Aski Apacihikowi Othascikiwin* (Land Use Plan to benefit the future) – holds for our Nation, our partners and all visitors to our lands.

Mamawe Kapisiwini (Family Lands – Zones)		Summary of Permissible Land Use Categories – DRAFT 2				
Zone #	Cree Name (Common name)	Protected Areas	Conservation	General Use	Mining Area	Reserve Lands
1	Wuskwi Sipišk Sakahekun (Gauer Lake)					👤
2	Neemaykoos Sakahekun (Baldock Lake)					👤
3	Karsakuwigamak Sakahekun					
4	Waskwaskasihk Sakahekun (Mynarski Lakes)					👤
5	Opikwano Sakahekun (Harding Lake)					👤
6	Wacasko Sakahekun (Rat Lake)					
7	Wapasihk Sakahekun (Leftrook Lake)					👤
8	Pithiwapahk Sakahekun (Mystery Lake)					👤
9	Aswahiwapisiwan Sakahekun (Wapisew Lake)					👤
10	Otitiskiwin Sakahekun (Footprint Lake)					👤
11	Wuskwi Sakahekun? (Birch Tree Lake)					👤
12	Apeganao Sakahekun (Apeganau Lake)					👤
13	Oskotimi Sakahekun (Wuskwatim Lake)					👤
14	Muskeko Sakahekun (Wimapadi Lake)					
15	Wapisi Lake (Suwanee Lake)					👤

If you have any more comments or feedback about the land use plan, please contact:

LER Office at (204) 484-2359 or gorddumas@ncncree.com or Ed Vystrcil at (204) 794-1477 evystrcil@mymts.net

Ekosi! Thank you!

Employment Opportunities

STAFF NEEDED FOR 2019-21 AT NNCEA FOR OK/NNOC/AMEC (REVISED JUNE 22ND, 2020, OPEN UNTIL FILLED)

AT THE ELEMENTARY SCHOOL (OK, N-Gr. 7)

- An Early Years Vice-Principal
- School Social Worker/Counsellor (open till filled)
- Resource Teacher
- Home School Coordinator
- Jordan Principle and Regular Educational Assistants
- Casuels for Maintenance, Custodial and Security

AT THE HIGH SCHOOL (NNOC, GR. 8-12)

- High School Principal (FT)
- Mathematics Teacher
- Gr. 8 Teacher for ELA/SS

FOR BOTH SCHOOLS, (N- GR. 12)

- Land-Based Education Coordinator (new position)
- N-gr. 12 Math/Science Specialist (new position)
- Certified and Uncertified Substitute Teachers
- Administrative Assistant Subs

FOR THE NNCEA AT AMEC

- Attendance Improvement Manager (new position, open till filled)
- Attendance Improvement Officer (new position, open till filled)
- School Records Clerk (short term contract)
- Part-time Custodian (open till filled).

If you are interested, fax and email a cover letter with resume/references ASAP to:

NNCEA Selection Committee
Nelson House, Manitoba
Phone: 204-484-2095
Fax: 204-484-2257
Email: hrunit@nncea.ca

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

Only those selected for an interview will be contacted.

MAINTENANCE WORKER ASSISTANT – OK/NNOC SCHOOL(S)

JOB SUMMARY:

NNCEA is looking for a skilled **Maintenance worker** to perform upkeep tasks such as repairs and cleaning. You will be responsible for applying basic fixes to equipment and building systems and ensure facilities are tidy and functional.

Being reliable with a keen eye for detail is the first step to getting this job. The ideal candidate will have experience and solid technical knowledge. You must also possess manual dexterity and physical stamina.

The Maintenance Worker Assistant reports directly to the Assistant Director of Education to carry out duties that reflect the maintenance and upkeep of NNCEA property.

KEY RESPONSIBILITIES AND DUTIES:

- Participates in routine equipment and fixture maintenance.
- Repairs fans and motors.
- Services and replaces electrical controls.
- Repairs interior and exterior lighting fixtures and equipment.
- Replaces or repairs electrical fixtures, such as plugs and plates.
- Services time clock systems.
- Inspects fire alarm equipment and fixtures.
- Replaces and repairs hot and cold water lines.
- Assists mechanical trades people in installing and repairing pipes, heating lines, controls, pumps and mechanical systems.
- Installs and repairs laboratory equipment and plumbing equipment.
- Knowledge of HVAC.

- Assists in diagnosing plumbing problems and offers applicable information when requested.
- Paints and patches school, classrooms and other facilities – interior and exterior.
- Mixes, matches and blends all paint and colours.
- Installs painting-related materials such as wallpaper and graphics.
- Assists with the carpentry upkeep and maintenance of buildings and grounds.
- Constructs alterations and modifications to existing buildings and structures.
- Installs doors, windows, walls, etc.
- Repairs and adjusts doors and hardware.
- Installs new hardware such as door closures, locksets, hinges, weather stripping and thresholds to new and existing fixtures.
- Installs and repairs hollow metal doors and door systems.
- Installs and repairs window systems, both vinyl and aluminum and provide related technical information as required; installs caulking and sealants as required.
- Provides keying and locksmithing to new and existing locks and repairs as required.
- Assists in implementing energy-conservation programs and advises on material and methods.
- Modifies and fabricates shelving, cabinets, counters or furniture.
- Maintains building and grounds in areas of fencing, snow removal, furniture moving, deliveries, minor repairs and grass cutting; temporary replacement for custodial manpower.

QUALIFICATIONS AND SKILLS:

- Manitoba Driver's License preferred.
- Although a journeyman status is desirable, a combination of practical and technical knowledge in the maintenance field could be acceptable.
- Basic knowledge of HVAC, plumbing and electrical systems.
- Experience using hand and electrical tools.
- Ability to read technical manuals and drawings.
- Very good communication and interpersonal skills.
- Physical stamina and dexterity.
- High school diploma or equivalent.
- A Clear Child Abuse Registry Check and a Criminal Record Check or a Vulnerable Sector Check.
- Must be willing to take training.

Interested candidates should send a cover letter, resume and a Clear Child Abuse Registry Check; Criminal Record Check or a Vulnerable Sector Check, specifying the position you are applying for to:

Lorna Hart
NNCEA Human Resource Department
Phone: 204-484-2095
Fax: 204-484-2257
Email: hrunit@nncea.ca

Thanks to all who apply, only qualified candidates will be considered. Applicants who do not provide all the required information will not be considered.

Job Type: Full-Time
Days: Monday–Friday
Hours: 8:00 a.m. – 5:00 p.m.
Salary: Dependent on Experience
Deadline: Thursday, July 23, 2020

NNCEA INTERIM MAINTENANCE SUPERVISOR – OK/NNOC SCHOOL(S)/AMEC

JOB SUMMARY:

NNCEA is looking for an Interim Maintenance Supervisor to assist and ensure the smooth and efficient operations of OK/NNOC Schools and AMEC. The Maintenance Supervisor reports directly to the Assistant Director of Education and is responsible for the property management of the Education Authority’s facilities including physical plant management, preventative maintenance, repair and upkeep, construction, renovation and maintenance services. The duties and responsibilities of the job may vary in accordance with the Authority’s needs.

KEY RESPONSIBILITIES AND DUTIES:

- Prepares and implements a daily, weekly, monthly, quarterly, and annual preventative-maintenance schedule that address all maintenance issues affecting Authority property. The schedule must accommodate unexpected maintenance issues that arise throughout the school year such as graffiti removal, broken glass repair and other items as identified.
- Keeps manuals for all Authority property in a secure location.
- Prepares renovation project budgets and pricing quotes prior to recommending purchases.
- Keeps a daily log of all assigned tasks and reviews the distribution and completion of these tasks with the administration.
- Monitors teacherages maintenance weekly/ monthly by changing filters and checking to ensure tenants comply with rental agreement.
- Inspects each teacherage every three months as per rental agreement and submits written reports to the Assistant Director of Education.
- Conducts repairs to Authority systems and maintains quality-control standards for areas of responsibility.
- Works with maintenance staff to review all work orders, divide tasks equally and ensures they are dealt with in a timely manner.
- Works with maintenance staff to ensure mileage on Authority vehicles is logged and necessary repairs and cleaning is in place.
- Works with staff to implement energy-conservation methods to Authority facilities, structures and operations.
- Works with staff to ensure fire alarm equipment and fixtures are in working order.
- Reviews and provides security, vandalism, and fire

protection to facilities under Education Authority control.

- Works with staff to ensure use of all Authority facilities (i.e., gym usage) and grounds are pre-approved.
- Supervises custodial staff, cleaners and maintenance personnel under his/her direction (when applicable).
- Provides detailed maintenance-related estimates and information to the Assistant Director when required.
- Conducts inspections, preventative maintenance and repairs to equipment under his/his supervision.
- Implements a maintenance-equipment identification system.
- Organizes and maintains all storage areas.
- Provides support for facilities supervision in all undefined areas.
- Is available to respond to emergency situations in all undefined areas.
- Maintains and promotes harmonious relationships with educational, administrative and support staff, as well as the general public.
- Clarifies roles and trains staff under his/her direction.
- Supervises and directs contractors and suppliers in his/her department.
- Coordinates holiday time for maintenance/ custodial staff.
- Maintains Education Authority security systems.
- Requests costs estimates and prepares budgets for renovation projects for review with the Assistant Director and Finance.
- Assists with repairs to exterior electrical fixtures such as plugs and plates.
- Services time clock and ensures the system is updated annually.
- Participates in routine maintenance of equipment and fixtures.
- Installs and repairs laboratory and plumbing equipment.
- Conduct preventive maintenance work according to Hazard Communications program prerequisites.
- Ensure to keep cleanliness at shop and storage areas as well as well-stocked, organized following company colour coded program.
- Inspect regularly machinery with respect to safety issues, inclusive, but not restricted to ground and

trip hazards, non-functioning lights, broken pieces along with exposed wiring.

- Conduct proper follow-through on all maintenance issues.
- First Aid Certificate preferred.
- Willing to take training.
- Moderate lifting, bending, kneeling, climbing stairs, climbing ladders will be required.

QUALIFICATIONS AND SKILLS:

- Manitoba Driver’s License preferred.
- Although a journeyman status is desirable, a combination of practical and technical knowledge in the maintenance field could be acceptable.
- Knowledge of HVAC, plumbing, electrical systems, equipment maintenance, cleaning maintenance and inventory control.
- Experience using hand and electrical tools.
- Ability to read technical manuals and drawings.
- Very good communication and interpersonal skills.
- Physical stamina and dexterity.
- High school diploma or equivalent.
- Successful completion of an apprenticeship is required.
- A Clear Child Abuse Registry Check and a Criminal Record Check or a Vulnerable Sector Check.
- Must be willing to take training.

Interested candidates should send a cover letter, resume and a Clear Child Abuse Registry Check; Criminal Record Check or a Vulnerable Sector Check, specifying the position you are applying for to:

Lorna Hart
NNCEA Human Resource Department
Phone: 204-484-2095
Fax: 204-484-2257
Email: hrunit@nncea.ca

Thanks to all who apply, only qualified candidates will be considered. Applicants who do not provide all the required information will not be considered.

Job Type: Full-Time
Days: Monday–Friday
Hours: 8:00 a.m. – 5:00 p.m.
Salary: Dependent on Experience
Deadline: Thursday, July 23, 2020

ADMINISTRATIVE ASSISTANT – YOUTH INTERNSHIP

Department: Housing Department
Position: Administrative Assistant – Youth Internship
Deadline: July 22, 2020 @12:00pm
Start Date: August 3, 2020
Salary Range: To be determined
Ref #: NCN 2020-08-08-001

POSITION SUMMARY:

Under the supervision of the Director of Housing, the intern administrative assistant will be responsible for all general office procedures of the NCN Housing Department.

JOB DUTIES: KEY FUNCTIONS

- Will answer all incoming calls in a professional and courteous manner and forward calls to the appropriate personnel and will take messages.
- Will greet visitors, ascertain nature and directs visitors to appropriate person.
- Will maintain a record of all incoming and outgoing correspondence including faxes;
- Will take work orders from NCN citizens.
- Will maintain an adequate and updated filing

system for the Housing Office that ensures easy and quick access to files that may be needed or retrieved.

- Will ensure all confidential files and equipment and storage rooms are locked at the end of each day.
- Will maintain inventory of all housing equipment
- Will record and type minutes of staff and board meetings.
- Will maintain and update staff's daily sign in sheets, request for all timesheets to be submitted.
- Will ensure office and coffee supplies are adequately stocked at all times.
- Will ensure that all printers, fax machine and photo copier is filled with paper at all times.
- Will be responsible in maintaining and updating the current telephone system.
- All other duties as assigned.

SUCCESSFUL CANDIDATE SHOULD POSSES THE FOLLOWING:

- Must be a Youth between the age of 18 – 29 years old
- Grade 12 graduate or equivalent

- Must be proficient with Microsoft
- Must be willing to learn
- Computer knowledge (i.e. Use software packages; knowledge of hardware and trouble shooting) or willingness to learn
- Strong written and verbal communication skills – ability to adapt to diverse environments and work with individuals from various age groups
- Ability to work independently as well as a member of a team
- Time management, organizational, and project management skills are essential.

If you are interested, please forward your cover letter, Criminal Records Check and resume to:

Kim Linklater
Executive Director of Human Resources
Nisichawayasihk Cree Nation

Phone: (204) 484-2604
Cell: (204) 307-2107
Fax: (204) 484-2588
Email: kimlinklater@ncncree.com

Call for Tenders

NNCEA STUDENT BUS TRANSPORTATION SERVICES FOR 2020-21

NNCEA owns and operates ten school buses (6-72 passenger buses, 2-48 passenger buses, one wheelchair bus, one 14 passenger busette) in the community. The Authority is inviting individuals to submit tenders for the operation and maintenance of the bus fleet for the 2020-21 school year. Information packages on the tender can be picked up from the receptionist at the Alice Moore Education Centre. The information package contains all the documentation related to the tender: terms of reference; responsibilities of the contractor; responsibilities of the Authority, etc. Lowest bid not necessarily accepted. Bidders are to provide relevant info. Term of next bussing contract: August 1st, 2020 – July 31st, 2021. Address sealed tender to:
NNCEA Culture Camp Road Committee @ AMEC
Nelson House, Manitoba ROB 1A0
 Closing date: 12 noon on Friday, July 31st, 2020
Successful bidder to be informed on July 31, 2020.

NNCEA CALL FOR TENDERS

NNCEA is building a culture camp not far from the Nelson House junction and highway 391. An access road to the site is required. A culvert is already installed. The Authority is inviting individuals to submit a tender to build the access road. Construction is to be completed as soon as possible. For more information on the tender and/or view the site to get additional details on the task, you may call Jeromia McDonald, Culture Camp Project Manager at 204-307-6591. Address sealed tender to:
NNCEA Culture Camp Road Committee @ AMEC
Nelson House, Manitoba ROB 1A0
 Closing date: Tuesday, July 28th, 2020 at 12 noon
Successful bidder to be informed on July 29th, 2020 at 1 p.m.

- Concerns about the well-being of students after so long without school, and worries about what the upcoming school year will look like.

Goals:

- Keep students safe from COVID-19, and focus on their emotional and social well-being.
- Assess students’ abilities in Math and ELA after pandemic shutdown.
- Continue anti-bullying work.
- Improve student attendance by 25% and parental involvement by 10%!

NNOC:

Highlights:

- A focus on school spirit, including students painting inspiring quotes on the walls.
- Arts program focuses on Indigenous crafts, such as soap stone carving, and further integration of First Nations perspectives into other subjects.
- A full-time social worker at NNOC, and next year will have a full-time guidance counsellor.

A main focus is to integrate the curriculum into the language and culture, instead of the other way, which is integrating the culture into the curriculum.

- A variety of elective courses (some online), such as Cree, cultural exploration and industrial arts.
- Industrial Arts program built a recycling shed and started work on a portable cabin.
- Potential grads enjoyed a trip to post-secondary schools in Manitoba.
- 0 school closures in January, as opposed to 8 in January the year before!
- Dianne Red-sky and RCMP make MMIWG presentation to students.

Challenges:

- Attendance is about 60%, which needs to improve.
- Retention is a concern, especially with Grade 9 students.
- Parent/school relationship must improve with more involvement and communication.

Goals:

- Improve attendance and retention.
- Improve literacy and mathematic skills school-wide.
- Further integration of Aboriginal perspectives and Nehetho language and culture.

Post-Secondary Program:

Highlights:

- New post-secondary office in Winnipeg provides counselling and resources for students.

- Full sponsorships provide program costs, living allowance and seasonal travel if required.
- 7 NCN Citizens became post-secondary graduates in 2019-2020. Congratulations!

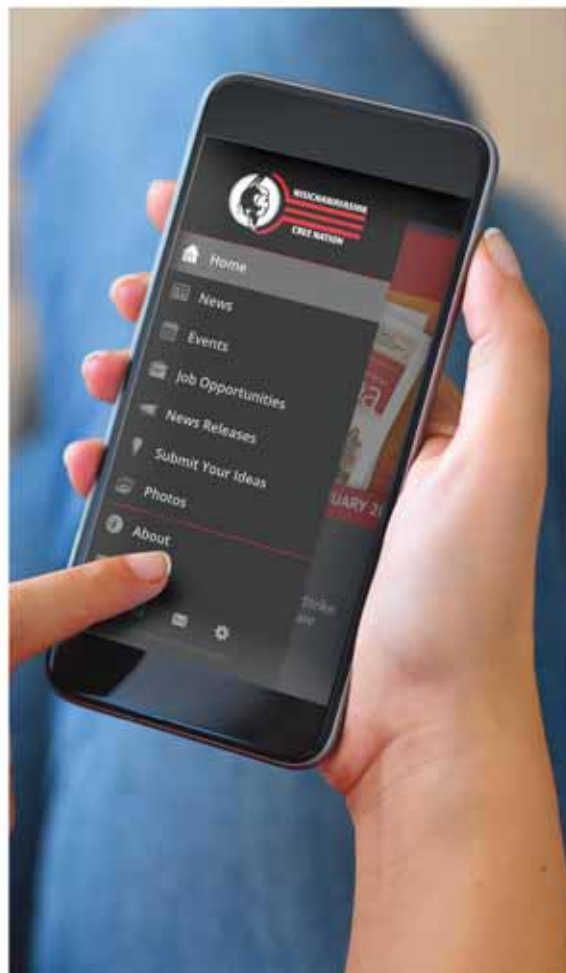
Challenges:

- NNCEA post-secondary annual budget has not been increased in 3 years.
- Tuition increases with same budget creates dilemma: more financial support for fewer students? Or less support to more students?
- Transition to post-secondary education and new living environment is difficult.

Stay Informed. Get the NCN APP

In changing times like these, it is important to keep up-to-date with the latest updates and news in your Nisichawayasihk Cree Nation. Citizens can easily download the NCN APP from Google Play or the APP store (by searching "NCN Cree") to their smartphones and just click the "receive notifications" in the APP. Important bulletins, emergency updates and the latest community news will periodically keep you notified – directly on your smartphone or device.

Keep informed and keep safe.



Congratulations to a husband who has earned every second of a carefree and blissful retirement. May this time open new doors to great big adventures for us and may you delight in knowing that you have brought joy, laughter and knowledge to all the people that have mattered throughout your working career. We appreciate and value your contributions babe.





NCN MEDICAL RECEIVING HOME A Safe, Full Service Stay for Our Citizens



The NCN Medical Receiving Home is a new service provided for ALL NCN community members who have referrals for medical appointments in Winnipeg.

The NCN MRH provides transportation upon a patient's arrival from the bus depot and airport in Winnipeg to the Medical Receiving Home, to their medical appointments, and to their point of departure from Winnipeg.

The NCN MRH also provides home-cooked meals and accommodations while in Winnipeg for medical appointments.

The NCN MRH is staffed by NCN community members eager to provide our services with care and compassion to reduce the stress on medical transport patients. We aim to make our community members



feel valued and respected on their healing journey.

Amenities for your Comfort

Our facility has on an onsite cook, 24 hour security, three transportation drivers, daily housekeeping staff, and a residential counsellor to ensure a quality stay while attending medical appointments.

Upon your intake, clients will be required to provide their referral information from the NCN Nursing Station.

Medical patients will no longer:

- Wait on hold for FNIHB
- Wait for a taxi
- Stay at a hotel
- Eat take-out food
- Worry about missing an appointment
- Be left stranded in Winnipeg.

NCN Medical Receiving Home

610 Elgin Ave
Winnipeg, MB R3A 0L3
Phone: 204-786-8661
Fax: 204-786-8609



Full kitchen and dinette spaces with microwave, stove and refrigerator.



A relaxing entertainment area with cable TV.



Comfortable baths and bedrooms with ample space for families.



The units are built to be your home-away-from-home in a safe environment and access to city services.

NCN's COVID-19 Plans Receive Praise

While the coronavirus is far from over, Nisichawayasihk Cree Nation was recently recognized for its effective pandemic planning.

The Journal of Community Safety and Well-Being is a Canadian publication that provides human service research for audiences around the world.

In its most recent issue, an article called, "Community-based pandemic preparedness" discussed the COVID-19 procedures that were implemented by NCN Chief and Council during March and April.

The authors, Grace Kyoon-Achan and Lynda Wright, explain that because of their remote locations, Indigenous communities often face geographical barriers and differential access to health care services.

Despite this, and thanks to hard-earned lessons during the 2009 H1N1 pandemic, they say NCN has done inspiring work to avoid a COVID-19 outbreak thus far.

"NCN is an enterprising community whose outlook, against a long colonial history, is to work diligently towards self-determination and local empowerment. (Their planning) is shared in the hopes of learning together and spurring on other Indigenous rural and remote communities."

The article says NCN has been impressive in its:

- pre-existing emergency plans
- strong local leadership and joint decision-making
- evidence-based planning
- ongoing communication to community
- coordinating food and cleaning supplies, and pooling resources
- traditional health approaches, such as medicine bundles and smudging
- mental health planning and supports
- safety plans, including community lockdown and quarantine process.

"Of course, it's great to see our NCN departments and public health teams recognized for their hard work in keeping us all safe," says Chief Marcel Moody. "But it's important to appreciate our Citizens, too. There have been many rules put on them, and most people have been diligent and respectful. We are taking care of each other, and I'm proud of everyone's efforts."

Chief Moody says it's important for all Citizens to remain vigilant as the pandemic continues in Manitoba. In particular, two Hutterite colonies in the Interlake region are dealing with outbreaks.



ATTENTION MANAGERS/RECIPIENTS OF FUNDING FOR:

NISICHAWAYASIIHK TRUST
Community Approval Process (CAP)

TASKINIGAHP TRUST
Community Involvement Process (CIP)



Although Covid-19 interruptions affected organizations, quarterly reports will be required.

Deadlines for Quarterly Report Submissions

Recipients of funding are required to submit quarterly reports for the 2020 fiscal year. The formative evaluation reports are due every quarter:

April 15, 2020 – first quarter reports due
July 15, 2020 – second quarter reports due.
October 15, 2020 – third quarter reports due.
Year-end reports due January 15, 2021.

For questions please contact Alvin Yetman
204-679-6239 or 204-484-2414



Remember

- wash your hands often
- do not gather in groups
- cough and sneeze into your sleeve
- stay home if you're sick
- stay 2 metres apart



PUSIKONISOWINI ACHIMOWIN

Business News

KNOW *Your* NCN

See what your community has to offer...

BUSINESSES, SERVICES, ACTIVITIES AND MORE...

Achimowin Radio Station

The Achimowin Radio Station operates on 98.1 FM radio and is also available online at ncnradio.ca. It provides popular music, entertainment, local talent, news and current affairs with a broadcast radius of about 90 kilometres.

Advertisements run every half hour and are a great way to promote your business or upcoming event. The station often hosts telethons for fundraising causes, such as club trips and sports tournaments.

Chief and Council often take to the airwaves to address Nisichawayasihk Cree Nation. Recently, Chief Moody has been keeping Citizens up-to-date on pandemic news and lockdown concerns.

In case of a local emergency, if safe to do so, always check 98.1 for current and updated information.

Check out:

- Cree and English morning show
- Country Hour
- OK School story time



Voice of the Nisichawayasihk Cree Nation.

For announcements and ads: **(204) 484-2065**
 9 Bay Road Drive, Nelson House
 Follow us on Facebook and Twitter

Meetah Building Supplies

This local company provides construction materials to contractors across northern Manitoba. It was established in 1997 by Nisichawayasihk Cree Nation, and is operated by the Nelson House Development Corporation.

Currently, the company has 15 full-time employees and hires additional local workers for construction projects. It has been involved in local projects such as the Wuskwatim Hydroelectric Project, personal care home, women's shelter and Jordan's Principle homes.

When you purchase from Meegah, you're keeping your money in the community! All profits are received directly by NCN and used to support local programs and services and pay the wages of local employees.

Meegah manufactures custom cabinets and doors and offers turnkey general contractor services through NCN Builders. The retail store can supply all your building needs:

- lumber
- electrical
- plumbing
- appliances
- furniture



We'll Help Get the Job Done!

Phone: **(204) 484-2340**
 Email: Meegahbuildingsupplies.ca
 8 Industrial Road, Nelson House, MB R0B 1A0

RCMP and MKO Meet for Citizen Safety

On July 6, MKO Grand Chief Garrison Settee and northern First Nations representatives met with members of the RCMP Thompson detachment. Their goal was to discuss a collaboration to increase the safety and well-being of all MKO Citizens.

- The group included:
- RCMP Manitoba Commanding Officer Jane MacLatchy
 - Chief Superintendent Rob Hill

- Superintendent Kevin Lewis
- Inspector Catherine Light
- MKO Grand Chief Garrison Settee
- Chief Nelson Genaille, Sapotewayak Cree Nation
- Chief Clarence Easter, Chemawawin Cree Nation
- Councillor Nathan Neckoway, Tatasweyak Cree Nation
- NCN Councillor Jackie Walker
- MKO Elder Mary Ballantyne

The group acknowledged a disconnection between RCMP detachments and local communities, and agreed that a Reconciliation Strategy will be developed. It will follow specific calls to action from the Truth and Reconciliation Commission of Canada (TRC) and the Murdered and Missing Indigenous Women and Girls (MMIWG) Report.

- It will address the need for:
- better communication between RCMP and MKO communities;
 - law enforcement in worksite camps;
 - enforcement of community by-laws, and First Nation laws, court systems and restorative justice;
 - more resources for local First Nation law enforcement officers;
 - the Crime Stoppers program in MKO territory.

They discussed systemic racism and the idea of a "buddy system," which would pair up local First Nation Safety Officers and RCMP officers. Another

topic was the problems the RCMP face when trying to enforce community by-laws without compromising individual rights, which has proven difficult during COVID-19 community lockdowns.

"We want to meet with them again, and work with them towards recognition of our community protection laws. We need them to respect and recognize that we have a sovereign right to police and govern ourselves," says Councillor Walker. "It was good for them to hear about our First Nation challenges when dealing with police and RCMP."

Coincidentally, one day after the group met to discuss the relationship between RCMP and MKO communities, NCN Citizen Evan Penner was arrested by the Saskatoon Police Service in a violent, aggressive manner that was caught on film.

AN INITIATIVE BY THE COMMUNITY PARKS COMMITTEE

Cheyenne Spence Wanda Bunn Terry Linklater Tiffany Zettergren Eleanor Erickson

New NCN Park Plans

We Want Your Opinions!

Community Discussion

The NCN Community Parks Committee would like to have open dialogue community consultations with you. We are planning park and green space development for various areas of the community and want your feedback. We are purchasing park structures and improvements and are looking for home owners to provide ideas for the Playgrounds and Parks.

Proposed park developments include:

- ▶ Hillside (Open Area)
- ▶ Westwood (Open Area)
- ▶ Bayroad (Field)
- ▶ Moore's Bay (Open Area)
- ▶ RC-Little RC (Basketball court)
- ▶ Dogpoint (Basketball Court)
- ▶ New area (Open Area)

Weather permitting outdoor community consultations, dates, and times will be announced.

Refreshments will be provided.

Bringing ideas together!

For more information contact
NCN Councillor Cheyenne Spence
204-679-6827
Email: cheyennespence@ncncree.com

NISICHAWAYASINK
CREE NATION

Jordan's Principle
A Child First Initiative
NCN Equity and Community Wellness Centre

First Nations Family and Community Wellness Centre



First Nation Communities met with RCMP Commanding Officer Jane McLatchy, Chief Superintendent Rob Hill, Superintendent Kevin Lewis and Inspector Catherine Light at the MKO Thompson Office July 6, 2020 to work toward addressing RCMP brutality toward First Nation people. Councillor Jackie Walker represented NCN at the meeting.

NCN Women's Shelter Remains Open During Covid-19 Pandemic

The NCN Women's Shelter remains open for Admission, during the pandemic. The Emergency Crisis and Shelter Program is available for NCN Women and Children who are victims of domestic violence, upon clearance with the NCN Nursing Station Health Professional screening process.

IF THERE IS AN EMERGENCY CRISIS OR DOMESTIC VIOLENCE, PLEASE CALL:

- NCN RCMP: 204-484-2288
- FSNO: 204-307-0912
- FSNO Supervisor: 204-307-0456
- Nursing Station: 204-484-2031
- NCN CFS Designated Intake: 204-778-1960
- NCN CFS (after hours): 204-679-5544 or 204-679-6386

Our Resident Support Workers and On-Call Staff are available to assist in Safety Planning to ensure the safety for women and children who are victims of domestic violence.



Footprint Lake Water Levels

Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of July 19, 2020

On July 19, 2020 the level of Footprint Lake was at an elevation of 797.0 feet. The level of the lake is expected to drop 9.6 inches to an elevation of 796.2 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.

FOOTPRINT LAKE WATER LEVELS

↓ **797.0'**
as of July 19

DROPPING

Nisichawayasihk Cree Nation Residents: We Want Your Opinions on Our Parks!

The NCN Community Parks Committee would like to have open dialogue community consultations with you. We are planning park space and green space developments for various areas of the community and would like to have your feedback.

We are purchasing park structures and improvements and are looking for homeowners to provide ideas for the playgrounds and parks.

Proposed park developments include:

- Hillside (Open Area)
- Westwood (Open Area)

- Bay Road (Field)
- Moore's Bay (Open Area)
- RC-Little RC (Basketball court)
- Dogpoint (Basketball Court)
- New area (Open Area)

Outdoor community consultation dates and times will be announced soon. Stay tuned for updates on this Facebook page and the NCN website. We hope to see you there.

For more information contact:
NCN Councillor Cheyenne Spence
Phone: 204-679-6827
Email: cheyennespence@ncncree.com
Bringing ideas together!



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.

