



AUGUST/SEPTEMBER 2020

Nisichawayasi Achimowina

Hunters: Responsible Moose Harvest



In 2015, The Wildlife Society declared that Manitoba's moose population was about 20,000. That's less than half of what it once was. Many experts suggest that number is even lower now.

There are many reasons for this decline in population. Diseases like bovine tuberculosis and chronic wasting disease are increasing, as are winter tick and brain worm, which is fatal for moose.

"It's up to every one of us to ensure there will always be a moose population to enjoy," Councillor Ron D. Spence says.

Their habitat is under threat too, losing land base to development, increased roads, more traffic and more recreational vehicles off-roading.

But many Elders, locals and officials say the real problem is non-traditional hunting methods and poor harvesting practices.

"It's up to every one of us to ensure there will always be a moose population to enjoy," Councillor Ron D. Spence says. "The moose hunt was an essential part of survival for generations past, and it's an important tradition for us now. We have to make sure it is available for our future generations, too."

It is disrespectful to our ancestors, to the land, and to the Creator when we waste these precious animals.

It is important to take only what we need and to share the bounty of the hunt with others to ensure nothing is wasted. Killing for sport is not a concept our ancestors would appreciate, nor will our children and grandchildren.

It is important to use safe, proper techniques to ensure the preservation of the herds. If you have friends or family who invite you to hunt at night, use spotlighting, kill cows or calves, or bag more than can be used, you have a responsibility to speak up. All NCN Citizens are responsible for proper moose conservation and management.

"It is disrespectful to our ancestors, to the land, and to the Creator when we waste these precious animals. It is not the Nehetho way," says Spence. "Please remember that cows produce the herds. If you take the cow, you're affecting the moose population for decades into the future. Take only what you need, make a quick clean kill, and above all, stay safe."

How to Protect the Moose Population

- don't kill moose cows
- don't kill for sport
- don't take more than you need
- ask an Elder for guidance and wisdom
- use all parts of the animal
- butcher without waste
- learn how to prepare moose meat
- report poor hunting techniques
- teach children proper hunting skills

Notice of NCN School Zone 30km/hr Speed Limits

NCN's Bluesky and Kobliski Run for Thompson City Councillor



Nisichawayasi Nethowi Piskituskan

Community News

COVID-19 Screening Tool for Entry into the Community

As a precautionary measure to ensure the safety of our community members, the NCN Checkstop will be conducting Covid-19 symptom screening for all drivers and passengers entering the community. We ask for your honesty, patience and cooperation.

The following are the questions to be conducted by check stop officers to all people entering the community:

1. Do you have any of these symptoms?
Cough, sore throat, fever (greater than 38° C), shortness of breath, breathing difficulties, loss of taste or smell, runny nose, muscle aches, fatigue, conjunctivitis, headache, skin rash, nausea, loss of appetite, vomiting or diarrhea?
2. In the last 14 days, have you been in contact with a person who has tested positive for COVID-19?
3. Have you traveled outside of Manitoba in the last 14 days?
4. Have you had close contact with anyone (within 2 meters/6 feet for more than 15 mins)

that has travelled outside of Manitoba in the last 14 days?

If all of the questions are answered 'NO' (entry into the community is permitted), however:

- Maintain distance of 2 metres/6 feet.
- Wash hands frequently, practice cough etiquette, use sanitizer.

If any of the questions are answered 'YES':

Traveler(s) will be provided a self-isolation fact sheet, COVID-19 fact sheet, and OIC information package.

- Non-residents are required to – submit a formal letter of request into community to bmlinklater@nncnree.ca prior to entry.
- Out of province travelers are required to:
 - Wear a provided mask and you must maintain physical distancing of 2 meters/6 feet
 - Teachers, contract workers, out-of-province travelers are required to self-isolate and self-monitor for 14 days.
 - Contact of out-of-province travelers must self-isolate and self-monitor for 14 days.
 - Self-isolation units are available at ATEC if traveler(s) can not properly self-isolate at home or a residence.
 - If symptomatic: Call the Nursing Station for direction (call: 204-484 -2031)

NOTE: A record of names must be reported immediately to Bonnie M. Linklater by phone 204-679-0115, and Public Health Department (204-679-0279)

Everyone must abide the Order in Council-State of Emergency at <https://www.ncncree.com/news/coronavirus-updates/#state-of-emergency>.

PRACTICE *great* **PERSONAL HYGIENE**



BRUSH YOUR TEETH

At least twice a day after waking up in the morning and before going to bed at night.



WASH YOUR HAIR

Wash your hair often. Keep it neat and tidy by brushing and styling as often as you can.



WASH YOUR HANDS

- After going to toilet
- Before and after eating
- Playing with animals
- After touching your face or blowing your nose
- After playing outside
- After touching surfaces



IT'S IMPORTANT FOR *everyone*

TAKE A SHOWER

Take a bath or a shower at least once a day. Change your underwear daily.



CHANGE YOUR CLOTHES

Wear neat and clean clothes everyday, and change your clothes when dirty or wet.



CLIP YOUR NAILS

Keep your nails short and clean at all times.





Nisichawayasihk Cree Nation
 FAMILY AND COMMUNITY
 Wellness Centre Inc.

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



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

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



*Be prepared. Be educated.
Be confident.*

Act on diabetes today to change tomorrow



Phone: 204-484-2341 Ext. 132
Address 14 Bay Road Drive, Nelson House, MB R0B 1A0



GAME: ARROWS and FEATHERS

60	59	58	57	56	55
49	50	51	52	53	↑ 54
↑ 48	47	46	45	44	43
37	38	39	40	41	↑ 42
↑ 36	35	34	33	32	31
25	26	27	28	29	↑ 30
↑ 24	23	22	21	20	19
13	14	15	16	17	↑ 18
↑ 12	11	10	9	8	7
1 (start)	2	3	4	5	↑ 6

Here's a fun game to try (like Snakes and Ladders). Roll a die and move your game piece forward up the numbers (back and forth). If you land on the quill of a feather move to the tip of the feather (top). If you land on the nock of an arrow, move down to the tip of the arrow. If you don't have a die (dice), you can always use a deck of cards (using only Ace through 6, Ace = 1, and drawing a card to move your piece). Play with 2 to 4 players. First one to reach the "eagle" wins! Have fun!

WORDSEARCH:

ᏊᏚ ᏌᏁᏈᏓᏅᏍᎦᏛ nīyo mithikowisiwina

Four components of one's self

ᑕᓴ ᐃᑎᓇᐅ nīyōkanaci apacitawina Four directions

ᑕᓴᑦ ᑲᓇᒋ ᐃᑕᒋᑕᐃᓄᓚ nīyo mithikowisiwina

Four elements

M	P	F	W	N	W	A	S	K	A	W	Ī	W	I	N
M	Ā	H	S	Ā	I	S	T	D	F	A	N	I	Ā	R
O	O	M	Y	N	P	P	I	K	A	I	R	P	H	S
N	M	S	I	S	M	A	I	S	L	F	V	A	C	H
N	I	Ō	O	T	I	E	N	Y	K	I	E	K	Ā	K
O	E	K	S	U	O	C	N	Ō	H	R	A	I	H	I
R	I	M	A	I	T	N	A	T	H	E	R	T	K	W
T	S	F	O	P	H	H	I	L	A	K	T	A	O	I
H	K	W	A	T	A	O	L	C	E	L	H	T	W	T
E	O	A	S	W	I	N	W	A	I	K	X	A	I	I
A	T	T	K	E	V	O	Ō	I	L	K	Q	M	N	N
S	I	E	I	S	V	H	N	H	N	D	I	O	Z	Ō
T	W	R	U	T	V	L	F	A	K	Y	G	W	W	H
R	S	P	I	R	I	T	U	A	L	D	T	I	I	K
C	F	Y	E	S	Ā	W	A	N	Ō	H	K	N	U	N

Adapted from the NNCEA niscawayasihk asiniskaw īthiniwak ītwiwīna (NNCEA Rocky Cree Wordlist)

WASKAWĪWIN (Physical)	WĀPANŌHK (East)	ISKOTIW (Fire)
MŌSIHOWIN (Emotional)	SĀWANŌHK (South)	PAKITATAMOWIN (Air)
ĀHCĀHKOWIN (Spiritual)	NIKAPANŌHK (West)	ASKI (Earth)
MĀMITONICKIWIN (Mental)	KIWITINŌHK (North)	NIPIY (Water)

For this month's wordsearch, find the Cree words as well as the English words in the puzzle above.

FALL ACTIVITIES

- | | | | | |
|-------------------------------------|-------------------------------|------------------------------------|----------------------------------|----------------------------------|
| 1. Trace leaves on a piece of paper | 7. Eat corn on the cob | 14. Bake an apple pie | 20. Build a shelter in the woods | 26. Play a game of messy twister |
| 2. Search for feathers outside | 8. Visit an NCN historic site | 15. Have a fall photoshoot | 21. Make s'mores | 27. Visit an island |
| 3. Read a fall book | 9. Jump in a pile of leaves | 16. Visit a fisher or trapper | 22. Go dancing or jigging | 28. Make a bucket list |
| 4. Go on a nature walk | 10. Make warm soup | 17. Have a family game night | 23. Weave a tallgrass bracelet | 29. Bake banana bread |
| 5. Bake sugar cookies | 11. Paint a pumpkin | 18. Gather animal fur/find tracks | 24. Photograph birds | 30. Have an outdoor picnic |
| 6. Try sweetgrass weaving | 12. Have a bonfire | 19. Watch a fall movie with family | 25. Analyze leaves | |
| | 13. Rake leaves for a friend | | | |

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



Nisichawayasi Nethowi Piskituskan

NCN Public Works Strives to Improve Services for Citizen's



In August 2020, the Public Works department had a staff meeting attended also by Vice Chief Cheryl Moore, Councillor Jeremiah Spence and HR management. The meeting was held to resolve housing issues and find out ways to improve Public Works, Water and Sewer in the community.

Training was a main topic of the meeting and the NCN Staff policies were communicated by NCN's Human resources, Kim Linklater to the Public Works staff.

"With improved training, we hope to improve overall services for Citizens," said Public works Portfolio holder, Jeremiah Spence.

During the meetings, many questions and concerns were addressed from staff.

Safety was another issue that was mentioned by Wayne Spence and efforts to improve have been addressed, and will continually be reviewed to ensure workplace safety. Additional topics covered included hours worked, roles and responsibilities for staff and accountability for each of the supervisor's departments.

Regular vehicle maintenance will be conducted for work and service vehicles to ensure they are reliable and safe for work. Public works will now also attend meetings each morning to coordinate tasks and keep staff informed of work to be completed.

It is expected that future projects such as roads work, ditch grading, installation of community signs and other improvements will be conducted in the near future.



NCN GAS

AND CONVENIENCE STORE

TREATY FUEL

SAVE 14¢

LITRE

24/7

76 Cree Road



NISICAWAYASIIHK

CREE NATION

COMMUNITY PATROL

CONTACT INFORMATION

204-679-0171

204-679-0226

In case of emergency please contact RCMP at

204-484-2288

Nisichawayasihk Cree Nation Chief and Council are pleased to announce the new initiative called Community Land Use Planning

Nisichawayasihk Cree Nation is currently in the process of developing a Community Land Use Plan (CLUP) for the community reserve lands IR 170. The development of this plan is an important step in implementing the Nisichawayasi Aski Pumenikewin (Land Code).

This plan will build upon the Community Master Plan that



was completed for the community in 2018. The Community Land Use Plan will be inform land use, governance, and management decisions.

What is a Community Land Use Plan?

The CLUP will help us to:

- Protect our lands and resources;
- Create a better business environment with coordinated and planned services;
- Plan for future generations including population growth, housing development, environmental conditions, and community infrastructure (water, waste, roads).

Overall this will improve decision making. NCN will coordinate our community plan with the activities that we do so we can successfully achieve the goals and objectives set by NCN Citizens. Our community identified the following Four

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Stopping the Flu

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.

STAY TUNED FOR FLU CLINIC DATES IN NCN.

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

NCN Family Community Wellness Center
Public Health

204-484-2341



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

GET YOUR FLU SHOT
to be entered for some
GREAT DRAWS!

Strategic Goals in the 2015 Strategic Plan
which include:

- Improving Standard of Living;
- Creating a Strong Nehetho Government;
- Enhance Economic Development and Local Economy;
- Improving Finance and Administration.

The Land Use Plan will address archeology and environmental protection, housing, health, culture, recreation and parks, infrastructure, community facilities, food security, and economic development.

The Land Use Plan will apply to the lands as shown in the attached map.



Through the planning process, it is our goal to map out and zone all land parcels on IR 170 for the following uses:

- Residential (low-density, medium-density housing);
- Commercial (business, service);
- Mixed Use (commercial, residential, industrial in same building or property);
- Community Use;
- Culturally Protected Areas;
- Agriculture and Forestry Resources;
- Wetlands;
- Environmentally Sensitive Areas;
- Industrial (warehousing, manufacturing, production of goods);
- Parks, Recreation, and Cultural Spaces;
- Institutional and Administrative Buildings (education, medical, health, community protection, emergency services).

Why do a land use plan?

The land use plan is necessary for us to properly plan how we should use the land

ATTENTION

Effective immediately, MASKS are to be worn by NCN employees and visitors in all NCN businesses, entities, and public vehicles.



**Wearing a mask protects
your loved ones, your
community and yourself...**

Authorized by Chief and Council and the Local Public Health Department.



Wear a non-medical face covering like a cloth mask



**Wash your hands
before putting
it on and after
taking it off**



Make sure it fits well and covers your nose and mouth



Change the face covering when it gets slightly wet or dirty



Wash your cloth mask in hot water with detergent after each use



Dispose of single-use face coverings into a lined garbage bin and wash your hands

NCN Sports League Summer Winners

By: Jon Walker

This summer the NCNWSA put together two programs and got one league going. The two programs were soccer and basketball. These

were put into place to teach the youth about team work, discipline, communication and being able to dedicate themselves towards a team goal. We had a goal to start a league for the youth, but the number of participants we had were not enough to create a

league this summer. Instead we had practices for soccer and basketball, for kids 4+. It was good turn out for each practice, and it was a great time for the youth as well as the NCNWSA coaching staff and we will continue this moving forward. We did get a league going this summer and it was the adult basketball league. We had three teams going (Team: Last Second, For Three, and the The Storm) and this league was competitive, and intense – plus it got our men, women and youth to come out and showcase their talent. We just finished our summer league with “For Three” winning the first annual NCNWSA league championship against “The Storm” as it was a neck and neck battle throughout the whole game as Michael Brightnose and Craig Swanson both put up 33 points in 40 minutes of play. The final score was 72-69 with “For Three” winning by 3.

The NCNWSA will continue moving forward as we are going to get the basketball league up and running, plus start up soccer again with the intention to get a soccer league going.

NCNWSA Basketball League Standings

Team	Win	Loss	Points for	Points against
The Storm	11	3	966	925
For Three	8	6	1006	955
Last Second	3	11	808	911



GET FREE PRIZES!

Baby BOOST PROGRAM

Get your infant immunized!

Starting **July 1, 2020** the Family & Community Wellness Centre will give out a great prize package to all babies that complete their vaccination series from birth up to 18 months of age.

PARENTS: Contact the Public Health Department at the Family Community Wellness Centre to schedule an appointment for your child.

Vaccines don't just protect the people getting vaccinated; they protect everyone around them too.

The more people in a community who are vaccinated, the harder it is for a disease to spread.

For more information and to book immunizations drop in to the Family Community Wellness Centre or contact:

Krystal Bayer
Public Health Nurse

Phone: **204-484-2341**
Fax: **204-484-2344**



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre



Kids and coaches enjoyed summer soccer practices held by the NCN Family and Community Wellness Centre this summer.

Ok School Adjusts to Covid-19 Planning

By: Principal, Matilda Gibb



It is my pleasure to welcome back all students, school staff and community members to the 2020-2021 school year at Otetiskiwini Kiskinwamahtowekamik. It is my hope that everyone had a restful and safe summer holiday. It has been a challenge to remain safe and in good health when the world is experiencing the COVID-19

pandemic. It is understandable that parents and caregivers are reluctant to send their children to school. However, we have been working hard to develop safety plans for a safe re-entry to our school when classes start in the week of September 8th-11th.

Regular schooling for students resumed on Tuesday, September 8, 2020 in Nisichawayasihk Cree Nation.

As of Monday September 14, 2020 students will attend school Monday through Friday.

- OK School Start Time: 8:30 am
- OK School Lunch: 12:00 pm – 1:00 pm
- Ok School End Time: 3:30 pm

All students in grades 4-12 are required to wear a mask. NNCEA will provide masks to staff and students if they do not have their own masks.

NNCEA Return to School Plan

The below levels of how NNCEA implements education in Nisichawayasihk Cree Nation will be followed. The level that is implemented will be determined by school administration, based on the suggestions and guidelines, from Manitoba Education, NCN Chief and Council, and NCN Public Health. Levels are subject to change throughout the year.

Domain	Level Green	Level Yellow	Level Orange	Level Red
Classroom Learning	In class full time instruction occurs with social distancing in class	Blended learning occurs within classroom instruction part time and online learning part time	Blended learning occurs within classroom instruction part time and online learning part time	Only online learning occurs
Cleaning	Daily cleaning occurs and sanitation of classrooms and facilities occurs throughout the day and evenings	Daily cleaning occurs and sanitation of classrooms and facilities occurs throughout the day. An extended lunch hour occurs (2 hours) for student so staff can contribute to a more thorough cleaning	Daily cleaning occurs and sanitation of classrooms and facilities occurs throughout the day. An extended lunch hour occurs (2 hours) for student so staff can contribute to a more thorough cleaning	Custodians and maintenance continue to maintain and clean school
Students	Students are involved in daily in class instruction. Students are placed in groups if needed. If class sizes exceed 25 then students are put into alternate cycles	Students are put into AM and PM groups alternating half time classroom learning throughout the week. Online learning is provided to supplement classroom learning	Students are put into 2 groups that alternate days. Students either attend day 1,3, and 5 OR day 2, 4, and 6. Online learning is provided to supplement classroom learning.	Students are engaged in online learning. Work packages are provided bi-weekly for students.
Staff	Staff are involved in full time classroom instruction	Staff are involved in classroom instruction and provide online supplementary material	Staff are involved in classroom instruction and provide online supplementary material	Staff are involved in online learning and prepare work packages on a bi-weekly basis
Transportation	Students are picked up daily. Buses are sanitized and fogged after each use. Students temperatures are checked prior to riding the bus. Social distancing occurs on the buses. Restrictions in place to area and grades that can utilize the bus (see map)	Students in each group are picked up on their cycle of in class instruction. Buses are sanitized and fogged after each use. Social distancing and other practices occur on the bus (temperature checks). Restrictions in place to area and grades that can utilize the bus (see map)	Students in each group are picked up on their day of in class instruction. Buses are sanitized and fogged after each use. Social distancing and other practices occur on the bus (temperature checks). Restrictions in place to area and grades that can utilize the bus (see map)	Transportation of students is not applicable
Physical Education	Regular classes with social distancing. Minimal use of equipment. If equipment is used sanitization will occur. Activities that do not involve close interaction.	Groups will be split into halves again to reduce sizes. Each group will take part in their physical education class at a time.	Groups will be split into halves again to reduce sizes. Each group will take part in their physical education class at a time.	Online learning

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Domain	Level Green	Level Yellow	Level Orange	Level Red
Communications	Information will be communicated to the community via telephone, Facebook, NNCEA Facebook, NCN Facebook, letters, and radio.	Information will be communicated to the community via telephone, Facebook, NNCEA Facebook, NCN Facebook, letters, and radio.	Information will be communicated to the community via telephone, Facebook, NNCEA Facebook, NCN Facebook, letters, and radio.	Information will be communicated to the community via telephone, Facebook, NNCEA Facebook, NCN Facebook, letters, and radio.
Home Schooling	NNCEA does not receive funding for this. The cost and coordination of home schooling is the responsibility of the parent if they choose to do so.	NNCEA does not receive funding for this. The cost and coordination of home schooling is the responsibility of the parent if they choose to do so.	NNCEA does not receive funding for this. The cost and coordination of home schooling is the responsibility of the parent if they choose to do so.	NNCEA does not receive funding for this. The cost and coordination of home schooling is the responsibility of the parent if they choose to do so.
School Closures	In the event there is not adequate staffing at our schools we will have to close the school for the day or until enough staff are able to work.	In the event there is not adequate staffing at our schools we will have to close the school for the day or until enough staff are able to work.	In the event there is not adequate staffing at our schools we will have to close the school for the day or until enough staff are able to work.	Not applicable, staff work from home.
School Visitors	Visitors must make an appointment prior to entering and adhere to COVID-19 guidelines	Visitors must make an appointment prior to entering and adhere to COVID-19 guidelines	Visitors must make an appointment prior to entering and adhere to COVID-19 guidelines	Not applicable



Bus Zones

Any students living within the red zones will not be able to utilize the buses if they are in grade 2 or above. Please arrange to transport your student to school if this applies to you. When winter weather arrives, we will reassess this map. The areas in the red zone are hillside, part of

Spence, Westwood, and part of Bay road.

Welcome to New Staff ...

It is my pleasure to welcome our new teachers to Nisichawayasi Cree Nation.

1. Grade 3A – Deborah Onagorawa
2. Grade 3C – Fiona Brown-Harmer
3. Grade 4B – Matthew Ramm

4. Grade 5B – Beatrix Volgyi
5. Grade 5C – Sage McKay
6. Grade 6A – Ruth Gibeault
7. Grade 6B – Ashley Buck
8. Grade 7B – Jamila Butt
9. Guidance Counsellor – Patrick Miller
10. Early Years Gym Substitute – Eric Billard

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2020-2021 Administrative Team ...

Name	AM Duty	PM Duty
Natalie Tays	Vice-Principal – Gr. N-7	Literacy Coach – NNOC
Loretta Francois	Resource Teacher	Gr. N-3 Vice-Principal
Theresa Hartley	Resource Administrator N-12	Resource Administrator N-12
Matilda Gibb	Principal – Gr. N-7	Principal – Gr. N-7

Please note that two members of our administrative team have not returned this year, William Spence and Nadine Yetman.

Notice to all Citizens, resource users and visiting hunters within the Nisichawayasihk Cree Nation Resource Management Territory

Please Respect the COW MOOSE

She is necessary for a healthy moose population.

KNOW THIS BEFORE YOU PULL THE TRIGGER...

If you shoot the adult cow...

If you shoot the adult bull...

	YEAR 1
No Moose!	

Manitoba Department of Sustainable Development

This message is brought to you by the Nisichawayasihk Cree Nation Land Guardians & Resource Management Board and NCN Chief and Council.

Managing our own resources for tomorrow's future is critical to ensure our natural wildlife is there to always be enjoyed. Be a selective and responsible traditional hunter and take only what you need.

- William Spence made the decision to retire this year after thirty-nine years of service as an administrator at our school;
- We thank you for your many years of dedication and service to our students;
- Nadine Yetman, after twenty years as an educator in our community has decided to accept an administrative position in Thompson. We wish her the best in her new role, continuing on her educational journey.

Resource Team Members...

- Theresa Hartley, Resource Administrator
- Loretta Francois
- Ashley Boutin

- Tammy Long
- Fredrica Prince

In closing, I would like to wish everyone a safe school year. I am excited to welcome our students and staff to a very dynamic school year.


Ekosani
Matilda Gibb, Principal

To view the complete return to school plan, please visit NCNCREE.com or check with your child's school.

leisure, help with sensory integration, or act as skill training centers. It can help children of all ages, multiple disabilities, as well as facilitators, teachers, parents, caregivers, and therapists. By controlling sensory input in the room, it is possible to eliminate distractions and assist people to attend to specific tasks that may help them make sense of their external environment. A sensory room can also provide these additional benefits:

- Modulate the environment so that you can reduce the opportunity for over-stimulation;
- Creates a safe space with tools students can use to self regulate and

manage anger, over-stimulation and stress;

- Create a controlled space to assess the type of environment a student is most comfortable in and the sensory activities a person is most responsive to;
 - You can create a comfortable space for students to relax in to help them interact with others;
 - Provide a safe area.
- 

How do schools use sensory rooms?

1. Reduce stress
2. Reduce stereotyped/repetitive behaviours
3. Reduce Aggression
4. Increase focus

5. Motivate learning
6. Increase interaction
7. Assist with sensory integration therapy.



NCN Citizen Recognized by Manitoba's Lieutenant Governor

the Canadian Honours System, to celebrate his hard work. It was presented by the Honourable Janice C. Filmon.

"I am so proud to have these Manitobans recognized nationally for their voluntary contributions within their communities and beyond," said Lt.-Gov. Filmon. "From the smallest community to the heart of our largest city, Manitobans are known for giving so much of their time, talent and creativity to make a difference in the world around them."

Anderson has raised funds for many organizations including Siloam Mission and Rossbrook House in Winnipeg. As a member of the Indigenous Advisory Council, he played an important role in Booth University College becoming culturally competent with Indigenous culture. Closer to home, he has served as a community consultant for NCN, and has been

Vern Anderson has dedicated his life to helping others gain ground, move forward and succeed. On September 21, he received the Sovereign's Medal for Volunteers, part of

especially helpful in delivering communications to off-reserve Citizens.

"It is wonderful to see someone like Vern recognized in this way," says Chief Marcel Moodie. "He has always supported NCN Citizens and helped our Nation grow stronger. We are lucky to have his support and enthusiasm."

Anderson grew up in South Indian Lake, and later moved to Cranberry Portage, and graduated from Frontier Collegiate in 1984. He attended Brandon University through the PENT Program.

Anderson has been recognized in the past for his hard work. In 2019, he was the recipient of the Frontier School Board's achievement award.

Congratulations Vern, on this well deserved honour!

Sundance Brings Healing and Health to NCN Community

The Two Suns Prayer Sundance Lodge was held August 1 to 5th at Mile 33. It was hosted by Jackie and Felix Walker, who've coordinated the last four sundances in NCN.

The Chief Sundance Leaders were Wilfred Buck and his wife Connie West.

There are remnants of traditional dancing circles at Wuskwatim and Leftrook to this day, and after so many years without traditional ceremonies due to government interference, it is a joy to see the Sundance come back to NCN.

"The dancers 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," says Buck. "In this way, energies and spirits are recharged, hurt is healed, confusion is focused, dreams are fulfilled, anger is released."

Preparations began on July 30 with the smoking of the four thunderbird pipes to get Okimowatik prepared. The sun dancers arrived the next day with

prints and tobacco. On August 1, they began in prayer in the pledge ceremony at sunrise, and had a sweat lodge the following morning. Over the next two days, some of the dancers pierced, and others walked with the spirit of buffalo by dragging skulls as they danced.

They enjoyed a full moon ceremony on the second night of dancing, and invited the public in on the third day, when the dancers' energy was at its highest.

These rituals bring healing, health and well-being to the dancers, their families and all of Nisichawayasihk Cree Nation.

"I am thankful for the sundancers, drummers, sundance chiefs, elders, singers, helpers and hosts," says Angela Levasseur, who attended the event. "I'm

thankful for the tremendous sacrifices these people make for all of us so everyone can heal and be well. They deprive their bodies of food and water, and dance all day in the blazing hot sun for four days. It was an honour to be a part of the feast and giveaway ceremonies. Much love and respect to all. Kinanaskomitinawaw.”

Four days after the sundance, the Walkers led another sweat lodge after the burning



The Two Suns Prayer Sundance Lodge was held August 1 to 5th at Mile 33.



The more Citizens participate at sacred ceremonies, the more beneficial they are to our entire community. Thank you to our knowledge keepers who helped to educate participants and viewers, to everyone who came out to offer support and to learn our traditions again, and of course to the dancers, who bettered themselves and NCN with their efforts.



FACT: Your Behaviour Online Could Put You at Risk of Losing Your Job.

NCN Chief and Council created and passed its social media policy in 2014. It is now part of its personnel policy manual and protects both NCN and employees. NCN employees must conduct themselves properly on social media.

Social media refers to web and mobile based applications that include Facebook, Twitter, YouTube, Snapchat, WhatsApp, Instagram, Google, forums, blogs, podcasts, email, text messaging and more.



NCN employees must transmit their information for the community through normal NCN communication channels, not social media. And without prior approval, on social media, NCN employees can't:

- Disclose confidential information;
- Discuss issues related to work;
- Violate copyright laws;
- Post photos of NCN employees;
- Respond to customer service requests or questions.

If you see a negative conversation about an NCN workplace happening online, don't get involved. Tell management or NCN HR as soon as you can.

When using any social media, whether work-related or not, NCN employees have the right to freedom of expression, but this right is not unlimited. Everyone is entitled to their opinions, but they must be balanced by being responsible to your employer. You should always use good judgment, and err on the side of caution.

Even in your off-hours, when you are away from work, remember that people see you as a representative of NCN. Saying things that might damage the reputation of NCN or its businesses could put you at risk of losing your job. This includes harassment, bullying, abusive remarks, and inappropriate language, posts or memes.

- Would I say this in person?
- How will I feel about this tomorrow?
- What would my boss want me to do?

Read the full NCN Social Media Policy.

Footprint Lake 14-Day Water Level Forecast

On September 19, 2020 the level of Footprint Lake was at an elevation of 797.9 feet. The level of the lake is expected to rise 13.2 inches to an elevation of 799.0 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.



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