



OKIMAHKAN OTY'AMIWIN FROM THE CHIEF Manitoba

Sees Record Covid-19 Numbers KITITAHWINAOW ACHIMOWIN

COMMUNITY

School and **Water Treatment Construction Updates**

NCN Christmas Cheer Board Spreading Cheer

OCTOBER/NOVEMBER 2020

Search and Rescue Efforts Find Body But End in Sadness

On October 19, 2020 Sgt. Flanagan from Leaf Rapids contacted NCN Detachment, Sgt. Jeff Ball to assist with the search and rescue of Gwyneth Gegenfurtner, a missing 19 year old woman. Immediately Chief Marcel Moody, Kim Linklater and Councillor Jackie

Walker made necessary arrangements to get a search team together to assist with the search and rescue. With no hesitation, Wilson Moore stepped forward to lead and began coordinating the process at

After 3 days and nights of searching on the frigid water, the team was finally able to find her.

the community level. He was short on some equipment since he last assisted with an OCN project months before. OCN search and rescue is using his equipment to carry on with their search. Wilson spent most of the night rebuilding, gathering all necessary equipment required to help with the search; in addition he was able to get some volunteers to help with the search.

Organizers had a meeting with the NCN Search and Rescue team to identify the number of boats and trucks available, set up a schedule, and identify roles and responsibilities. The experienced crew ordered more equipment and groceries. The first day in Leaf Rapids was spent assessing the area where the clothing of Gwyneth was found; to determine if they would camp out or



Acknowledgement and honour go to the heroes of the Search and Rescue Team from Leaf Rapids, Manitoba for their continuous effort in searching and not giving up after the 14 day and night search.

commute to Leaf Rapids from Nelson House, Manitoba. It was the teams goal to find the young girl within 4 days.

After 3 days and nights of searching on the frigid water, the team was finally able to find her. Peter Flett, Elvis Francois and Mateuo Moose of NCN's boat crew found Gwyneth's body on an island close by the fish plant.

Chief and Council would like to express our huge thanks and appreciation to the search and rescue crew of Nelson House, Manitoba for their tireless, hard work and prompt response to assist. Among the team were Wilson Moore, Mervin Bonner, Dennis Anderson, Malcolm Hunter, Murdo Linklater, James Bonner, Ivan Peterson, Malcolm Moore, Thomas Moore, Felix Red Sky Walker, Peter Flett, Myna Spence, Clinton Moore, Mateo Moose, Joshua Moose, Wayne Spence and Elvis Francois.

Acknowledgement and honour go to the heroes of the

Search and Rescue Team from Leaf Rapids, Manitoba for their continuous effort in searching and not giving up after the 14 day and night search.

NCN members and staff from the MKO Missing and Murdered Indigenous Women and Girls Liaison Unit, also worked with the family and community to offer assistance during this difficult time. The MKO MMIWG Liaison

Continued on page 3



Community Lockdown Remains in Effect from Friday, November 13 to December 11

Tansi!

First, I want to thank everyone who has been following the rules throughout this pandemic. It has been tough on everyone but so far it is worth it because we have not had a single case in our community. By working together, we are still virus free after 8 months. We knew this fall and winter were going to be tough and they are. Although we did not start this pandemic, we can affect how it will end for our community and our loved ones, so please continue to follow the rules as they are there for the health and safety of all of us.

Cases Continue to Rise Rapidly

As of November 16th, there are 6,307 active cases of COVID-19 in Manitoba. About 20% of these cases are First Nations people. There is widespread community transmission everywhere. Most of the cases at Cross Lake and OCN can be traced back to attendance at a funeral. While it is very hard not to follow our traditional practices for wakes and funerals, at this time the risk is just too great.

Additional Rules in Effect During Province-Wide Lockdown:

During the current Province-wide lockdown, the following additional rules will be in effect for our community until at least Friday, December 11, 2020:

- Only persons living in a household are allowed to gather together unless a person from outside the household is providing child care, elder care or other health and social services to a member of the household;
- Weddings, wakes and funerals are limited to 5 people, but services can be conducted on the radio, over the internet or on social media;
- Church services must be cancelled unless such services can be conducted by radio, over the internet or on social media;
- Ceremonies such as sweats must be cancelled;
- Schools and ATEC will remain open in accordance with approved plans;
- The Arena, Multi-plex and VLTs will be closed;
- Children and youth will not be allowed to participate in tournaments or sporting events;
- Three Rivers Store and the OT gas station will remain open at 25% capacity (we are looking at various alternatives to ensure the community continues to have the necessary supplies and will provide an update as soon as possible);
- Deliveries to the check-stop will be allowed to continue on a schedule to be determined next week;
- Orders for vehicles, ski-doos and other equipment may be held for up to 48 hours so they can be searched without causing undue delay at the check-stop;
- Applications for any travel authorizations allowed for medical reasons, except in an emergency, must be received at least 48 hours in advance of travel.

Previous Rules That Continue in Effect:

- No travel to southern Manitoba or out of province will be allowed except for serious medical emergencies verified by the Nurse in Charge;
- Written authorization is required to enter and exit the community and only essential workers will be granted special entry passes;
- Employees from outside the community will only be allowed to attend work in the community if they have a special entry pass;

- Persons with valid permits (which can be renewed at the discounted renewal rate of \$30.00) can continue to have the allowable limits of alcohol and cannabis delivered to the check stop on the authorized dates which will be announced next week;
- No house parties, family gatherings or visiting private homes is allowed;
- Only one person at a time is allowed to obtain supplies or services at a home-based business while the Northern Regional Health Region is Orange or Red;
- A curfew from 10:00 p.m. to 7:00 a.m. remains in effect;
- Patrols will remain in effect for all access roads, trails, rivers and waterways that lead to NCN Lands and searches will continue during patrols and at the check stop;
- A strict STAY AT HOME ORDER will go into effect if there is a confirmed case in the community; and
- Fines can be issued for breach of this OIC and Provincial Public Health Orders.

Please limit your contacts as much as possible.

We ALL MUST follow these rules:

- STAY AT HOME limit contacts to your household;
- wash hands frequently;
- wear a mask;
- maintain physical distance from anyone outside your household;
- sanitize everything frequently;
- stay home and isolate from others in your household if you are sick.

Again, we remind everyone to be respectful to our staff as they continue to work very hard to try to keep our community safe. The searches and screening processes are critical

PLEASE STAY HOME AND STAY SAFE!

Ekosani!

Chief Marcel Moody Nisichawayasihk Cree Nation



Unit travelled to Leaf Rapids to support the family and provided donations.

It is not a good ending, however, the family is able to put closure to the passing of their missing daughter. We offer our sincere condolences to the family of Gwyneth Gegenfurtner.

Coping with Loss Not Easy

Councillor Jackie Walker said, "I had the opportunity to talk with Elvis Francois to share his experience of the search, he told me that when they found her, she had her eyes closed. Although everyone involved in the rescue, is relieved to have found her body before the winter freeze up the findings

were sad. Elvis shared that he had difficulty sleeping at night and troubles when he closed his eyes. He said he would see this young girl's eyes. Elvis sought advise from an elder who told him that her eyes opening in his dream meant that she is sending message of gratitude and

blessing for finding her body. Elvis said this message brought comfort and gave him hope that her spirit has travelled to where she needed to be.

Chief and Council also want to extend a thank you to the NCN FCWC counselling staff and MKO mental health Crisis Response Team for providing debriefing services to the rescue team and to the bereaved family.





Honouring National Children's Day

families and community members celebrate all children by showing their commitment to upholding essential human rights.

> All Citizens of NCN are being encouraged to celebrate National Children's Day for the entire month. Starting November 20th, 2020 through to December 20th the Jordan's Principle along with Jean

McDonald

entrants up to \$1,000. Entries can be registered by calling

Treasures

of Hope Day Care, Dream Catchers Head Start, Family Enhancement and all NCN Family and Community Wellness Centre programs are holding Ice Sculpture (Christmas Disney Theme) and Christmas Door Decoration (Outside Door) contests. Prizes could win

204-484-2585

National Children's Day is an annual reminder that children have the standard of living, health care and

right to an adequate opportunity to play.

National Children's Day is an annual reminder that children have the right to an adequate standard of living, health care and opportunity to play. It encourages everyone to strive to

protect kids from abuse, neglect, exploitation and discrimination. The awareness initiative is also meant to allow

> youth to express their views about things that affect them and to participate in communities,

programs and services. Organizers of Children's Day events have been busy and also held classroom pizza parties on November 19th and 20th, 2020 for both schools and Daycare. The special kid's parties were also sponsored by Jordan's Principle, Jean McDonald Treasures of Hope Day Care/Dream Catchers Head Start, Family Enhancement all NCN

FCWC programs.

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The awareness initiative

to community wellness the NCN Jordan's Principle – A Child's First Initiative knows children are our most precious gifts. As advocates for childrens'

needs many NCN parents,

When

it comes



Safety Comes First on the Ice

NCN Citizens have relied on ice for food, transportation and recreation since the beginning of time. Unfortunately, we have come together as a community again and again to mourn people we have lost to the ice. Let's ensure we have no ice tragedies this year.

When travelling on ice, always carry

- extra snowmobile belt, gas and oil
- extra set of clothes and boots
- snowshoes
- shovel
- plugs
- food

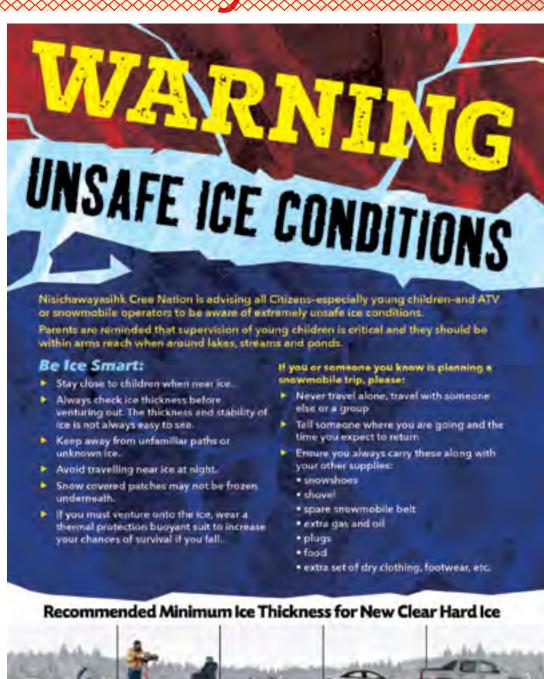
It's important to remember that ice conditions change and evolve in different ways every winter.

In particular this year, the Foot Print area, which includes the Foot Print, Osik, and Three Point lakes and the Foot Print and Burntwood rivers, have unusually unsafe ice conditions. Large pressure ridges have formed, as well as extremely large pockets of air. There is up to 8 inches of slush in some areas, in patches as long as 200 metres in length.

If you are planning a snowmobile trip, you must always get an update on your specific route and be fully prepared for an emergency. Remember:

- never travel alone;
- always tell someone your plans (where and when). Before you travel on ice, please contact Wilson Moore at 204-670-4236 for the most recent information about ice conditions.

Before you travel on ice contact Wilson Moore 204-670-4236 for updated ice information



3" (8 cm)

STAY OFF!

4" (10 cm)

204-679-3704

for the most current information.

ote: Skuth for is met as strong as clear hard ice. No ice is without some risk. Be a

If you have any questions regarding unsafe ice conditions please contact Wayne Spence at

5" (13cm)

8-12" (20-30 cm)

12-15" (30-38 cm)

NISICHAWAYASIHK



Outdoor Winter Safety Could Save Your Life

Many Nehetho traditions, such as hunting, trapping and ice fishing, take place outside during the extreme winter conditions that we have become used to. In fact, we sometimes fail to plan properly because we've spent so much time enjoying winter.

The problem is that one very small mistake during these cold months can have tragic consequences.

The first rule of outdoor adventure is to be sure you're prepared for things to go wrong. It's important to imagine your trip and the problems that might arise. Check the

weather, and if it doesn't look great, postpone. Always wear proper winter gear, especially on your feet, head and hands. Have supplies for emergency fire and shelter. Travel on trails you know, bring a buddy, and always tell someone at home

Make sure your vehicle is ready for the cold. Take out the lawn chairs and put in your emergency winter supplies. Keep it at a half tank of gas all winter so the fuel line doesn't freeze. Make sure your loved ones know what to do if they hit the ditch or have car trouble. Everyone should always have boots, toque and

mitts when they leave the house.

If you get stranded in a blizzard, stay inside your car. Run it 10 minutes at a time to preserve gas. You MUST get out to check your exhaust pipe and clear it of snow, before you start it every time. You can't smell carbon monoxide fumes, which can be fatal.

Every year, people die of exposure, so be a good, responsible friend. Text when you get home safely and tell your friends to do the same. Follow up if you don't hear from them.

Hypothermia includes shivering,

exhaustion, confusion, slurred speech, drowsiness and clumsiness. Get out of wet clothes as soon as possible and get warm in layers of clothing and blankets. If a person's temperature is less than 95 degrees (35°C) get medical help immediately.

Frostbitten flesh is first red and painful, and then white, gray or yellow. It will feel numb and may be unusually firm. Don't rub, massage or use a heating pad or electric blanket if you suspect frostbite, because you can damage body tissue.

Remember that Mother Nature makes her own decisions. Decades of experience in the outdoors means nothing if you're not prepared.



Ask an Elder!

When it is safe from Covid-19, invite an Elder on your outing so they can show you the best trails and spots. Learn about the accidents they've avoided, and the tragedies they've faced due to mistakes. Study their survival skills that don't rely on technology like cell phones and GPS.

Your vehicle should have:

- extra mitts, toques, socks, blanket
- hand warmers
- food and water (will freeze but can thaw with body heat)
- first aid kit (bandages, antiseptic cream, toilet paper, etc.)
- shovel, tire iron, screwdriver, wrench
- kitty litter (for traction)
- flares/reflectors/glow sticks
- flashlight

What's My Plan?

- How's the weather? What if it changes quickly?
- What if my vehicle breaks down?
- Do I have the knowledge and equipment to do this?
- Does someone know about my plan?
- Is my buddy trustworthy?
- Where's the nearest shelter?
- Who do I call for help?

New NCN Water Treatment Plant Being Built Home Sweet

As most Citizens know, Nisichawayasihk Cree Nation has been in desperate need of a new water treatment plant for years. NCN Chief and Council are pleased to offer a short update and good news.

A feasibility study was completed in 2008, which investigated options for water supply, treatment and distribution of safe water, and the collection of wastewater.

In 2017, AECOM was hired to provide an initial design report and a design update that would meet new wastewater regulations and take advantage of the most current technology.

AECOM

recommendations include:

a new water treatment facility near the Industrial Road and Otetiskawin Drive junction;

- a new raw water source intake structure;
- installation of watermain and forcemain piping to connect to the existing water distribution and sewage collection system;

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wastewater.

- installation of the same to the new Health Centre and school sites;
- an enclosed truck fill station between Dog Point and RC Point;
- decommissioning of the existing water treatment plant.

The contractor hired to complete this project, Kelsey Pipelines, was delayed by about four months due to

the pandemic. However, the company has been on site since mid-August. Work is continuing at the main water treatment plant building and the new truck fill building.

Piping work will resume once the ground has frozen.

The new Water Treatment Plant and Piping is expected to be finished and servicing NCN by August 31, 2021. The completed project is expected to total about \$21 million.



Home For Winter

Winter has arrived, and the NCN Housing Department reminds all NCN Citizens to consider three main things in preparing your home for winter: heating, heat loss, and preventing pipes and lines from freezing.

Taking the time to winterize your home will keep your loved ones safe and warm, and will also help to avoid or reduce costly repairs. The following tips are quick, easy and should be done at the start of every winter.

Questions? Contact williamlinklater@ncncree.com

Heating System

- change the batteries in your smoke detector and check that it works;
- change furnace filter;
- clean chimney and furnace exhaust;
- clean all heating vents and keep them clear;
- keep an area of 5 feet clear around your furnace and wood
- remove ashes immediately from wood stove;
- store flammables like wood, paper and fabric away from heat source.

Windows, Doors and Cracks

- ensure all exterior doors and windows close and latch properly;
- install door sweeps at the bottom of exterior doors;
- fill small cracks with caulking, and larger gaps in foundations and walls with insulated sprayfoam;
- use weather stripping and door snakes wherever you find a small draft inside;
- add plastic film barrier to the inside of your windows and use two-sided tape to seal;
- hang thick drapes and curtains for more window insulation.

Pipes and Lines

- keep house warm and don't lower temperature at night;
- keep a light drip on the cold tap to keep the water moving - this is a temporary fix!
- seal outer walls where the pipes run;
- insulate water pipes with pipe insulator tubes;
- fill gaps and insulate in basement, foundation, and under sinks and cabinets;
- leave cabinet doors open so house heating can keep pipes from freezing;
- use a space heater for a few hours at a time in areas with pipes - don't leave unattended!



Nisichawayasihk Cree Nation High School (Collegiate) Construction Project Takes Shape

A school

feasibility study

was completed

by Stantec

Architecture, which

recommended a

new Kindergarten-

Grade 6 school and

a new Grades 7-12

As many student, teachers and Citizens know, new school facilities are badly needed by our thriving NCN community!

In January 2018, a school feasibility study was completed by Stantec Architecture, which recommended a new Kindergarten-Grade 6 school and a new Grades 7–12 school.

NNOC was found to be in worse condition than OK School, so the focus for Phase I included:

school. school site preparation, including water, sewer, electrical and communications, for the new Grade 7–12 school;

construction and fit-up of a new Grade 7–12 school (5,613 square metres);

- construction of a 48-square-metre warehouse to support the school;
- refurbishment of existing teacherage space;

construction and fit-up of new teacherage space (440 square metres). The completed project is expected to cost \$39 million.

The contractor hired to complete this new school build is Penn-Co Construction, which has been on-site since the beginning of November.

They have been delayed by the pandemic, but have made progress. The concrete grade beams have been completed and the steel superstructure should be up within the next few weeks. Roof and wall sheeting are currently underway.

Penn-Co expects this construction to be largely completed by the end of August, 2021.



Joy in Strange Times with the NCN Christmas Cheer Board

It will be an odd year for the NCN Christmas Cheer Board, but NCN elves are already working to meet COVID-19 policies while ensuring all Citizens enjoy happy holidays.

Each year, the Christmas Cheer Board delivers

about 500 hampers on-reserve. While organizers aren't sure how they will run the program this year, they are aiming to bring joy to everyone again.

"We've delivered hampers, gifts and cheer for more than 20 years. It's one of my favourite NCN traditions," says Chief Marcel Moody. "Without the great support of our community, the program could not be successful, because it's a huge amount of work."

The Cheer Board was founded in 1993 by the

local Awasis Agency (now known as FCWC). A few members dressed up as Santa's elves and delivered gifts to some children that the agency knew were in need.

In 2007, the Trust Office took over and has been a consistent miracle since.

Every year, around 800 gifts, such as books, dolls and toy trucks, are delivered to kids, while their caregivers receive all they need for a happy feast.



Know a
Special Child
Under 12 Years
Old? Tell the
NCN Cheer
Board Now!

The NCN Christmas Cheer Board wants to make sure every NCN Child in Nelson House gets a gift this Holiday Season. The board also wants to continue the Festive spirit by getting every NCN household in need a food hamper. NCN residents/Citizens only.

Be sure to give your Child's name, their gender and age (under 12) and your current address to the NCN Trust Office by calling 204-484-2604. The gift of giving!
We also ask for
volunteers from the
community to call us
to volunteer your
time and help out.

Baby Moody Raises SCID Awareness

The family of Chief Marcel Moody had a medical scare this year and now they are speaking out to raise awareness of a rare fatal disorder found in newborns.

Chief Moody's grandson, Matheo and son of Launda Moody was diagnosed with Severe Combined Immunodeficiency (SCID).

SCID is a genetic disorder of the immune system that affects First Nations children at a rate of 4 out of every 100,000 live births. It affects the lymphocytes of the white blood cells, by creating too few or those that don't work properly.

The immune system is supposed to protect the body from viruses, bacteria and fungi. It is difficult, and

often impossible, for an infant with a weak immune system to beat a germ, even as simple as a common cold.

If SCID is not caught by screening and treated in time, a young child will probably die from an infection that others

would be able to survive.

Fortunately, Matheo Moody was diagnosed through screening, he received a bone marrow transplant, and has recovered.

"As Chief, I want to be sure there is early detection,

improved supports

and better awareness for everyone. In the past, my grandchild may have died, but now they are able to live a healthy and full life," Moody says. "As a grandfather, I hope other families have the same positive outcome that we did, and I want to support them on their journey."

"In the past, my

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healthy and full life,"

Moody says.

Moody says his grandson's experience has renewed his commitment to supply adequate medical resources and appropriate pre-natal screening for Nisichawayasihk Cree Nation.

He hopes other First Nations will do the same.

Chief Moody and Launda were recently invited to make a presentation at the Canadian Science Policy Conference, which was held online for 2,500 participants around the world. They discussed the importance of innovation in First Nations healthcare, and the need for balance with traditional medicine, healing and knowledge.

"It's important for pregnant mothers to commit to prenatal care and all the support available to them," says Moody. "We always hope for the very best for our young families, and

early and consistent medical attention can provide that."









Lest We

NCN Chief and Council made the difficult decision to postpone the annual Aboriginal Veterans Day and Remembrance Day services.

They encouraged Citizens to observe a moment of silence and to share family histories and special memories on social media. The last post was aired on Achimowin Radio.

During World War II, hundreds of Aboriginal people voluntarily enlisted, and more than 500 status Indian individuals lost their lives on the battlefields. (Statistics about Indigenous soldiers during WWI are difficult to find.) Those who stayed at home gave monetary donations, and sent clothing and other items overseas to soldiers.

Why do we honour soldiers with a moment of silence at 11:00 AM on November 11th?

World War I was over when the guns finally stopped firing in Europe on the 11th hour of the 11th day of the 11th month in 1918. The next year, a journalist suggested a respectful silence to remember those that died in the war, and King George V (the fifth) proclaimed, "All locomotion should cease, so that, in

If you have loved ones who served, or are currently serving, please contact the NCN Government Office at 204-484-2332 with their information so we can record their important contribution to our history.

perfect stillness, the thoughts of everyone may be concentrated on reverent remembrance of the glorious dead."

We remember NCN and other northern Manitoban soldiers who served during the Great Wars.

Frederick Moose served in World War I in the 52nd Battalion Reg# 439548. He was wounded in the line of duty.

John Charles Spence was born in Nelson House in 1921. He was sent to Brandon Residential School for many years, and enlisted in the army in Service #H-75001. He served in World War II as a gunner in Canada, Britain and Northwest Europe until 1945. He was honourably discharged with medals and decorations: 1939-45 Star, France and Germany Star, Defence Medal, Canadian Volunteer Service Medal with Clasp and War Medal 1939-45.

Tommy Linklater, George Spence and Lawrence Spence are listed in the Canadian War Veterans Honour List for serving in World War II.



In case of emergency please contact RCMP at

204-484-2288

Avoiding Home Fires

It's the beginning of winter, which means we're heating up our homes again. It's important to check your fire safety equipment, and review with everyone in your home that certain activities and decisions are dangerous.

When we hear this reminder, we often think, "Oh, nothing like that could happen here." But every year across the country, Indigenous people die in terrible tragedies. In fact, a Canada Housing and

Mortgage Corporation report from 2007 says First Nations people living on reserves are 10 times more likely to die in a house fire than other Canadians.

The most important thing you can do is to keep a smoke detector, carbon monoxide detector and fire extinguisher on every level of your home. Check that they work at least once a year.

All NCN tenants are expected to follow the Nisichawayasihk Housing Authority Home

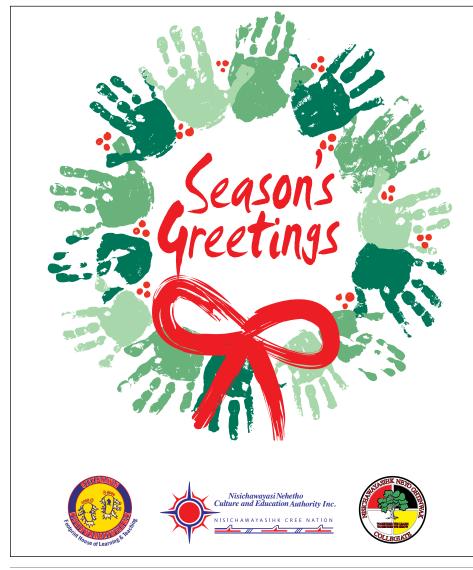
Maintenance Program. You must replace smoke detector batteries every year, even if they seem fine.

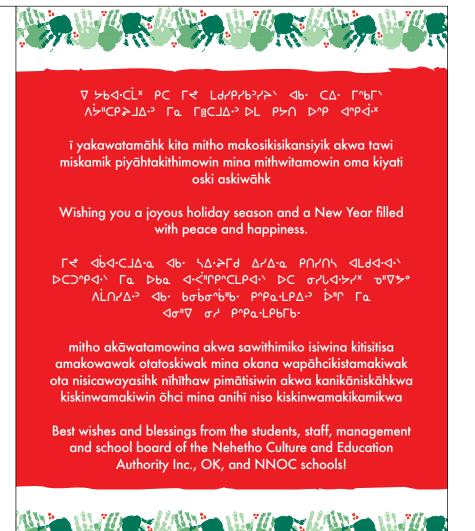
You must replace your furnace filter and clean your HRV every six months.

It's important to reduce your risk of fire, but think about the worst case scenario, too. Create an escape plan and a meeting place with your family members. Practice at least once a year. Remind your kids that their only job is to get out of the house, and that nothing else matters.

To avoid house fires:

- Maintain the outside of your house. Store wood, fuel and other burnables at a distance away. Keep grass and weeds in control
- Replace faulty electrical appliances. If something sparks, it has to go. Check electrical cords for damage. Overloaded power bars, outlets and exposed wires are dangerous.
- Give all heat sources, including wood stoves, radiators and space heaters, at least 3 feet of space. Electrical baseboard heaters should not be blocked in any way.
- Make sure your chimney is clear and clean the dryer's lint trap after every use.
- Wet down ashes before disposal.
- Don't smoke when you're lying down! Leave your ashtray out overnight and empty it in the morning.
- Kids are always curious about fire, so keep matches, lighters and candles out of their reach. If they've found them, move them!
- Stay focused while you cook. Don't leave a stove, hot plate or toaster once you've started it.
- Remember: baking soda puts out a grease fire, and water makes it worse! Don't move a pot of oil on fire. Turn the heat off, put a metal lid on it and wait it out. Teach your kids.







WORDSEARCH:

<יֹד אַ כֹּיִל אַרְבּע payākwāsi āyamiwina Common words/Simple commands

K	М	P	K	F	D	K	S	М	Ε	Z	W	W	N	K
I	I	Α	Α	I	M	G	I	U	Α	R	I	S	M	W
S	Т	P	P	W	Υ	Α	Ε	Т	Α	W	P	Α	Ā	Α
T	Н	Α	I	Ε	1	В	S	L	I	Ε	Α	S	K	Υ
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T	W	I	K	В	Q	Q	٧	Α	Α	Α	Α	1	I	S
Н	S	Α	Н	K	0	S	1	W	S	W	D	K	Z	K
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KISTITHITAKWAN (Important)	MWAC WIKAC (Never)
AHKOSIW	KITIMAKI
(Sick)	(Poor)
MASKAWISIW	PAPASI
(Strong)	(Quickly)
CAKIW	NANSIKATCH
(Tired)	(Slowly)
MATHATISIW (Ugly)	ASKOW (Sometimes)
MITHAW PATAN	WIPAC
(Useful)	(Soon)
NOHTISIW	SASCI
(Weak)	(Suddenly)
MĀKA	WISTA
(But)	(Too)
MITHAWSIN	MOSTAK
(Good)	(Usually)
KIHCI TAPWIWIN	MITONI
(Absolutely)	(Very)
KAPI	KWAYASK
(Always)	(Well)
MAWACI (Especially)	

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

COLOURING PAGE

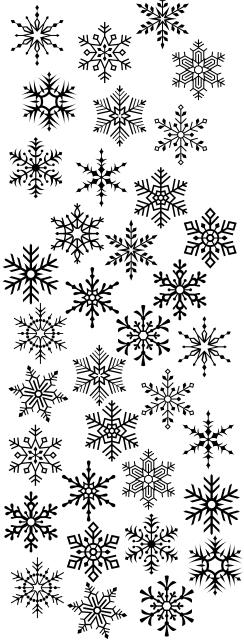


MATCHING SNOWFLAKES

Every snowflake has approximately 200 snow crystals. A snowflake has six sides. A snowflake falls at a speed of 5 - 6.5km/hour. The majority of the world's fresh water supply is in ice and snow.

It is indeed extremely unlikely that two complex snowflakes will look exactly alike. It's so extremely unlikely; in fact, that even if you looked at every one ever made you would not find any exact duplicates.

There are 17 pairs of snowflakes below and one that is unique. See how many pairs of snowflakes you can find below and circle them. Find all the matching ones that are exactly identical.



Highway 391 Signs of the Times

After years of work by NCN Councillor Jeremiah Spence and the Provincial Government, we are finally seeing signs on the horizon of new things. New provincial road signs installed on Highway 391 have the community of "Nisichawayasihk Cree Nation" clearly marked for travellers.

Councillor Spence said, "It is important to our sovereignty to have our language represented."

The old signs formerly reading Nelson House are now accurately portraying "Nisichawayasihk," meaning "where three rivers meet."







MATCHING

SNOWFLAKES

M I S I I H O N M N D Y A

WORDSEARCH: <`>\daggeriange \forall \daggeriange \



The Power of Pemmican

Indigenous cultures across Turtle Island have always relied on pemmican. When our Nehetho ancestors travelled as nomads, it was nutritious, easy to carry and could last for weeks and months. In fact, when vacuum-sealed, pemmican remains edible for a century!

During summer and fall, Nations would prepare vast amounts of pemmican that would feed their entire populations while they travelled over the long, hard winter.

Recipes are different for each Nation, but includes some sort of dried meat and lard. Nations on the plains relied on big game such as bison, elk, deer and moose, while goose,

duck and salmon were also common. Most used fat from tallow, which is rendered animal fat, and many called for salt or sugar. Some included dried fruit, such as saskatoons, cranberries, cherries and currants.

Pemmican would feed their entire populations while they travelled over the long, hard winter.

The meat was cut into thin slices and dried, over

a slow fire or in the hot sun. Once it was brittle, it would be pounded into very small pieces, close to a powder. Then it would be mixed together with melted fat, like tallow or suet, and other ingredients, if available. It was packed in rawhide bags for storage.

Pemmican came to be essential in the Canadian fur trade as explorers and settlers travelled across Canada to the Pacific, too. It was even used as war rations around the turn of the

Try It, You'll Love It!

By: Angela Lavasseur

When I was about 18 or 19, my late granny Verna Bonner (nee Spence) sent me a big bag of pemmican, wrapped in two handkerchiefs, on the bus from South Indian. Leaf Rapids, I guess.

When it arrived, my brother Jerome and I went to town on it. We had our salt and lard out, of course.

Jerome's mistikohsew friend was there, and said, "Gross, what are you guys eating?" "Nothing!" I grunted and kept eating.

With his mouth full, my brother grunted, "Try some."

Like he was defusing a bomb, my brother's friend tried a tiny pinch of moose meat pemmican with a tiny bit of salt. "Hey, that is pretty good, but it's kind of dry ..."

"Lard," my brother and I replied in unison.

After trying it with lard, this guy went in hard right between us and started gobbling our pemmican.

"Awaaas!" I yelled as I elbowed him in the ribs.

"Uhh!" He grunted as he kept eating, chowing down on our precious pemmican! I miss my granny Verna Kapee.

20th century, thanks to its nutritional value and light weight.

Pemmican has remained a tradition into modern times, though not as popular because of cultural suppression. Happily, many local NCN families continue to make and enjoy moose meat pemmican, keeping this incredible Indigenous

food available for future generations.

Next time you get the chance to try pemmican, give it a try!





Pemmican from dried moose meat.

Halloween – A Boo-tiful Spooktacular Time

Strange times call for a strange Halloween! While trick or treating wasn't in the cards this year, everyone focused on fun online games and contests.

Several contests were sponsored by Chief and Council and Parks and

Recreation with cash prizes of up to \$500. Videos and photos were uploaded to the NCN Halloween Facebook page and everyone voted on their favourites.

The Virtual Haunt invited people to create a creepy haunted house, with sound and light effects.

Those with a talent for words got involved in the Ghost Story contest, and uploaded their spookiest tales.

And of course, what would Halloween be without a pumpkin decorating contest? Carved, painted and decorated pumpkins made their appearances, and the creativity was off the charts!

On October 29, Achimowin Radio held a free lunch hour bingo, and then on the big day, NCN government and organizations delivered treat bags to all.

Thanks to Jess Spence for leading our Virtual Halloween, and to all NCN Citizens for jumping in and enjoying Halloween in a new way. See you next year!

Haunted House

1st Ace Spence 2nd Ashley Spence, Smash Leigh 3rd Rochelle Spence 4th J Ruth Spence 5th Lily Ann

TikTok

1st Lexie Joos 2nd Ainsley Linklater 3rd Athena Dysart, Chelsea Primrose 4th Jersey Colomb 5th Sharla McDonald, Lindsay Ann McDonald

TikTok 18+

1st Elaina Hart

2nd Shawna Linklater 3rd Spence Cassandra RochElle

Scary Story

1st Chelsea Primrose 2nd Lyanna Anderson 3rd Kristen Dysart 4th Ingrid Grace Francois

Pumpkin Decorating

Walker Dana and family

Babies and Toddlers Cutest

1st Grant Brightnose 2nd Ashley Spence 3rd Telsea Danielson

Super Hero

1st Candace Wood 2nd Kendra Linklater 3rd Melodie Spence

Scariest

1st Charnelle Linklater 2nd Marina Spence

3rd May Allison **Princess**

1st Melodie

Spence 2nd Farrah Spence 3rd Gail McDonald

Funniest Boys

1st Autumn Brightnose 2nd Autumn Brightnose 3rd Glenna Francois

Scariest Girls

1st Ariya Sinclair 2nd Mousey Moose 3rd May Allison

Scariest Boys

1st Melissa Moore 2nd Gladys Spence 3rd Laura Hart

Teen Boy

1st Danielle Brooker

Teen Girl

1st Alex Spence Cutest 1st Melodie Spence 2nd Melodie Spence 3rd Whitney

Clarkson

Princess

1st Alex Hart 2nd Amanda Lobster 3rd Larissa Gossfeld

Super Hero

3rd Cindy Hart

Girls 1st Rochelle Spence

1st Candace Atcheynum 2nd Serena Dumas

Couples Costume

Scariest

1st Marie Dumas 2nd Glenna Francois 3rd Marina Spence

Homemade

1st Ronel Spence 2nd Tony Spence 3rd Nina Linklater

Funniest

1st Telsea Danielson

Parks and **Rec contests**

3D design competition

1st Lexie Joos 2nd Tiara Hunter 3rd Roy Spence 4th Farrah Spence

Family Feud

1st Jessica Spence 2nd Darcy Linklater 3rd Ashley Spence 4th Darren Spence

Coolest Hairdo Girls 5 and Under

1st Paris Linklater

Boys 5 and Under

1st Calin Bonner Hart 2nd Paul Dysart 3rd Talen

Continued on page 16







School Lunch Program Benefits From Donor



Star Madden donated a beautiful photo canvas of her

work to our school hot lunch program at Otetiskiwin Elementary School. We would like to thank her for her wonderful work and kindness.

Star François Madden is from Nisichawayasihk Cree Nation and she was adopted as a part of the 60's Scoop and was raised by her adoptive family in British

Her passion for hiking is what led her to photography.

Photography has taken her around the world to photograph a variety of people

and places, from the Grand Canyon to Scotland.

Her love for Mother Earth is what lead her to explore Landscape and Wildlife Photography in the Alberta Rockies where she uses her imagery to share stories with her audience about water, environmental issues and the sacred and interconnected nature of the land, plants and animals.

This canvas print is her gift to the NNCEA to support their 2020/2021 in School Initiatives. This image is a reminder to viewers "to always take time to nurture your mind, body and soul in the divinity of nature."

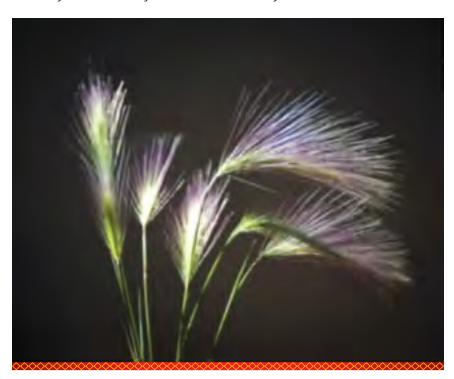


Image Name: "Our Beauty is our Roots" donated by Star Madden.





Get your infant immunized!

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

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



Beer Vendor in NCN Set to Open

Last year at the 2019 NCN Annual General Assembly a majority (68%) of Citizens in attendance voted for Chief and Council to proceed with plans for an on-reserve beer vendor. The vendor, now in the final stage, is expected to open at the 4 Jackpine Crescent location, before Christmas or early in 2021.

Councillor Jeremiah Spence said, "This vendor will provide job opportunities, reduce bootlegging and the consumption of hard liquor, and also provide revenues that can be put back into our economy."

In early November 2020,

NCN leadership received the approval for a partial retail liquor licence to operate a Beer Vendor in the community. The business will be operated under the NCN Development Corporation and will be managed by the Mystery Lake Hotel. The Mystery Lake management currently operates a beer vendor in Thompson, Manitoba on NCN urban reserve land.

With the licence, NCN is now working to install the necessary cooler systems, cash registers and retrofit the existing facility to meet the requirements needed to operate the business. It is expected up to six staff will be hired.

Spence added, "Part of our harm reduction plan is to decrease the consumption of hard alcohol and solvent abuse. Beer is a popular choice among social drinkers and measures will be put in place to monitor and limit excessive purchase or consumption." He added that the vendor will also follow NCN laws and provincial

Covid-19 safety measures as well as liquor sale regulations and checks for proof of age. RCMP will also conduct regular checks and patrols of the location.

It is expected that a trial phase will be put in place for the first launch in the community to ensure the business and regulations are being followed and the plans work as expected.



Generous Donation Helps Many In Times of Grief

It has been a difficult time for the entire community, especially when it comes to dealing with the passing of loved ones. With Covid-19 restrictions, it's been difficult not to follow our traditional practices for wakes and

funerals and one man has chosen to help lift some burden on

Chief and Council wanted to graciously thank and acknowledge a generous NCN Citizen that has shown he cares for those dealing with loss.

Brian Wilson Hartie has generously donated \$10,000.00 to the bereavement program.

The program is in place to ensure that NCN Citizens are

not burdened by financial concerns during their time of grief or to assist families with their celebration of life service.

Thanks Brian for your amazing contribution and selfless act of caring!



Brian Wilson Hartie donated \$10,000 to the NCN bereavement program.

Continued from page 14

Best Dancer Girls 5 and Under

1st Sophie Linklater 2nd Alivia Hart 3rd Stacey

Boys 5 and Under

1st Stephan Swanson 2nd Brooklyn 3rd Tristen Hart

Best Cow Call

Girls 5 and Under

1st Marci Joy

Boys 5 and Under

1st Paul Dysart 2nd Ryder Linklater 3rd Calin Bonner Hart

Best Batman Drawing

Girls 6-8 years

1st Roselina Brooks Boys 6-8 years

1st Wade Spence Girls 9-11 years

1st Tamara Spence

Funniest Jigger Girls 6-8 years

1st Aleigh Spence 2nd Roselina Brooks 3rd Sathia Linklater

Boys 6-8 years

1st Charles Dysart

2nd Jase 3rd Michael Francois

Girls 9-11 years

1st Athena Dysart

Boys 9-11 years

1st Antwone Baker 2nd Coriander Spence 3rd Phoenix Spence

Backward Count Girls 6-8 years

1st Roselina Brooks

Boys 6-8 years

1st Cody Wood 2nd Charles Dysart

Girls 9-11 years

1st Athena Dysart 2nd Alayna Spence 3rd Tamara Spence

Boys 9-11 years

1st Antwone Baker 2nd Justin Spence



At Home on the



Keith Anderson, an NCN member who lives in Leaf Rapids. He was on a moose hunting trip.

Land and Waters

Like many of NCN's experienced nature enthusiasts and wildlife

harvesters, Keith Anderson, an NCN member who lives in Leaf Rapids appreciates the land. Keith enjoys his annual moose hunting trips and time on the waterways that his ancestors once took part in at this time of year. To Keith and others like him, we wish you well and look forrward to your stories.



Call the NCN Emergency Service when a person is:

- Unresponsive or not breathing
- Seriously ill or injured, and their life is at risk.
- Has chest pain, is unconsciousness
- Injured with severe loss of blood
- Severe burns or scalds

EMERGENCY? CALL (204) 484-2911

- Choking
- Fitting or with a concussion (severe head injury)
- Drowning
- Severe allergic reactions.

NCN Fire and EMS also responds to Fire emergencies.



Put Our Children First

Their futures are worth it.

Wechitotan Kita Mithwayachik Kichawasimisinanak

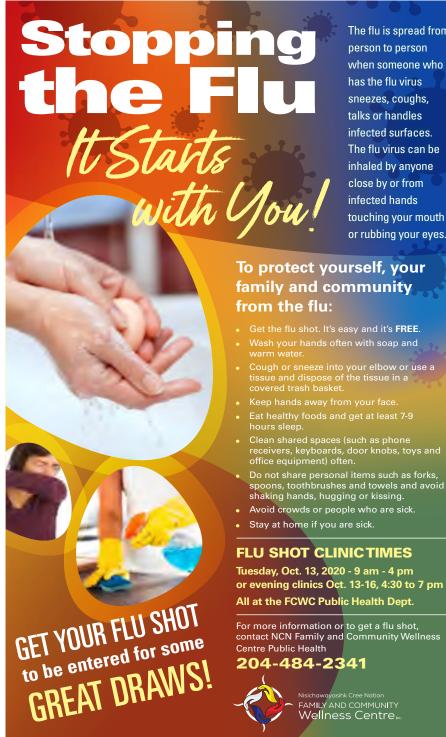
Find out more: 204-484-2585













DEALING WITH ADDICTIONS? call (204) 484-2256

Nelson House Medicine Lodge Intake Dates

The current residential intake program is for men and the next program starting is for women. Referrals and registration are being accepted now for alcohol and drug treatment, prevention and aftercare services. Intake dates and administration weeks are as follows:

2020 INTAKE SCHEDULE

Men: October 26 - December 18, 2020

2021 INTAKE SCHEDULE

Women: January 4 - February 26, 2021 Men: March 1 – April 23, 2021 April 26 - April 30, 2021 Admin Week **Women:** May 3 – June 25, 2021

Men: June 28 - August 20, 2021 August 23 – August 27, 2021 Admin Week **Women:** August 30 – October 22, 2021 Men: October 25 – December 17, 2021

The flu is spread from

when someone who has the flu virus

person to person

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.



School Fun Carefully Presses Forward Through Covid-19

By: Matilda Gibb, Principal

I am hoping that everyone is staying safe as we continue to be in a partial lockdown in our community. When the decision was made by NCN Chief and Council to move into the Orange Zone and then Red our school contingency plan immediately implemented precautions which include the following measures to keep everyone safe in our school community:

- We immediately reduced the number of students attending by having students with surnames from A to L attend only.
- The next day students with surnames from M to Z attend.
- This also reduces the number of students riding the buses;
- Air purifiers for every classroom and offices have arrived and are being placed into classrooms starting on Monday, November 9th;
- All classroom surfaces and all areas in the school are sprayed with a sprayer containing disinfectant solution daily by our custodial staff;
- Teachers are given additional 10 minutes daily during the lunch hour to disinfect all surfaces in their classrooms;
- Additional custodial staff has been hired for both the day and evening shifts to complete a more thorough cleaning in all areas of our school such as washing railings, windows, doorknobs, floors, and walls;
- Staff are required to properly wear medical grade masks at all times;
- Temperature checks and hand sanitizer stations are mandatory for everyone entering at all entrances with no exceptions.



What Did a COVID-19 Halloween Look Like at Otetiskiwin...

Halloween celebrations looked very different this year due to the pandemic in many ways. For example, activities had to take place over a two day celebration this year ...

- Halloween Trick and Treating was cancelled in the community;
- Halloween classroom parties were celebrated on two days

- to accommodate the A to L students on October 29th and the M to Z students on October 30th;
- Students were not permitted to bring food for classroom parties this year;
- Teachers generously provided and prepared snacks for their students on both days;
- Halloween candy donations was put into plastic ziploc bags by Miss Bird's Grade 7A classroom and then they distributed to all classrooms to be taken home as a Halloween treat to each student in attendance:
- A great big thank you goes out to them for their kindness in doing this for our students;
- However, we still had an excellent celebration as students and staff dressed up in their Halloween costumes as seen in these pictures:





- 1. Mrs. Tays Scarecrow Literacy Coach/Early Years Vice-Principal
- 2. Miss Volgyi Pumpkin Grade 5B Teacher
- 3. Miss A. Buck Letter wall costume Grade 6B Teacher
- Mr. and Mrs. Francois Pirate-Grade 4C Teacher and Clown - Resource Teacher/Early Years Vice Principal
- 5. Mrs. Paterson Grade 1A Cowgirl and Ms. A. Linklater EA and Miss J. Linklater – Eagle
- 6. Mrs. Joos Librarian holding bag

We continued on the tradition of our annual Halloween Door Decorating Contest ...

- I would like to thank all teachers who participated in the contest this year.
- The door decorations were incredibly creative and

- innovative and I was grateful that I was not asked to judge the winners;
- In my opinion every entry should have won first place ...
- I would like to extend appreciation and thank two NNCEA School Board members, Lewellyne Moodie and Jerry Primrose who were able to take the time from their busy schedules to judge our Halloween door contest;
- Pictures of decorated doors that made it difficult for our judges to make their final decisions on the winners ...









Congratulations to the winners of the Halloween Door Contest ...

- First Place \$100
- Second Place \$75
- Third Place \$50

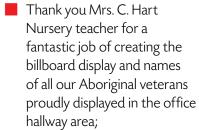
Sun (Nursery - Grade 3) Moon (Grade 4-7)

- First Place Grade 1A Mrs. Paterson Grade 7B – Mrs. Butt
- Second Place Grade 3B - Mrs. Dherdi Grade 4A -Ms. Duvall
- Third Place Nursery Cree – Ms. C. Hart Grade 4B – Miss Boutin

Traditional Post and a Moment of Silence to honour our war veterans, and the song "Where Have All the Poppies Gone" will be sung by our Grade 6B teacher Miss A. Buck that will take place on the PA system on the eleventh hour;

- Additionally, these activities will take place for two days on Monday, November 9th and Tuesday, November 10th to accommodate students with surnames A-L and then with surnames M-Z on second day;
- School is closed on Wednesday, November 11th for the Remembrance Day holiday;
- I would like to extend appreciation and thank you to all the committee members on our Special Events Committee who work diligently to plan and organize all special events at our school throughout the year;
- They did an incredible job with our COVID-19 Remembrance Day Service this year;
- I cannot forget to extend a special thank you to my administrative team who did an amazing job of transforming Room 208 into a spectacular

display for the Remembrance Day Gallery Walk ... Thank you Mrs. Tays, Mrs. Monias, and Mrs. L. Francois;





Finally, thank you students and teachers for contributing posters and decorations.



Picture of Administrators who put together

- 1. Left of cross Mrs. Tays Literacy Coach/ Early Years Vice-Principal
- 2. Right of cross Mrs. Monias Literacy Coach/Middle Years Vice-Principal
- 3. Missing Mrs. L. Francois Resource Teacher/ Early Years Vice-Principal

Please be advised that we have cancelled the annual Christmas concert this year ...

On behalf of all students and staff I would like to

extend best wishes to everyone in the community for a peaceful and safe Christmas Holiday ...

You're all so important to us. Stay





safe and stay in peace this holiday season ...

Looking forward to seeing everyone when classes start back on Monday, January 4th 2021...



What will a COVID-19 Remembrance Day Service Look like at Otetiskiwin...

- Once again, due to the restrictions of COVID-19 there will not be a Remembrance Day assembly in our school this year;
- In its place our Special **Events Committee** came up with the brilliant idea to organize a "Remembrance Day Gallery Walk" in Room 208 as well as a video presentation for students to view and Remembrance Day activities for the students to complete;
- Also, there will be the



BRUSH YOUR TEETH

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

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

IT'S IMPORTANT FOR EVE

TAKE A SHOWER

night.

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

CHANGE YOUR

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

CLIP YOUR NAILS

Keep your nails at all times.







Keeping Spirits Bright

If you battle depression during the winter months, you may be especially worried about this year. Isolating and reducing activities to stay safe is the right choice, but it can feel lonely.

Start a family conversation about creating new traditions. What about a Facetime dance party, or watching the same movie with a group chat? We don't have to be together to create love. Make a photo album, write a heartfelt letter, bake a family recipe.

When we feel bad, we often treat ourselves badly, which makes us feel bad ... you get the idea! Focus on your health. Eat nourishing foods like stew and soup. Get seven hours of sleep and an afternoon nap. Feel the sun on your face. Touch your toes.

Try to open your heart. Find three things you can be grateful for: sunrise, the honking of geese, or eggs nicely scrambled. Remember a happy moment. Remind yourself of previous challenges and know that this, too, shall pass.

Sometimes you want to give up ... and that's OK for a day or two! Slow down and treat yourself like a child. Try warm tea, a soft blanket and a comforting TV show. If you're missing someone special, bring their memory to life instead of pushing them away. If you feel like crying, go for it! You might be surprised how good you'll feel after.

Recognize the difference between "in a sad funk" and "depression and suicidal thinking." If you've had a cloud over



During isolation from Covid-19, and the winter months, finding ways to deal with depression is important for our community Citizens.

your head for weeks, if you feel "flat" all the time, if you can't eat or sleep (or all you do is eat or sleep), it's time to get better. Call one of the numbers below or the Wellness Centre at 204-

484-2341. They understand what depression can do, and they're ready to help.

Dealing with depression or suicidal thoughts? You are important. You are a survivor.

Thompson Mobile Crisis Team

1-866-242-1571 204-778-1472

Kids Help Phone

1-800-668-6868

Suicide Helpline

1-877-435-7170

Addictions Helpline

1-855-662-6605

Gambling Helpline

1-800-463-1554

Helping our vulnerable and elderly

One way to beat stress is to do something. Is there someone you could help? Remember to be COVID safe!

- Shovel their sidewalk;
- Get their groceries and leave at the door;
- Bring them a healthy snack;
- Drop off drawings from your children;
- A morning walk;
- An evening phone call;
- Ask if your contact is helpful or stressful;
- Do they have someone they'd like you to check
- Don't be offended if they don't want your help.

Holiday Hours for NNCEA

Classes at OK and NNOC Schools will dismiss at 2:00 p.m. on Friday, December 18th, 2020. Schools and classes will re-open/resume on Monday, January 4th, 2021 at the usual time.

All NNCEA support staff will be off and the Alice Moore Education Centre will be closed on:

- December 23rd, 2020 December 25th, 2020;
- December 30st, 2020 January 1st, 2021.

If you receive a manual cheque from NNCEA, Shirley Spence will inform you of when/where to pick up your cheque.

Emergency contacts will be posted.



Season's Greetings to all. Have a joyous, peaceful Christmas Season and a Happy New Year 2021!

NNCEA School Board Meeting Dates for 2020-21 (Revised dates)

Regular meetings of the Board will be held on the third Tuesday of the month at 5:00 p.m. at the AMEC Boardroom unless modified by Board motion. Special Board meetings to be held as needed. Public welcome. Meeting protocol in place.

- Tuesday, September 15, 2020 (Wednesday, September 16, 2020 meeting where dates reverted to these)
- Tuesday, October 20, 2020
- Tuesday, November 17, 2020
- Tuesday, December 15, 2020
- Tuesday, January 19, 2021
- Tuesday, February 16, 2021
- Tuesday, March 16, 2021
- Tuesday, April 20, 2021

- Tuesday, May 18, 2021
- Tuesday, June 15, 2021
- Tuesday, July 20, 2021
- Tuesday, August 17, 2021

The NNCEA Annual General Assembly (AGA) date is tentatively set for Tuesday, July 20th, 2021.

FYI: School Board meeting dates are decided on in August each year.



NNCEA's Protocol for School Board Meetings

Once a month, a regular school board meeting is held on the third Tuesday of the month at the AMEC Boardroom at 5 p.m. when NNCEA educational business is conducted. An agenda will be provided.

The meeting is open to the community to observe and listen to the school board meetings. Your interest/involvement on educational business/matters will be educational and informative.

This protocol has been developed so the meeting(s) can be positive and productive.

Please sign in as the statistics will be needed. Everyone in attendance must adhere to the guidelines.

Medical people and security are not on hand for monthly meetings.

Please bring your own snacks or beverages as these will not be provided.

1. The School Board Chair will ensure the meeting progresses and all agenda items are completed.

- 2. Participants need to be respectful.
- 3. When someone is speaking, please listen.
- 4. Complaints which involve school system students/ personnel and topics dealing with salaries, negotiations, teacherages and legal matters will not be discussed publicly. Complaints, as such, can be directed to the School/Senior Administration who has the responsibility.
- Attendees may offer objective comments on NNCEA operations and programs when delegations have been booked with the Director of Education, three work days prior.
- 6. Cell phones are to be silenced.
- 7. After a break, please return promptly.
- 8. For fire safety reasons, smokers must be 20 ft. from the school building.
- 9. Children are to be accompanied by an adult who will oversee them.
- 10. Due to time constraints, comments are to be reasonable

and limited if necessary.

- No one under the influence of drugs and/or alcohol will be allowed at the meetings.
- 12. Anyone whose conduct is unbecoming, will be asked to leave the meeting. If needed, RCMP will be called to assist.

Your anticipated cooperation is totally appreciated! It is hoped that your presence will be enjoyable and keep you informed. Thank you, please attend.

News from NNCEA Director for November/December 2020

Tanisi, nitotemak! The 2020-21 school year is well underway! Welcome back to all returning staff and new staff. As you know Covid-19 is still with us and we have to abide by all the necessary guidelines to stay safe! Your patience and understanding is appreciated! School operations/activities will be greatly impacted. We've had the back to school orientation, Nominal Roll attendance week and Thanksgiving already. Winter has set in too. Please dress warm. Once again, we caution all students and community members to stay off the lake as the ice is not safe yet. This year, a Gallery Walk for November 9 and 10, 2020 is planned instead of the annual Remembrance Day Service. LEST WE FORGET! Huge thanks to the OK Special Events Committee for planning the event and to everyone who participates! Report Card day is coming up as well. Due to Covid, the annual Christmas Concert, as we know it, will be modified. School administration will keep us posted. Christmas holidays be on December 21st, 2020 -January 3rd, 2021. Classes will resume on Monday, January 4th, 2021. Season's greetings and a happy new year to all!

Board Info

Come see the newly renovated AMEC Boardroom. It's a wide open space now. Sincere thanks to Jeromia H. McDonald, George Linklater and Hughie Tait for doing a fabulous renovation in record time, A+ carpenters!

- NNCEA School Board meetings are held every third Tuesday of the month at AMEC at 5 p.m. now and the public is welcome. Unfortunately, numbers will have to be limited due to Covid-19.
- Should you want to present to the Board, contact the Director of Education at AMEC, three days before the meeting.
- The Board works on: policies, NHTA negotiations, finances, the school calendar, oversee the school system evaluation recommendations, strategic planning, O & M, etc.
- Construction on the new high school continues with a completion date of August 2021!
- Negotiations with NHTA are still on the horizon!
- September 2021 marks 40 years of "Indian Control of Indian Education (ICIE)" or "First Nations Control of First Nations Education (FNCFNE)" for NNCEA. A much needed celebration will be planned!

Staffing

- NNCEA is growing, we now have approximately 160 people on staff which is amazing!
- More staffing is in place to better meet the needs of students: a HR contractor, more resource teachers, two social workers, more EA's, a Network Administrator, a Resource Program Administrator, a NNOC Principal/Assistant Director, etc.

Retirement blessings to William Alec Spence who was with our organization for 39 years!

Education Programs and Curriculum

- Our PATH plan is still in effect. The Board has completed their strategic plan which will be shared soon.
- The Nehetho Language and Culture Team continues to progress.
 Due to Covid-19 with the need for safety and number limitations in the workplace, Elders are working from home for now.
- Phase two of the NNCEA Culture Camp continues.

Continued on page 24

- The access road is in and construction on the main building is rapidly progressing!
- It is hoped that the Jack Moore Cultural Program or Grannie/Grandpa program will come under the umbrella of the Language and Culture unit by the end of this school year.
- The Community
 Approach to Revitalizing
 Education (CARE) plan
 is continuing at the
 school. The initiative has
 helped make the OK
 school climate safer and
 healthier. Kudos to the
 OK school administration!
- Hot Lunch Program continues for the full year this year. Rosie Moore is the school cook now.
- It is hoped that Flex Week can be offered this year. Keep posted for upcoming info!
- A NNCEA/NHTA Liaison Committee has been formulated and is working out well.

Finance and Budget

- NCN finance
 amalgamation still
 happening. NNCEA
 Finance Committee
 convenes a week before
 regular Board meeting.
- CAP/CIP defense sessions for NNCEA to be held soon.
- Financial Review findings and recommendations have been accessed.
 Lots of useful recommendations.
- As mentioned before, our school system is funded by Indigenous Services Canada (ISC). In order for NNCEA to get the

- education dollars to run our system, the child has to be in school. It's called the nominal roll. The dollars we get formulates the budget for NNCEA from ISC.
- Last year, the nominal roll for NNOC was 211 and for OK it was 545, with 25 for MSDP and grand total of 781.
- This year, the nominal roll at NNOC=259, at OK=520 and for MSDP=25 for a grand total of 804 which is improved.
- We need to keep the nominal roll up there. The higher the number, the more money NNCEA will receive from ISC.

 The lower the number, the less money NNCEA will receive from ISC.
- It is so important to send your child(ren) to school, on time, each and every day of the school year(s).
- Nominal roll info has to be submitted by November 16th to ISC. By December/January, ISC will let us know the actuals.

Public Relations and Community Involvement

- NNCEA continues to submit regular write-ups to Achimowina to keep community informed of school affairs.
- Visits with people when they come to AMEC or if seen elsewhere (funerals, in community, at schools, at the hospital, hockey events, etc.)
- AMEC Admin. and School Admin. continue to attend meetings/gatherings/funerals, etc. in the community.

Student Services

- Good news to share! Our PSE office is moving out of the Power Building! By the end of November 2020, NNCEA's PSE office will be located/settled in at 395 Berry Street in Winnipeg! NNCEA will be sharing space and rental costs with the Nation. The alternate premises are newly renovated/furnished, more spacious with a reasonably sized boardroom, plenty of parking and will be a more welcoming facility! We will definitely be able to meet in the facility instead of renting hotel space which will save a few precious dollars! Thanks to NCN Councillor Jeremiah Spence and PSE Counsellors, Craig Linklater/Bill Gamblin, for making this a reality! For more info, contact Craig at 1-431-373-0160.
- Two major recommendations from the 2018 school evaluation are now complete. Another NNCEA Counsellor for PSE was hired and another PSE office will be available for NNCEA post-secondary students.
- At present, NNCEA is sponsoring 79 students full time and three are being sponsored for tuition and books.
- Craig Linklater's first anniversary as a NNCEA PSE Counsellor is on Nov. 12th! Congratulations Craig!
- Both PSE Counsellors will continue to be available in the community (NNOC, ATEC) and in the urban areas.

Information Communications and Technology (ICT)

- More good news, the ICT infrastructure for our organization has improved. The IT team has worked wonders!
- The Network Assessment done by NCN is being implemented. Our ICT infrastructure is being overhauled!

- Most of the Chromebook laptops have been sold so our students will have the technology for remote learning.
- Sales from the Chromebooks will be used for internet service in some homes as well.
- Fiberoptics for all NCN organizations will be here soon.

Facilities

- Thanks to the leadership for negotiating with ISC to get a few extra dollars to fix our facilities! Much of the allocation will go towards replacing outdated windows, LED lighting, replacing age old water tanks/heaters, etc.
- NNCEA facilities are constantly being maintained: facilities have been readied for Covid; the OK roof underwent a major replacement again; mouldy classrooms at OK are being tended to; many OK classrooms were painted and this will continue; hook-up to the main water line is being done for a duplex and bus garage, the 400 wing is totally renovated and now in use; a couple rooms are fixed up for Jordan's Principle and a wellness room for staff!
- Air purifiers are on order for all NNCEA classrooms and AMEC.

Transportation

- With Covid happening, bus service continues to be available for most students, but not all.
- Bussing personnel to become NNCEA employees by next school year.

Professional Development

- Needed professional development sessions are done virtually now.
- Teach for Canada, our newest partner is doing its best to provide NNCEA with sessions.

For your information

- Wednesday, November 11th is Remembrance Day! All classes and NNCEA facilities will be closed for the day to honour those who served and fought for our freedom in WWI, WWII, Korean War and other modern day conflicts! Special acknowledgements to all our peacekeepers! Try your best to check out the Gallery Walk at OK on Monday and Tuesday!
- Happy Birthday is it is your birthday.
- If you or a family member are not well, NNCEA extends wellness blessings and a speedy recovery!
- Sincere condolences to all our families who've lost a loved one(s).
- Thanks to the leadership and all our front line/essential service workers who work tirelessly to keep us safe.

 Kinanaskomitin!
- Wear face masks! Physical distancing! Wash hands asap! Stay home asap! Stay safe!
- It is my hope that a vaccine for Covid-19 will be discovered sooner than later! Ekosani!



Body of Missing Girl Found in Leaf Rapids

After an extensive search, the body of Gwyneth Gegenfurtner was located and recovered from the Churchill River on October 23, 2020. NCN along with all partner nations of MKO sends condolences to her loved ones and her entire community. Organizers of the search and rescue teams from NCN helping with the search, said, "We are saddened by the outcome of the finding, and our hearts go out to the families and community."

On October 12, 2020, at about 5:35 p.m., Leaf Rapids RCMP received a report of a missing 19-year-old female, from the community.

Gwyneth Gegenfurtner, was last seen in the community on October 11, 2020, in the area of Mikinak Bay, in Leaf Rapids. Statements as to the cause of death had not yet been released.



Celebrating Elder's Birthdays

NCN is proud to honour many Elders that are growing another year "young." If you have a birthday wish, join us on Facebook or send your wish along with a photo to achimowina@ gmail.com.



Elder Christie Moody will turn 80 on November 21st.



Elder Jimmy D. Spence who turned 80 on October 4th.



Elder Evelyn Linklater turned 84 years young this month.



Elder Harry Spence who turned 74 on October 14th.



Arabella Francois turned 92 this past Monday, October 5th. With her children and grandchildren and great grandchildren. She's has 10 children, 44 grand children, and 69 great grand children.











See what your community has to offer...

BUSINESSES, SERVICES, ACTIVITIES AND MORE...

Nelson House Development Corporation

The Nelson House Development Corporation was created by NCN Chief and Council in 1992 to help in fulfilling its vision of sovereignty, self-sufficiency and self governance. All activities of the Development Corporation aim to build capacity, create employment for NCN Citizens, generate revenue to fund NCN programs and services, and achieve prosperity.

The Development Corporation manages several existing NCN corporations, with tens of millions in assets and businesses that employ more than 100 workers.

The Nelson House Development Corporation focuses on its own rigorous financial management and solid business partnerships, and those of its businesses.

Businesses including:

- Meetah Building Supplies
- Otohowin Gas Station
- Thompson Gas Bar
- Thompson Family Foods
- NCN Three River Store
- NCN Beer Vendor

Support such as:

- training and mentorship
- small business loans
- subsidies for local Citizens
- financial planning
- ATEC collaborations
- student apprenticeships
- community events sponsorship





Achieving Economic, Employment, Training and Business Growth

Phone **(204) 484-2225**Box 429, Nelson House, MB R0B 1A0

NCN Women's Shelter

This temporary safe shelter is available on a voluntary basis for women who are dealing with domestic violence, abuse and trauma. This is a calm, clean space that allows mothers to make an appropriate plan while maintaining trust with their children and receiving emotional support of other women in similar situations.

During the intake process, safety concerns, past history and future ideas are discussed. The Women's Shelter can connect women to community resources that will help them to heal and move forward.

It accommodates up to 8 women (and their children) at a time, and is available 24 hours a day, with security, monitoring and strict policies to ensure safety. Each of the 8 suites is fully furnished with a private bathroom and mini-fridge.

Shared facilities include:

- kitchen and dining area
- family area
- laundry facilities
- outdoor playground

Services include:

- counselling
- family and domestic violence classes
- Elder support
- child care help



A safe place where healing begins



A Safe Place where Healing Begins

Phone (Landline): **(202) 484-2634** Emergency: **(204) 679-1996** 20 Otetiskiwin Drive, Nelson House



lour Path to Wellness

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



Circle of Care

The Circle of Care program is based on the holistic teachings of the Medicine Wheel. After helping individuals, couples or families identify their strengths and challenges, unique programming is created to overcome the specific issues that are having a negative impact on their lives.

It can be difficult to create a stable home, make positive changes, or even decide where to start. The Circle of Care determines your needs and connects you with the supports or professionals in the NCN community who can help.

Responsibility, decision-making and accountability are shared by family members and professionals, with a focus on finding practical solutions that can be used in everyday life. The goal is support that enhances the mental, emotional, physical and spiritual well-being of all family members. The traditional teachings of the Circle of Care can create a stable home with a plan for the future.

Get help with:

- childhood trauma
- financial stress
- health concerns
- fitness and nutrition education
- traditional teachings



Out of the Darkness and Into the Light

Medical Transportation

It can be difficult to keep appointments or make progress with care plans when you have limited or no access to transportation. The Medical Transportation team delivers NCN Citizens to appointments so that your health can remain a priority.

More than 45 people use this service weekly and on weekends rely on this transportation. The dialysis run to Thompson on Mondays, Wednesdays and Fridays is the most common service provided. But Citizens also rely on the Medical Transportation team for trips to Fanny Hartie Medical Centre and parcel pickups in Thompson for the Nursing Station and the FCWC.

Over the course of one year, almost 10,000 trips are made to transport NCN Citizens safely for local and out-of-town medical appointments arranged by truck, van and aircraft.

While appointments are often unexpected, the team asks that you book your trip in advance so they can maintain the highest level of service and safety.



Driving You to Good Health



Phone: 204-484-2341

Address: 14 Bay Road Drive, Nelson House, MB ROB 1A0

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Reminder of Revised Policy for School Closure Due to Cold Weather

Year after year, there have been multiple cold weather school closures, but the NNCEA Board believes students cannot afford to miss scheduled school days. In an effort to reduce lost school days and lost instructional time, it has become necessary to repeal all previous versions of NNCEA Policy 803B. At a

duly convened meeting of the NNCEA School Board, it was decided that both NNCEA schools will remain open in most circumstances. Central office and NNCEA schools will remain open. Buses will continue to transport students. All staff are required to be at the workplace. Assigned staff will be on duty and classes will be held.

Parents must decide if sending their child(ren) to school is in their child(ren)'s best interests when temperatures are -40°C or colder with the wind chill. This is called parental discretion. Parents are encouraged to dress children appropriately for weather conditions. Any child(ren) not dressed properly will be taken home.

Should the temperature and/or weather become an endangerment during the school day, the School Principals will:

- 1. Make a recommendation to the NNCEA Director of Education (Assistant Director if the Director of Education is unavailable) who will make the final decision.
- 2. The Director of Education or delegate will inform the NNCEA School Board Chair, the NNCEA Board of Trustees, educational leaders, bus supervisor promptly via text, email and/or phone call.
- 3. Prior to the school closure, notice will be posted on the local websites (NNCEA) and social media (Facebook) by ICT personnel and/or School Administration so the community/staff/bus drivers are informed/aware.
- 4. All NNCEA students will be transported home safely.

Student Awards Not Affected by Cold Weather Closures

Students' attendance will not be affected by these decisions since year-end awards will be issued for excellent attendance. Students whose attendance range is between 90–100% for the school year will qualify for excellent-attendance awards. This process takes into consideration absences due to unforeseen circumstances.







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www.ncncree.com

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