



OCTOBER/NOVEMBER 2020

# Nisichawayasi Achimowina

## 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 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

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



**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







Continued from page 1

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 advice from an elder who told him that her eyes opening in his dream meant that she is sending message of gratitude and

bleeding 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



When it comes to community wellness the NCN Jordan's Principle – A Child's First Initiative knows children are our most precious gifts. As advocates for children's needs many NCN parents,

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

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

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

204-484-2585

**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.**

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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# Community News

# 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.

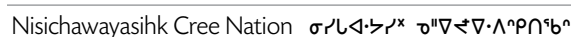
In particular this year, the Foot Print area, which includes the Foot Print, Osik, and Three Point lakes and the Foot Print and Burntwood rivers, have unusually unsafe ice conditions. Large pressure ridges have formed, as well as extremely large pockets of air. There is up to 8 inches of slush in some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





# 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 your plans.

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.

**LIVING WITH DIABETES?**  
*We can help*

**Out of control blood sugar can lead to:**

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

**Reduce your risk of diabetes complications**

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

**REFERRAL SERVICES OFFERED**

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

**When should I seek help?**

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

**Learn how to:**

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

**DIABETES EDUCATION WILL HELP**

Leanna Anderson, LPN  
Adaptive Program Coordinator  
Marginal Initiatives Initiative

Call 204-484-2341 ext. 132  
Fax 204-484-2341

## 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?







A Message from the NCN Housing Department

# WINTER IS HERE

*Some tips for your home.*





# 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.

# NCN Christmas Cheer Board



**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.

**"In the past, my grandchild may have died, but now they are able to live a healthy and full life," Moody says.**

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."

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 Forget

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

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.



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.

The logo for the Nisichawayasihk Cree Nation Community Patrol. It features a circular emblem on the left containing a profile of a Cree man wearing a traditional feathered headdress. To the right of the emblem, the text "NISICHAWAYASIIHK" is written in a bold, sans-serif font, with "CREE NATION" centered below it. The words "COMMUNITY" and "PATROL" are prominently displayed in large, bold, italicized fonts, with "COMMUNITY" in black and "PATROL" in yellow. Below this, the text "CONTACT INFORMATION" is in white, followed by the phone numbers "204-679-0171" and "204-679-0226" in large yellow digits. At the bottom, a black banner contains the text "In case of emergency please contact RCMP at" in white, with the number "204-484-2288" in large white digits. The entire logo is framed by horizontal red and white stripes on the top and bottom.

**NISICHAWAYASIIHK**

**CREE NATION**

**COMMUNITY**

**PATROL**

**CONTACT INFORMATION**

**204-679-0171**

**204-679-0226**

**In case of emergency please contact RCMP at**

**204-484-2288**



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.

h think,  
hat

Maintena  
detector

A black wood-burning stove with a fire burning inside. The stove has a chimney pipe on top and a small door at the bottom. The fire is bright orange and yellow.

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.

- 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.



Best wishes and blessings from the students, staff, management and school board of the Nehetho Culture and Education Authority Inc., OK, and NNOC schools!



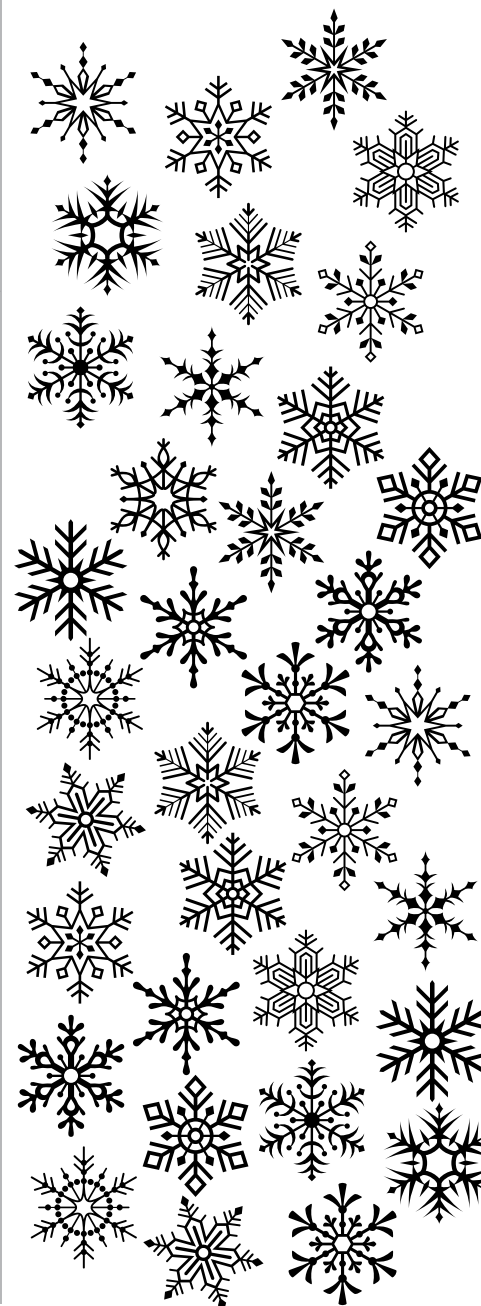
## MATCHING SNOWFLAKES

MWAC WIKAC  
(Never)  
KITIMAKI  
(Poor)  
PAPASI  
(Quickly)  
NANSIKATCH  
(Slowly)  
ASKOW  
(Sometimes)  
WIPAC  
(Soon)  
SASCI  
(Suddenly)  
WISTA  
(Too)  
MOSTAK  
(Usually)  
MITONI  
(Very)  
KWAYASK  
(Well)

Every snowflake has approximately 200 snow crystals. A snowflake has six sides. A snowflake falls at a speed of 5 – 6.5 km/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

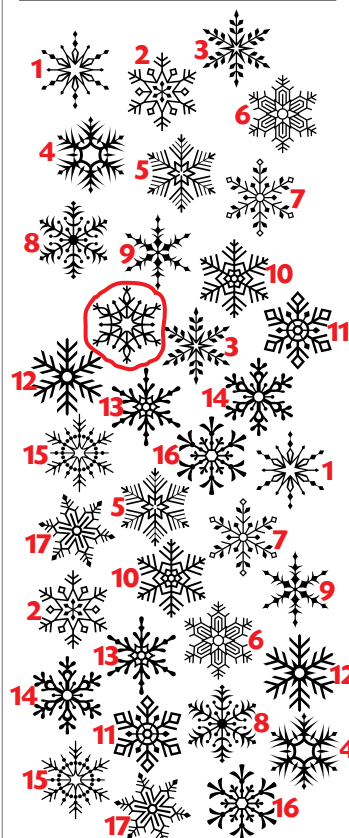
"Nisichawayasihk Cree Nation" clearly marked for travellers.

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

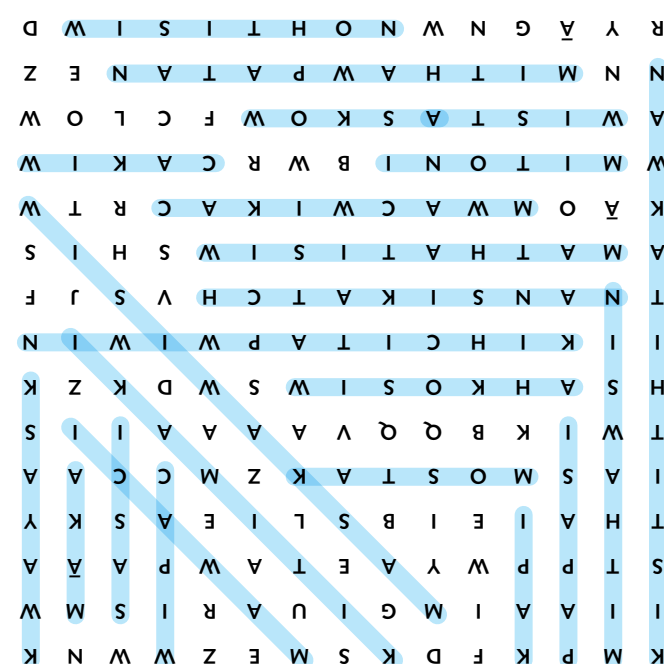
The old signs formerly reading Nelson House are now accurately portraying “Nisichawayasihk,” meaning “where three rivers meet.”



## MATCHING SNOWFLAKES



**Solutions below to puzzles on previous page**



**WORDSEARCH:**  
 <ṭḇ-ṛ ṭṛṬḍ payākwasi āyamiwina  
 Common words/Simple commands



# 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.

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

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

## Try It, You'll Love It!

By: Angela Lavoisier

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.

"Awaas!" 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.























# 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:



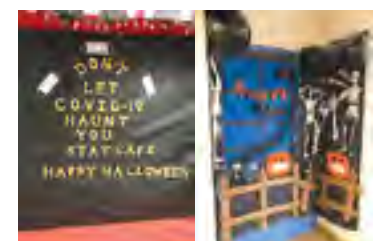
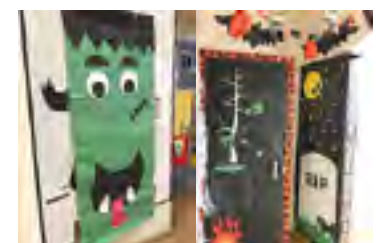
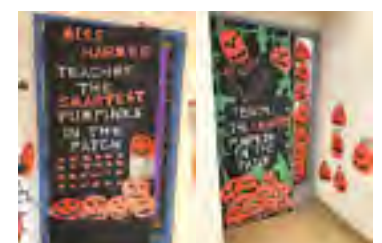
1. Mrs. Tays – Scarecrow – Literacy Coach/Early Years Vice-Principal
2. Miss Volgyi – Pumpkin – Grade 5B Teacher
3. Miss A. Buck – Letter wall costume – Grade 6B Teacher
4. Mr. and Mrs. Francois – Pirate-Grade 4C Teacher and Clown – Resource Teacher/Early Years Vice Principal
5. Mrs. Paterson Grade 1A – 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 ...





- 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

- 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

■ Thank you Mrs. C. Hart  
Nursery teacher for a  
fantastic job of creating the  
billboard display and names  
of all our Aboriginal veterans  
proudly displayed in the office  
hallway area;

- Thank you to Gavin Hughes for creating the incredible door display to Room 208;
- Finally, thank you students and teachers for contributing posters and decorations.



Picture of Administrators who put together  
Room 108

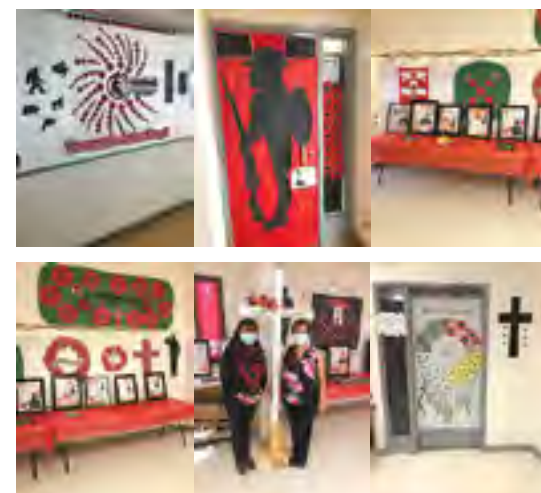
1. Left of cross – Mrs. Tays – Literacy Coach/  
Early Years Vice-Principal
2. Right of cross – Mrs. Monias – Literacy  
Coach/Middle Years Vice-Principal
3. Missing Mrs. L. Francois – Resource Teacher/  
Early Years Vice-Principal

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

On behalf of all students and staff I would like to

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 ...



- 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

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



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



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



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



Keep your nails short and clean at all times.



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre



# 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 on?
- 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.
5. 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.

11. 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 Granny/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 to 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](mailto:achimowina@gmail.com).



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



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.



**Elder Christie  
Moody will turn 80  
on November 21st.**



**Elder Evelyn Linklater  
turned 84 years young  
this month.**



**Elder Harry Spence who turned 74 on October 14th.**





# PUSIKONISOWINI ACHIMOWIN

# Business News



# KNOW *Your* NCN

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
- Othowin 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



Nelson House  
**MEDICINE  
LODGE**

Mithwawawin Mitho Tehewinihk Ochi

## 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



**Nisichawayasihk Cree Nation**

## WOMEN'S SHELTER

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**



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



A circular inset image showing a person in a wheelchair using a portable ramp to board a vehicle. The ramp is a metal platform with a perforated surface, supported by a hydraulic system. The person is wearing a blue jacket and a black backpack. The ramp is being used to load or unload the wheelchair from the back of a vehicle.

**Follow us on Facebook**



# 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.

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.

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

## 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.

# Footprint Lake Water Levels

# Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of November 19, 2020

On November 19, 2020 the level of Footprint Lake was at an elevation of 798.6 feet. The level of the lake is expected to drop 1.2 inches to an elevation of 798.5 feet by the end of the month.



The 14-day forecasts are estimates, and subject to change. Northern forecasts are broadcast on local radio stations at the beginning of every month.



Nisichawayasihk Cree Nation  
General Delivery  
Nelson House, Manitoba R0B 1A0  
Phone: (204) 484-2332  
Fax: (204) 484-2392  
[www.ncncree.com](http://www.ncncree.com)

**Do you have a suggestion or an Achimowina story idea?**

We would like your comments, feedback or news stories. Please contact [achimowina@gmail.com](mailto:achimowina@gmail.com)

## NCN on Facebook!

Stay current with NCN's latest news, events and updates on your computer, smartphone or device from our official NCN Facebook page @nisichawayasihk.

