



KITTAHWINAOW ACHIMOWIN

Community News

Stop Bullying

Staff and management spread the message to combat bullying in Nisichawayasihk Cree Nation. Many supported the cause by wearing an anti-bullying shirt and showing their support.



NCN LANDS, ENVIRONMENT AND RESOURCES

ENVIRONMENTAL ISSUES



Land



Water



Soci-economic



Air

NCN ENVIRONMENTAL ISSUES IDENTIFIED

Land Fill Site Water Contamination Building and Construction Air Quality

IT IS TIME TO TAKE ACTION

Policy
 Environmental Plan for specific issues will be recommended to fit the community's needs and laws
LAND CODE
FRAMEWORK AGREEMENT
ENVIRONMENTAL MANAGEMENT PLAN

Implementation
 Administration of laws with various actors, organizations, community and individuals to proceed and work together to achieve a targeted goal
COMMUNITY BY-LAWS
ENFORCEMENT
RECYCLING PROGRAM



Conservation of Energy



Conservation of Water



Changing your behavioural habits



Environmental Management Plan



Environmental Management Plan

This is a tool to help manage, protect and help mitigate the environmental issues on Nisichawayasihk lands.

LOGO DESIGN COMPETITION

Prairie Polar Expedition - March/April 2022

COMPETITION DETAILS

In 2022, the Prairie Polar Expedition will travel over 5,700 km from Emerson, Manitoba on the Red River to the North Pole. The expedition is the first to travel overland south to north across the length of Canada. The objective is to make Canada better known by engaging with and documenting the diverse geography, wildlife, and culture encountered across Canada.

We need a logo for the expedition and are having a design competition. The logo must capture the spirit of the expedition as well as incorporate something about the people and the land.

The submissions have to be from Canadians. The designer of the selected logo will be awarded \$400. The logo will be used on literature, clothing, and on the expedition vehicles.

The design must incorporate the symbolism of the raven as the key logo element. From the prairies to the high Arctic, the raven lives along the whole expedition route. Their long life, uncanny intelligence, and fearlessness have given them a unique place within First Nations mythology.

The rest of the logo is up to the creative mind of the designer. The expedition travels from prairie to polar regions, over land and ocean, through urban and remote communities, and is being done by Canadians for Canadians having a wide diversity of cultural history.



The First Canadian Expedition To Travel Canada Overland From South To North

LOGO DESIGN ELEMENTS

- Must include the expedition name "Prairie Polar Expedition"
- The submission must include an explanation of the symbolism and meaning of the logo elements.
- Design logo for use as an 8 to 10 cm patch
- Design must be supplied as "black only" and "full color"
- Must incorporate the symbolism of the raven as the main logo element
- Must provide color codes for use in printing logo and creating embroidered patches
- Request submission be emailed as high resolution, vector-based design as digital file (png, Ai, psd)

SUBMIT DESIGN TO

team@prairiepolarexpedition.com

SUBMIT DESIGN BY

March 31, 2021

WINNER ANNOUNCED

April 9, 2021

TERMS OF COMPETITION

- One design will be selected
- Winner will be awarded \$400
- Competition is a work for hire (rights to the design will be owned by Prairie Polar Expedition)
- Request one round of logo revision from winner after which any revisions will be paid
- Winner will be publicly identified as designer of logo on Expedition website with photo and bio

To learn more about the expedition, visit our website at:

www.prairiepolarexpedition.com

Contact us at:
 team@prairiepolarexpedition.com
 204-900-6333

FOR MORE INFORMATION CONTACT MELISSA OR MARK EMAIL:
 MELISSA.MCDONALD@NCNLANDS.COM; MARK.LINKLATER@NCNLANDS.COM
 NCN LANDS, ENVIRONMENT AND RESOURCES
 NISICHAWAYASIHK CREE NATION
 18 ATEC Road Nelson House, MB, R0B 1A0 204-484-2359

Your Path to Wellness

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



Circle of Care

The Circle of Care focuses on the mental, emotional, physical and spiritual wellbeing of parents, children and extended family through holistic teachings based on the Medicine Wheel. It is used as a guide to identify a family's strengths, overcome its issues, and find practical solutions for everyday life.

The Circle of Care is different for everyone. You and your family may receive a combination of social services and programs such as the fitness centre, therapists, counselling, daycare, mediation, Elders programs, maternal resource program, arts and culture, and more.

Steps include:

- family needs assessment
- worker and family develop relationship
- discuss family's strengths, barriers, needs and goals
- worker collaborates with other agencies, support groups, therapy, etc.
- family and worker discuss strategy and create plan together
- family attends counselling, workshops, programs, etc.

Benefits include:

- higher self-esteem
- positive vision for the future
- problems from the past are resolved
- clear understanding of who you are and what you need
- better relationships with those around you
- strategies for dealing with stress, frustration, anger



Leading your family out of the darkness & into the light.

NCN Fitness Centre

The NCN Fitness Centre is housed in the Family and Community Wellness Centre. It is open throughout the week and is free for all NCN Citizens. There are many options available to break a sweat, whether you're brand new or a seasoned gym rat.

Beyond working out, you can learn about health and fitness, including how to lessen the risk of diabetes and cardiac disease. Learn how to set goals and use hard work and determination to achieve them. Physical activity is great for the body and for the mind too, clearing the mind and relieving stress.

Make a trip to the fitness centre a recurring event for everyone in your family. Make it a date night or a family night. You may be surprised how easy it is to chat while walking on treadmills or shooting hoops!

Services include:

- aerobic exercise area
- full suite of fitness equipment
- change rooms
- advice and support from gym staff

Benefits include:

- better physical health
- improved mental outlook
- better sleep
- more confidence and self-esteem



You'll love what exercise can do for your family!



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

Phone: 204-484-2341

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

Follow us on Facebook

Nisichawayasihk Cree Nation – New Water Treatment Plant

Background

- A feasibility study was completed in 2008 (UMA/AECOM, “Nisichawayasihk Cree Nation – Water and Wastewater Feasibility Study”) to investigate various alternatives to provide the community with water supply, treatment and distribution and wastewater collection and treatment meeting Indigenous Services Canada (ISC) (formerly INAC) Level of Service Standards (LOSS).
- AECOM was retained to provide engineering services for a design update and preliminary design report for Nisichawayasihk Cree Nation (NCN) Lagoon Upgrade Project due to the changes in effluent discharge regulations, and to update the 2008 Feasibility Study alternatives for a future water treatment plant facility to reflect current treatment technologies and costs.
- The recommended option in the “Water Treatment Plant Supplement to 2008 UMA Engineering Nelson House Water and Wastewater Feasibility Study” prepared by AECOM and dated March 2017, recommended a new water treatment plant facility located near the Industrial Road and Otetiskawin Drive junction.

Scope of Work

- Planning, design, construction and commissioning of the proposed Water Treatment Plant for Nisichawayasihk Cree Nation based on options identified in the 2017 Water Treatment Plant Supplement to 2008 UMA Engineering Nelson House Water and Wastewater Feasibility Study prepared by AECOM and dated March 2017 which 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
 - Installation of watermain and forcemain piping to provide water distribution and sewage collection to the new Health Centre and school sites
 - An enclosed truck fill station between Dog Point and R.C. Point
 - Decommissioning of the existing water treatment plant.

The current construction cost estimate is \$19,227,000.00 and the total estimated cost to complete the project is approximately **\$20,977,000.00**. Contingency and COVID costs have not been finalized and have not been included.

Current Status

- The contractor, Kelsey Pipelines mobilized to site on July 15, 2019. The project was delayed by approximately 4 months due to the COVID-19 pandemic, but the contractor has been back on site since approximately August 14, 2020.
- Work is progressing at the Water Treatment Plant building and new truck fill building. Piping and road works continue in the subdivision area.
- Completion of the Water Treatment Plant and Piping works is currently scheduled for August 31, 2021.



approval to proceed to tendering a construction contract.

New Health Facility Update

The proposed 3,270 m² New Health Facility in Nelson House will be a state of the art facility providing health care, emergency services, dental, pharmacy, community-based programming, and residences for nurses/visiting professionals. This facility will be located in NCN’s recently completed Community Master Plan and new subdevelopment adjacent to R.C. Point. The facility will provide many views to the existing trees and landscape, which will be preserved during construction. A community courtyard behind the facility is designed to have walking trails as well as an area for ceremonies and community gardens. The facility aims to reinforce healing, refuge, education and a sanctuary for the community.

Current Status

The project is at the tender ready stage awaiting



We Masked Up



We Washed Up



Now it's time to roll up our sleeves!

NCN Citizens must get the COVID-19 vaccine to help us return to normal quicker.

The vaccine is safe, quick and free and getting it will help protect our community.

A message from Chief and Council



NISICHAWAYASIHK
CREE NATION

