



APRIL/MAY 2021

# Nisichawayasi Achimowina

## NCN Needs Your Opinion About Playgrounds



The NCN Parks Committee is moving forward with the Family and Community Wellness Centre and the Lands Department to create eight new playgrounds for NCN kids.

Originally, the Committee had planned community meetings to gather Citizen feedback. Of course, those events were cancelled due to COVID-19, but your opinions are still requested!

"We want to hear everyone's ideas about locations and sizes of playgrounds," says Councillor Cheyenne Spence. "These spaces are supposed to increase the happiness of our children and our whole community, so we want to know what people are thinking."

The proposed playgrounds include swings, slides, play structures and benches, created by a company called Playgrounds-R-Us. They are made of quality metal and steel products that are safe and durable, as opposed to the old



**We want to hear everyone's ideas about locations and sizes of playgrounds.**

wooden builds. Each of the playground areas will be landscaped, too.

The Parks Committee intends to have all playgrounds installed this

*Continued on page 5*







# Protecting Our Children From COVID

As of May 21, there are 11 active cases in NCN, five within our community, five outside, and one person who was medevac'd to Winnipeg and remains in hospital there.

In the beginning, the elderly and those dealing with chronic conditions were most vulnerable.

But now, there are at least 3 COVID variants, and they seem to be more dangerous to young people, and even children.

"I think with adults getting vaccinated, everyone's starting to let their guard down a bit," says Chief Marcel Moody. "But all around the world, we're seeing these variants that are really harming and even killing the youth, and that's scary."

All NCN schools are set to reopen on Tuesday, May 24, after being closed for a few weeks to lower the risk of COVID spread. The good news is that it's time to pre-register your children for their vaccines.

Manitoba plans to lower the eligible age to 12 years old this week, and the next shipment of Pfizer vaccines should arrive in NCN shortly. To keep our young people safe, let's get them vaccinated as soon as possible. You can complete a consent form for your kids and call the Wellness Centre at 204-484-2341 so they're on the list!

Remember that medical research happens in a laboratory, not on a laptop! Despite the “fake news” you may see on social media, these vaccines are safe and effective.

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**The only way out of COVID is to create**

Scientists around the world collaborated on data that was already in the works to create a vaccine that, to the rest of us, seemed fast. But they have not been rushed through development.

"Kids have had a hard time in the last year, with cancelled activities and school, no play dates or parties, and they're ready to return to normal," says Moody. "The best way to do that is by vaccinating them."

You may think your children are scared of the vaccine, but

studies around the world have shown that young people trust science and are ready to do their part in creating herd immunity.

We are at a crucial point in this pandemic. Manitoba has been recording its highest numbers of COVID since the virus arrived more than a year ago. In fact, our province's statistics are currently the worst in Canada and the US.

It has been a long, terrible year, and while we waited for the vaccine, we focused on the small things that work: avoiding non-essential trips, physical distancing, wearing masks and washing hands.

And now our greatest weapon in this fight has arrived: the vaccine! Let's get our children vaccinated to keep them safe and get their childhoods back on track.

## What's a COVID variant?

Once a virus has made its way through a species over some time and geography, it will start to evolve, to increase its ability to survive. These changes are called “mutations.” A virus with one or more of these mutations is called a “variant.”

The good news is that the vaccines created to fight the



Maddox Warren of NCN receives his first dose of the Pfizer vaccine in Winnipeg, on Monday, May 17, 2021.

original COVID-19 virus seem very effective at also battling the new variants.

**Get your vaccination!**

The only way out of COVID is  
to create herd immunity.

Watch the NCN and FCWC Facebook pages for info about the next vaccination clinic.

Continued on page 4



Youth ages 12-17 will soon be eligible to receive the Pfizer vaccine.

Science has proven  
these vaccines are safe and  
effective.

Join us in aiming for a life  
after COVID!

## Attention young people!

Is your caregiver refusing to vaccinate you?

If you are over the age of 12, you can get the COVID vaccine without caregiver permission.

Phone 204-484-2342 to  
learn how!

## Proper isolation is crucial in fighting COVID

Now that COVID is in our community, it is crucial that we keep its spread to a minimum.

If Public Health tells you to isolate, you must do so until they tell you your isolation period is over. This is the only way to stop COVID in its tracks and avoid a disaster in our community.

"There are many people hesitating to get their vaccine, and I understand that concern. It's instinct," says Chief Marcel Moody. "But we need to realize the only way we can get out of this pandemic, and lift these limits and regulations, is by creating herd immunity. The longer people wait to get their vaccines, the longer we all wait to get back to normal."

That said, Chief and Council lifted the Stay at Home Order on May 14, to give people the opportunity to get supplies and go to their camps.

"We understand people

need nature to lift their spirits," says Moody. "We're hopeful everyone will enjoy their camps with only their loved ones, and appreciate that small pleasure during these hard times."

## You've been told to isolate. Now what?

Public Health will inform you if your family needs to isolate.

They will phone you everyday to:

- ensure you and your family are isolating;
- check that none of you have COVID symptoms;
- make sure you don't need anything, like cleaning supplies;
- let you know when you're safe to leave isolation.

Remember that you could have COVID, without any symptoms, and pass it to someone else!

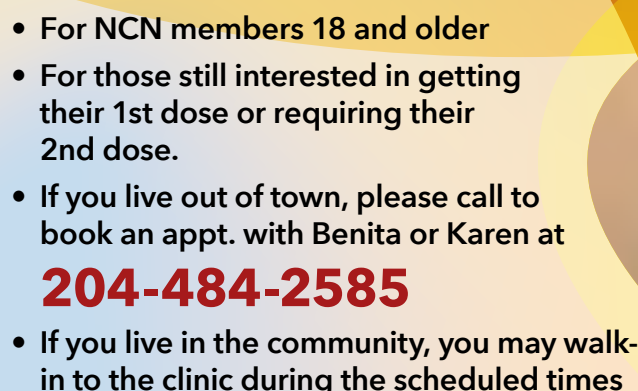
# NCN COVID-19 Vaccination Clinic

**May 15-16, 12 pm - 5 pm**

**Location: Family & Community Wellness Centre**

**May 17-21, 10 am - 5 pm**

**Location: Norman Linklater Memorial Multiplex**

- 
- For NCN members 18 and older
  - For those still interested in getting their 1st dose or requiring their 2nd dose.
  - If you live out of town, please call to book an appt. with Benita or Karen at **204-484-2585**
  - If you live in the community, you may walk-in to the clinic during the scheduled times

## Vaccination schedule:

- If you received your 1st dose between March 24 and April 14, you are eligible to receive your 2nd dose on any day between May 15-21.
- If you received your 1st dose on April 20, you are eligible to receive your 2nd dose on May 18.
- If you received your 1st dose on April 22, you are eligible to receive your 2nd dose on May 20.
- If you received your 1st dose on April 23, you are eligible to receive your 2nd dose on May 21.



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.





A similar playground has already been built at Moore's Bay by a community group. The same volunteer spirit will be called on to install the new structures, too. Let's take pride, NCN!

***Please visit  
nncree.com  
and fill out the  
Playground  
Feedback form,  
or call Cheyenne  
Spence at  
204-679-6827  
with your thoughts.***





# Country Foods Land-Based Training During Spring Harvest



Malcolm Hunter and his staff helped teach youth the importance of the harvest of natural country foods this spring. The harvest lesson included the hunting and cooking of wild geese and fishing and filleting among other important traditional harvest teachings.

Students that took part included:

- |                      |                    |
|----------------------|--------------------|
| 1. Seth Dumas        | 8. Dawson Moore    |
| 2. Corbin Hart       | 9. Kayda Ryan Hill |
| 3. Quad Hill         | 10. Caden Spence   |
| 4. Lexie Joos        | 11. Kiann Spence   |
| 5. Brendan Linklater | 12. Nathaniel Tait |
| 6. Stewart Linklater | 13. Dredan Turner  |
| 7. Felix Moody       |                    |

**Country Foods collects traditional food products harvested within NCN's traditional territory and distributes those foods to eligible NCN Citizens and organizations.**

- Operates year-round with a mandate to continue operating and maintaining the program and expanding wild food gathering through hunting, fishing and other resources;
- Provides transportation expenses, equipment and supplies to individuals and groups for wild food gatherings for the program;
- Harvests traditional medicines and berries;



- Provides food to our Elders, infirm, single parents, low-income members and organization;
- Provides assistance to conduct social, cultural and ceremonial activities;
- Provides employment to high school and post-secondary students who enjoy learning skills.

## Operation

The program consists of a Manager and two Traditional Harvester employees who work to ensure ample supply of fresh food in the distribution centre.

The gathering and distribution of country foods is based on the species the season provides. The variety of species depends on the daily/weekly and seasonal operation and implementation of the programs. During the spring season, local members are involved in a variety of activities in gathering wild foods. In the winter, caribou is hunted further north of Nelson House.

During the spring, individuals and groups take part in the goose and duck hunting program. Volunteers from the community are encouraged to do most of the hunting.

The Community Gardens Program operates in the summer months when the gathering of wild foods is limited to berries, i.e. raspberries, blueberries, cranberries.

The Distribution Centre provides all the equipment for dressing, cleaning/weighing and storage of wild meats, using its own cutting equipment, meat grinder, sausage maker and refrigeration units.

The traditional tanning of moose, caribou and elk hides is provided by the program. The proper use of equipment, i.e. boat/motor, Skidoos, generators, gas stove, lamps, chainsaws, sleds and other miscellaneous items is mandatory.

The Country Foods Program has procedures and guidelines to regulate and redistribute wildlife and its products to members of the community. It also provides assistance to

NCN Citizens who wish to offer their hunting expertise and skills to provide country foods to those who are incapable of providing wild food for themselves.

*The Country Foods Program will reimburse expenses related to collection, storage and processing of foods to those NCN Citizens who bring fresh food from neighbouring resources to our distribution centre provided it meets our definition of fresh food guidelines and standards of the program.*

# BE WISE, IMMUNIZE



## Is your child in grade 6?

Public health is booking appointments for children to receive their school immunizations.

What is the recommended immunization schedule for sixth grade children?

- ✓ **Men-C-ACYW-135** (Meningococcal Conjugate Quadrivalent)
- ✓ **HB** (Hepatitis B)
- ✓ **HPV** (Human Papillomavirus)
- ✓ **Flu** (Influenza) All Manitobans 6 months of age and older are eligible for influenza vaccine each year.

**What if my child misses one or more doses of a vaccine offered as part of the School Immunization Program; will he/she still be eligible?**

Yes. If a child misses one or more doses of any school immunization program vaccines, the vaccine(s) can still be offered free-of-charge.

**What do I do if a vaccine is missed?**

You can call the Family Community Wellness Centre public health office and ask for your child's immunizations to be reviewed by a public health nurse, then an appointment can be scheduled.

**Why should my child get immunized?**

Immunization is the best way to protect your child against serious, and potentially fatal infections. Vaccines help your child's immune system to recognize and fight bacteria and viruses that cause disease.

**Make sure your child's immunizations are up to date by calling:**



Nisichawayasihk Cree Nation  
**FAMILY AND COMMUNITY  
Wellness Centre<sup>inc.</sup>**

Public Health Office  
**(204) 484-2341 ext. 131**

- Parents to book appointments with Public Health office
- Rides provided
- COVID-19 precautions to be followed @ FCWC
- Screening upon entering the building, wear a mask, hand sanitize, and social distance
- Stay home if you are sick

## Is your child in grade 8 or 9?

Public health is booking appointments for children to receive their school immunizations.

What is the recommended immunization schedule for eighth and ninth grade children?

- ✓ **Tdap** (Tetanus, Diphtheria, Pertussis)
- ✓ **Flu** (Influenza) All Manitobans 6 months of age and older are eligible for influenza vaccine each year.

### What if my child misses one or more doses of a vaccine offered as part of the School Immunization Program; will he/she still be eligible?

Yes. If a child misses one or more doses of any school immunization program vaccines, the vaccine(s) can still be offered free-of-charge.

### What do I do if a vaccine is missed?

You can call the Family Community Wellness Centre public health office and ask for your child's immunizations to be reviewed by a public health nurse, then an appointment can be scheduled.

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- Screening upon entering the building, wear a mask, hand sanitize, and social distance
- Stay home if you are sick



# After Hour Emergency Transportation

**SUBJECT:** After Hour Emergency Transportation

Please adhere to PPE Protocol at all times. Ekosani!



**Return em'  
Bin em'  
But Don't  
LITTER**

**Please return empty  
cans to the vendor  
and help keep our  
community beautiful.**

Nisichawayasihk Cree Nation Chief and Council are reminding Citizens to keep our community clean and safe. Empty beer cans and litter have recently been reported in our community, schools playgrounds and public outdoor spaces, posing a health and safety risk to children and others.

**DON'T LITTER OR TOSS TRASH.**

This is not the way of our Nehetho teachings. Please respect the land and waterways and the health of our Citizens.



Nelson House  
MEDICINE  
LODGE

**DEALING  
WITH ADDICTIONS?  
call (204) 484-2256**

## Nelson House Medicine Lodge Intake Dates

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

August 23 – August 27, 2021 Admin Week

**Men:** October 25 – December 17, 2021



# New in NCN This Year! 2021 Summer Sports Camps

This summer the NCN Wellness Centre NCNWSA will be having SUMMER SPORTS CAMPS for the NCN Wellness Sports Association, our Inaugural SUMMER SPORTS CAMP will have activities that promote and develop key athletic attributes such as confidence, teamwork, basic motor skills, communication and multi-sport skills. We've adapted

our camp programming to be suitable for the current environment and adhere to the Province of Manitoba's guidelines on preventing any potential spread of COVID-19, including physical distancing and sanitizing equipment. We will share details on enhanced safety measures with all those who register for camp.

## When?

July-September (Running during the week 1:00 – 4:30 p.m.) Registration Deadline: July 5, 2021.

Continued on page 10



**NCNWSA**  
NCN Wellness Sports Association

## SUMMER 2021 DROP-IN ACTIVITIES

**Open Gym time will be available for Citizens that want to drop-in and stay active. We welcome you to come out and play on any of the evenings listed below!**

Available once COVID restrictions allow. Watch for more details. Locations are to be determined but may include the Multi-plex and OK School Gym.

<b>Monday</b>	
• Youth Basketball (17 & under)	5:00 – 7:00 pm
• Adult Basketball (18+)	7:00 – 9:00 pm
<b>Tuesday</b>	
• Open Gym	5:00 – 7:00 pm
• Adult Open Gym (18+)	7:00 – 9:00 pm
<b>Wednesday</b>	
• Youth Basketball (17 & under)	5:00 – 7:00 pm
• Adult Basketball (18+)	7:00 – 9:00 pm
<b>Thursday</b>	
• Open Gym	5:00 – 7:00 pm
• Adult Open Gym (18+)	7:00 – 9:00 pm
<b>Friday</b>	
• Schedule times to be determined	

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Find out more at  
**ncnwsa.com**



## NCN 2021 SPORTS LEAGUES

### FUNdamentals (Ages 8-12)

This is a great program is for kids ages 8-12 to come out and learn from our coaches about sports and participation in activity.

**Weekdays (Monday to Friday)**

**Soccer:** 12:00 – 1:20 pm  
**Basketball:** 1:30 – 2:50 pm  
**Baseball:** 3:00 – 4:20 pm  
**Soccer:** 4:30 – 5:50 pm

### Teen Leagues (Ages 12-14, 15-17)

Keeping teens active in sport and developing is key to their health and development. The NCNWSA offers a variety of sports that are fun and great fitness.

**Weekends (Saturday and Sunday)**

Times and locations TBD, based on registration sign-up.

**Basketball**  
**Baseball**  
**Volleyball**  
**Soccer**

### Adult Leagues (Ages 18+)

Enjoying sport through adult years is important for active lifestyles and health. Come out and enjoy, fun, recreational and engaging sport while taking part in building new and existing friendships.

Dates, times and locations TBD, based on registration sign-up.

**Basketball** (Tuesday, Thursday and Sunday)  
**Baseball**  
**Volleyball**  
**Soccer**

Locations to be determined but may include the Multi-plex, OK School Gym, baseball diamonds, basketball courts and parks (On rainy days can go to the Gilbert McDonald Arena or Duncan Wood Complex)

**SIGN UP BY JULY 5, 2021!**  
Check back to the website for league start dates/times  
**ncnwsa.com**

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Wellness Centre



## Where?

Locations to be determined but may include the Multiplex, OK School Gym, baseball diamonds, basketball courts and parks (On Rainy days activities will be moved to the Gilbert McDonald Arena or Duncan Wood Complex)

## Who can join?

There will be different age groups, we will have 8-12 years old, 13-15 and then the older teens will have a scheduled time in the evening

### The Summer Camp includes:

- Sports including: Badminton, basketball, volleyball, flag football, and baseball;
- Reaction and communication games: dodgeball, Spike ball, swimming, games,

Continued on page 22



# NCN 2021 SUMMER SPORTS CAMP

**Join us this summer for an exciting variety of sports and activities in NCN including badminton, basketball, volleyball, flag football, baseball, dodgeball, spike ball, swimming, games, arts & crafts, and more!**

**BBQ every Friday and  
snacks/lunch provided daily**

We will be adhering to the NCN and Province of Manitoba's COVID-19 guidelines and regulating small alternating groups.

## WHEN?

July-September (Weekdays - 1:00 - 4:30 pm)

## WHERE?

Multiplex, OK School Gym, baseball diamonds, basketball courts and parks

## WHO?

Older teens will have a scheduled time in the evening.

Register for **FREE**  
by July 5 at  
**ncnwsa.com**



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FAMILY AND COMMUNITY  
Wellness Centre Inc.



## SPRING ACTIVITIES

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A	Y	O	I	A	K	Ā	A	I	K	P	U	T	K	W	NAMATINIK Left	ĪSKWAYAC Last	CIMISISIW Short
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I	I	H	T	A	W	S	T	K	H	I	A	N	W	C	PATIMA After	MISIKITĪW She/he is big	IWI OTOTIMIT Friendly
T	S	K	O	Y	Z	C	K	I	O	K	S	M	I	W	NAKĪS Later	KAYASIW Old	WANTIPISKAW Dark
N	I	A	T	A	H	P	O	W	M	S	A	K	G	K	ATI WĪHKATĀW Later on	KISIWIW Loud	
A	W	K	I	S	I	W	I	W	A	A	I	T	I	K			
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- Choose an open field and run around with the kids to try and get their kite up in the air.
- Springtime means you can head outside for an epic, neighbourhood round of hide-and-seek!
- Make a bird feeder or try painting a birdhouse, which you can purchase at your local craft store.
- Spend an afternoon riding the bike trails in your local area.
- All of the ducks and other birds are heading back home, so bring a bag of bread to a pond near you and feed them a tasty snack.

## A black and white line drawing of a boy jumping rope in a garden. In the background, there is a castle-like house with multiple towers and a flag. A small dog is running towards the boy. The scene is filled with flowers, bushes, and a large sun in the sky.



# A Terrible Threat to NCN Waterways

Zebra mussels are an invasive species that were first found in Manitoba in 2013. Just seven years later, they have spread through the entire length of the Nelson River, and were documented in Sipiweesk Lake, north of Cross Lake, last summer.

They are not yet in the waterways in the Nelson House area, and it's up to NCN Citizens to keep it that way.

"Once people understand the risk, and that they can actually do something about it, they're on board," says Chris Smith, president of Citizens for Protecting our Northern Waterways (CPONW). "So our biggest challenge is awareness, and we have to get the word out."

Zebra mussels are native to southern Russia and Ukraine. They are the size of a fingernail with dark zig-zagged stripes on the shell. They attach to hard surfaces and accumulate in huge numbers, enough to impact fish species, plant communities and water clarity. Once they are established, they cannot be destroyed.

Zebra mussels, and their microscopic larvae, naturally spread with the current. Once the species made its

way into Manitoba, and into Lake Winnipeg, it was only a matter of time before it would appear in the Nelson River.

But they'll only make their way into Nisichawayasihk Cree Nation waterways if people give them a ride by not thoroughly cleaning their watercraft, including motor boats, canoes and equipment after visiting sites that already have zebra mussels.

"They present three main pillars of concern. First there's the ecological damage and the way they throw off ecosystems. Next is the economics, because they plug municipal water intake pipes, infrastructure and boat motors. And the social impact is that they smell, they're sharp, the beaches are cluttered with them, the shoreline experience is not nice."

The provincial government has set up several mandatory

inspection and decontamination stations, including just north of The Pas and at Grand Rapids. There's also a fining system in place for those who don't follow the rules.

Unfortunately, these stations aren't available 24/7, which means it's crucial for all fishers and boaters to thoroughly clean after every excursion, and to remind visitors to do the same.

"It's the Clean, Drain and Dry method. You've got to take the plug out, drain it all out, and then dry off your boat and equipment with a cloth. It's an extra step, but we have to be aware and take responsibility to protect our waters."

Smith says he remembers walking

along his favourite shoreline on Lake Winnipeg as a kid, and was devastated to see what's become of it now that zebra mussels have taken over.

"There are clean-up crews cleaning up the beaches, they're all wearing water shoes to avoid getting cut up by these shells. They're nasty things. They really make a terrible mess of it."

NCN Councillor Ron Spence urges all NCN Citizens to be vigilant about zebra mussels.

"Keeping our waters clean will be because local residents have taken it on as a personal responsibility," Spence says. "We have always been stewards of nature, and we have to adapt that tradition to this new challenge. We have to maintain the integrity of our natural waterways, for our children and grandchildren."

For more information, check out

[zebramusselprevention.com](http://zebramusselprevention.com) or [Manitoba.ca/stopais/](http://Manitoba.ca/stopais/)

You can also contact Don Macdonald, who represents CPONW in Thompson.

## Prevent zebra mussels

When leaving the water:

- clean, drain and dry all items
- remove drain plugs
- dump water from buckets and pails, then dry
- pontoon/float water cannot be pumped out directly into a water body
- dispose of bait in the trash
- decontaminate before moving into new water

**Remind your friends and family about the dangers of zebra mussels!**



**Solutions below to puzzles on previous page**

**WORDSEARCH:**

<ḡḃ ṛ >ḡṫḏ payākwasi āyamiwina

Common words/Simple commands



# Ending a Cycle of Colonial Trauma

By: Zach Anderson

## Nisichawayasihk Man Zack Anderson Shares Inspiring Story of Achievement

I am currently 24 years old. I am an ithiniw napiw (Cree man) from Nisichawayasihk and Opipinapiwin Cree nations. I am also Anishinaabe from Gull Bay, Ontario on my father's side. I grew

up in Winnipeg but was born in Ontario. My great mooshom was Basil Colomb and my Great nohkom was Katherine Taite/Colomb.

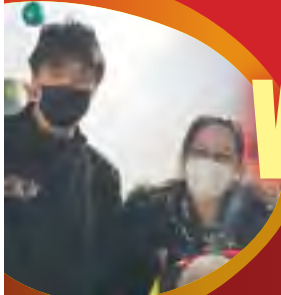
So my academic journey really began in 2018. Throughout junior high and high school, I always had a hard time fitting in and being a studious person. I grew up in poverty and have faced all the barriers that

come with it. I believe this is the number one reason for my hardships. In fact, I did not graduate from high school. Instead, I dropped out and ended up going back and graduating from an adult education centre here in Winnipeg. In 2018, I graduated with my grade 12 diploma and immediately applied to attend post-secondary that same year at the University of Winnipeg. I never took any breaks and continued through a 3-year degree with a major in Indigenous studies. I finished the degree in two and a half years. I always wanted to become a lawyer and because I belong to a hereditary, I am connected to this bloodline through my nohkom Irene Colomb. This fact can be traced through that side of my family from 5-6 generations ago. I feel a very strong sense in becoming a better person and ending this cycle of colonial trauma within my family and hopefully impact those around me.


**I come from a very humble beginning and upbringing. I feel a very strong sense in becoming a better person and ending this cycle of colonial trauma within my family and hopefully impact those around me.**

a very humble beginning and upbringing. I wish to become a lawyer for two reasons: to learn, practice and bring the knowledge back to our Cree Nation to further empower our people and to make a statement to the ones that don't think they can. Yes you can! I would like to thank Tracey Anderson, Kathi Kinew, Jody Schweid, Lisa Kinew, Danielle H. Morrison, Jade Monkman and all my relations! The support from these individuals has been more valuable than time itself. Kinanaskomitinawaw, Ekosi.






**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





# 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

You are important.

**ATTENTION NCN Community members:**

## Are You Pregnant or a New Mom?

*Be Prepared  
Be Educated  
Be Confident!*

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

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

**REFERRAL SERVICES OFFERED**

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

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

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

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

- Blood work
- Pap smears
- Urinalysis
- Oral glucose tolerance test

They will also help you understand:

- Routine prenatal care for you and your baby
- Importance of breastfeeding

**FAMILY AND COMMUNITY Wellness Centre**

## 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**  
Interim Program Coordinator  
Aboriginal Diabetes Initiative

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

**FAMILY AND COMMUNITY Wellness Centre**





# 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



# School Faces Closures as Year Winds Down

By: Matilda Gib, OK School Principal

As the 2020-2021 is quickly drawing to a close, and with the uncertainty as to whether our school's will re-open on May 17th, it is a time to reflect on several successes that we have achieved in the final third term. The interruption or in-classroom teaching was caused due to an active case of Covid-19 in the schools. The community went into lockdown to reduce the spread.

## Indigo Love of Reading Foundation Literacy Grant

Mrs. Tays and our Grade Four teacher Miss Ashley Boutin applied for a literacy grant from the Indigo Love of Reading Foundation

and were awarded a total of \$80,000 to be distributed over the next three years. The first installment of the grant was awarded to our school. A literacy committee was organized by our two Literacy coaches Mrs. Tays and Mrs. Monias and teachers from both schools enthusiastically joined the Literacy Committee. The committee discussed ways to invest the first installment and a unique suggestion was made to purchase a book vending machine and to fill it with books purchased from Indigo to sell to students and community members at a

minimal cost to encourage books to be purchased to enable parents and family members to read to their children and siblings in their homes.

The purchase of the book vending machine was substantial. To offset the cost the Literacy Committee wrote letters to local community organizations asking for their support. We are so grateful for the support and generous donations provided by the following local organizations:

- Nisichawayasi Nehetho Culture and Education Authority Inc.
- Wellness Centre
- Jordan's Principle
- Parks and Recreation







**Grade 8  
Graduation  
is  
Monday  
June 21, 2021**



# NNCEA Director of Education Report for April and May, 2021

Tanisi nitotimak! The snow is nearly gone! Spring has arrived. The lake usually opens up in May. The school year continues even though Covid-19 has hampered school operations big time. NNCEA has to make the best of it! We keep going and going until school is out on June 23rd. In the meantime, there's still much to do. When school re-opens, please, please send your children to school everyday. Lots of instruction time has been lost and every day at school matters!

For your information, the NNCEA Covid-19 guidelines process and procedures have been updated recently. They are included in this issue of Achimowina. Please review them and keep them for your reference. You can be reassured that NNCEA has put all the necessary Covid-19 precautions in place. Keeping our students and staff safe is a priority and what we must do. We try our best! So often, people are so eager to emphasize the negatives. There needs to be a balance. We should emphasize the positives more. I encourage you to try!

## School Board Operations

- Various meetings of the Board, Sr. Administration, Post-Secondary, NNCEA/ NHTA Liaison, etc. continue week to week

- In light of the covid pandemic, school operations continue. There was a NCN government imposed lockdown from April 5-13th, 2021, May 3-7, 2021 and May 10-14, 2021.
- It is hoped that negotiations with NHTA can begin soon and another contract can be settled
- An update on School evaluation recommendations and the two-year strategic plan will be provided at the AGA.
- The high school is scheduled to be ready for the 2021-22 school year in August 2021
- Latest topics in First Nations education include: Regional Education Agreements (REA), Bill 64, NCN Education Law (upcoming), etc.
- Official Nominal Roll stats for 2020-21 of 804.5 has been received: OK is 570.5, NNOC is 209 and ATEC is 25.

## Personnel Management

- Good news! Most of our teachers will be returning in 2021-22
- The NNCEA has Administrative salary grids in place now.
- NNCEA/NHTA Liaison Committee meets as much as possible to improve working relations
- Student/Staff Attendance in our system (has been a long term issue, not new) is of great concern and needs to improve. Covid-19 has been an absolute detriment!
- Working towards bringing in "HUMI," a HR program, which will bring NNCEA into the 21st century for Human Resources!

## Education Programs and Curriculum

- Nehetho Language and Culture Unit still working diligently.
- Nehetho Culture Camp construction is back on track as they are allowed to come and go on a daily basis now. The roads are in, site has been cleared, the exterior of the main building with a deck/wheelchair ramp is complete.

Next phase is to finish off the interior of the main building: plumbing, electrical and finishing touches.

- Jack Moore Cultural Program phase in has been worked out now
- Prep for transition to high school facility happening. Plan B has to be created in case there is a delay
- With the new high school set to open in 2021-22, the MSDP will be offered there.

## Finance and Budget

- The 2021-22 Budget has been balanced and has been approved by the Board and given to CnC
- NNCEA Finance meeting held prior to Board meetings.
- Status of NNCEA Audit 2020 is not complete yet. MNP Auditors waiting on other Band entities.

## Public Relations and Community Involvement

- Partnership with Teach for Canada (TFC) continues. Agreement for 2021-22 has been signed by all parties. Virtual FIT interviews (where partner participants do interviews with various teacher applicants to see if they'll fit into the database for our FN school systems) were held on April 28-30. NNCEA does not need that many teachers next year but still wants to assist TFC. Thus far, the partnership has been a valuable resource.

## Student Services

- NCN still has to provide lease info on sub-office in Winnipeg. Rent was raised to \$1,146.35 as of April 1, 2021. This was one major school evaluation recommendation that's been implemented. Other recommendations to be addressed.
- Next PSE Committee meeting scheduled for May 12 and 13, 2021 at AMEC to review funding applications has to be re-scheduled to a later time due to covid closures.
- Congratulations to Frederica Prince and Loretta Francois on their completion of the RISE program with the MFNERC!! They are now certified Resource Teachers. A virtual graduation is planned for their class on Saturday, May 8th, 2021 at noon on Facebook!

## Information Communications and Technology (ICT)

- Computer network being tended to regularly and going smoother! Fiberoptics available to NCN organizations now.

**The NNCEA Covid-19 guidelines process and procedures have been updated recently. Please review them and keep them for your reference. NNCEA has put all the necessary Covid-19 precautions in place. Keeping our students and staff safe is a priority and what we must do.**



Pretty soon Fiberoptics will be in our community areas too!

## Facilities

- This summer, to be on the safe side, exterminators will be called in to service our schools
- School signage to be put up at OK: syllabics; roman orthography; English whenever maintenance can install. Signs are here now. Renaming ceremony will be held too. This will get completed as soon as the weather warms up.

## Transportation

- Transition to employee status for bussing personnel transition plan was presented to Board in February 2021 and will be done.
- Preparations for the future regarding student bussing needs for the new high school on the horizon
- Preparations for school operations for the N-gr. 6 and Gr. 7-12 split have begun.

## Professional Development

- NNCEA staff (all teams) needs assessment of PD needs has

to occur: UDL; Cultural Competency; Computers, Lateral Violence; First Aid/CPR, etc.

- More PD for staff and utilize free workshops available through MTS, WEM, etc.

## General Comments


- Sadly, we lost a gr. 7 student, a long time teacher at OK this past while and other community members. Heartfelt condolences are extended to all the bereaved and to all those who's health is not the best!
- Wellness wishes to our NNCEA personnel (former/current): Mr. William A. Spence, Mr. Paul Bonner, Mr. Donald Hart, Mr. Donald Thomas, Ms. Angela Levasseur, Mr. William Dumas, take care!
- In light of Teacher Appreciation Day on May 4th, 2021, NNCEA thanks all our teachers and teachers everywhere for teaching to the best of your ability each and every year! We hope you appreciated NNCEA's act of kindness!
- School calendar for 2021-22 has been approved! Fridge magnets will be ordered/available in near future.

- More residents have received their MODERNA shots, right on!.
- Last block of the year is super busy!!
- Graduations upcoming in June too!
- Theme for the July 20th, 2021 NNCEA Annual General Assembly to be A Celebration of 40 Years of First Nations Control of First Nations Education at Nisichawayasihk, 1981-2021!! So, keep this date open so you can be present! If you wanna help, let me know.
- Summer holidays coming soon!




Congratulations to Frederica Prince and Loretta Francois on their successful completion of their RISE Program with the Manitoba First Nations Education Resource Centre cohort. Virtual graduation was held on facebook on Saturday, May 8th, 2021 at 12 noon. Both are certified Resource Teachers now!!!

To all NNCEA post secondary applicants. Be advised that due to covid, the post secondary committee has not met yet to review applications. It is hoped we can meet by the end of May and by mid June or sooner, you will be informed.



**Nisichawayasihk Cree Nation**  
*Culture and Education Authority Inc.*



## 2021-2022 SCHOOL YEAR CALENDAR

Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Aug 2021	29	30	31	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
Sep 2021	26	27	28	29	30	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
Oct 2021	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
Nov 2021	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
Dec 2021	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
Jan 2022	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
Feb 2022	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	1	2	3	4	5
	6	7	8	9	10	11	12
Mar 2022	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
	3	4	5	6	7	8	9
Apr 2022	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	1	2	3	4	5	6	7
May 2022	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	1	2	3	4
Jun 2022	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	1	2

DATE	SCHOOL CLOSURE
September 1-3, 2021	New Teacher Orientation
September 6, 2021	Labour Day Holiday
September 7-10, 2021	PD Days for all staff (4)
September 13, 2021	First Day of School
October 11, 2021	Thanksgiving Holiday
October 12-15, 2021	Flex Days (4)
November 11, 2021	Remembrance Day
November 12, 2021	Flex Day (1)
December 20, 2021	First Day of Christmas Break
December 31, 2021	Last Day of Christmas Break
January 3-4, 2022	Flex Days (2)
February 21, 2022	Louis Riel Holiday
March 21-25, 2022	Flex Days (5)
March 28-1, 2022	Spring Break
April 15, 2022	Good Friday Holiday
April 18, 2022	Flex Day (1)
May 20, 2022	Flex Day (1)
May 23, 2022	Victoria Day Holiday
June 29, 2022	Last Day of School
<b>OK School Term Dates</b>	
Term 1	September 7, 2021 – December 10 2021
Term 2	December 13, 2021 – March 18, 2022
Term 3	April 4, 2022 – June 29, 2022
<b>OK School Report Card Night</b>	
Term 1	December 8, 2021
Term 2	March 16, 2022
Term 3	June 8, 2022
<b>OK School Report Card Writing Day</b>	
1	November 19, 2021
2	March 4, 2022
3	June 3, 2022
<b>NNOC Report Card Writing Day</b>	
1	November 19, 2021
2	April 14, 2022
<b>NNOC Term Dates</b>	
Term 1	September 7, 2021 – February 4, 2022
Term 2	February 7, 2022 – June 29, 2022
<b>NNOC Report Card Night</b>	
Term 1 – Part 1	November 25, 2021
Term 1 – Part 2	February 15, 2022
Term 2 – Part 1	April 21, 2022
Term 2 – Part 2	June 29, 2022
<b>Kindergarten Graduation</b>	
Grade 6 Farewell	June 24, 2022
Grade 12 Graduation	June 27, 2022
	June 28, 2022

193 days x 5.5 hours = 63,690 minutes  
178 days x 6 hours = 64,080 minutes  
NNCEA School Board Motion #2021-04-20-11  
Note: Students will not be marked absent for spring hunting and cultural activities



# Report on Nihitho Language and Culture Unit

*Submitted by: Director of Education Gail Gossfeld-McDonald, NLCU Director Wm Elvis Thomas and NLCU Coordinator William Dumas, on behalf of the NLCU Team.*

The Nihitho Language and Culture Unit (NLCU) was created as part of the Planning Alternative Tomorrows with Hope (PLAN) from the NNCEA. The PATH was developed to serve as a guide as the NCN community creates a solid foundation for education in language and culture. The NLCU serves as a resource foundation to ensure NNCEA will have a solid language and culture program moving forward.

During the first two years of the NLCU, it received funding based on proposals to the Government of Canada: \$647,000 in 2016, and \$702,000 in 2017. Since then, thanks to pressure from the AMC/AFN Chiefs about parity funding, the NLCU now receives dedicated funding of about \$1.8 million per year. These funds are used to meet the mandate of the NLCU, following the PATH plan. Workplans and Budgets are reviewed, monitored and adjusted annually.

During this third year of the NLCU Project and the

seven-year timeline of the Nihitho Language and Culture Camp, the NLCU has been hampered significantly by COVID-19. Our smaller skeleton crew has often worked in self-isolation, but has achieved significant accomplishments over its first five years.

## Highlights

- PATH Plan was developed and implemented with MFNERC staff (George Ross, Sandy Robinson, William Dumas, Gail Gossfeld-McDonald, Wm. Elvis Thomas and the late George Ross) and NNCEA board members (Wanda Spence-Bunn, Felix Walker, Jackie Walker, Cheyenne Colomb and Barb Moore).

- First installment of funding established NLCU foundations, including hiring of staff and purchase of classroom materials such as kits, arts and crafts, outdoor education equipment (22 canoes, 44 paddles, 44 life jackets, cross country skis, snowshoes, etc), and technology such as cameras and recorders.

The NLCU serves as a resource foundation to ensure NNCEA will have a solid language and culture program moving forward.

- William Dumas was seconded from MFNERC to assist NLCU.
- Two technicians were hired to structure the PATH and foundation.
- With the dedicated funding of 2018, a workplan and budget was developed. It established the need for foundational curriculums for Nursery to Grade 3, and research into archive development.
- Curriculum writers were hired to indigenize curriculums.
- Resources were/are being developed to complement the curriculums.
- Partnerships developed with well-established Lac La Ronge and its Gift of Language and Culture Project, and with the Six Seasons Project.



NLCU Director Wm. Elvis Thomas

- Exploratory visits in Saskatchewan at Onion Lake FN Immersion School, Montreal Lake, Thunderchild, and Stanley Mission. Also attended two L&C conferences in Saskatoon.
- We have prioritized initiatives that are deliverable within the next 7 months to ensure we are within our annual budget.
- The 2021-22 Workplan is completed and ready to be implemented this fiscal year.
- Elders/Knowledge Keepers will report to work as COVID-19 restrictions allow: five to Language and Culture Unit, 4 to Granny/Grandpa Program, 4 to OK School, and 2 to NNOC. Larry Tait will facilitate their placements.

## Nihitho Language and Culture Camp

- Ground truthing and site selection by Chief, Council, and Lands and Trust occurred in 2018. Construction began on the camp then, and is expected to continue until 2025, due to budget planning. Year-round activities for all grade levels (Scope and Sequence), and accompanying binders, pilots and booklets were created.
- In 2019, the road to and site of the Culture Camp was cleared by NCLP and a culvert was installed. Scope and Sequence for Senior Years learning and land-based programming was developed.
- While COVID-19 restrictions have caused delay, progress continues in 2020/2021. NCLP put in the access road. Construction crews were hired and the main building has been completed. Arrangements have been made with contractors for plumbing, electrical and mechanical work,



- The upcoming final four years of the project will include construction of six cabins, informal instruction for kids, a naming contest and opening ceremony.

## Curriculum and Learning Resources

Curriculum creation is an intensive process. Each curriculum takes about one year to complete, with an additional six months required for proofreading and resource development.

- By July 30, 2021, all land-based education curriculums (senior, middle and early years) will be completed, and will begin pilot programs in the Fall.
- Cree Immersion curriculums from Nursery to Grade Two will be ready for pilot programs in the Fall.
- The third edition of the Wordlist should be printed within the year.
- Aboriginal Second Language Acquisition (ASLA) material is ready for use in all Nihitho classes.
- Three grade 5 teachers will begin piloting the book "Pisim Finds Her Miskanaw," with 20 electronic tablets and a teacher's guide.

## Partnership with the Six Seasons Project

- A mapping project of Rocky Cree Territory is being initiated.
- To date we have developed 600 pictorial language resources. The Pictionary is an ongoing project.
- The Cree syllabic chart has been reviewed and modified for classrooms. We now have a standard NCN asiniskaw ithiniwak syllabic chart that can be accessed for community use.

## Archive Work

- Ongoing archival and collections research into Rocky Cree belongings
- Ongoing research into resources for future resource library, digital archive approaches
- Ongoing grant research, proposal development and writing, including Digital Heritage Communities program and Library and Archives "Listen Hear Our Voices" program
- Omeka workshop for online exhibition creation
- Project outline development for 40th Anniversary of NNCEA and for digital knowledge portal.

Due to current limited human resources and funding, archival work has been put on hold to prioritize other deliverables of the Workplan and Budget.

# PROTECT OUR CHILDREN

## from COVID-19

It is up to all of us to keep our children safe and prevent the spread.



- Wash Hands often
- Clean surfaces
- Educate about safety
- Social distance
- Don't visit with others
- Sanitize
- Wear a mask when distancing is not possible

Teach them about safety and be a good example. Our children are vulnerable until they can get the vaccine.



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre



NISICHAWAYASIHK  
CREE NATION

# NNCEA

## AGA on July 20th, 2021



*Nisichawayasi Nehetho  
Culture and Education Authority Inc.*

NISICHAWAYASIHK CREE NATION

# ***Celebrating 40 Years of First Nations Control of First Nations Education (FNCFNE)***



- arts and crafts, and more;
- BBQ every Friday and snacks/lunch provided on the daily;
- Knowledge of sports and incorporating indigenous teachings into our days.

**What to bring:**

- Indoor shoes, clothes you would be able to run around in, water bottle and jacket or sweater depending on weather;
- Program details will be sent to participants parents via email/text upon registration.

**Benefits of Sport:**

- Be active in a fun way;
- Improve mental health (Better sleep, increased confidence);

- Healthy development for children and teens;
- SPORTS BUILDS LEADERS.

We will be having 10-12 participants per group, depending on Covid-19 Mitigation plans which may mean alternating groups based on number of registrations.

In addition to sports camps the NCNWSA will be holding free 2021 NCNWSA Sports Leagues, Drop-in Gym time and FUNdamentals for kids ages 8-12 to come out and learn from our coaches about sports and participation in activity.

Visit the website at [NCNWSA.ca](http://NCNWSA.ca) to register or learn more and get involved this summer!

**Need Oversized**  
**JUNK** **Pick UP?**

**RESIDENTIAL COLLECTION:**

- Oversized Items • Derelict Vehicles •
- Furniture • Metal items • Appliances •
- Large Equipment • And More •

Do you have scrap or junk in your yard that you can't move yourself?

**Call David Moose, NCN Fire Chief at 204-307-5090 or JP Levasseur, NCN Deputy Fire Chief at 204-307-1567** to arrange pick-up and disposal



**Help Make Our Community CLEAN AND GREEN!**



**GET FREE PRIZES!**

**Baby BOOST PROGRAM**

*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**  
Public Health Nurse

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





# Celebrating NCN Caregivers

Our NCN moms, kookums and aunties are the best! We are so grateful for their love and support all year round. It was great to celebrate them on their special day with our Mother’s Day contests!

**Best Moon Walk**

**29 and under**

- 1st Lillian Peterson
- 2nd Dinah Spence
- 3rd Priscilla Linklater

**40-49**

- 1st Nancy Spence

**Best Temper Tantrum**

**29 and under**

- 1st Hayley Moore

**30-39**

- 1st Gail McDonald

**40-49**

- 1st Vanessa Spence
- 2nd Freda Linklater
- 3rd Nancy Spence

**50-59**

- 1st Cathy Mcleod
- 2nd Melanie Spence
- 3rd Susan Wood

**60-69**

- 1st Dolly Francois
- 2nd Sharon Moose

**70+**

- 1st Cathy Bighetty

**Funniest Dance**

**29 and under**

- 1st Hayley Moore

**30-39**

- 1st Sunrise Nicholas

**40-49**

- 1st Vanessa Spence
- 2nd Nancy Spence

**50-59**

- 1st Melanie Spence
- 2nd Cathy Mcleod
- 3rd Susan Wood

**60-69**

- 1st Dolly Francois

**70+**

- 1st Cathy Bighetty

**Funniest Laugh**

**29 and under**

- 1st Lillian Peterson
- 2nd Hayley Moore
- 3rd Priscilla Linklater

**30-39**

- 1st Gail McDonald
- 2nd Corrine Hart
- 3rd Charlene Kobliski

**40-49**

- 1st Vanessa Spence
- 2nd Nancy Spence

**50-59**

- 1st Susan Wood
- 2nd Cathy Mcleod
- 3rd Melanie Spence

**60-69**

- 1st Dolly Francois
- 2nd Sharon Moose

**70+**

- 1st Cathy Bighetty

**Crazy Hair and Face**

**29 and under**

- 1st Katie Mcleod
- 2nd Priscilla Linklater
- 3rd Hayley Moore

**30-39**

- 1st Farrah Spence
- 2nd Tanya Hartie

**3rd Sunrise Nicholas**

**40-49**

- 1st Yolanda Osborne
- 2nd Vanessa Spence
- 3rd Nancy Spence

**Funniest Makeup**

**29 and under**

- 1st Lillian Peterson
- 2nd Katie Mcleod
- 3rd Daphne Larissa

**30-39**

- 1st Dawneen Francois
- 2nd Farrah Spence
- 3rd Sunrise Nicholas

**40-49**

- 1st Nancy Spence
- 2nd Nellie Bonner
- 3rd Freda Linklater

**Best Rooster Call**

**50-59**

- 1st Melanie Spence
- 2nd Susan Wood
- 3rd Laura Hart



Continued on page 24

