



OKIMAHKAN OTYAMIWIN FROM THE CHIEF Managing Moose Populations – Hunters Responsibility

KITITAHWINAOW ACHIMOWIN COMMUNITY

Youth Wellness Gathering Huge Success NCN Traditional Powwow 2021

14

AUGUST/SEPTEMBER 2021

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A group of about ten Elders, and Councillors Ron Spence, Cheyenne Colombe, Jeremiah Spence, and Willie Moore, made presentations at last month's Summit of Treat 5 Sovereign Nations in Cumberland House, SK.

REIGN

The Summit of Treaty 5 Sovereign Nations

Last month, a group of NCN Citizens attended the Summit of Treaty 5 Sovereign Nations in Cumberland House, Saskatchewan.

Attendees included a group of about ten Elders, and Councillors Ron Spence, Cheyenne Colombe, Jeremiah Spence, and Willie Moore, who also presented at the Summit.

"There's a lot of work to be done for Treaty 5. From Ontario and right across to Alberta, the goals are the same, so sharing our knowledge and wisdom and successes is helpful," says Councillor Ron Spence. "The government isn't upholding its responsibilities, so the better we come together as a collective, the stronger we are."

Topics over the three-day event included self-government models, treaty annuities and sharing of wealth, Crown-First Nation coexistence and fiscal relations, Treaty 5 constitution, Onasiwaokamik (Law Lodge), and First Nation ownership of natural resources.

While Spence enjoyed learning about the history of the Cumberland House area, he was most inspired by learning

more about the history of the Treaties.

"I realized we need to develop a curriculum of our own about our own history, not the version from when the Europeans came over. I mean our background, our surroundings, our way of life before settlers came," Spence says. "Students today don't know what things looked like here in NCN before the flood. They don't know what our natural beach looked like. It must be difficult for them to feel connected to their surroundings."

The Summit of Treaty 5 Sovereign Nations is an annual event hosted by a different First Nation every year. Cumberland House Cree Nation is a Swampy Cree First Nation on the eastern border of Saskatchewan, four hours west of The Pas.

Chief and Council



Top from left to right: Jeremiah Spence, Jackie Walker, Willie Moore, Ron Spence Bottom: Cheyenne Spence, Chief Marcel Moody, Vice-Chief Cheryl Moore

okimahkan oty'amiwin From the Chief

NCN Hunters Asked to Manage Moose Populations

In 2015, The Wildlife Society declared that Manitoba's moose population was about 20,000. That's less than half of what it once was. Many experts suggest that number is even lower now. There are many reasons for this decline in population. Diseases like bovine tuberculosis and chronic wasting disease are increasing, as are winter tick and brain worm, which is fatal for moose. Their habitat is under threat too, losing land base to development, increased roads, more traffic and more recreational vehicles offroading. But many Elders, locals and officials say the real problem is non-traditional hunting methods and poor harvesting practices. "It's up to every one of us to ensure there will always be a moose population to enjoy," Councillor Ron D. Spence says. "The moose hunt was an essential part of survival for generations past, and it's an important tradition for us now. We have to make sure it is available for our future generations, too." It is important to take only what we need and to share the bounty of the hunt with others to ensure nothing is wasted. Killing for sport is not a concept our ancestors would appreciate, nor will our children and grandchildren. It is important to use safe,

proper techniques to ensure the preservation of the herds. If you have friends or family who invite you to hunt at night, use spotlighting, kill cows or calves, or bag more than can be used, you have a responsibility to speak up. All NCN Citizens are responsible for proper moose conservation and management. "It is disrespectful to our ancestors, to the land, and to the Creator when we waste these precious animals. It is not the Nehetho way," says Spence. "Please remember that cows produce the herds. If you take the cow, you're affecting the moose population for decades into the future. Take only what you need, make a quick clean kill, and above all, stay safe." OKIMAHKAN OTY'AMIWIN FROM THE CHIEF Recognizing Safe Travel due to Covid-19 PUSIKONISOWINI ACHIMOWIN BUSINESS What Your Community Has To Offer 2 21 KITITAHWINAOW ACHIMOWIN COMMUNITY School Zones 30 km Speed Limits 3 H

How to Protect the Moose Population

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

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

Please Respect the COW MODSE

She is necessary for a healthy moose population.

KNOW THIS BEFORE YOU PULL THE TRIGGER..



YEAR 10

Manitoba Department of Sustainable Development This message is brought to you by the Nisicha Cree Nation Land Guardians & Resource Mana Board and NCN Chief and Council.

NO MOOSE!

Nord and NCN Chief and Council. Managing our own resources for tomorrow's future is ritical to ensure our natural wildlife is there to always be njoyed. Be a selective and responsible traditional hunter ind take only what you need.





Reminder of School Zones Speed Limits

Please be advised, NCN Chief and Council Council and NNCEA school board are reminding drivers of the 30km speed limit in the school zones. Signs are in place to reduce the speed limit to 30 km/hr on the school road. Public works put up signs and RCMP law enforcement will be monitoring the area throughout the year. The limit is in place on school days, from 8:00 am to 4:30 pm, between September and June. The fines for speeding in a reduced-speed school zone are the same as other speeding offences. Help us ensure that the areas around our school remain safe for everyone.

NCN Acknowledges Vern Anderson



Vern Anderson has dedicated his life to helping others gain ground, move forward and succeed. NCN Chief and Council recognized him with a plaque to thank him for his service and acknowledge his achievements.

On September 21, he also received the Sovereign's Medal for Volunteers, part of the Canadian Honours System, to celebrate his hard work. It was presented by the Honourable Janice C. Filmon.

Anderson has raised funds for many organizations including Siloam Mission and Rossbrook House in Winnipeg. As a member of the Indigenous Advisory Council, he played an important role in Booth University College becoming

culturally competent with Indigenous culture. Closer to home, he has served as a community consultant for NCN, and has been especially helpful in delivering communications to off-reserve Citizens. "It is wonderful to see someone like Vern recognized in this way," says Chief Marcel Moodie. "He has always supported NCN Citizens and helped our Nation grow stronger. We are lucky to have his support and enthusiasm."

Anderson grew up in South Indian Lake, and later moved to Cranberry Portage, and graduated from Frontier Collegiate in 1984. He attended Brandon University through the PENT Program. Anderson has been recognized in the past for his hard work. In 2019, he was the recipient of the Frontier School Board's achievement award. Congratulations Vern, on this well deserved honour!

NCN Recognizes New Holiday: National Day for Truth and Reconciliation

Nisichawayasihk Cree Nation will honour National Day for Truth and Reconciliation by marking September 30th as a statutory holiday. The day will ensure NCN employees are now entitled to the following statutory general holidays with pay:

(h) Labour Day

(i) National Day for Truth

and Reconciliation

Thanksgiving Day

(k) Remembrance Day

(I) Christmas Day

(m) Boxing Day

- (a) New Year's Day
- (b) Louis Riel Day
- (c) Good Friday
- (d) Easter Monday
- (e) Victoria Day
- (f) Canada Day
- (g) August Civic Holiday

The National Day for Truth and Reconciliation, which is also known as National

Orange Shirt Day, is a day to honour survivors, their families and communities and commemorates the history and legacy of residential schools. It also demonstrates a commitment to reconciliation and affirms Every Child Matters.



Youth Wellness Gathering a Huge Success

Almost 200 young people attended the Nelson House Medicine Lodge (NHML) Youth Wellness Gathering August 23 to

26.

"This venture became bigger and began to take a life of its own, as other NCN organizations expressed interest in being a part of On August 23 to 26, almost 200 young people attended the Nelson House Medicine Lodge (NHML) Youth Wellness Gathering with a focus on addictions.

it," says Marilyn Linklater, who organized the event with her team. "Together we created an agenda with a focus on addictions." The Gathering began with the lighting of a sacred fire and pipe ceremony. The fire remained lit throughout the week, and tobacco ties were always available to offer prayers. There was a call for all Pipe Carriers, with Traditional Healer Andrew

Pelletier as Lead Pipe. The Pipe Carriers were offered tobacco to come each day to offer their prayers.

Keynote speakers and workshop sessions, which included topics such as art therapy, were well attended. A girl who participated in art therapy told her mother that she had "never felt so grounded, and it felt so good since she had lost many to suicide."

One of the highlights was the Naming and Sweat Lodge Ceremonies. Sweats were held every evening for all program

participants, many who were attending the sweat for the first time. One attendee was a young girl who requested healing prayers for her mother who is bound to a wheelchair.

Pelletier was busy throughout the Gathering, giving many children, youth and Elders their Spirit Names. He asked NHML





staff to commit to helping those who received their Spirit



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:

2021 INTAKE SCHEDULE

Women: August 30 – October 22, 2021 **Men:** October 25 – December 17, 2021



Names to show them how to feast their names each year, until they can do that for themselves.

At one point, he asked a group of children, lined up waiting for their names, why they were seeking their Spirit Names. Was it because their friends were doing it? Did they truly understand what it meant to receive their Spirit Name? One youth said he wanted to know who he really is. Another response was, "I want to know God and I want God to know me."

These responses reminded everyone that children must have the opportunity to know their culture.

The Gathering ended with a Round Dance

and Sweat Lodge Ceremony. The sweat lodge was built in front of the building. Its highly visible presence declared that our sacred ceremonies will no longer be hidden. In fact, a young man was passing by and saw the sweat lodge. He came in and asked for prayers and healing, which served as another affirmation that our children need our traditions.

"We want to express our gratitude and blessings to all the facilitators, and to our sponsors. We especially want to thank our participants, who showed their readiness to embrace wellness activities and programming for youth in NCN," says Linklater. "People were enjoying the spirit of community and did not want the event to end. This is only the beginning of better things to come as we strive towards making NCN better for all."





KEEP NCN



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

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.



Honouring NCN at City Centre Mall

A new monument to honour Nisichawayasihk Cree Nation, and acknowledge its territory and rights, will be displayed at City Centre Mall in Thompson. It will be unveiled at a dedication ceremony on Thursday, October 14.

The monument is a fivetonne rock, and will have a copper plaque inscription in both English and syllabics. It will be placed between the two wolf statues by the Safeway. The project is being funded by Strathallen, the City Centre Mall property owner. "This began with a bold vision from John Adriaenssens, the property manager, and Chief Moody, to promote reconciliation by engaging the people of Thompson, business owners and newcomers," says Shyanna Lynxleg, the MKO urban initiatives manager. "It will revitalize the relationships

between Indigenous peoples and nonindigenous people to build vibrant, resilient and sustainable community by focusing on a strong reconciliation vision."

"John reached out to me with this idea, and we talked about people and businesses striving toward reconciliation. This is the vision that took hold," says Chief Moody. "I think this will pay tribute to our people and serve as inspiration at the same time."

GRIEF OF LOSS

HELPING YOU DEAL WITH THE

Chief Moody, Adriaenssens, and other dignitaries will be on hand to celebrate the unveiling. A pipe ceremony and catered lunch are also being planned.

The Grief Recovery Seminar will guide you to reconcile your relationship to pain, isolation and loneliness caused by significant emotional loss. Discover and better understand your relationship with pain and the feelings that leave you emotionallyincomplete after the death of someone you cared for, a divorce or any other loss.

We are offering support for adults suffering from traumatic grief as a result of a loved one's death, separation or those reported missing. Your loss may have been months ago or years ago, but the pain can feel never ending.

Everything has to die for us to live.

Theresa Yetman and Ed Azure, *Certified Grief Recovery Specialist* Will Co-Facilitate the three-day Grief Recovery Seminar

If you have any questions, contact one of them at: (204) 679-1003 or (204) 996-2080



The stone monument being created will feature names going around the skirt and will include a Cree word "Sacred Child."

Grief Recovery Seminar

Find Life in Death

Location: Nisichawayasihk Family & Community Wellness Center

The first two days of the seminar will be held at the Wellness Center and on the third day the sweat lodge ceremony will be near the Education Administration building.

Dates: October 1-3, 2021

Time: 9:30 am-4:30pm

To register contact: Councilor Jackie Walker NCN Government Office Cell (204)679-2121 or Email

SUMMER SCENE

WORDSEARCH: סא minisa Berries

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MASKOMINAXAKTVA Dry berries	

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

TROPICAL ANIMALS AND BIRDS – CROSSWORD PUZZLE

What's your favourite animal, and what's your favourite bird?

Fill in the crossword puzzle with the numbered animals and birds.

When you're done, colour all the animals in whatever colour you think they should be. Have fun!

Did you know that giraffes are the tallest land animal? Or, that the African bush elephant is the heaviest land animal?

Find out some interesting facts about some of the other animals or birds in this crossword puzzle.



NNCEA School Board Meeting Dates for 2021-22

At a duly convened meeting in August 2021, a motion was passed to hold Regular meetings of the Board on the last Tuesday of the month at 5:00 p.m. at the AMEC Boardroom unless modified and notice shall be provided. Special Board meetings will be held as needed. Public is most welcome to attend. Please refer to the Meeting protocol that is in place.

- Tuesday, September 28, 2021
- Tuesday, October 26, 2021

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A		HO			D (<u>(</u>		October 12-15, 2021
								November 11, 2021
		CAL	ENI	JAR				November 12,2021
Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat	December 20, 2021
Aug 2021	29	30	31	1	2	3	4	December 31, 2021
Aug 2021	5	6	7	8	9	10	11	January 3-4 , 2022
Sep	12	13	14	15	16	17	18	February 21, 2022
2021	12	20	21	22	23	24	25	March 21-25, 2022
2021	26	20	28	22	30	1	2	March 28-1, 2022
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	6	7	8	9	10	11	12	NNOC Report Card V
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	27	28	1	2	3	4	5	
Mar 2022 20 27	6	7	8	9	10	11	12	NNOC Term Dates
		14	15	16	17	18	19	Term 1
	-	21	22	23	24	25	26	Term 2
	28	29	30	31	1	2		
Apr 10 2022 17 24		4	5	6	7	8	9	NNOC Report Card N
	-	11	12	13	14	15	16	Term 1 – Part 1
		18	19	20	21	22	23	Term 1 – Part 2
		25	26	27	28	29	30	Term 2 – Part 1
24 1 May 8 2022 15 22		2	3	4	5	6	7	Term 2 – Part 2
		9	10	11	12	13	14	
		16	17	18	12	20	21	Kindergarten Graduati
			24					Grade 6 Farewell
Jun 2022 -		23		25	26	27	28	Grade 12 Graduation
	29	30	31	1	2	3	4	193 days x 5.5 hours = 63
	5	6	7	8	9	10	11	178 days x 6 hours = 64,0
	12	13	14	15	16	17	18	NNCEA School Board M
	19	20	21	22	23	24	25	Note: Students will not b
	26	27	28	29	30	1	2	spring hunting and

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
OK School Term Dates	
Term 1	September 7, 2021 – December 10 2021
Term 2	December 13, 2021 – March 18, 2022
Term 3	April 4, 2022 – June 29, 2022
OK School Report Card Night	
Term 1	December 8, 2021
Term 2	March 16, 2022
Term 3	June 8, 2022
OK School Report Card Writing Day	Neurard au 10, 2021
1	November 19, 2021
23	March 4, 2022
3	June 3, 2022
NNOC Day and Cand Whiting Day	
NNOC Report Card Writing Day	November 10, 2021
2	November 19, 2021
2	April 14, 2022
NNOC Term Dates	
Term 1	Santambar 7 2021 Eabruary 4 2022
Term 2	September 7, 2021 – February 4, 2022 February 7, 2022 – June 29, 2022
	1 COLUMIY 1, 2022 - JUNE 29, 2022
NNOC Report Card Night	
Term 1 – Part 1	November 25, 2021
Term 1 – Part 1	February 15, 2022
Term 2 – Part 1	April 21, 2022
Term 2 – Part 2	June 29, 2022
Kindergarten Graduation	June 24, 2022
Grade 6 Farewell	June 27, 2022
Grade 12 Graduation	June 28, 2022
	June 20, 2022
193 days x 5.5 hours = 63,690 minutes	ELEBRATIA
178 days x 6 hours = 64,080 minutes	"Celebrating
NNCEA School Board Motion #2021-04-20-11	40 Years of First
Note: Students will not be marked absent for	Nations Control of
spring hunting and cultural activities.	Education"

TROPICAL ANIMALS AND BIRDS – CROSSWORD PUZZLE ANSWERS

1. Sloth	2. Flamingo	3. Toucan	4. Monkey	5. Tiger	6. Crocodile	7. Chameleon
8. Lemur	9. Elephant	10. Parrot	11. Zebra	12. Giraffe	13. Lion	14. Hippo

- Tuesday, November 30, 2021
- Tuesday, December 14th, 2021(due to Christmas holidays)
- Tuesday, January 25, 2022
- Tuesday, February 22, 2022
- Tuesday, March 15, 2022 (due to Spring Break)
- Tuesday, April 26, 2022
- Tuesday, May 31, 2022
- Tuesday, June 28, 2022
- Tuesday, July 26, 2022 (tentative date for NNCEA's Annual General Meeting)
- Tuesday, August 30, 2022

COMMUNITY MEMBERS ARE MOST WELCOME TO COME LISTEN AND LEARN ABOUT WHAT'S HAPPENING IN EDUCATION IN YOUR COMMUNITY!!

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

If anything changes, it will be posted on the NCN website and social media.

Solutions below to puzzles on previous page



SEPT 23, 2021

SEPT 30, 2021

OCT 7, 2021

OCT 21, 2021

OCT 28, 2021

NOV 4, 2021

NOV 18, 2021

NOV 25, 2021

DEC 2, 2021

DEC 9, 2021

DEC 16, 2021

JAN 6, 2022

JAN 13, 2022

JAN 20, 2022

JAN 27, 2022

FEB 3, 2022

NOV 10, 2021 (WEDNESDAY)

NO CLASSES FOR BREAK

Strengthening our Skills – After School Programming DATES FOR AFTER SCHOOL PROGRAMMING TUESDAY

NO PROGRAM

SEPT 28, 2021

OCT 5, 2021

OCT 19, 2021

OCT 26, 2021

NOV 2, 2021

NOV 9, 2021

NOV 16, 2021

NOV 23, 2021

NOV 30, 2021

DEC 7, 2021

DEC 14, 2021

JAN 11, 2022

JAN 18, 2022

JAN 25, 2022

FEB 1, 2022

NO CLASSES FOR BREAK

NO CLASS FOR BREAK

NNCEA will be implementing after school curriculum related programming for all students who wish to attend. NNCEA is taking these steps to strengthen the skills of our students in the related fields of English, Mathematics, and First Nations Culture. After school programming will allow our students to have additional exposure to curriculum related topics as well First Nation's perspectives.

After School Programming: Occurs every Tuesday and Thursday after school for 1 hour and fifteen minutes. For OK students learning will occur from 3:45 pm – 5:00 pm and for NNOC students 4:00 pm – 5:15 pm.

Transportation: Buses will be available to students for after school programming. Buses will transport all cohorts at once at 5:15 pm.

Cohorts: After school programming will be available to grades 1-12 and MSDP. Cohorts will be created for grades 1-3, 4-6, 7-9, and 10-MSDP. Each cohort will allow a maximum of 10 students to participate on a first come first serve basis. Cohorts may be modified to accommodate registration.

Nutrition: NNCEA will provide snacks and beverages for all students for after school programming.

If you are interested in enrolling your student for after school programming, please phone your respective school to register. OK School – 204-484-2242

NNOC - 204-484-2602

Employment Opportunities

ONE GRADE FIVE TEACHER FOR OK ELEMENTARY ONE RESOURCE TEACHER FOR NNOC HIGH SCHOOL FOR 2021-22

EMPLOYER: Nisichawayasi Nehetho Culture and Education Authority Inc.

(NNCEA), Nelson House, Manitoba

POSTED: August 31st, 2021

CLOSING DATE: Open until filled

INTERVIEWS: As suitable applications are received **START DATE:** ASAP

GENERAL RESPONSIBILITY: A grade 5 teacher is required for the elementary school on a full time basis AND a qualified Resource teacher for the high school for the 2021-22 school year.

QUALIFICATIONS:

- Minimum of Bachelor's degree in education with successful, applicable experiences
- A Manitoba Teacher's Certificate or eligibility for teacher certification in Manitoba

Knowledge of Nihitho (Cree) language and culture/ FN school systems in Manitoba are definite assets

SUCCESSFUL CANDIDATE SHOULD POSSESS THE FOLLOWING:

- The ability to teach with minimal direction in a fastpaced, unique school environment.
- Professionally updated and aware/usage of current educational trends: planning and preparing, trauma informed schooling, record keeping, cume files, attendance registers, classroom management plans, PLC's, UDL, differentiation of instruction, assessment for/as/of learning, Dadavan, inclusive classrooms, remote learning, etc.
- Able to take direction, model a positive work ethic, promote parental involvement and maintain confidentiality

Must have both Covid-19 vaccinations

If interested, please send a cover letter, an updated resume and three references asap to: NNCEA
AMEC, Nelson House, Manitoba

Ph. 204-484-2095

Fax: 204-484-2257

Email: hrunit@nncea.ca

ONLY THOSE SELECTED FOR AN INTERVIEW WILL BE CONTACTED

Tentative start date for new staff is September 1st, 2021 NB: Employment dependent on submission of a clear Child Abuse Registry Check AND a clear Criminal Record Check OR Vulnerable Sector Check



Message to All NNCEA Parents/Caregivers and NCN Community from NNCEA Director of Education, Thursday, Sept. 2nd, 2021

Tanisi! Classses for OK/ NNOC will begin on Sept. 13th, 2021. Unfortunately, the new high school is not ready. The target date for its completion is early October. So, we have to wait until it is ready, a few minor hold-ups.

We are looking forward to another pleasant, positive, productive year! As of Sept. 1st, 2021, NNCEA is officially 40 years old! We are proud of all the progress that has transpired thus far. NNCEA will continue to prosper, get bigger and better in the years ahead. Cheers to 2021-22 and 2021-2061!!!

Covid-19 has not disappeared and the delta variants are on the rise. We must carry on with the provision of educational service as best as we can! In the latter part of August 2021, the Province of Manitoba made it mandatory for teachers and all school personnel to be fully vaccinated by October 31st, 2021 or undergo regular covid testing. The Manitoba Teachers' Society is in full support of the provincial order. NCN Chief and Council are in the midst of finalizing a Mandatory Covid-19 Vaccination policy. Once done, it will be in effect for NCN.

Please continue to abide by all the recommended safeguards and limitations that have been put in place to guard us against this unpredictable virus: mask wearing, regular handwashing and sanitization, temperature checks, social distancing, etc. NNCEA has enacted various guidelines and procedures in order to keep our students and staff safe. How Covid-19 will affect us this year is an unknown, but we are certain that we will manage.

In the summer, much work was done on our facilities! We have to keep our schools and properties in good condition. Hopefully, the OK school leakage has finally been contained. Bussing Team (Bus Supervisor: Lisa Tracanelli; Mechanic: Francis Linklater; Bus Drivers: Jason Bonner, David Kobliski, Terrance Kobliski, Tyson Spence) are all permanent employees now! Welcome to NNCEA! The bus garage is much more pleasant to be in. Two new gas-powered buses will be delivered next week. Many more improvements are planned.

NNCEA welcomes back all returning staff and the new ones! We didn't lose many teachers and quite a few new positions (NP) were developed for this year. The orientation for new NNCEA staff was held on Sept. 1-3, 2021. All NNCEA staff to have their orientation on Sept. 7-10, 2021. Welcome to Eldon Okanee, new OK Principal; Sharon Linklater returning as the Attendance Improvement Officer (NP); Rena Scribe for gr. 1 Cree; Vicky Young, gr. 4; Claudia Neumann, gr. 4; Eulin Brown, gr. 5; Virginia Moose, Literacy Coach at OK/NNOC (NP); Georgina Moody, Numeracy Coach at OK/NNOC (NP); Susan Kobliski, Cultural Support Counsellor (NP); Tammy Long returning as .5 Resource Program Administrator and .5 Resource Teacher.

Welcome to Samantha Pike who is returning as the new NNOC Principal; Julia Bingham, gr. 7/8 split (NP), Sherene Whyte, NNOC Guidance Counsellor; newly certified Shannon Yetman; Cameron Jacobson, Industrial Arts (NP); Nicole Lundrigan, Cosmetology (NP); Priscilla Maud for MSDP (NP); Angela Levasseur returning as .5 Resource Program Administrator and .5 Resource Teacher.

Classes for the 2021-22 school year will start on Monday, Sept. 13th, 2021! OK begins at 8:30 and NNOC begins at 9 a.m. Stay posted on our website and facebook for on-going information!

NNCEA School Board meetings are now held on the last Tuesday of the month except in Dec. 2021 and March 2022. The next regular NNCEA school board meeting is scheduled for Tuesday, Sept. 28th, 2021 at 5 p.m. at AMEC. All meetings of the Board are open to the public. There's lots of room for your seating comfort. In this time of COVID-19, unfortunately gatherings will have to be limited with accommodations made. Ekosani!

NNCEA's Protocol for School Board Meetings

Once a month, a regular school board meeting is held on the last Tuesday of the month (except for December 2021 and March 2022, see the posting of meetings) at the AMEC Boardroom at 5 p.m. when NNCEA educational business is conducted. An agenda is provided.

The meeting is open to the community to observe and listen to the school board business. 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.

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

Participants need to be respectful when someone is speaking, please listen.

Complaints which involve school system students/ personnel and topics dealing with salaries, negotiations, teacherages and legal matters will not be discussed publicly. Complaints, as such, can be directed to the School/Senior Administration who has the responsibility.

Attendees may offer objective comments on NNCEA operations and programs when delegations have been

booked with the Director of Education, three work days prior.

Cell phones are to be silenced.

After a break, please return promptly.

For fire safety reasons, smokers must be 20 ft. from the meeting facility.

Children are to be accompanied by an adult who will oversee them.

Due to time constraints, comments are to be reasonable and limited.

No one under the influence of drugs and/or alcohol will be allowed at the meetings.

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 amap!

CITIZEN PROFILE



Blaine Prince

Life has had its twists and turns for Blaine Prince, but feeding people has always been the guiding factor.

Blaine grew up in many different places, including Leaf Rapids and North Battleford, as his mother, Carol Prince, worked different nursing jobs. He attended high school in Ottawa, Ontario, and began working in restaurants for his part-time jobs.

After 19 months cooking in Frobisher Bay (now Iqaluit), he returned to Manitoba to attend university, with the plan of becoming an English teacher. But during his last year, his mother opened the brand-new Personal Care Home in Nelson House, and asked him to become its first chef.

Shortly after that, Sodexo Canada approached him and asked him to work as a cook on the Wuskwatim Project.

"Those remote jobs are challenging. I remember one stretch of work was 53 days in a row. It's nice for the bank account, but pretty taxing mentally and physically," he says.

He stayed for six beneficial years. Not only did he successfully challenge for his Red Seal as a journeyman cook, he also met his wife, Rhonda, at camp. In 2013, he took the position of executive chef at Keeyask.

"That job was my baby. There were about 2,000 workers there, so I had a staff of about 120 in the kitchen. The hardest part was keeping staff. I was always training people and dealing with high turnover."

Rhonda and Prince married in 2016, and left camp life behind, moving to Thompson so he could take the role of executive chef at NCN's Mystery Lake Hotel. Later the following year, he returned to Sodexo Keeyask as an instructor for first-level cook apprentices and graduated two classes.

These days, Prince has a lot going on. You can catch him in action at the Wawatay Inn, where he serves as chef, or check out B Chef Safe, his consulting and safe food handling business.

Prince appreciates the regular schedule he has now, and takes advantage of it by entertaining friends at home. Of course, food always plays a big part. Just this week, he put butter chicken, Italian pasta, and pizza on the menu, but always enjoys the nights that Rhonda, an excellent cook as well, finds inspiration.

"It's a good life. I love keeping busy," Prince laughs.

Helping Our Kids Succeed in School

Of course, children themselves carry the main responsibility for performing well at school. But parents and caregivers play a crucial role in their success! It's up to caregivers to make school a priority, have a healthy routine, and create an atmosphere that will help them be good students.

Keep your language and attitude about school positive. Our

history and culture can make education a difficult topic, but children pick up what we say and do. Focus on education as part of the path forward for your child's success in life.

Help them stay organized and focused. Create routines such as emptying backpacks, completing homework, and making notes on the family calendar, and rules like

screen limits, firm bedtimes and healthy breakfasts.

Stay involved in your child's education. Play High/Low (talk

Parents and caregivers play a crucial role in the success of their children. However, children themselves carry the main responsibility for performing well at school. about one great thing and one difficult thing from the day). Read with your child every day. Attend school events. Ensure they are keeping up with homework, and if they're struggling, ask teachers for help.

- Be your child's safe space. School can be difficult, boring, scary and sad. They should feel relaxed and comfortable at home. Pay attention to your child's moods and give them what they need, such as a snack, a laugh, a hug, silence. Be their biggest fan.
- Maintain friendships with families who focus on school. It's easier to do your homework, eat healthy and get a good sleep when your friends are doing the same!
- Show your children that learning never stops. Model good learning behaviour by trying a new hobby, starting a new exercise regime, getting in touch with your culture. When children see their family triumph and fail, they learn it's OK to be disappointed and it's important to keep trying.

Send your kids to school on September 29!

The attendance on the last day of September is the number governments use for their funding models. We want to ensure we receive all the resources available to us so we can give our kids a great education. PLEASE ensure your children attend classes on September 29.

*There is no school on September 30 because of the new Truth and Reconciliation Day.

Parks and Rec Outdoor Fun

People were ready to get outside and enjoy the sun this summer. We gave them lots of opportunities!

A youth slo-pitch team had the chance to participate in the provincial championships at the Little Mountain Sportsplex in Winnipeg on September 4 and 5. While they didn't bring home a medal, it was a great first experience, and a fun time was had by all. Nice job, NCN Warriors!

The Children's Fun Fair was held in August at a few locations around the community, including the basketball courts at Dog Point, RC, and Bayroad, and the multiplex. Kids enjoyed target shoot, plinko, ring toss, fish pond and more.

The annual NCN Summer Festival was held the week of August 16 and it was a great success. Thanks to sponsors NCN Gaming, FCWC, NCN Housing Authority, NNCEA and NCLP.

Citizens enjoyed fireworks, puthachaboo, a Bighetty Brothers puppet show, and a gospel jam from Mike Jebb, Herman Lathlin and Garry Ross. Calvin Hart won the coin toss for almost \$2,000! Even legendary Canadian rock star Jim Cuddy brought his band to celebrate with us.

Join us this fall! We aim to create activities that are fun for everyone, and they're usually free!

Watch for Movies and Munchies, often held on Sunday afternoons at the NLMMP (masks required). Parks and Rec also often hosts Games and Fun Night on Friday nights, with competitions like best dressed rapper, broom dance, musical chairs, and lots of prizes to be won. Watch the NCN Parks and Rec page, where we post gym schedules and other upcoming adventures.

Cribbage and Scrabble tournaments, with a double knockout format, start at 12:15 daily at the NLMMP. Register with Terry at 204-307-2246.

Fanny Hartie Memorial Canoe Race

1st Connie and Carrie 2nd Mildred and Pam 3rd Faith and Bonnie

Laban Spence Memorial Canoe Race

1st Jeremy and Brandon 2nd Trevor and Alfred 3rd Greg and Arnold 4th Greg and Angus

Kayak Races

FEMALE 1st Faith M 2nd Bonnie L 3rd Edna M MALE 1st Greg Y 2nd Greg R 3rd Dennis YOUTH/ADULT 1st Faith McD and Lavender 2nd Greg Y and Pierce 3rd Connie and Maddox **MIXED ADULTS** 1st Faith and Greg R 2nd Coral and Travis 3rd Connie and Greg Y

Marathon winners

YOUTH MALE 1st Louie Lobster 2nd Barnes Spence 3rd Irvin Swanson YOUTH FEMALE 1st Kurtia Yetman 2nd Madison Baker 3rd Britiana Francois ADULT MALE 1st Riley Swanson Jr 2nd Blake Hart 3rd Romeo Spence

Arrow Shoot

12 AND UNDER Miley Spence and Shane Mason 13-17 Bethann Spence and Michael McDonald

ADULT

Melvina Primrose and Gregory Ross ELDERS Dolly Francois and Ronnie Spence

Chili Cook-Off

1st Ronnie Moore 2nd Vanessa Spence 3rd Farrah Spence

Elders Jigging

FEMALE 1st Flora Hart 2nd Lydia Linklater 3rd Deliah Kobliski MALE 1st Alexander McDonald 2nd Arnold Spence 3rd Nelson McDonald

55+ Jigging

1st Lori Ann Hartie 2nd Barb Moore 3rd Alice Moody

Funniest Jigging

1st Marina Dumas 2nd Romeo Spence 3rd Clint Hart

Cribbage

1st Nathan Hart 2nd Raymond P. 3rd Monique and Starlee Spence

Scrabble

1st Jason Swanson 2nd Alma Wood 3rd Arlene Smears

Family Feud

1st Team T-Bone 2nd Team Teach 3rd Team Bronxters

Go-Cart Race

1st Roxy Moose 2nd Alex Hart 3rd Alex Spence

Go-Cart Design

1st Alex Hart 2nd Alex Spence

Parade

1st Cynthia Hartie 2nd Margret Wood 3rd HeadStart

Stroller Parade

1st Cynthia Hartie 2nd Monica Moore 3rd Hilary Spence

Youth NCN Got Talent

AGES 9-13 1st Tatum Moore 2nd Beau Spence AGES 14-17 1st Kaidence C 2nd Kerianna Nicholas 3rd Madison Baker

Amateur Talent Show

1st Justin Hart 2nd Caitlyn Francois 3rd Joseph Bighetty 4th Barb Moore 5th Terry Linklater

Elders Singing

1st Barb Moore 2nd Darlene Mason 3rd Nelson McDonald

Obstacle Race

YOUTH FEMALE 1st Taya Moore 2nd Kirianna Nicholas 3rd Charity Spence ADULT FEMALE 1st Faith McDonald 2nd Connie Constant 3rd Coral Linklater ADULT MALE 1st Greg Ross Jr 2nd Blake Hart 3rd Travis Dumas

Horseshoe Tournament

1st Tony Tait 2nd Jack Spence 3rd Chad Hart

Tarp Race

1st Gregory Ross 2nd JayJay Spence 3rd David Hart





Nisichawayasihk Cree Nation orld++/* v"V * V^^P(16"

AUGUST/SEPTEMBER 2021 ACCOUNTS

NNCEA Student **Appreciation Day**

Student Appreciation Day will be held on September 29, 2021, at 1:00 p.m. – 4:00 p.m.

Students must be at school

Monday – Wednesday to earn

tickets for events, contests, and

prizes. Thank you to our sponsors

Some of the events are as follows: Water Dunk Tank

- Pie the Staff
- Hot Dog BBQ
- Monster Slide
- Inflatable Games
- Karaoke



In Our OTHASOWEWIN (Constitution)

The Nisichawayasi Nebethowuk traditionally lived by reference to Kihche on accession the Group Law of the Creation and the customary law principles our people developed to reflect these behalfs. values and norms, to guide and direct the conduct of Ethiniwak (individuals); Kalisaminisichik (the tamily, Kalesi anskowahkometochik (the extanded family), Kalesi mamawa minischik (the clant and Kales/pisketuskar/mesichik ithe Nationi

THE FOLLOWING PRINCIPLES FROM THE ORAL TEACHINGS OF OUR ANCESTORS SHALL BE USED IN INTERPRETING THE NON CONSTITUTION:







National Day of Truth and Reconciliation

There will be no school for staff and students on September 30, 2021 as this day is now a Statutory holiday NNCEA Schools will acknowledge and honour

Truth and Reconciliation, Residential School Survivors and Victims, and First Nations culture on October 1, 2021

NNCEA will be providing "Every Child Matters" shirts to all staff and students on October 1, 2021 OK School Honour Walk- October 1, 2021 at 1:00pm NNOC Honour Walk- October 1, 2021 at 2:30pm







Little Spirits (children who did not make it home) are heart beats through our living drums

Candlelight Ceremony for RS who have passed and the little spirits who did not makk it home. Please bring photos of your loved ones to be remember or embraced

Honouring Song "Remember Me" lead by Catlin Francois with mothers, grandmothers,

Pow wow Dance - Lead Dancers

Candace Linklater and Rob Atcheynum calling on NCN traditional dancers to dance

in the spirit of healing

acknowledgements

Honouring all Residential School Survivors and Day School Survivors - through

with mothers, grandmot daughters and survivors

NATIONAL DAY OF TRUTH AND RECONCILIATION

September 30, 2021, 1:00 pm Norman Linklater Memorial Complex

Nisichawayasihk Cree Nation is honouring

the National Day of Truth and Reconciliation together in the spirit of healing

AGENDA

- Sacred Fire will be light at sunrise by the Medicine Lodge Area
- Grand Entry Lead FNSOs and Veterans Master of Ceremony - Councillor
- Jacqueline Walker Portfolio Councillor Multiplex 1:00 pm - Pipe
- Ceremony Lead Pipe and Calling on all pipe Carriers
- Opening Remarks Councillors Cheyenne (Spence) Colomb and Jacqueline Walker Prayer Poem - Marilyn Linklate
- Residential School Survivors Presentation Carol Prince and Fred Hart
- Heart Beats of Drums Begin- Lead Drum High Rock Cree and Calling o ,... 1 on all NCN Drum Carriers
- Round Dance Feast - Traditional Foods

FAMILY AND COMMUNIT Wellness Centre



All Nations UNITE to remember all children and support survivors and each other.

> ation Co Jackie Walker 204-679-5277

- Cheyenne Spence 204-679-6827 For a Ride Contact:
- **Guntia Hartie** 204-679-3142



Learn the Basics for ATV Safety

All-terrain vehicles (ATVs) can whatever they want," says Glen Ringrose, from Ringers Safety

be crucial for life in the North, and a great source of fun. But it's important to make sure everyone in your family, especially children, has taken the time to learn proper safety techniques.

make sure everyone in your family takes the time to learn proper safety techniques while riding on an ATV.

It's important to

"People get on and when they know the gas and the brake, they think they're golden and they can do in Thompson. "But you really have to focus on the basics of handling an ATV first." Ringrose can easily list off the most common ATV errors.

"Not understanding the centrifugal forces at play when you're driving. This puts you in a rollover situation. Not watching your feet, and they're getting caught underneath. Going too fast. Ignoring safety precautions. Bad posture. Trying out

tricks," he says. "It's essential to learn about control, because if you take safety for granted for just a moment, you can have a fatal accident. ATV safety is about eliminating the hazards." Ringrose and his wife, Doreen, have operated their safety



Obstacle runs driven turning left.



training business since 2008, and have taught more than 20,000 students. Their ATV courses include a theory component and written test, and plenty of practice time on different kinds of terrain to learn about ideas such as body adjustment and weight transfer. Students assess their strengths and weaknesses, and practice the skills that don't come easily, such as compensating with weight transfers when travelling uphill, or turning easily in both directions.

It's important to assess the driving conditions, too. Ringrose reminds everyone of specific challenges of driving all-terrain in the fall.

"Of course, you need to consider it's hunting season," he says, "Then the sunlight is coming more directly into your face and that can affect your visibility. Another thing is it can get slippery. The weather changes, and the fallen leaves create a slippery surface for your tires."

ATVs are an everyday part of life in the North, but we

can't assume our children know how to stay safe.

"Driving these vehicles is a big responsibility, and parents shouldn't be impulsive about letting their kids take that on," he says. "Don't be afraid of hurting your child's feelings. Tough love is required. Make sure your child is capable of respecting the responsibility of driving an ATV."

- It is illegal, under the age of 14, to operate an ATV without direct caregiver supervision.
- An authorized adult must be able to see the youth driving, with a helmet, at all times.
- Failure to follow Manitoba Off-Road Vehicle Act safety rules can lead to fines of up to \$675!

Questions? Contact Nelson House RCMP at 204-484-2837.



Obstacles runs going the opposite direction turning right.



Nisichawayasihk Cree Nation סיל \bullet ישי ∇ ידי ∇ ידי ∇ ידי \bullet

AUGUST/SEPTEMBER 2021 ACCOUNTS



The NCN Flames tryouts for Junior B hockey on September 17th and 18th had a number of NCN youth bidding to join the team. NCN players on team come from surrounding northern communities to tryout. Congratulations to the players as they look forward to the upcoming season.

- Tristan Linklater
- Logan Primrose
- James Moore
- Jaden Francois
- Jody SpenceJerome LinklaterIsaih SpenceDrayden Spence



Four NCN Citizens Complete FNSO Training

Congratulations to four locals who recently completed their First Nations Safety Officer (FNSO) training.

Isiah Spence, Daniel Frieson, Bria Beardy, and Savanna McDonald join 22 other people in NCN who have already received their Level One training since 2016. Three others have completed Level Two.

"We now have 10 full-time FNSOs working in Nisichawayasihk Cree Nation," says Wayne Spence, who is the manager for the FNSO and Community Patrol Programs. He also serves as the NCN Emergency Management Operations Coordinator.

To become a trained FNSO, participants attend a three-week training program at Assiniboine Community College in Brandon. The provincial justice department funds the program, and as an independent First Nation, NCN receives in-kind services when there are vacant seats.

FNSOs play an important role in keeping NCN peaceful and safe, and their responsibilities have increased over the course of the pandemic.

They are now involved in implementing policies from the province, public health, and Chief and Council that constantly evolve, lockdown



procedures, screening vehicles entering and exiting at the checkstop, and skidoo and foot patrol.

"Our FNSOs are true frontline workers, and it's been a stressful time for them," says Spence. "We've lost many people due to health issues and handling the stress of working with the public. It's been a very demanding position, and at times, dealing with a lot of conflict."

Thank you to all NCN FNSOs! Your hard work is appreciated.









Orange Shirt Day is an event, created in 2013, designed to educate people and promote awareness in Canada about the Indian residential school system and the impact it has had on Indigenous communities for over a century - an impact recognized as a cultural genocide, and an impact that continues today.

Fire Safety Trainees Set to Protect NCN

NCN forest fire 3-day training with a team of NCN members and Manitoba Fire Fighter specialists. Participants were trained in the community.

The training consisted of field training and in-class Safety courses. Congratulations to all participants including an NCN woman for taking part in the training.



You're Invited



Community Engagement on Nisichawayasi Court Law, Peacekeeper Tribunal Law and Tickets & Offences Law.

Invitation to All Youth & Educators and NCN Employees.



Please join us to be informed of NCN's Laws.

Nisichawayasihk Cree Nation σ רע-ארא"ס ∇ ל ∇ יר אידי סי ∇ ל ∇ יר איף היש

Hole-in-One for School Nutrition Program

On August 8, golfers did their best for a bogey in a tournament to raise funds for the NNCEA School Nutrition Program.

In all, \$9,637 was raised, which will provide healthy, fresh breakfast and lunch options for students throughout the school year. Thanks to all participants for having fun for a good cause, and gratitude to Arlene and Les Smears, Kim St-Jacques, and all the volunteers. Additional thanks to Thompson Golf Course, Chef Blaine Prince, Four Directions Construction, and sponsors listed here.

It takes a village to raise a child, and Nisichawayasihk Cree Nation is one of the best!

Sponsors

Coming of Afge Ceremonies

October 7 to 10, 2021

Location: Family and Community Wellness Centre

Facilitators will be: Felix & Jackie Walker David & Cheryl Blacksmith Ron & Shelley Cook

The Coming of Age Ceremonies are intended to provide teachings and guidance by the Knowledge Keepers. We will show how you can embrace and honour your rite of passages and transitions in life.

- We will have pipe and sweatlodge ceremonies on a daily basis, please bring your tobacco and cloth for offerings.
- Knowledge Keepers, Dream Intepretation and Medical Healers will be available for community members in need of healing.
- Chiby ceremony is an individual or family session for those people experiencing grief. Please bring 2 meters of black and white cloth and tobacco.

All participants must be double vaccinated Proof of vaccination will be required.

Those travelling from out of town are responsible for their own travel and accommodations and required to make a donation to offset the cost of facilitating such an event.

Gabriel Cook Marilyn Hart James Shuttleworth Micheal Desjarlais

If you are interested in Coming of Age Ceremonies, please contact Jackie Walker to discuss preparation and brief teachings: the ceremonies consist of:

- Wakotowin/Wakomitowin Placenta/Umbilical Cord
 Walking Out Ceremony for Toddlers
 - Youth Teachings
- * Elder Teachings
- To register please contact Jackie Walker at 204 679-2121

For more information, please contact Jackie Walker at **204 679-2121** or Felix Walker at **204-679-0788** For Transportation, please contact Guantia Hartie at **204-679-3142** or Shirlena Tait at **204-484-2341**

> Nisichawayasihk Cree Nation FAMILY AND COMMUNITY Wellness Centre

NCN Parks and Recreation **EECOL Electric** Mr. Plumbing NCLP Pepsi Co. NCN Chief and Council NCN Development Corporation Jordan's Principle Leo's Home Decorating Co-op Gas Bar Family and Community Wellness Centre **Giant Tiger** Ray and Eleanor Erickson Paul's Plumbing Hi-Tech Auto Assiniboine Credit Union Canada Safeway Crazy Pete's ET Blades R.A. Distributing Canadian Tire North Tire CIBC

United Rentals NCN Lands Department Lambert's Robinson Supply McMunn and Yates NCN RCMP Northland Tire Doug's Source for Sports Anything Grows NCN Housing Authority NCN Medicine Lodge





Nisichawayasi Nethowi Piskituskan



Hilda Anderson Pyrz

Hilda is a member of the Nisichawayasihk Cree Nation and since 2017, she has been the program manager for MKO's Missing and Murdered Indigenous Women and Girls (MMIWG) Liaison Unit and chair of the . She is the chair of the National Family and Survivors Circle. For the past 20 years, she has been a fierce and tireless advocate for ending gender- and race-based violence against Indigenous women, girls, and 2SLGBTQQIA+ people. She is being recognized as one of 150 Manitoba citizens who stand out for their role in making Manitoba an amazing province. We commend Hilda as she continues to be a strong advocate for all the families and survivors who are impacted by the genocide of Indigenous women, girls, Two Spirit, and gender-diverse people. Hilda honours the memory of her sister and others who have been lost to violence

through the essential work of impacting changes on the issue of MMIWG. I thank Hilda for her ongoing commitment and determination to creating a safer world for Indigenous women, girls, Two Spirit, and gender-diverse people."

Through her courageous advocacy for families and survivors, her strength in the face of significant grief, and her powerful voice, Hilda continues to create a safer world for Indigenous women, girls, and 2SLGBTQQIA+ people built on accountability, inclusion, and interconnectedness.





Elder D'Arcy Linklater

Honouring Elder D'Arcy Linklater (and Mrs. Lorraine Linklater) for contributions to Assembly of Manitoba Chiefs and the Council of Elders, Treaty Relations Commission of Manitoba since 2006 – current. On September 14, 2021, IAMC Council of Elders, Treaty Relations Commission and NCN honoured former council member and elder Darcy Linklater who served 20 years for our nation. D'Arcy was a councillor for NCN, committed to empowering NCN to exercise its rights of self-government, while incorporating the principles and values of its elders and teachings of its ancestors. D'Arcy has been NCN's representative for Treaty Land Entitlement negotiations, including selection, recognition and protection of NCN's sacred and traditional lands for future generations. He has been NCN's representative working with other First Nations to promote recognition of the Framework

Agreement Initiative, designed to restore power to First Nations so they can manage their own affairs. D'Arcy has been a a leader in the promotion of the unique identity of the Nisichawayasihk Cree Nation and promotion of Cree culture.







Nisichawayasihk Cree Nation סרעסידא שיעלעיא פיעליעי איזליס

Drug and Fentanyl Warning in NCN

Fentanyl is a highly potent drug that can cause overdose and death. It is a killer that can be cut into many drugs such as cocaine, heroin and cannabis. Often users do not even know it is there until it is too late. Reports in the community have shown fentanyl is being mixed with illegal drugs, resulting in dangerous overdose. The time is now to protect yourself and loved ones and know the dangers of this deadly drug. Parents and caregivers are being asked to educate children and others of the dangers and avoid use of illegal drugs. The pandemic has created many problems within Nisichawayasihk Cree Nation, including the interruption of schools and social services, and the lockdown of the community. These abrupt changes cause stress, frustration, fear and anger. Many Citizens have turned to addictive substances to try to cope. As a result, violence has been increasing in NCN in recent months. In response, on July 30, Chief and Council closed the local vendor.

"This step is being taken as a public safety measure to

prevent further violence and harm to people in our community," the public service announcement said.

When legal alcohol is not an option, people often turn to bootlegging and drug use. This is a dangerous idea because these illegal substances are not regulated, and drug runners want to maximize their profits. They often cut their drugs with dangerous materials, such as fentanyl.

Fentanyl was created by the medical community when OxyContin was taken off the market. It is 100 times more potent than morphine. Two mg of powdered fentanyl (that's the size of two grains of salt) can be deadly.

Any drug purchase you make, including cocaine, meth and even marijuana, may have a miniscule amount of fentanyl mixed in. This bag you may not know. The next bag may have more than enough to kill someone. You cannot know what you or your loved one is ingesting.

The ONLY way to stay safe is to not use drugs.

"We want a safe community," says NCN Councillor Cheryl Moore. "But right now, people are frightened and concerned."

If you or someone you know has a drug problem, call the Addictions Foundation of Manitoba at 1-866-638-2561 to learn more. Or call the Nelson House Medicine Lodge at 204-484-2256 for help close to home.

If you or someone you know is addicted, avoid an overdose:

- Don't mix drugs and alcohol.
- Don't use alone.
- Don't use from a new dealer.
- Don't use if you're ill or tired.
- Swallow your dose instead of smoking, snorting or injecting.
- Use less than you think you should.

A person who is potentially overdosing on fentanyl:

- Has small eye pupils like pinpoints and very slow breathing.
- Their skin feels cold and is pale or even blue.
- They can't stay awake, walk or talk.

If you find someone you think has overdosed on fentanyl:

- Clap loudly by their ears.
- Call their name, rub your knuckles hard on their breast bone.
 Call 911.
- Tell paramedics as much as you can about the drugs and dosage.

What you need to know

• EVERYONE IS AT RISK!

- NCN Health staff, Nursing Station and RCMP have confirmed reports of Fentanyl in NCN.
- Fentanyl is a dangerous killer that is showing up in cocaine, heroin and other drugs.
- Anything can be cut with Fentanyl (Cocaine, Cannabis, Meth)
- Fatal Fentanyl drug overdose is on the rise.

Safety Tips:

- Educate youth about dangers of drugs and set a good example for others.
- Wrongful use of drugs is illegal and deadly and could lead to loss of young lives.
- Citizens are asked to report the use, sale or distribution of drugs to RCMP or local law enforcement.
- Avoid mixing drugs and/or alcohol. It increases chance of overdose.
- Carry NALOXONE. It is a medicine that rapidly reverses an opioid overdose. Promote healthy living and
- lifestyles. Drugs and alcohol are not our way of living.

Avoiding drug use is the best way to protect yourself against Fentanyl.

someone into an overdose situation. It is especially harmful to persons that do not know they are taking it, or are exposed to it for the first time. Illegal drug use destroys and kills the social fabric of our nation and can kill our loved ones.

Only a small amount can put

IS IN

LOOK FOR THESE SIGNS OF OVERDOSE EARLY TO SAVE SOMEONE'S LIFE





Join Us for Our pediatric clinic

For more information on the

or Karen Spence at

204-484-2585

clinics please contact Benita Spence

Jordan's Principle Project

Time:

Sept. 27-29, 2021 9:30 am - 3:00 pm

Location: NCN Nursing Station

»X<

This clinic would provide primary care for children and adolescents, with a focus on common concerns such as:

- Assessment of growth and developmental concerns;
- Concerns regarding hearing, ear pain, or speech;
- Rashes or skin complaints, constipation or abdominal pain, cough or breathing problems;
- Muscle, bone and joint problems;
- Adolescent health.

ATTENTION NCN Community members:

Are You Pregnant or a New Mom?



CIMP nurse can you understand prenabal visits Re why cartain tests M dame, such as

- Blond work Plap concer
- Ultraneund
- Oraugueose townerce test
- They sell also help you understand
- Routine postmitel care (or you
- ant your baby
- Importance of Immunication

Be Prepared Be Educated Be Confident!

The CPNP program

can offer education and resources on baby's development, nutrition and exercise, tables, and detivery, and breastfeeding and newham care.

Including

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

REFERRAL SERVICES OFFERED

Formore Information contact Leanna Anderson, LPN entrim Program Catriticitie Aboriginal Diabetes Initiative Canadian Prenatal Nutrition Program

Mone 204-484-2341

Fax: 204 484-2384





Put Our Children First *Their futures are worth it.*

Wechitotan Kita Mithwayachik Kichawasimisinanak

Find out more: 204-484-2585







Nisichawayasihk Cree Nation FAMILY AND COMMUNITY Wellness Centre Inc.

NCN Christmas Cheer Boars

Ensuring that all families of NCN have something to look forward to at Christmas.





The gift of giving! 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.

We are also asking for volunteers from the community to call us to volunteer your time and help out.

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All About Immunization Cards

After 14 days after your last dose of vaccine, you can apply for your Manitoba immunization card. With it, you will be able to enjoy privileges such as sports and entertainment, restaurants, bars and lounges, and travel, as the government lifts restrictions.

When you request an immunization card, you'll receive a digital card for your cell phone, which shows your first and last names and a QR code. You may request a physical hard copy as well, which will arrive in the mail. (There is currently a backlog on physical cards, but you can still request now.)

To request your card, search "Manitoba immunization card" and follow the link. Or you may call 1-844-MAN-VACC. You'll need your Manitoba health number to register.

Footprint Lake Water Levels

Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of September 19, 2021

On September 19, 2021 the level of Footprint Lake was at an elevation of 798.3 feet. The level of the lake is expected to rise 1.2 inches to an elevation of 798.4 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.

Now it's time to roll up our

sleeves.

We Masked Up

We Washed

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



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.





Nisichawayasihk Cree Nation General Delivery Nelson House, Manitoba ROB 1A0 Phone: (204) 484-2332 Fax: (204) 484-2392 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