



OKIMAHKAN OTYAMIWIN
FROM THE CHIEF
Community Lockdown
Due to Covid

KITITAHWINAOW ACHIMOWIN

COMMUNITY

lan Lavallee Motivates Students and Teaches Life Lessons Achimowin Radio Raffle Winner Gets New Snowmobile

DECEMBER/JANUARY 2022

Covid Affects Staff at NCN Personal Care Home

As many of you know, on January 11, 2022 Dr. Michael Isaac Medical Health Officer First Nation Inuit Health Branch (FNIHB) indicated there was an outbreak at our PCH. To date, 5 out of 36 of our staff tested positive but never entered the building. There is currently no outbreak inside our facility. No residents have symptoms or have tested positive to date. The Board ensured all family members were notified of the positive staff cases and the measures being taken to keep our loved ones safe and healthy.

The protocols put in place by the Board in consultation with our public health department requires staff to be tested daily before they enter the building. Only staff who test negative enter our facility. Once inside, all staff adhere to frequent handwashing/sanitizing, mandatory wearing of full Personal Protective Equipment (PPE), disinfecting of all frequently touched surfaces and work in designated physically distanced groups. Staff do their best to maintain minimum contact among residents while still ensuring each person has the care they need.

Our community has had a stay at home order in force since December 23, 2022. This has significantly reduced incidents of staff intermingling with others in the community. Unfortunately, a few of our PCH staff still tested positive. However, a full lockdown is currently in place. Our OIC requires isolation of at least 10 days rather than the 5 days



To date, 5 out of 36 of our staff tested positive but never entered the building. There is currently no outbreak inside our facility. No residents have symptoms or have tested positive to date. Staff at NCN Personal Care Home are ensuring the safety of residents is top priority.

under current provincial public health orders. All staff currently in isolation will be retested before returning to work.

Upon return from mandatory isolation, staff will be tested daily at the Nursing Station using the GenXpert rapid testing machine for increased results accuracy. Additional Rapid Antigen Test (RAT) kits have been provided by FNIHB to support additional frequent staff and resident testing.

Activities are continuing while minimum contact is being maintained. Residents are receiving wellness phone calls from the mental health therapist. Family members are encouraged to continue phone and video calls with their loved ones during our community lockdown.

We continue to encourage everyone to stay at home. Limit all contacts. We must protect our community, especially our elders.

Ekosani!

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



Addressing Our **NCN Community** as of January 20, 2022

Governance is for all of the people. We have a responsibility to make decisions to protect the health and safety of all of us in this community. We are in a global pandemic. We don't make decisions for a few people. We make decisions that are in the best interests of ALL of our

ensure our way of life continues. Elders and other concerned citizens came to us a few weeks ago and asked us to put a lockdown in effect to help stop the spread of the virus.

We have had 185 cases since December 23rd. There were 15 more cases today. If these safety measures were not put into effect we would have had many more cases. We know at least one of the people causing chaos at the checkstop is still supposed to be in isolation. This means other people have now potentially been

exposed to the virus by the actions that took place today.

Our public health team have been working non-stop for 12 hours or more every single day. Thanks to the actions of this small group of people they had to have

the RCMP intervene tonite so they could go home for a few hours of rest before they come back tomorrow and work more long hours to keep



safe. Is this the way we should be treating our health care professionals, our FNSOs, our staff? Do you think that is fair or reasonable?

We have worked closely with our entire team to try to prevent further spread of COVID-19 in our community. Our health professionals have advised we have not even reached our peak number of active cases yet. This would be the worst time to change direction. Our team has done a very good job of ensuring our numbers

are much lower than in other communities and no-one has died. Today's actions were not about starving children. We have provided food and other supplies as well as staff to shop for people. Other communities across the north are doing the same. We indicated that we would have a full lockdown in effect until 6:00 pm tomorrow Friday January 21st. We met yesterday and today to re-assess the situation based on updates from our health team.

We could remove all restrictions. We could say no more checkstop. We could give into anarchy and watch people get sick and die. Very few of our children are vaccinated. We must protect our

children. We will not abandon our people because of the negative actions of a few. My Council and I will not tolerate complete disrespect for our laws and rules. We can assure you that we will be taking action against all of those who participated in today's stunts. It is not easy trying to make decisions that balance all of our collective rights. The easiest decision would be to just give up. We will not do that as you elected us to provide leadership. For two years we have tried to put in place reasonable rules to prevent people from getting sick and dying.

No rules means there will be consequences – more people in our community will get sick and die. Is that what people want? We don't think that is

consistent with our teachings.

We hope the thoughtless, risky actions today will not result in more people getting sick from exposure to COVID. As previously planned we will issue a new Bulletin tomorrow to provide further

As we have done throughout the pandemic, we will review the case numbers and make appropriate decisions to protect the health and safety of all of us. Each of us has a responsibility to look after ourselves, our families and our community. We have done our best to keep people safe and we will continue to do so. We are all in this together and must continue to work together to keep each other safe and healthy. Ekosani!



people. This is about life and death. We make decisions to

NCN Lockdowns Again

After getting through almost two years of the COVID pandemic relatively undamaged, Nisichawayasihk Cree Nation is now dealing with a large outbreak.

A full and complete lockdown went into effect on Friday, January 14th. Chief and Council do expect to continue the lockdown as

On January 20th, at the time of printing this newsletter, 15 more cases were announced.

There have been a total of 185 active cases in NCN since December 23rd.

"There are 65 homes in isolation and 18 more people in isolation units. More drastic measures are needed so more people do not end up sick, in hospital or dead," said Chief Moody in his bulletin dated January 14th.

During the lockdown:

- Citizens must stay in their own homes and yards.
- Food and supplies delivered to each house on Saturday and Sunday.
- No travel out of NCN allowed, unless permitted by Executive Director Justice and Public Safety.
- OT Gas is ONLY open for approved campers and essential workers. Public Health is informing people who must isolate and for how
- long. It is typically 10 days, but may be longer if other people in the household become positive.
- Three Rivers Store is closed to the public. To make an order: Bayroad Dona 204-670-1060 RC Point and Lil RC Melissa 204-307-0256 Dog Point and Michelle Point JP and Chris 204-307-0934 School Area and Westwood Sharon 204-939-1696 New Area and Moore's Bay Theresa 431-354-1364 Hillside Bria 204-670-4431
- Metis Mike and Tanis 204-679-6475
- The cube van is making daily deliveries from Thompson. To make an order call:

- Annette 204-679-2960, Kelly 431-754-2181, Deidre 204-679-0732, or Trevor 204-307-2160.
- If you are making a delivery request, please be patient and kind. Include your junk food and cigarette requests in a grocery order. Limit your order to once a week if possible. Avoid contact by leaving payment and order in a ziplock bag.
- Schools are closed for the week of January 17-21, but students will be learning online. You will receive further information about next week.

The sooner we level off and decrease our active cases, the sooner this lockdown will be over!

- Stay at home.
 - Isolate if you've been told to isolate
- Get vaccinated. Get your booster. Get your kids vaccinated.
- Wear a medical mask and change it often.
- Wash your hands with soap.
- Sanitize surfaces in your home.
- Listen to public health.
- Our worst fears are here. COVID has arrived. Please act accordingly.







KITITAHWINAOW ACHIMOWIN

mmunity

NNCEA Silent Auction Raises Funds for School Breakfast Program

Over the holiday season, NNCEA volunteers raised \$4,540 from the Silent Auction and another \$540 from the 50/50 draw. Because of your generous donations to the Silent Auction, all the proceeds raised will go to the Breakfast and Lunch Program and Attendance Incentives.

Organizers extend a huge thank you to Lorna Hart who took the lead on securing donations to this worthy cause. Thanks also go out to Melvina Tait for selling the 50/50 tickets; Gail Gossfeld-McDonald for ensuring a Christmas Dinner was well planned and for all the shopping she did; Nic Campbell (ADOE) for assisting in selling tickets; and to Board Trustee Jerry Primrose and Nic Campbell for being the MC's for the

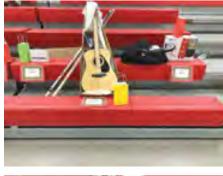
Thank you to everyone who assisted with the decorating of the Multi-Plex as well as Blaine Prince and Crew for the catering services.

It is hoped that your generosity and assistance will continue into 2022 and we extend appreciation to everyone who assisted. Kinanaskomitin and Happy New Year to all.

NNCEA would like to express their sincere gratitude for all of the donations received toward our silent auction on

- December 9, 2021 from the businesses listed.
- AR Equipment Generator and Power Saw;
- Canadian Tire Air Fryer;
- Family Foods Thompson \$100.00 Gift Certificate;
- Gail Gossfeld-McDonald and Family Kids Mini Quad/Club House LOL (Dolls and Doll House);
- Imperial Soap Supplies Standing Mixer (Baking);
- Manitoba Hydro MB. Hydro Swag;
- Maple Bus Lines 5 Return Tickets (Thompson to Winnipeg and Return);
- Metah Building Supplies Skill Saw;
- Meyers Norris Penny IPad;
- Minute Muffler Assorted Chocolates and Christmas Candy;
- Mystery Lake Hotel Pendleton Blanket (We purchased from Cree Star Gifts in Swan River with the \$500.00 donation received);
- NDC Construction Power Tools Combo/ Portable Heater;
- Norman Glass Dehumidifier;

- PM Associates Spa Day;
- Paul's Plumbing Electric Fire
- Penn Co X-Box Series S;
- Prince Furniture 65 Inch Smart
- Q-Power Keurig Coffee Maker;
- ReThinkBioClean Mini Fridge (Had a chalk board on the front);
- Rock Country 250.00 Gift Certificate;
- RCMP-Nelson House Acoustic Guitar and two hockey sticks taped with \$100.00 on each stick;
- Supreme Basics Sewing Machine;
- Taylor McCaffrey \$500.00 (Purchased Jets Jersey and Toque, hockey gloves, odor absorber, helmet and helmet repair kit, hockey stick);
- Xerox Android Tablet.

















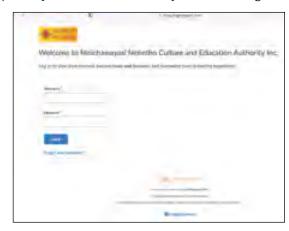
Student and Parents Guide NCN to Online Learning Chris

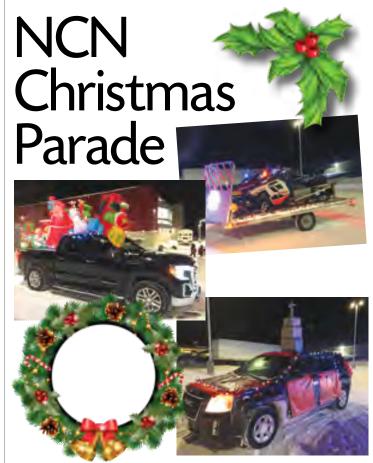
NNCEA announced online learning will be available to all students starting Wednesday, January 12, 2022 during the lockdown. To access your online class please follow the below steps:

- 1. Go to nhea.brightspace. com (do not put www)
- 2. You can also download the App by searching "Brightspace Pulse" and entering NHEA under schools.
- 3. Use your first and last name together as your username (example: danielspence).

- 4. Your password is set to Password1 as a default (capital P).
- 5. Click on your course or grade which will be available to you by Wednesday morning.
- 6. Complete the required assignments, reading, and more! Please log in daily to complete your required assignments. If you require any additional assistance, you can message

the NNOC
Page on
Facebook,
NNCEA
Page on
Facebook
or email
nicc®
nncea.ca
who will
direct your
inquiries.





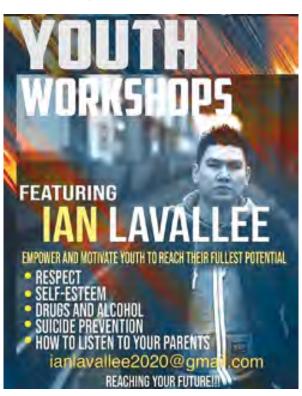
Ian Lavallee Motivates Packed Centre of High School Students

Ian Lavallee, an Indigenous motivational speaker truly

believes laughter is medicine.
NCN, NNOC, and members of Chief and Council hosted Lavallee on November 22, 2021 at the Norman Linklater Memorial Complex.

During the workshop, Lavallee shared messages about earning respect, maintaining self-esteem and the risks of drugs and alcohol. The engaging presentation, which included personal heartfelt anecdotal

stories of his life's lessons also discussed suicide prevention techniques and ways to listen and learn from parents and



caregivers. Lavallee's message to students and everyone in attendance hit home for many. He addressed many real-life situations that he experienced like violence, gangs, drugs, and encouraged our high school students to pursue education and not to give into

negative peer pressure.

Deputy Chief Cheryl Moore who was in attendance with Chief Moody and Councillor Cheyenne Spence said, "Lavallee's messages were relevant to the challenges that some of our young people face. It is



important for our youth to feel empowered and be motivated to reach their full potential and avoid negative influences around them. Education is one of the vessels that our young people can use to do this."

Moore also sent out a warm thank you to Lavallee and the organizers of the event as well as all those in attendance.



New Report Highlights Young Men's Struggles – But There is Hope

A report about suicide and homicide among young men has an NCN connection.

Ed Azure is one of five Elders who reviewed the report from the Manitoba Advocate for Children and Youth (MACY) before it was published in November last year.

To create the report, called "Finding the Way Back," MACY reviewed 45 cases of boys 12-17 years old who died by suicide or homicide between 2009 and 2018.

The office found alarming statistics, specifically about Indigenous boys and young men. Almost all of the cases were Indigenous: two were Metis and 35 were First Nations. About half of the 45 boys were from the North.

The report found that most of the boys dealt with difficult issues such as school absenteeism, parents with substance issues, gang problems, and poverty.

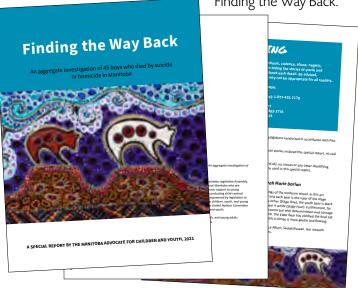
"Government and church processes stole our children from us," Azure told the CBC when the report was presented. "We're still trying to overcome the residue of that time."

The report ends with four main recommendations including a provincial youth gang prevention strategy; antiindigenous racism education; closing the achievement gap between Indigenous and non-Indigenous boys; and reducing the number of CFS apprehensions.

In the report, Azure says it is crucial for young people to spend time with their grandparents, and to return to ceremony and reconciliation.

"Our trick is to find our way back to the Creator, to the source. We need to get the way of life back," he says in the

You can read the full report online by searching "MACY Finding the Way Back."





FACT: Your Behaviour Online Could Put You at Risk of Losing Your Job.

WHY THE POLICY?

NCN Chief and Council created and passed its social media policy in 2014. It is now part of its personnel policy manual and protects both NCN and employees. NCN employees must conduct themselves properly on social media.

WHAT IS SOCIAL MEDIA?

Social media refers to web and mobile based applications that include Facebook, Twitter, YouTube, Snapchat, WhatsApp, Instagram, Google, forums, blogs, podcasts, email, text messaging and more.

WHAT DOES THE POLICY MEAN FOR ME?

NCN employees must transmit their information for the community through normal NCN communication channels, not social media. And without prior approval, on social media, NCN employees can't:

- Disclose confidential information
- Discuss issues related to work
- Violate copyright laws
- Post photos of NCN employees
- Respond to customer service requests or questions

HOW DO I ENSURE PROPER SOCIAL MEDIA USE?

If you see a negative conversation about an NCN workplace happening online, don't get involved. Tell management or NCN $\,$ HR as soon as you can.

When using any social media, whether work-related or not, NCN employees have the right to freedom of expression, but this right is not unlimited. Everyone is entitled to their opinions, but they must be balanced by being esponsible to your employer. You should always use good judgment, and err on the side of caution

WHAT ABOUT WHEN I'M NOT AT WORK?

Even in your off-hours, when you are away from work, remember that people see you as a representative of NCN. Saying things that might damage the reputation of NCN or its businesses could put you at risk of losing your job. This includes harassment, bullying, abusive remarks, and inappropriate language, posts or memes.

When interacting online, ask yourself:

- Would I say this in person?
- How will I feel about this tomorrow?
- · What would my boss want me to do? And remember, if you are unsure...step away from

Ask your manager about the rules at your workplace so you can be safe.

Read the complete NCN Social Media Policy Online at www.ncncree.com

Executive Director of Human Resources Nisichawayasihk Cree Nation (204) 484-2604



NCN's Fawnda Neckoway Presented the 2021 MOSAIC Award

We are excited to announce that **Fawnda Neckoway** received the 2021 MOSAIC award

The award is presented by the The Winnipeg Film Group, an artist-run education, production, exhibition and distribution centre committed to promoting the art of cinema.

Fawnda Neckoway is from the Nisichawayasihk Cree Nation in Manitoba residing in Winnipeg. She has a background in casting, extra's casting and production management. She's an honours graduate from the Academy of Acting and is an alumnus of the National Screen Institute's New Voices Program. Credits include casting for the television animation series "Wolf Joe," taking the television series for seasons III and IV with Eagle Vision Productions, and she

was sought out by Casting Director, Stephanie Gorin to assist in a national casting call for "Anne with an E" broadcasted by CBC and Netflix. She's starred in "We Were Children" as Lyna's Mother and secured the role of Juliet in the theatre production of Romeo and Juliet.

Neckoway also has an arts administrative background working at Film Training Manitoba as the Aboriginal Liaison Officer and Sarasvati Productions as an Office Administrator. She's also spent time as a trainee in the Production Office, which is where her curiosity for working in front of the camera began. Neckoway specializes in finding and mentoring Indigenous talent and ensuring their voices are heard authentically and respectfully in the film industry. Currently she is in the beginning phases of establishing her own Production Company working closely with a business consultant following her completion of an Indigenous Women Exploring Business program. With this, she visualizes employment and professional development opportunity for emerging artists while producing her own productions.

Fawnda Neckoway was awarded \$10,000 funding for her short film "Language Keepers." This award includes:

- \$2,000 to support living expenses over a 6 month production period;
- \$3,500 in cash to be used for production and post-production;
- \$2,000 in services from the Winnipeg Film Group (workshops/training, equipment, cameras, studio rental, etc.);

- 1 experienced woman filmmaker as project mentor for one-on-one mentorship;
- A screening of their finished project at the Cinematheque and online on Cinematheque at Home;
- *Up to \$1,000 for access support such as child care (if applying as a primary caregiver), ASL interpretation, etc.

The short documentary Language Keepers will follow along two people as they begin to learn the basics of their Indigenous language. This will be an opportunity for language revitalisation, to join with family and elders while gathering resources and reconnecting with our traditional roots back home.

The peer selection committee was comprised of filmmakers: Chanelle Lajoie, Kristin Snowbird and Erin Hembrador, both of whom were previous recipients of the MOSAIC Film Fund. The selection committee was chaired by WFG Production Training Coordinator, Karen Remoto.

A total of 8 submissions were received for this cycle of the award.



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As of January 14th, when 18 more cases were announced that day, there have been a total of 109 active cases since December 23rd.

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Wîsahkêcâhk and Brother Loon

By Angela Levasseur (nee Busch) with Laurel Wood (as told by our grandmothers in the oral tradition)

*As a child I would beg my granny Verna Bonner (nee Spence) to tell me this story all the time.

"Kwaniyisa piyakway, Wîsahkêcâhk kakiy nohtikatit, akwa ikah ikiy ohci natah maciyt"

One time, Wîsahkêcâhk was so hungry but he did not know how to hunt. Wîsahkêcâhk was always hungry, and he was always looking for something to eat. One day his belly was growling and making loud noises. "Kakito! You be quiet!" he told his stomach. Wîsahkêcâhk decided to go for a walk through the bush so he could try to find some food, he need to find something to eat.

He walked into a clearing, and he looked up at the trees. And he noticed that there was plenty of duck, geese, ptarmigans, and other birds around. Wîsahkêcâhk could also hear some loons calling their haunting yet beautiful melody at the lake nearby.

This gave Wîsahkêcâhk an idea, he would gather some rocks and throw them and the birds and then kill them and eat them! Yes, what a wonderful idea he had thought of. Wîsahkêcâhk smiled as he marveled at how wise he



was for coming up with such a good idea. Now, brother Wîsahkêcâhk was not known for being humble. He walked quietly and carefully so as to not arouse the suspicion of the birds as he gathered some rocks to use as weapons.

Next, he walked around the woods and carefully stalked his prey. "Muh!" He spotted a juicy, plump-looking goose in a tree nearby and thought to himself, "Ekosi, I will kill this goose with one hard hit of this rock, and it will fall dead out of the tree. Then I will make myself some delicious goose soup tonight. It will make for a delicious feast!"

Wîsahkêcâhk's mouth watered at the very thought of goose soup as he had not eaten for days, and he was very hungry. After carefully surveying his surroundings and be careful not to make any noise, he raised his arm with a really big rock and carefully took aim at his target. When he was sure that the goose did not see him, he threw the rock as hard as he could when- "BOOOOOGK!" Oh no, a great big loud fart suddenly escaped from his butt and scared all the birds away, including the goose he had been planning to eat later that evening.

Wîsahkêcâhk was very upset, and he was very angry at his fart. He yelled, "Fart! What is the matter with you? Can you not see that I am a great and mighty hunter and that I was about to kill that plump, juicy, goose with this rock?

He held the rock in his hand and turned the upper half of his torso so that he was speaking directly at his rear end. His fart did not respond. "Good, that's right. You be quiet now fart, this better not happen again!" Wîsahkêcâhk took a deep breath and started walking around to find some more birds that he could throw rocks at and kill. Eventually, he entered another clearing and found an abundance of prey. "Ekosi, this is good, I will kill many birds and have a magnificent feast," he thought to himself, "Boy I am going to eat lots until I am absolutely stuffed, and I cannot possibly eat any more."

Once again, Wîsahkêcâhk carefully stalked his prey. "Aha!" He spotted a big fat ptarmigan bouncing around in front of a nearby bush. himself, "Now, I will kill this bird with one hard hit of this rock, and I will roast it over an open fire... it will be so delicious!"

Once again, he raised his arm while tightly holding a rock and took aim at his target. He swiftly threw the rock as hard as he could in a downward motion toward the ptarmigan when- "BOOOOOGK!" AGAIN, an even louder fart erupted from his butt and scared all the birds away, including the plump, juicy ptarmigan that he had

been planning to roast later that evening.

Wîsahkêcâhk was VERY angry, and he screamed, "FART!!! What did I tell you? I told you to be quiet, you know that I am very hungry, and I am trying to hunt here." The birds were startled at first and then they overheard Wîsahkêcâhk talking to his fart as he pointed to his butt and they began to tease him and mock him, "Ha Haaaa! Ha Haaaa! Wî-sa--hkê----câhk is talking to his baaaa-ummmm! Wî-sa--hkê----câhk is talking to his baaaa-ummmm! Ha Haaaa! Ha Haaaa! Ha Haaaa! Ha Haaaa!"

Wîsahkêcâhk flew into a rage at this! He picked up a handful of big rocks and yelled "Shut up you stupid birds and hurled the rocks in their direction when "BOOOOOGK!" another great big loud fart escaped from his bum, which made them tease him and laugh at him even more.

"Ha Haaaa! Ha Haaaa! Wî-sa---hkê----câhk, Ha Haaaa! Ha Haaaa! Wî-sa--hkê----câhk you caaaan't kill us... Ha Haaaa! Ha Haaaa!"

"Aaaaaaaaa!!!!" Wîsahkêcâhk screamed, "Awas Kakitook you stupid birds!" and that made them laugh even more. Wîsahkêcâhk decided that

Continued on page 8

it was time to take drastic action. He had to kill these birds somehow, or he was going to starve to death.

He decided to talk to his fart once again, so he turned his torso so that he was looking directly at his butt. He said, "Fart, I don't like you and you don't like me. I warned you twice to stop making loud noises while I am hunting birds to eat and you did not listen, so now you are going to be sorry! I am going to burn you out of my bum!" Fart did not respond.

Wîsahkêcâhk made a very large fire and made sure the wood coals were red hot. He then placed a large, round rock in the centre of the fire. The rock became so hot that it looked like it could break apart at any moment.

Next, Wîsahkêcâhk said to his fart, "I am sorry that I have to do this to you, but you should have listened to me," ashe carefully lowered himself into a squatting position and sat down on the glowing red hot rock.

"Yeooooow! I yiii yiiii!!!" he screamed as he ran down to the lake. Wîsahkêcâhk had burned his backside very badly and he was in a lot of pain. The birds got a big kick out of the whole scene and began to tease him again, chanting! Ha Haaaa! Wî-sa---hkê----câhk burned his baaaa-ummmm! Wî-sa---hkê----câhk burned his baaaa-ummmm! Ha Haaaa! Ha Haaaa! Ha Haaaa! Ha Haaaa!

Wîsahkêcâhk flew into a rage! How dare these birds

taunt me like this he thought as he ran and flew into the lake to cool off his burning bum. He was not one to be played for a fool and he would be sure to make these birds pay for making fun of him.

Wîsahkêcâhk walked around in the bush for a while and he was now hungrier than ever. A great big scab had formed on his bum where he had burned it with the rock and it was really causing him a lot of pain, as the hunger that he felt in his belly. "Oh well, he thought to himself, I did what I had to do and at least my fart will be gone now."

He continued to walk and walk and walk through the bush and eventually, he began walking around in circles. At one point, a lone willow branch scrapped the scab off his bum, and he didn't even notice. When he came around to the same place again, he noticed the scab on the ground, but he thought it was a big piece of dried moose meat. "Muh! Kekwan Oma?" (Hey, what is this?) he wondered aloud as he picked up the scab.

"A piece of dry meat! My mother must have left it for me because she knew that I was hungry!" Wîsahkêcâhk said out loud to no one in particular. Kwani omikay ka kih micit... (Then he began to eat his scab). And of course, the birds all saw this, and they thought it was hysterical, so they began to tease and mock Wîsahkêcâhk again.

The birds began chanting! Ha Haaaa! Wî-sa---hkê----câhk is eating the scab from his baaaa-ummmm! Ha Haaaa! Ha Haaaa! Wî-sa---hkê----câhk is eating the scab from his baaaa-ummmm!"

"Don't lie you stupid birds, this is a piece of dry meat that my mother left for me because she knew I was hungry!" Wîsahkêcâhk yelled at the birds.

"No way! It's the scab from your bum!" An old loon cackled as he laughed uncontrollably. Wîsahkêcâhk quickly grabbed a large rock and hurled it as hard as he could at the loon when- "BOOOOOGK!" His bum made a huge loud fart again!

At this point the birds were all rolling around on the ground and falling out of the trees because they were laughing so hard. Wîsahkêcâhk had burned his bum for nothing! They chanted and laughed some more, "Ha Haaaa! Ha Haaaa! Ha Haaaa!"

"Awas, Kwani!" he yelled at them, "Go away, that's enough!" but the birds continued to mock him, so he walked off in a huff. These birds will NOT get the better of me he told himself and he began plotting his revenge. Then it came to him, "Aha! I will have a dance! I will show these stupid birds not to mess with me!" Wîsahkêcâhk was rather pleased with himself and marveled at how intelligent he was. He had come up with the perfect plan for revenge against the birds...

He grabbed a burlap sack and began filling it with moss. Next, he carefully tied the sack closed and slung it over his shoulder. Next, he went walking around in the bush by where the birds were, but he did not talk to them. The birds grew curious and suspicious and began asking him, brother Wîsahkêcâhk, what's in the bag?" At first, he ignored them, and they kept asking him. "Come on brother Wîsahkêcâhk, please tell us! What is in the bag?" asked one bird. "Yeah, come one, tell us, we were just playing around with you, no hard feelings brother- what's in the bag?" asked Brother Loon, trying to sound kind and apologetic.

"Well, if you must know, this bag is full of records and a record player. I am going to have a dance in the clearing but none of you are invited!" Wîsahkêcâhk replied.

"Oh, come on, we are sorry! Please let us come to the dance," begged a duck.

"Please brother, we are sorry for making fun of you," added the ptarmigan. And the other birds also kept saying they were sorry and begging for an invitation to the dance.

"Okay, okay fine! You can come to the dance, I guess. But you have to follow the rules, it is a blind man's dance, so you have to keep your eyes shut- no peeking!" said Wîsahkêcâhk.

"We promise! We will keep our eyes closed," said the birds.

"Okay, everyone come over here into the clearing and close your eyes. When you hear the music, start dancing." Wîsahkêcâhk instructed. The birds agreed and did as they were told.

Once he was sure that no one was peeking and the birds all had their eyes closed, Wîsahkêcâhk emptied the moss from the bag and began singing. The birds did the blind man's dance and they kept bumping into each other. One by one he grabbed the birds, wrung their necks, and threw them into the bag. He thought to himself, "My oh my, I am going to have quite a large feast tonight!" The old loon was very perceptive and very nosy, he started noticing that he was bumping into fewer and fewer birds as the song went on, so he opened his eyes to take a peek. He was horrified by the scene in front of him and he began to scream, " Ruuuun! Ruuuun! Wîsahkêcâhk is killing us! Wîsahkêcâhk is killing us!" and all of the birds began to squawk and caw, and they ran and flew off in all directions. Wîsahkêcâhk ran up to Brother Loon and gave him a good swift kick in the chisk (butt), which is why Brother Loon walks with a waddle today. There we will leave Brother Wîsahkêcâhk until his next adventure unfolds. Ekosi.



Mystery Lake Motor Hotel

Stay with us when you're in Thompson. It benefits the entire community! Phone: (204) 778-8331

Address: 58 Cree Rd, Thompson

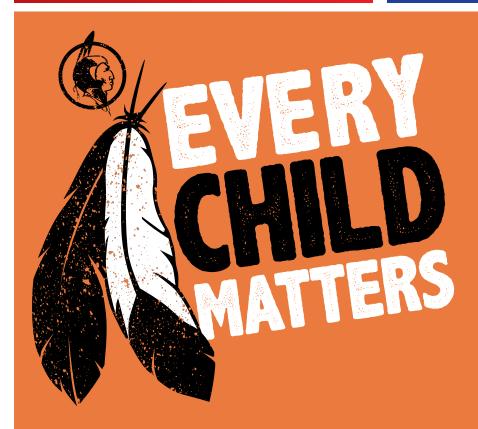


NCN 📈 **Thompson Bus**

Connecting the North

1-204-939-3991 thompsonbus.com





IN HONOUR OF RESIDENTIAL SCHOOL arvivors And in Memory of



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.

Those That Did Not.

Put Our Children First

Their futures are worth it.

Wechitotan Kita Mithwayachik Kichawasimisinanak

Find out more: 204-484-2585







NCN Trivia Jeopardy Game

How much do you know about NCN?

How to Play:

Challenge a friend or several friends to play NCN Trivia Jeopardy!

Answer as many of the trivia questions in the boxes and you can and then see how many you get correct. Add up the points for each question you have accurate. The player with the most points at the end WINS! Answers to the trivia are on page 12.

Want to play online? Go to https://

jeopardylabs.com/ play/ncn-triviagame and play now!

Native Knowledge	NCN Geography	NCN Businesses and Organizations	NCN History	Cree Words
The medicine wheel medicines are tobacco, sage, sweetgrass and what?	100 What famous rock formation was removed and eventually restored to the land around NCN?	100 This is the place to go if you need groceries in NCN.	100 Nelson House is covered by which numbered treaty?	100 What is a greeting equal of the English "hello"?
There are seven grandfather teachings and seven grandfather animals. What teaching is brought by the Sabe (Bigfoot)?	200 Which 3 rivers are reference in the name Nisichawayasihk?	200 Hardware, wood, and other materials can be purchased from this NCN business.	200 This fur trading company had a presence in the community through the 1800s.	200 What is the opposite of "later on"?
300 How many moons are there in the Cree Pīsimwak?	300 Roughly how many Kilometers is NCN from Thompson?	300 If you are planning a stay in Thompson this could be your home away from home.	300 The Churchill river diversion project was implemented in what decade?	300 When you are unsure of a character in the story you should ask Also the sound an owl makes in English.
400 The most widely spoken indigenous language is	400 The name of this lake near NCN translates to "Old Woman."	400 This community organization is dedicated to helping young people in the community.	400 Who was the first elected Chief of NCN?	400 Cowboys often ride a
500 Louis Riel, the Metis leader was famous for inciting which two rebellions?	500 The Wuskwatim Dam uses this river to generate power.	500 This organization takes its mission providing food for the community seriously.	500 NCN signs its adhesion to its number treaty in what year?	500 January in the Cree Pīsimwak is

Here is a Google Map image of Southern NCN. It has been split up by a grid system using numbers and letters. Use the grid system by referencing the letter, then the number for each square. I.E. the United Church is in square I, 16. Answer the questions below using this method.

- 1) In what square or squares is OK School located in?
- 2) In what square or squares is the three rivers store located in?
- 3) What buildings are located in square B, 16?
- 4) What squares would you need to travel through to get from the Arena to the Nursing station?
- 5) What building is located in square I, 15?

D Ε G Н

NCN Mapping

10 11 12 13 14 15 16 17 18 19 1 2 3



WORDSEARCH: ぐっと ハイっとくい āhtayi pisiskisisak Fur bearing animals

M S W Ā W X WН S W S

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

PISIW (Lynx) **SĀHKWISIW** (Mink) SIHKOS (Weasel) WACĀSK

(Muskrat) **WINASK** (Ground hog) AMISK (Beaver)

NIKIK (Otter) **OMITHĀCIS** (Wolverine) WAPOS (Rabbit)

MAHĪKAN (Wolf)

WĀPAHĪKAN (White wolf) MISTI MAHĪKAN

(Timber wolf) MĀKIHSIW (Fox) **MIHKWAKIHSIW** (Red fox)

SONIYAWĀHKISIW (Silver fox)

WAPĀHKISIW (Arctic fox)

KĀHKITIMĀSKWA (Black bear)

WAPĀSK (Polar bear)

MISTAHĪ MĀSKWA (Grizzly bear)

ANIKWACĀS (Squirrel)

TĀSWIKANIKWACĀS (Flying squirrel)

MISCHIKANĪS (Coyote)

MISTANĀSK (Badger)

WINTER FUN **ACTIVITIES**

- Go tobogganing
- Have a movie marathon
- Admire holiday decorations and lights
- Build a snow fort
- Go skating
- Warm up around a winter campfire
- Learn about your family tree
- Go on a winter hike
- Get organized
- Donate unused toys, games and clothes
- Make a winter wreath
- Play soccer in the snow
- Play board games
- Go skiing or snow tubing
- Bake cookies
- Make snow angels
- Play hockey at a local outdoor arena or safe pond
- Have a PJ day
- Go snowshoeing or cross country skiing
- Take a ride on a horse-drawn carriage
- Make your own Christmas tree ornaments
- Build a snowman
- Play pencil and paper games
- Try to catch the Northern Lights
- Do some stargazing
- Dance it out
- Make a bird feeder
- Teach your kid how to sew or knit
- Catch snowflakes
- Make a family scrapbook
- Play dress-up
- Go to a winter festival
- Make paper snowflakes
- Try ice fishing
- Do a good deed
- Volunteer at a local food back or animal shelter
- Help an elderly neighbour by shovelling their walkway
- Go winter camping as a family and learn survival skills
- Host a snow sculpture competition
- Have a snowball fight

COLOURING PAGE



Parks and Rec Brings the Fun with Online Contests During Lockdown!

With strong community restrictions back in place, Parks and Rec has brought back its fun contests and prizes to its Facebook page. Some recent competitions were Family Scavenger Hunt, Cutest Parent and Child Smiles, Best Jigger, Fun Friday Trivia on 98.1 Cree FM, and more.

Stay positive by joining in the fun! Get your family together for the chance to win cash prizes. If you're more of a spectator, check out everyone's entries, and vote for your favourite by giving them a like.

Best Bart Simpson Family Costumes

1st Cammy Spence

2nd Bree Francois3rd Gail McDonald

4th Cheryl Moody

■ 5th Nancy Spence

Best Parade Entry

1st Cheryl Spence

2nd RCMP3rd Gail

McDonald

4th Barb Moore

5th Garth Berard



Cree Words

500: Country Foods

MCM History

100: Treaty 5

200: Hudson's Bay

Company

Compa

200: Meetah Building 300: 1970's 500: Mystery Lake Hotel 500: 1908 400: jordan's Principle 500: jordan

NCN Businesses and Organizations 100: Three Rivers Store

Wisahkêcâhk 200: The Burntwood, the 10e1on, and the Rat rivers 300: 80 kilometers 400: Notgi Lake 500: The Burntwood River NCN Geography 100: The footprints of

Mative Knowledge 100: Ceatsr 200: Honesty 300: 13 400: Cree 500: The Red River and Vorthwest Rebellion

NCM Trivia Jeopardy Game – Answers

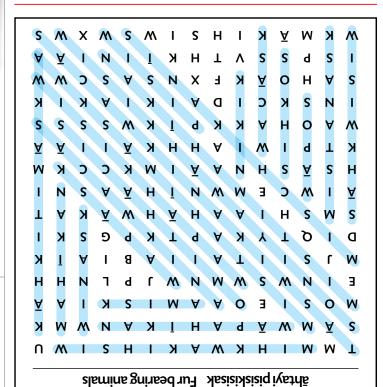
NCN Citizens recently shared their appreciation for Parks and Rec managers, Lou Moodie and Terry Linklater, on Facebook.

"COVID-19 hasn't made the past 18 months easy. Community events, online and in-person, have worked to boost morale, help pass time, and deflect anxiety. So many kudos are due: it ain't been easy but you haven't faltered." – Don Thomas

"It's awesome to hear of our dedicated employees who have served our community for this long ... thank you to you all for putting in your time to go way beyond your scope of work to help our children." – Carol Kobliski

"I often think about how long they have worked in the recreation department. Can you imagine the difference they have made in a person's life. Thank you from the bottom of my heart for your dedication and commitment for years and making a positive impact on people's lives!" – Nitha Oma

Solutions below to puzzles on previous page



MOKDSEARCH: 4"CP 17"PP/PY/9"



There are Supports out There! Nisichawayasihk - Local/Provincial/National Options



Mood Disorders Association of MB

Provincial Peer Support Call: 1-800-263-1460 or email: peersupport@mooddisordersmanitoba.ca (M-F 9am-4pm Sat-Sun 10AM-4PM)

Postpartum Warmline: Call or Text 204-391-5983 (Hours 9am-9pm M-Sun)



Anxiety Disorders Association of MB

Thompson Peer Support: Call/Text: **431-754-6720** (M to F – 1pm-4pm) Provincial Outreach and Support:

Call: 204-925-0040 or 1-800-805-8885 if you would like to chat or feeling anxious



Maternal Child

Health Program

Help for mothers before, during and after pregnancy

For more info 204-484-2341 ext 128



Managing and **Understanding** Your Diabetes and Nutrition

Contact our ADI Worker at: 204-484-2341 ext. 132



Youthspace

Emotional support to persons 30 years and under

Text to: (778) 783-0177 Or Chat: www.youthspace.ca (8pm-2am in MB)

Indigenous Specific Resources

HOPE For Wellness Line: Speak to a counselor about anything. You can request services from: Male or Female. Cree and English

Call: 1-855-242-3310 or connect to online chat: hopeforwellness.ca

Residential School Crisis Line: Support and Crisis

1-866-925-4419 (24/7)

60s Scoop Peer Support Line: (8am-8pm)

Listening and support – 1-866-456-6060

MKO Mobile Crisis Response Team:

1-844-927-5433 or check out their many services at: https://mkonation.com/



NCN Medical Receiving Home

NEED TO TALK?

1-858-848-5333

A Safe, Full Service Stay for Our Citizens

Provided for ALL NCN Community Members who have referrals for medical appointments in Winnipea

For more information, please call: 240.786.8661



NCN Medicine Lodge

NCN Medicine Lodge Healthier Lifestyle with Control Over Addictions

Telephone: 204-484-2256 Paving the Red Road to Wellness



NCN Women's Shelter



We'll keep you and your children safe while you make a plan for your future

Emergency On-Call: 204-679-1996 24/7 Landline: 204-484-2634 Executive Director (24/7): 204-679-2851

Sexual Assault,/Exploitation/ **Partner Violence**

Sexual Assault Crisis Line: 1-888-292-7565 Trafficking Hotline: 1-833-900-1010 (24/7) **Hurt in a relationship?** 1-877-977-0007 Klinic Crisis Line: 1-888-322-3019 Thompson Crisis Centre: 204-778-7273



The Canadian Prenatal Nutrition Program aims to improve the Well-Being of Pregnant Women

- Weekly prenatal classes
- Weekly food coupons
- Friendship and support with other new mothers

Contact FCWC CPNP Worker at: **204-484-2341** ext. 132



1-866-633-4220

Or Chat online: NEDIC.ca (hours vary)

Manitoba Parent Line

1-877-945-4777 (8am-8pm Monday-Friday)

Parents' Helpline PLEO

Family Peer Supporters help parents of children (up to 25yrs) facing mental health challenges **1-855-775-7005**



Support and Information

Thompson Based

Canadian Mental Health Association 204-677-6056

Provincial

Manitoba Schizophrenia Society 204-786-1616





No matter what the issue. support for anyone of any age, from anywhere in Manitoba

Call: 1-866-367-3276 (available—24 hours, 7 days a week!)



Jordan's Principle A Child First Initiative NCN Family and Community Wellness Centre

Jordan's Principle makes sure all First Nations children have access to products, services and supports they need, when they need them.

You can make an appointment or get a referral by calling our office: 204-484-2585



Rainbow Resource

Free phone counselling for members of the 2SLGBTQ+ community of all ages, families, friends and loved ones as well. Email to setup appointment: info@rainbowresourcecentre.org

Trans Lifeline: 1-877-330-6366 Hotline for transgender people in crisis. Including people who may be struggling with gender identity or not sure if transgender (hours may vary as volunteers available)

LGBTTQ+ Resource: Pflag Canada Support, info and resources to gay, lesbian, bisexual, transgender or questioning people and their family and friends

Call 1-888-530-6777 ext 226 (24/7) Or email gender@pflagcanada.ca



Success Through Advocacy and Role Modeling

Pregnancy can be difficult, and dealing with addiction or substance abuse can be even

Speak to the FCWC STAR Program . Manager Call: 204-679-4619



Health Links Info Santé

A 24/7 telephone service to provide answers to your health care questions and to quide you to the care you need.

(204) 788-8200

or toll-free 1-888-315-9257



Nisichawayasihk Cree Nation FAMILY AND COMMUNITY Wellness Centre

NCN Wellness Programs and Services Call Us Todav! 204-484-2341

NCN Wellness -Support and Information Lines:



Mental Health On-call: 431-354-1270 - Public Health Nurse: **204-484-2341** ext. 131 – WelTel Check-in Text Support Scan QR Code or use the Self-Enrollment link below: https://mis-nelsonhouse01. weltelhealth net/enroll?clinicId=1



Child Protection:

If you think a child is being harmed or neglected: NCN CFS at: 204-484-2341 On-Call 24/7: 204-679-6386 or 204-679-5544

NCN Achimowin Communications 98.1 FM Snowmobile Raffle!

1ST PRIZE:

WT EFI Ski-Doo

(purchased from

Nickel City Motors

- Thompson, MB)

Retail Value

\$15,902.88

Snowmobile Raffle Winners

2021 Skandic 600 Drawn: Friday, January 14, 2022

1st prize:

Ski Doo – Leon Frost, 84 Elk Bay, Thompson. Contact: 204-939-1651 Ticket #: 0460

2nd prize:

\$2,500.00 – Larry Muskego PO Box 480 Cross Lake, MB ROB OJO

2ND PRIZE: Contact: 431-264-1187 Ticket #: 0449

\$2,500.00 Cash **3rd prize**:

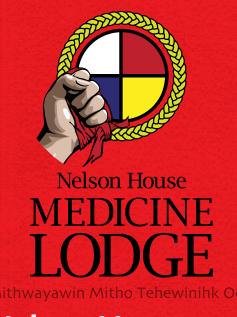
\$1,000.00 – Sidney Linklater, 1226

3RD PRIZE: Ospwagon Dr. Thompson, MB R8N 1R3

\$1,000 Cash Contact: 431-354-2297 Ticket #: 0532

Thank you to all the people that purchased tickets and to support NCN Achimowin Communications. All proceeds will go toward the station's improvements and a new facility to better serve our community.





Nelson House Medicine Lodge Intake Dates

Referrals and registration are being accepted now for alcohol and drug treatment, prevention and aftercare services. Intake dates and administration weeks are as follows:

DEALING WITH ADDICTIONS? Call 204-484-2256

Treatment Schedule for 2022

Monday, January 3, 2022 – Thursday, February 24, 2022

Monday, February 28, 2022 – Thurday, April 21, 2022

Admin Week:

Monday, April 25, 2022 – Friday, April 29, 2022 Monday, May 2, 2022 – Thurday, June 23, 2022

Monday, June 27, 2022 – Thurday, August 18, 2022

Admin Week

Monday, August 22, 2022 – Friday, August 26, 2022 Monday, August 29, 2022 – Thurday, October 20, 2022

Monday, October 24, 2022 – Thurday, December 15, 2022

Christmas Closure: December 19, 2022 – January 1, 2022

Treatment Schedule for 2023

Monday, January 2, 2023 – Thurday, February 23, 2023

Monday, February 27, 2023 – Thurday, April 20, 2023

Admin Week:

Monday, April 24, 2023 – Friday, April 28, 2023 Monday, May 1, 2023 – Thurday, June 22, 2023

Monday, June 26, 2023 – Thurday, August 17, 2023

Admin Week:

Monday, August 21, 2023 – Friday, August 25, 2023 Monday, August 28, 2023 – Thurday, October 19, 2023

Monday, October 23, 2023 – Thurday, December 14, 2023

Christmas Closure: December 18, 2023 – Tuesday, January 2, 2023

Treatment Schedule for 2024

Tuesday, January 2, 2024 – Thurday, February 23, 2024

Monday, February 27, 2024 – Thurday, April 20, 2024

Admin Week:

Monday, April 24, 2024 – Friday, April 28, 2024 Monday, May 1, 2024 – Thurday, June 22, 2024

Monday, June 26, 2024 – Thursday, August 17, 2024

Admin Week:

Monday, August 21, 2024 – Friday, August 25, 2024 Monday, August 28, 2024 – Thurday, October 19, 2024

Monday, October 23, 2024 – Thurday, December 14, 2024

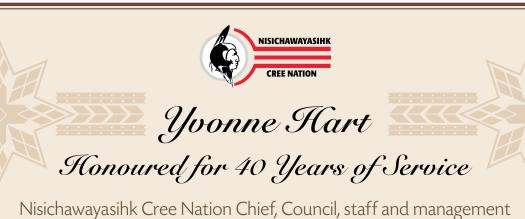
Christmas Closure:

December 18, 2024 – Tuesday, January 2, 2024







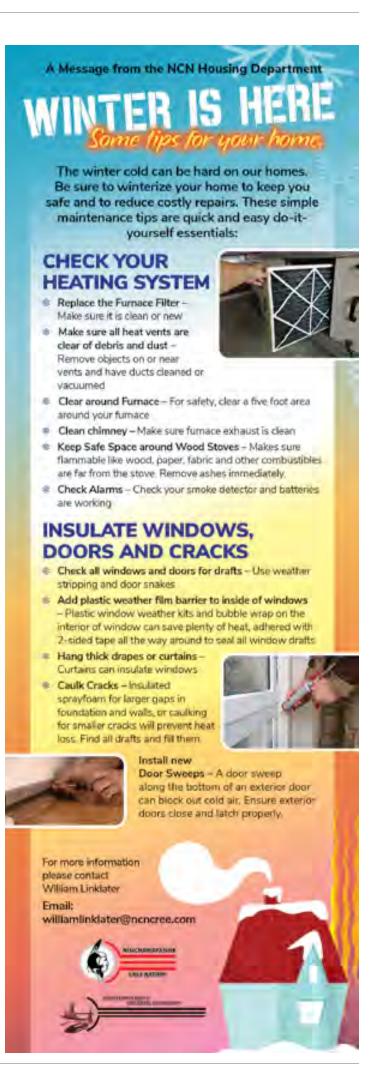


recognized Yvonne Hart for dedicating 40 years of service to Council and the community.



We thank Yvonne for her commitment and dedication in her years of service to Chief and council. It is with deep affection and respect that we honour her devotion, guidance and perseverance to improving our Nehetho Nation. Her years of service and commitment are testimony to the true spirit of our Nation.

Yvonne received a recognition gift from Chief and council for her amazing accomplishment.



Spot the Signs - Understanding Suicide

People who commit suicide

don't want to

everyone who

feels suicidal

will choose to

live if they can

way to release

their pain and

hopelessness.

and alone.

overcome their

Sometimes

people can't see a path

forward. They don't see a

future that could be better.

They feel helpless, worthless

find another

die. Almost

People who commit suicide don't want to die. Sometimes they can't see a path forward or a future that could be better. They feel helpless,

a friend or family member, trust your instincts and speak up!

worthless and alone.

You may be the only person who notices. Tell him or her that you are worried about them. Ask how they are feeling about life and what you can do to help. Consider talking with their family about your concerns, even if they ask you not

When people feel connected to their family and community, they are able to get past feelings of sadness and despair. When people feel like they are needed, they can believe they have a purpose.

To increase well-being and a sense of connection, try:

- healthy living with exercise, good nutrition and plenty of
- friendships with people who are healthy, loyal and supportive;
- an interest in our culture and history;
- hobbies that make you think, laugh, move and be creative;
- goals for the future;
- participating in community events;
- helping Elders and neighbours;
- understanding that sadness is temporary but depression feels never-ending;
- getting help with problems before they feel impossible.

Many suffer from mental illness, such as postpartum depression; addictions; bipolar and schizophrenia; anxiety and depression. But many are caught in a terrible cycle of crisis, grief and trauma

People at higher risk include those who:

- have addictions, physical or mental illness, learning disabilities;
- have attempted suicide before, or have friends and family who have;
- have low self-esteem or perfectionist personalities;
- have parents who are divorced, violent, or dealing with addiction;
- don't have a social group;
- are in serious trouble with school, work, or the law;
- are dealing with major life changes, like death, unemployment, divorce;
- are abused, molested or neglected youth;
- are two-spirited or transgender youth. If you notice changes in

Warning signs that someone is considering suicide:

- saying they are hopeless, helpless or worthless;
- deepening depression;
- out-of-character behaviour;
- talking about death and suicide;
- losing interest in the things they care about;
- taking unnecessary risks ;
- giving away prized possessions;
- planning special events or parties to create nice memories;
- making arrangements and setting their affairs in

If You're Having Suicidal Thoughts

- Call an expert right now to get advice and ideas;
- Remember that depression affects your ability to think clearly;
- Understand that problems can be solved;
- Believe that you deserve to feel better;
- Know that there are brighter days ahead;
- Connect with your doctor to make a plan for healing.

Emergency Phone Numbers

Hope for Wellness Help Line (for Indigenous people)

1-855-242-3310

Canada Suicide Prevention Service





2022 CAP/CIP Funding

Every year, the CAP/CIP committee completes its mandate of distributing accumulated funds from the Nisichawayasihk Trust and the Taskinigahp Trust to various NCN initiatives and projects.

While CAP/CIP money should not be the only source of funding, many local departments and organizations rely on these top-up funds, in addition to government and other sources, for their infrastructure, wages and daily operations.

NCN agencies, corporations, departments and Citizens can apply for funding by August of every year, and are informed of decisions from the CAP/CIP committee the following February.

The current CAP/CIP Committee is comprised of Roslyn Moore, Yvonne Hart, Jemima Lobster, Alan Linklater, Elder Dorothy Linklater, Jacqueline Hunter, James Warren, Lou Moodie, and Councillors Joe Moose and Ron D. Spence.

Of course, like all activities in NCN, Manitoba, and around the world, the NCN CAP/CIP process continues to be affected by the pandemic.

"Economic activity has had an impact on NCN investments, such as hydro bonds, which affects the amount of funding available for community programs and projects," says Joyce Yetman, Trust Office Director. "Many initiatives that received CAP/CIP funding last year were unable to complete their goals. Some had costs increase due to the pandemic and found their funds insufficient, and others were shut down and found themselves with a surplus of funds."

The CAP/CIP committee receives more requests for more funding every year. Last year, it received requests of \$17.7 million, and was able to distribute \$5.8 million.

Generally speaking, funding goes to initiatives such as

students and learning; community and social services and enhancements; and lands, resources and related associations.

More specifically, in the past, trust money has funded projects such as pow wows, elder subsidies, decentralization governance, school mould remediation, Christmas Cheer Board, water treatment plant, employment training, steel garbage bins, and housing.

To learn more about the Trusts and the CAP/CIP process, go to www.trustoffice.ca.

What's the process?

- **August:** Applicants submit paperwork to be considered for annual CAP/CIP funding.
- October: CAP/CIP Committee assesses each proposal for its benefits and long-term impact.
- **November:** Applicants that have been short-listed present their proposals and answer questions.
- **December:** Committee selects recommended proposals and prepares draft budget for Chief and Council approval.
- **January:** Approved budget is presented to community.
- **February:** Successful applicants receive funding.

Funds from the Nisichawayasihk Trust come from two main sources: a bond ladder, which generally creates more than \$1.5 million annually, and the Recreation sub-account, which usually generates about \$20,000 of annual interest.

The Nisichawayasihk Trust was created in 1996 as an agreement between NCN, the federal and provincial governments, and Manitoba Hydro. The basis of this trust is the \$64.9 million NCN received in compensation for damages caused by the Churchill River Diversion. Every year, the Community Approval Process (CAP) is undertaken to determine how to best distribute this money.

Funds from The Taskinigahp Trust come from six main sources: the

Transmission Development Fund; Dividend Loan Advances; Water Rental Rebate; and an annuity. Annual interest earned includes Compensation Payments for Adverse Effects; and the Resource Account and the Resource Sub-Account.

The Taskinigahp Trust was established in 2006 with the start of the Wuskwatim Generation Project. The initial compensation, and NCN's revenue shares from the sale of Wuskwatim electricity, is deposited into the trust. Every year, local departments, organizations and groups apply for its funding through the Community Involvement Process (CIP).

Get Outdoors for Family Literacy

We all know playing outside is good for kids' health. But would you believe it can help their reading and writing skills?

Family Literacy Day is on January 27th, and this year's theme is "Learning in the Great Outdoors."

How can you incorporate nature into your child's reading and writing?

It doesn't have to feel like homework! Outdoor and indoor activities could include:

- research a bird or animal that you often see outside;
- make up a story about a favourite tree, path or rock;
- write messages in the snow;
- use Nihitho language to build a snowman;
- make a traditional recipe together;
- play a board game and put your child in charge;
- make up a rhyming song together during bath time;

- help your child set a goal for number of books to read in a week/month/year;
- plan a reward for reaching their reading goal. Many people believe children get enough time in school to develop their literacy. But kids spend five times as much time outside the classroom as they do in school. Parents and caregivers need to commit to building these skills too.

The best way to create a reader is to model the behaviour. Let your kids catch you reading a novel, or chatting with friends about a favourite. Set aside time every day to sit together and read.

When families connect through reading, they build strong relationships, create trust, and support children's social, emotional and physical health.

Stories and songs teach our kids how heroes behave and

how to be great leaders. They are a great way to learn about our teachings and traditions,

Kids whose families are involved in their reading and writing development have more confidence, score higher on tests, and are more likely to attend postsecondary education.

Learn more about the importance of reading at FamilyLiteracyDay.ca

Keep Your Home Fire-Safe

Home fires are a terrible danger on reserves across the country. In fact, a 2007 report found First Nations people living on reserves are 10 times more likely to die in a house fire than other Canadians.

Part of this terrible statistic is due to overcrowding in many homes on reserves. But another reason is poor planning and bad fire management.

Always reduce your risk of fire, but also think about the worst case scenario. Create an escape plan (and a Plan B) and a meeting place with your family members. Teach children that if there is a fire, their only job is to get out of the house, and practice escape plans at least once a year.

To reduce your risk of a house fire:

Maintain the outside of

- your property. Store burnables away from the house. Keep grass neatly trimmed and weeds in control.
- Keep a smoke detector, carbon monoxide detector and fire extinguisher on every level of your home. Check that they work twice a year, when the clocks fall ahead and back
- Replace faulty electrical appliances immediately. If an item sparks, it needs to go.
- Overloaded power bars and outlets and exposed wires are very dangerous. Check electrical cords, which can be frayed by pests.
- Give all heat sources, such as wood stoves, radiators, space heaters and fireplaces, at least 3 feet of space.
- Electrical baseboard heaters should not be blocked in any way, or bear any weight.
- Clean the dryer's lint trap after every use.
- Do not smoke when you're lying down! Only smoke when sitting at a table. Leave your ashtray out overnight and empty it in the morning.
- Kids will always be curious about fire. Keep matches, lighters and candles out of their reach.
- Don't leave a stove, hot plate or toaster once you've started it. Teach your children proper cooking techniques.
- Remember: baking soda puts out a small grease fire, and water makes it worse!
- Never move a pot of oil on fire. Turn the heat off, put a metal lid on and wait it out.

Wood Stove Safety

- Keep at least 1 metre of space open on all sides.
- Keep burnables (including wood) away from wood stove.
- Check the chimney, flue and venting regularly.
- Let ashes cool before disposing into a metal container.
- Use only dry, seasoned wood, not green wood or cardboard or trash.
- Do not use starter or other flammable liquids.
- Use a safety guard if you have children, elders or pets in your home.
- Have a fire extinguisher in your home and know how to use it!

Propane/Space Heater Safety

- Only use heaters that are appropriate for indoor use. Make sure everyone understands the dangers of propane.
- Have an expert check that you have appropriate ventilation.
- You MUST have carbon monoxide detectors if you're running a propane heater.
- Do not spray combustibles or aerosols in the same room.
- Keep all sides at least 1 metre clear and do not put anything on top.
- Turn off heater when you leave the room, and when you go to sleep.
- Do not overload power bars or outlets.

Otetiskiskiwin Kiskinwamahtowekik Elementary School Conducts online Learning During Pandemic Lockdown

Submitted by Eldon Okanee, Principal

Tansi and Happy New Year, everyone. Welcome to the January, 2022 edition of the OK Elementary School newsletter. I hope this school newsletter finds you safe and healthy as we all have to contend with the challenges of the Covid pandemic.

Our elementary students have not been physically in school since Friday, December 17, 2021. Our elementary and high school students were initially supposed to resume classes on Wednesday, January 5, 2022. Due to the number of cases, all Manitoba Schools were closed from Monday, January 10th to Friday, January 14th, 2022. All our NCN students were told to stay home from Monday, January 17th as there was a full scale lockdown and a stay at home order, which is still in effect as of today, Wednesday, January 19, 2021.

It is now probable that the school could continue to be closed to students and staff on the week of Monday, January 24th to Friday, January 28th. The community and students will be notified if this changes. I suggest that community members keep track on the NCN and NNCEA facebook pages or on those websites. The latest news though regarding Covid will come from the Chief's office through bulletins.

All Kindergarten to grade 6 students have been doing online learning by remote since Monday, January 10th, 2022 and will continue to do so until it is safe to return. All students will be focusing on the English Language Arts (ELA) and Math in their online lessons. There are also fun educational activities, Cree and lessons on our bullying initiative ("Second Step"

with Patrick Miller being the lead, along with School admin). This initiative was started back in November, 2021. Mr. Patrick Miller has been posting a lesson a week.

All classroom teachers create lessons and post them for their students for online learning called D2L (Bright Space). As of today, I am happy to report we have some of our students logging in to do their lessons. The classroom teachers are working hard from home creating and monitoring lessons and assisting their students with the online learning. On the first day of online learning, 79 students logged in.

I hope and pray that all NCN members keep safe and healthy and out of harm's way from this Omicron Variant.

All school staff at OK Elementary look forward to seeing students back when it safe to do so. Many children are receiving the vaccines after parents/guardians have given their consent. Thank you for your continued support for our school. Ekosi maga.



Nisichawayasi Nehetho Culture and Education Authority Inc. News from NNCEA Director of Education for January, 2022

Tanisi nitotimak! Happy New Year 2022! Brrr, it's been cold

and Covid-19 has not disappeared! Even so, we carry on! We had hoped that Covid wouldn't return but it has. Hopefully, cases will peak and be reduced soon. We were to start school on January 5th but that didn't happen. Online learning has been in place since January 12th, 2022 and will continue until further notice. We know that the best way for our children to learn is in class with their teacher, but online learning is the best option we have.

Online learning has been in place since **January 12th, 2022** and will continue until further notice. We know that the best way for our children to learn is in class with their teacher, but online learning is the best option we have.

Compared to March 2020, efforts to provide this form of learning, are much smoother.

School Board Operations

- Contract negotiations between the NNCEA and NHTA opened on September 15th, 2021. The Bargaining Teams have been meeting and are working towards a mutual settlement. Progress is being made. It is hoped that we can settle the agreement.
- When unexpected situations arise, the Board usually calls special Board meetings. For 2022, the Board will have had four special Board meetings thus far. Regular NNCEA School Board Meetings are held on the last Tuesday of the month (except in Dec. and July) at 5 p.m. at AMEC. You are welcome to come hear what's happening in your school system. Once the community opens up, with Covid looming, numbers may have to be limited.
- Revision of NNCEA policies has been one of the major priorities. Policies haven't been updated since 2011.
- School evaluation recommendations are still a work in progress.

Personnel Management

By Christmas time, three teacher vacancies arose. We've advertised for a grade 1, grade 5 teacher and a high school Industrial Arts teacher for quite some time already. Surprisingly, no one has applied. We will keep trying our best to fill them!

- All other staff members are doing fine considering the challenges with Covid. Zoom meetings are a huge success and on-line resources for professionals and paraprofessionals are being tapped into for PD.
- We have a new Vice-Principal at OK, Mr. Daniel Moosomin. He replaces Margaret Monias who was the successful applicant for the new Literacy Coach for NNCEA. NNCEA welcomes Daniel to our staff and Mrs. Monias will excel in her alternate position! She has substantial expertise in this

Education Programs and Curriculum

- With the stay at home order, the Nehetho Language and Culture Unit are working from home as best as they can.
- Due to lockdown, the Culture Camp construction is at a standstill which further delays its completion. In time, it will
- Due to Covid, before/after school programming are on hold. Prior to the lockdown, our students were totally enjoying!
- The high school is not ready for occupancy yet. Over the holidays, the construction camp burned down which has created another challenge for the contract company. Once construction is complete, the NNOC students and staff will move in! A huge thank you to OK for accommodating NNOC's grade 7's and grade 8's who are there temporarily.

Finance and Budget

- NNCEA Finance meetings are held prior to Board
- NNCEA Audit 2020 is not available yet.
- NNCEA Budget planning for 2022-23 will commence soon.
- Bills are getting paid as well as the NNCEA staff.

Public Relations and Community Involvement

Partnership with Teach for Canada (TFC) continues. Agreement for 2022-23 should be signed again soon 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) have begun. DOE has participated in one session already. More FIT interviews are set up. NNCEA Administration participates in these. A Virtual TFC Advisory Council meeting is scheduled for January 27th. There's four rounds when the teacher database will open: March 21st, April

25th, May 30th and in June until all are matched. As mentioned before, the partnership with TFC has been positive and proven to be a valuable resource. So glad we joined on January 2020!

Nisichawayasi Nehetho Culture and Education Authority Inc.

Due to Covid, the research project has not yet begun but will in the near future. Four NNOC students have been selected and Ms. Sherene White, Guidance Counsellor has volunteered to assist. Students will be provided with laptops to do the research and other needed supports. NNCEA has a great opportunity to participate in a research project of our choice too. The Director of Education will be the research lead along with some interested high school students who will be research assistants. We want to do a research report on "The Next 40 Years of First Nations Control of Education at Nisichawayasihk, 2021-2061" which will be presented at the annual general meeting of NNCEA in July 2022.

Student Services

The next PSE Committee meeting is set for February 2022 in

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- Winnipeg. With Covid, the meeting place may not be in Winnipeg.
- The NNOC Career Fair held earlier this Fall was a great success except for the nasty weather which kept a few presenters away.
- To better meet student needs, there is a Guidance Counsellor at each of our schools now with a Cultural Support Counsellor, a Literacy Coach and Numeracy Coach for NNCEA. These supports will prove to be invaluable!

Information Communications and Technology (ICT)

- Computer network has improved immensely!
- The new high school has all it needs in the technology department.
- The Assistant Director of Education and Network Administrator are working on revising the

NNCEA web page. So, in the near future our NNCEA web page will be improved.

Facilities

- School signage still needs to be put up at OK: syllabics; roman orthography; English whenever maintenance can install. Signs are in storage for now. Renaming ceremony will be held. This will get completed!
- New school fence at OK installed before the snow fell.

Transportation

- Two new buses were purchased for this school year!
- The NNCEA bus fleet are all gas-powered and from BlueBird.
- All transportation drivers are now NNCEA employees, welcome aboard!
- Lisa Tracannelli is the Supervisor of Transportation and is doing a fine job.
- Plus, we have our own mechanic, Francis Linklater!
- NNCEA is ready to service our students whenever the new high school opens.

Professional Development

- NNCEA staff (all teams) needs assessment of PD needs has to occur: UDL; Cultural Competency; Computers, Lateral Violence; First Aid/CPR, D2L, etc.
- More PD for staff and utilize free workshops available through MTS, WEM, etc.
- NNCEA Administration, teachers and EA's are tapping into sessions of interest during this time of Covid.

General Comments

Once again, NNCEA's annual Christmas dinner was a hit!

Blaine Prince and his crew cooked up a delicious prime rib supper with all the fixings! The event was well-attended and the Silent Auction organized by Lorna Hart, HR Director was a highlight. Thank you Lorna and to everyone who assisted with this event! Thanks for all the generous donations from our suppliers. Congratulations if you won a prize or two. Funds raised were substantial and are going to a good cause!

- All NNCEA staff are double vaccinated!
- Please get Covid shots for your children and yourselves.
 The needles are safe and will prevent you from getting too sick if you catch the virus which can be deadly!
- We need our students to be vaccinated so everyone can stay safe from coronavirus.
- Wellness wishes to everyone out there who may not be feeling well! Stay home amap to stay safe! Protect yourself!
- During this time of Covid, it is extremely hard to cope and carry on. Please reach out to family, friends and the community supports that are in place to help you.
- Our Guidance Counsellors are available. Counsellors will post helpful information online. If supports are needed, help is a phone call away. For NNOC gr. 7-12 students/families, they may call Sherene White at 431-354-0408 for OK students and families, N-gr. 6, Patrick Miller can be reached at 204-679-3803 and Susan Kobliski is available for all students at 431-354-1099.
- Try your best to keep happy, healthy and safe! Things will get better and we will learn to live with this Covid!
- Think Happy Thoughts: You are managing! Schools will open again! Our new school will open soon! Spring is coming!

Cheer Board Delivers A Merry Christmas

After a rough pandemic year, the NCN Christmas Cheer Board brought well-deserved happiness and joy to the community. Hundreds of hampers and toys were delivered to Citizens, with everything to create a delicious, festive celebration.

The Cheer Board was founded in 1993 by the Awasis Agency (now known as the FCWC), when a few workers dressed up as Santa's elves and delivered gifts to some kids in need. The project was taken over by the Trust Office in 2007, which funds the effort to this day.

"Especially in a year like this, with a lot of worry and stress,

it's so nice to deliver these hampers and see the joy they bring," says Cheer Board Chair Kim Linklater. "I want to thank everyone who pitched in to help out. It was a great year."

The annual delivery of hampers is a huge undertaking that can only happen thanks to corporate sponsors and countless volunteers. From organizing and collecting, to wrapping and packing, coordination and delivery, it's hours of effort and dedication from caring Citizens that create this Christmas miracle.

Way to go, NCN!



Keeping Safety in Your Winter Fun

Winter in NCN brings amazing opportunities for outdoor adventure and memories. Whether it's hunting and trapping, ice fishing, skidooing or ATV

Winter fun

isn't usually

spontaneous. You

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cold. The best way

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outdoors is to make

thoughtful decisions

and play it cautious.

rides, our cold season is a great time for fun.

And with just a bit of planning, you can ensure your good times are also safe and stressfree.

One of our most powerful tools for winter safety is our Elders!

Ask an Elder to join you on an outing to show you the best, safest spots and to teach you their techniques. Elders have succeeded throughout their lives

without the technology we have. Learn their navigational and survival skills that don't rely on electricity, Internet and fancy equipment. Give them the opportunity to share their stories, not only the incredible tales of survival, but also the accidents they avoided, and even the tragedies due to mistakes.

Another important part of winter survival is the company you keep.

> Are your friends trustworthy? Do they prepare appropriately? If they usually get drunk or high, you can't rely on them to make safe decisions. Always tell someone else about your plans, whether where the party is, or what trail you're going to sled. Never leave anyone behind, and have a standing rule that everyone texts when they've made it home safe.

Remember that winter fun isn't usually spontaneous. You usually have to put some thought into your plans for adventure in the cold. Make sure everyone is appropriately dressed, with special attention to head, hands and feet. Ensure your vehicle is ready for winter conditions, with half a tank of gas,

jumper cables, a shovel and a box of cat litter for traction. The weather can change in an instant, and accidents happen when you least expect them. When you take the time to predict what could go wrong, you'll have a good chance of keeping things all right.

The best way to stay safe in the outdoors is to make thoughtful decisions and play it cautious. If you have to cancel your plans for today, tomorrow will be just as glorious!

Winter safety kit for your vehicle:

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

To ask before every adventure:

- How is the weather supposed to be?
- What happens if my vehicle breaks down?
- What if the weather changes quickly?
- Do I have enough knowledge to do this?
- Is my buddy experienced?
- Do I have the necessary equipment to solve problems?
- Where is the nearest shelter?
- Does someone know about our plan?
- Who do I call for help?

Recommended Minimum Ice Thickness for New Clear Hard Ice 3" (8 cm) 4" (10 cm) 5" (13 cm) or Less ice fishing 8-12" (20-30 cm) STAY OFF! 12-15" (30-38 cm) Cross country tking Small Pickup Note: Slush ice is not as strong as clear hard ice. No ice is without some risk, Be sure to measure clear hard ice in several places.

Looking Back at 2021 What a Year! NCN Stories That Made Headlines in 2021

It was another strange year as we continued to make our way through the pandemic. There have been COVID highs and lows, but our community continues to evolve and progress despite many challenges. Go NCN!

COVID Continues



The first adult vaccines arrived in NCN in January 2021, and by the end of the year, NCN had one of the highest vaccination rates in Manitoba. Throughout the year, NCN moved through

various stages of limitations (such as lockdowns, travel restrictions, school shutdowns, re-openings, remote learning, grocery distributions) and benefits (such as travel without authorization or isolation, attending events, and overnight stays). Kids' vaccines arrive in November. Thanks to Citizens' diligence, COVID does not affect community too much until late December and into 2022. At time of printing, there are 109 active cases in NCN and the community is again under lockdown.

Children's Bodies Discovered

In July, the bodies of 215 children were found on the grounds of the Kamloops Indian Residential School in

BC. It was the first site of several to be unearthed over the summer. Indigenous leaders across Canada reminded people that this was not a "discovery" but a confirmation. Locally, Citizens attended a Walk for the Little Spirits and heard from local survivors Carol Prince, Mona Hart and Fred Hart.

NCN Observes New National Holiday



September 30 is declared National Day for Truth and Reconciliation by the federal government. The new statutory holiday occurs on what is already known as National Orange Shirt Day, which honours survivors, families and communities who attended and

continue to deal with the fallout of residential schools.

Missing NCN Citizen



Rico Cody Linklater is last seen on October 21. The 22-year-old was believed to be in the community, or perhaps had travelled to Thompson. In November, Citizens joined a community walk in support of Rico's family. If you have any information, call Crimestoppers at 1-800-

222-8477 or RCMP at 204-484-2837.

Chief Meets With Federal Rep



In November, Chief Moody met with Indigenous Services Canada Minister Patty Hajdu. Bad weather cancelled her trip to NCN but the two leaders

were able to meet in Winnipeg. They discussed housing, community infrastructure, clean water and youth wellbeing.

Celebrating 40 Years of NNCEA



A community dinner with pipe ceremony, prayers and song celebrated 40 years of focus on Nihitho culture and language in NCN's education system. The education authority was founded in 1981 on the spirit of Wahbung and "Indian control of Indian"

education." Recent achievements

include an immersion curriculum, new high school and plans for new elementary, successful remote learning during pandemic, and a partnership that makes teacher recruitment easier.

FCWC CEO Celebrates 20 Years

In December, Family and Community Wellness Centre CEO Felix Walker celebrated 20 years as its leader. His belief in people's ability to heal, the power of culture and traditions, and commitment to staff-led initiatives have created innovative social services known across the country.

New Water Treatment Plant



Work is progressing at the Water Treatment Plant building and new truck

fill building. Piping and road works continue in the subdivision area.

The Water Treatment Plant and Piping was originally scheduled for completion on August 31, 2021, but many projects have been put on pause because of the pandemic.



Medicine Lodge Hosts Youth Wellness **Gathering**



In August, almost 200 young people attend four days of ceremony, therapy and

workshops with a special focus on addictions. Participants enjoyed a sacred fire, pipe ceremony, sweat lodge, and naming ceremonies. The event was a huge success, which confirms, for organizers, that our children need our traditions.

NCN Group Presents at Summit of **Treaty 5 Sovereign Nations**



Elders and councillors attended the annual summit in Cumberland House, SK, four hours west of The Pas. They discussed self-government models, treaty annuities, ownership of natural resources, constitution, and Crown-First Nations relations.

Dry Summer with Many Wildfires



Serious drought conditions fell over most of Western Canada over the summer months. In July, only 25 millimetres of

moisture was recorded in Thompson, only 30 per cent of the average. Most of that fell on one day, July 18, when it rained 17.5 mm. At the same time, there were 138 wildfires burning in Manitoba, and smoke advisories continued through the summer. Almost half of those wildfires were in the northern wildfire region, and 30 were called "out of control." Local areas of concern included Leftrook, Wuskwatim and Suwanee.

Housing Development Launched

Work on Phase 1 of the subdivision project was announced in July by Chief and Council. Located in the same area as the new high school, 75 new residential lots will be constructed and

serviced with water and sewage. The entire project is valued at \$8.3 million.

LER Community Feedback

Lands, Environment and Resources Department led a process of gathering Citizens' input about the development and use of NCN lands, as per the Aski Pumenikewin. 250 respondents said they are proud to be in a progressive, prosperous Nation, with good, kind people. The main problems they named are overcrowding, homelessness, bootlegging, employment opportunities, and education and training.

NCN Citizen Honoured By Province



Hilda Anderson-Pyrz is recognized in a group called the Top 150 Manitobans. She is acknowledged for her advocacy work in genderbased violence, most notably as the director of the Murdered and Missing Indigenous Women and Girls liaison unit. She has worked tirelessly to bring forward the voices of

victims and their families, to ensure they are not forgotten.

Four NCN Citizens Complete FNSO Training



There are now 10 full-time FNSOs working in NCN, since the program began in 2016. In total, 26 people have completed their Level One training, by attending a threeweek training program in Brandon. FNSOs help to keep NCN peaceful and safe, and their responsibilities have evolved over the pandemic to include enabling lockdown

procedures, and screening at the check stop.

Traditional Powwow in NCN



From September 3-5, fully vaccinated Citizens enjoyed their newly found (and short-lived) freedom from the pandemic with a community powwow. The masters of ceremonies were David Blacksmith and Les Michelle, Chris Scribe served as Arena Director,

with Host Drum Walking Buffalo, and Sound by Powwow Thunder.

New Recordbreaking Skating Trail



In March, a new 11.5 kms skating trail is created by Parks and Rec and a volunteer crew using ATVs, pumps and a homemade Zamboni. It winds throughout the Nelson House area, and organizer Lou Moodie says it's the longest in Northern Canada.

NOV Citizen Receives Acting Award



In November, Brooklyn Letexier-Hart wins "Outstanding Performance by an Actress in a Leading Role" at the 20th annual Red Nation Awards in Los Angeles, California. She played a starring role in the film "Night Raiders," in which

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Family and Community Wellness Centre

PUBLIC SERVICE ANNOUNCEMENT

We are pleased to announce that we have Home testing kits at Public Health for our community members. Each kit will have the following inside:

- 3 swabs
- 3 Rapid Test Devices
- 3 Testing Tubes
- 3 Solution bottles
- 1 Instructions Sheet

Please Note: Home kits are **ONLY** for those that have symptoms of COVID-19.

Public Health staff will deliver kits to homes.

PLEASE have patience with us, we are shortstaffed and trying very hard to help as many people as can per day

Please do your Testing if at all Possible During the Day

Monday–Friday 9:00am – 4:30pm If you test POSITIVE please do the following:

Call Public Health to report test results
Hours are 9:00 am – 4:30 pm, Monday–
Friday – **204-484-2341**

After Hours Call the Nursing Station if you are SYMPTOMATIC only
Hours are 4:30 pm – 9:00 am, Monday–
Friday and weekends – **204-484-2031**

Thank you all so much for your time and patience.

We will get through this together!



Footprint Lake Water Levels

Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of January 19, 2022

On January 19, 2022 the level of Footprint Lake was at an elevation of 798.2 feet. The level of the lake is expected to rise 6 inches to an elevation of 798.9 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.

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her character's mother steals her away from a state-run institution. Letexier-Hart lives in Surrey, BC.

Syphilis Increasing Across Manitoba

The sexually transmitted infection can be passed through vaginal, oral and anal sex. It is especially dangerous because people don't always have symptoms, and because mothers can transfer it to their babies during pregnancy or birth. In 2019, there were almost 2,000 cases in Manitoba, which was the highest total in more than 50 years. Use a condom!

New Infrastructure

Despite lengthy delays due to COVID-19, both the new water treatment plant and the new high school were essentially completed by the end of 2021. The community has been in dire need of both projects for years. Estimated final costs for the school are just under \$50 million, and \$26 million for the plant.







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