

APRIL/MAY 2022

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# NCN Receives Huge Honour from CANDO

Nisichawayasihk Cree Nation has been named "Community of the Year" by CANDO.

The Council for the Advancement of Native Development Officers award recognizes Indigenous economic initiatives that help to establish sustainable self-sufficiency.

"It's a real accomplishment for NCN to win this national award, because we'll be known across Canada. It gives us credibility and shows we know what we're doing," says David Kobliski, the executive director of the Nelson House Development Corporation.

He received the award on behalf on NCN at Whitecap Dakota First Nation, just outside of Saskatoon, on May 19.

## Leadership and NCN Employees Make it Possible

Bruce Zhang has worked as a consultant for NCN for decades. He is not surprised by the award, and says NCN deserves the recognition.

“Over the years, NCN leadership really have been trailblazers. They’ve always had an eye on profitability that could create rewards for the community,” says Zhang. “They’ve always realized that they have to generate their own revenues to gain control and have self-sufficiency.”

Kobliski says it's been a long road to get here.

"Decades ago, 25 years ago, our Nation had nothing.

**The first business  
Nisichawayasihk  
First Nation owned  
was a gas bar. It  
allowed the First  
Nation to keep  
revenue in its own  
community.**

We were on the verge of third-party management. Now people are knocking on our door, wanting our business."

He says the achievements of NCN come down to two things: our leadership and our Citizens.

“One of the main reasons for this success is our Chiefs and Councils, previous and current, sticking to the path of economic development. The other huge part of this is the Citizens who are employed by NCN and have a sense of ownership. Without great employees, it doesn’t matter how good your business is, you won’t have success.”

CANDO highlighted NCN's Otohewin

Continued on page 2



David Kobliski and Bruce Zhang accept 2022 Indigenous Economic Developer of the Year Award on behalf of NCN.

## 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**





**"A lot of First Nations look at our community as a model," David Kobliski said. "We do have a model that works. And others can do it on a smaller scale or on a bigger scale."**

gas bar, which was the first business owned and operated by the Nation, and its grocery stores and hotel. It was particularly impressed by the Wuskwatim Project, of which NCN owns 32 per cent in a joint partnership with Manitoba Hydro.

## Our Achievement Helps Others Too

Because of its strong economic growth, NCN is often asked to appear at conferences to share its wisdom.

In the last month, Kobliski was a panelist at the NACCA Indigenous Prosperity Forum in Gatineau, Quebec, and at Vision Quest in Winnipeg, where he, Zhang, and NCN Councillor Ron Spence presented NCN's development model.

"It's great to get recognition for our Nation's successes from across Canada," says Spence.

"Being acknowledged outside of our community really should make our people proud. It tells us we are on the right track to success."

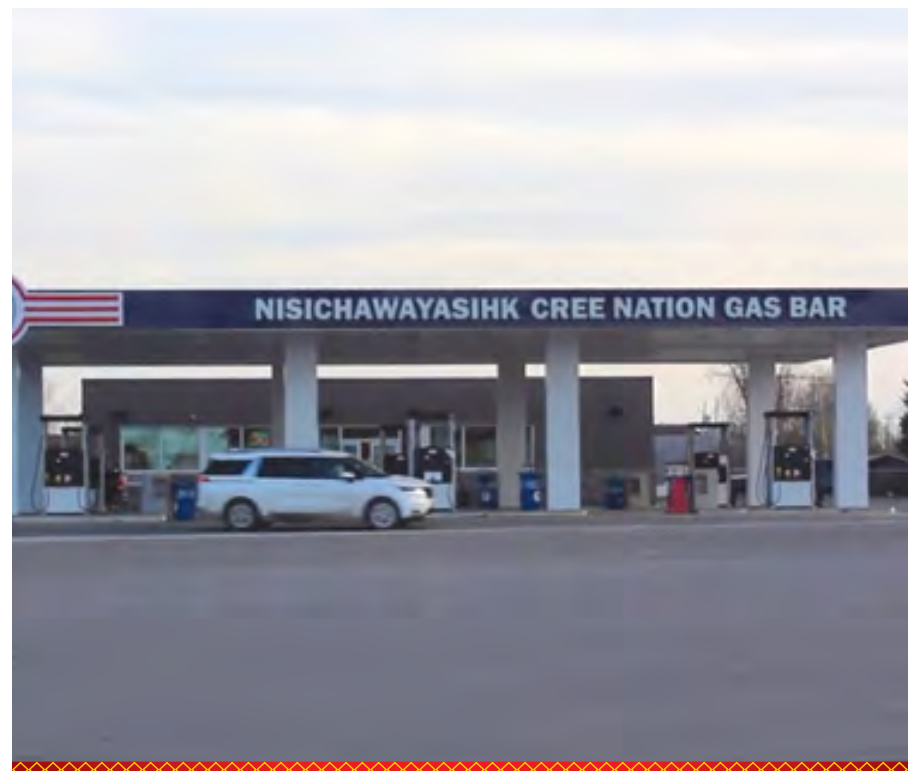
This attention on NCN's economic development is great for the community because it creates opportunities, and for our Citizens, because it opens doors and helps to make dreams come true. And that's just the beginning.

"It's all affirmation that what we're doing is unique and correct, and gives us the chance to connect with other Nations and learn something new," says Kobliski. "Not only

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**Meetah Building Supply Business.**



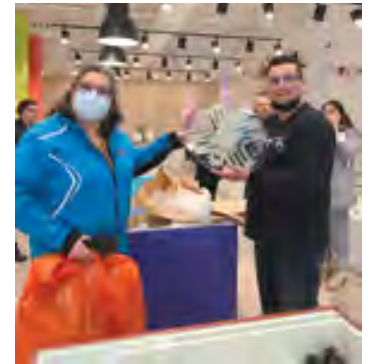
**NCN Gas Bar in Thompson, Manitoba.**





# NCN Citizen Opens Cannabis Shop in Winnipeg

A photograph of three students standing in front of a large, vibrant mural. The mural depicts a stylized face with a large, red, textured nose, green hair, and a blue background with abstract patterns. The student on the left is wearing a black jacket with a colorful pattern and light-colored pants. The student in the middle is wearing a grey sweater and dark pants. The student on the right is wearing a white and yellow patterned sweater and blue jeans.



Learn more at  
[mistikcannabis.ca](http://mistikcannabis.ca)



# JUSTICE AND PUBLIC SAFETY



**COMMUNITY PATROL: 204-679-0171 OR 204-679-0226**



# Another Great Flames Junior B Season

The NCN Flames Junior B team wrapped up their Keystone Junior Hockey League season with a heartbreaking overtime loss at Gilbert McDonald Arena on April 26.

They lost the championship final series to the Peguis Juniors 4 games to 2.

Despite losing the

championship to the strong Juniors, who have won the championship five years in a row, the Flames had some incredible performances that were acknowledged by the league.

Keistin Saunders, a forward who wears #10, won the KJHL scoring race with 89 points (35 goals, 54 assists). The league said, "Keistin was a leader on and off the ice this season, and in the final regular season contest put up six goals and eight assists to seal the scoring title."

Jerome Linklater, #12, won Most Sportsmanlike Player. The KJHL said he "was an asset to a deep Flames team this season, finishing just outside the top ten in league scoring. Amassing just 54 penalty minutes, he is a highly respected forward by his peers."

Braedin Melsted won Best Goaltender of the League with a GAA of 3.76 and a save percentage of .896. The KJHL called him, "the backbone of the Flames team, who even put up two assists for the high-scoring Flames."

Congratulations to the Flames players, coaches and management on an incredible year, and a special thank you to all NCN Citizens who cheer on our hockey players. Flames fans are the best!

The Junior B team will celebrate a great season with their year-end banquet and social on Friday, June 3rd.





# Celebrating Special Women

To celebrate the amazing mothers, grandmothers, aunts, sisters and more for Mother's Day, NCN Citizens gathered on May 7 for a barbeque, fun and fellowship. They enjoyed puzzles, self-portraits, bingo and an awesome airband competition.

There are many people to thank for this successful event, including: Ron McDonald, Douglas Spence, Billy Wood, Donna Linklater, Rena Gossfeld, Corbin Hart, Bryson Tait, Emily Linklater, Joshua Thomas, Anderson Dumas, Tessa Thomas, Cherish Linklater and Shiloh Thomas.

Special thanks to our sponsors NCN Government, Trust Office, FCWC and NCLP.

Be sure to follow the NCN Parks and Recreation page on Facebook so you can see upcoming plans for kids of all ages! Recent weekend activities have included Movies and Munchies, basketball, a family scavenger hunt and T-shirt making.

## Results of the Co-ed Volleyball Tourney

- 1st: Veebs
- 2nd: Mixed Nuts
- 3rd Norway House
- 4th: Team Crush





## 6



# Parks and Recreation





*Happy Retirement Blessings*



To **Mr. William (Bill) Gamblin**  
Retired NNCEA Post-Secondary Counsellor  
NNCEA and All PSE Students  
Thank you for 24.5 years of service  
November 1, 1997 – April 29, 2022

*The Continued development of our NNCEA  
PSE Program was made possible by your efforts  
NNCEA Thanks you and wishes you many  
happy years of retirement.*



**In case of emergency please contact RCMP at  
204-484-2288**

## CONTACT INFORMATION

**204-679-0171**  
**204-679-0226**



*Nisichawayasi Nehetho  
Culture and Education Authority Inc.*

NISICHAWAYASIHK CREE NATION

Call us at **204-484-2095**  
**nhea.info**



## NCN BAND OFFICE

**204-484-2332**

# Put Our Children First

*Their futures are worth it.*

# Wechitotan Kita Mithwayachik Kichawasimisinanak

**Find out more: 204-484-2585**



Jordan's Principle  
A Child First Initiative

NCN Family and Community Wellness Centre



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.





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PIMITHĀKAN  
(Plane)

KA AMOWITAKWAK  
(Helicopter)

KINOTAPANASK  
(School Bus)

OCAPANASKOS  
(Car)

OTAWAPICKIW  
(Semi-Truck)

OTĀWACITHIKAWIW  
(Gravel Truck)

OTĀPAN  
(Train)

NĀPIHKWAN  
(Ship)

CIMANIS  
(Canoe)

PIMPĀTHIHCIKAN  
(Outboard Motor)

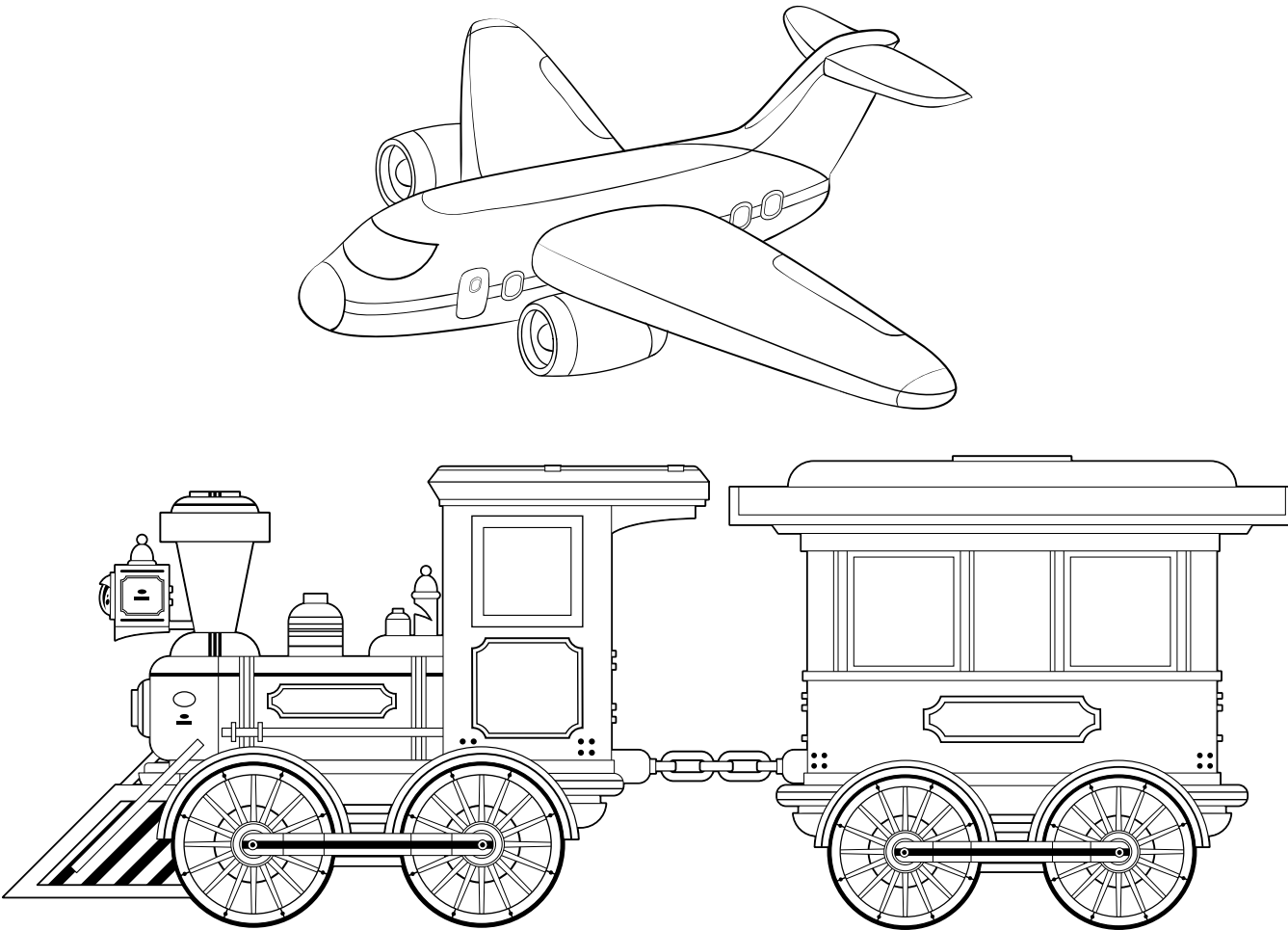
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 (Toboggan)  
 OTAPAHASTIMOWIN  
 (Dog Team)  
 ASAMAK  
 (Snowshoes)  
 AWATĀSKWAHĪKAN  
 (Wheelbarrow)  
 CIMAN  
 (Freighter)  
 OSI  
 (Boat)  
 APOY  
 (Paddle)  
 ASIPOWAN  
 (Oar)

## The Great Outdoors Checklist

What are some of the things that you like to do when the winter season is over. Over the next month, review this list and check off as many activities that you are willing to try or do. Enjoy the outdoors and have fun!

- ☐ Plant a spring garden (or even just a plant or two)
- ☐ Have a picnic at the park
- ☐ Seek out the first crocuses, snowdrops, and other spring flowers
- ☐ Go for a run
- ☐ Take a hike
- ☐ Play softball
- ☐ Ride a bike
- ☐ Enjoy the spring weather at an outdoor café
- ☐ Visit a farm to see the baby animals
- ☐ Walk on an empty beach
- ☐ Go horseback riding
- ☐ Fly a kite
- ☐ Look for four-leaf clovers
- ☐ Jump in puddles
- ☐ Get dirt under your fingernails
- ☐ Blow bubbles
- ☐ Climb a tree
- ☐ Find a playground and swing on the swings
- ☐ Feed the ducks at a pond
- ☐ Wade in a creek
- ☐ Draw pictures on the sidewalk with chalk
- ☐ Skip stones across a pond
- ☐ Play 3 on 3 basketball with some of your friends
- ☐ Go skateboarding
- ☐ Skip rope with a friend
- ☐ Play hopscotch
- ☐ Build a play fort or a shelter in the woods or your backyard
- ☐ Play some board games with your family or your friends
- ☐ Go bird watching

## COLOURING PAGE



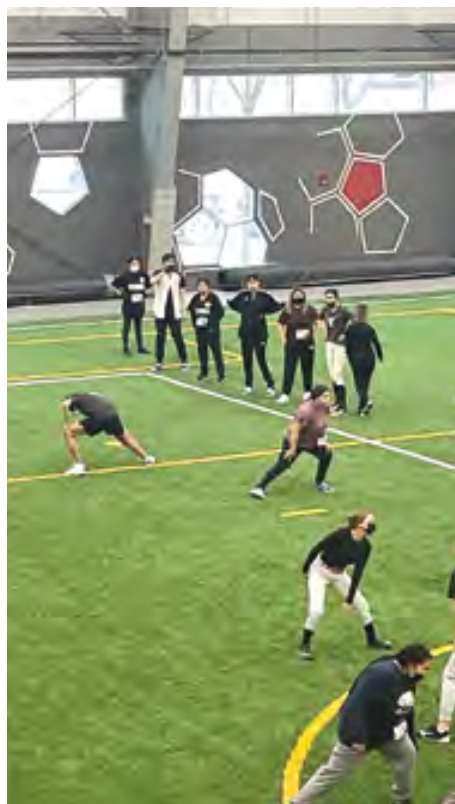


# N.A.I.G U19 Male and Female Softball Tryouts Complete

NCN would like to give a shout out to the youth athletes for giving it their all and for playing the sport they love! Thank you as well to all the drivers and chaperones: Dwight

Spence, Ron and Theresa Hart. The NCN Parks Recreation helped fund this great outing for our youth.

Also thanks to the Family and Community Wellness Centre and ATEC Atoskiwin Training and Employment Centre for their kind donations.



# 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**

# NORMAN LINKLATER MULTIPLEX

**Find out what's  
on the program!**

Call us at  
**204.484.2171**



**Solution below to puzzle on previous page**

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WORDSEARCH: VJUN'D.α  
pimōtíhowina Transportation



# NNOC Welcomes New Mascot

The NNOC high school is pleased to welcome their new addition to the team. Mascot Wolfee Warrior #1, designed by Jack Young, will be the head cheer leader for the school and sports teams. The charming warrior is already making himself at home at the new school and is a big success. The design was created by an NNOC student and shows off our school pride. Watch for Wolfee to bring the attitude at events in our community!



# Elder Rosie Spence Has A Happy Return Home to NCN

Elder Rosie Spence has returned home to NCN after almost two years in Winnipeg.

Rosie was admitted to Seven Oaks Hospital in 2020 for what was meant to be a short stay for complications related to her diabetes.

Instead, she spent almost an entire year there during the height of the pandemic. She had pneumonia, then needed an amputation, and then came down with COVID.

During her stay, Rosie was not able to receive visitors due to public health orders. She also had to miss her sister's passing and funeral service, and the birth of a granddaughter.

Through it all, Rosie remained optimistic.

"I went through a lot. I didn't mind. The nurses were nice to me. Everybody was very nice, and treated me well," she told CBC.

Last June, after a lot of coordination and support from hospital staff, Rosie's family and NCN leadership, she was released to the Medical Receiving Home in Winnipeg while she continued to receive extensive treatment. At that time, her healthcare team had little hope that Rosie would be able to return to NCN due to her health.

But the love and encouragement of the caregivers at the NCN MRH helped her to heal. They prepared traditional foods for Rosie, and hung pictures of NCN in her unit to remind her of home.

Various community efforts from friends, family, organizations and providers also helped to improve Rosie's health and make her return home possible.

Rosie's journey is a story of strength, perseverance of the human spirit, and of the importance of community support.





# Thompson-Style Pizza a Success in Winnipeg

NCN's Kenny Braun knows the great pizza of Thompson, Manitoba well. The Chicago-style favorite has been popular for decades and now that great taste is available in Winnipeg.

Braun started Thompson-Style Pizza with his business partner Jacky Colombe and they created a business selling pizzas made in their hometown's style. Braun now has plans to expand the successful restaurant into other locations in Winnipeg.

"The dough itself almost weighs two pounds. It's really about a tangy sauce, there's shredded meat and also sliced meat and then a lot of cheese. It's a really thick pizza," said Jacky Colombe in a CTV interview, who added it's key that the dough can hold all the ingredients.

The two started with not much more than a dream and have had great sales since opening in downtown Winnipeg on Fort Street.

"We started off with zero dollars and in six months we got our restaurant up and running," said Braun. "I think the pizza really speaks for itself."

In a four-hour day, Braun said the crew can make between 50 and 60 pizzas, noting they have days when they have

to turn away hundreds of more orders. The crew's record is over 80 pizzas in one day.

Braun asks that his community members try it for themselves when in Winnipeg. Call 204-943-5627 or visit 308 Fort Street.



The following links are snippets that showcase our humble beginnings which are done by CBC and CTV news.

<https://www.cbc.ca/player/play/1886477891599>

[https://beta.ctvnews.ca/.../2021/6/29/1\\_5490954.amp.html](https://beta.ctvnews.ca/.../2021/6/29/1_5490954.amp.html)

From our kitchen to yours, the family at TSP would like to thank everyone who gave us their continued support and business throughout these trying times. Without it, we wouldn't be in the position we are today!

Also introducing the TSP website, where you can find everything pizza and our story.

<https://ttownstylepizza.com/>

Ekosi/Miigwetch

Expanding in Winnipeg  
Selling 100s of pizzas a day. Record of 180 in one day.  
Kenny Braun, NCN member

***Styled after the famous pizza in Thompson.***









Ed Primrose: 204-679-4248    JP Primrose: 204-307-0934






# Nisichawayasi Nehetho Culture and Education Authority Inc.

## News from NNCEA Director of Education for May, 2022

Tanisi nitotimak! Since the last message in March, no school has been lost due to Covid which is fantastic! Spring break is over and the last block of the school year is in full swing! Easter is over and Mother's Day 2022. Belated Mother's Day wishes to all our beautiful women! As of April 16th, 2022, the grade 7 and 8's officially moved out of OK and classes are now being held at the new high school. We've waited so long and it's finally a reality. We need to be thankful for this new facility and maintain it well. Thanks to NCN Chief and Council and all those who've worked diligently to made this "dream" a reality. Kinanskomitan!

### School Board Operations

- The 2022-23 school calendar is approved. Fridge magnets will be ordered and the 2022-23 calendar will be out soon.
- Contract negotiations between the NNCEA and NHTA



NCN'S ANNUAL  
**Spring**  
CLEAN UP

Week of May 16-20, 2022

If you require garbage bags and gloves please call  
Environmental Coordinator, Melissa McDonald at  
204-484-2359

Garbage Pickup call Public Works, Greg Tays  
204-484-2597

continue. We hope to settle the agreement in near future.

- 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. Last August, the AMEC Boardroom renovated with lots of seating to accommodate an audience. People welcome to attend!
- Revision of NNCEA policies has been a major priority for the Board. Policies haven't been updated since 2011. A session was held March 28-April 1, 2022 in Winnipeg. Work continues.
- Work on creating an NCN Education Law has begun. So far, the following are on the team: Councillor R. D. Spence, J. Yetman, Elder Wm A. Spence, NNCEA Chairperson W. Bunn, C. Linklater (PSE), E. Thomas, Lawyer V. Matthews-Lemieux and your NNCEA Director of Education. Others will be invited to assist as needed. Our next session is scheduled for May 25 and 26 in Thompson.
- School evaluation recommendations are still a work in progress.
- A copy of the 1980/81 original ICIC agreement from ISC for the NNCEA historical record is still outstanding.

### Personnel Management

- Long-time PSE Counsellor, Bill Gamblin, has retired after 24.5 years of service! He will be invited to the July 2022 AGA. Bill trained Craig Linklater who has resumed Bill's responsibilities. Congratulations Craig! Efforts to recruit another are underway. Craig will orientate/train the incoming PSE Counsellor.
- Monthly Managers meetings are held monthly. The next one is set for May 16th, 2022.
- For 2022-23 school year, an array of staff will be required. These positions have been posted in ECN, our local websites and Facebook and well as the Thompson Citizen. Recruitment will be a major task in the next few weeks.
- HR Director needs an assistant, so it shall be advertised in the near future, keep posted!
- Extra security have been hired for both schools.

### Education Programs and Curriculum

- School is back in session and students/staff are glad things are "near normal"!
- Work at the Culture Camp continues. Road allowance

cleared so hydro poles can be installed. Once the facility has hydro and is safe, land-based activities will begin.

- A grand opening celebration will be held at a later date.
- Thanks to Assistant Director Nic Campbell to organizing spring break events: hockey, basketball, aurora dance, taekwondo, volleyball, etc. The camps were made possible with the generous funding from ISC for Before/after school programming. Student participants all benefitted from these healthy activities!
- The high school is not totally ready yet. The Industrial Arts and Cosmetology rooms are being blocked off and still need completion as well as work on the exterior. Once done, I'm sure the Nation will provide a grand opening.

### Finance and Budget

- The NNCEA budget for 2022-23 balanced and was approved by NCN Treasury Board. NNCEA's budget is now \$22,129,042.00. Lots of money with lots of expenditures!
- NNCEA Finance meetings


Continued on page 16



are held at noon prior to the evening Board meeting on the last Tuesday of the month.

- Efforts to withdraw second level services from KTC and MIEA are underway. This should add about \$100k to our budget.

## Public Relations and Community Involvement

-  Partnership with **Teach for Canada (TFC)** continues. NNCEA continues to tap into the teacher database whenever we can to recruit more top notch teachers. There's four rounds when the teacher database will open: March 21st, April 25th, May 30th and in June until all are matched. NNCEA will continue to tap into this valuable teacher pool! The last Knowledge Exchange for this year will happen on May 15th from 9:30 a.m. to 11:45 a.m. July Advisory Council to be held on July 14th at 10 a.m. via Zoom. On July 15th, NNCEA can Meet the Teachers we've hired via Zoom. As of this year, TFC hires and other new teacher hires will be allowed to participate in the Summer Enrichment Program that TFC provides. Your Director of Education has agreed to audit the Community Governance course in preparation for the summer enrichment program. This year, TFC will also be offering an Admin Preparation Program. It is a 10-hour orientation program open

to everyone: new and returning administrators. If interested, one can register.

- The research project to gather info on The Next 40 Years of FNC of Education at Nisichawayasihk, 2021-2061 began on February 23rd. Four NNOC students: Corbin Hart; Allaynah Linklater, Madison Baker and Margaret Hart have volunteered and were selected. Ms. Sherene White, Guidance Counsellor and your Director of Education oversee the project. Interviews, surveys, etc. will be done in May. A poster was created to inform the community. This was advertised on the local radio station and posted in various community locations. All the info will be analyzed and formatted into a final research report which will be presented at NNCEA's AGA in July. TFC provided laptops for our students to utilize during this time.

## Student Services

- A PSE Committee meeting was held on May 2 and 3 at NCN. Major task was to discuss general business, upcoming grads and review PSE applications for the 2022-23 school year. As soon as Craig can, he will inform applications of their status.
- There are two PSE Counsellors to serve our NNCEA students: Craig Linklater and one to be hired. The next PSE Committee meeting will be held at the Winnipeg sub-office on July 12th, 2022. A Meet the Student/PSE Committee time will be held.
- Congratulations to the following NCN members who were honoured at their Indigenous powwows: Angela Busch (April 29) from Mitchell Hamelin School of Law,

Minneapolis, Minn. Fawnda Neckoway (May 6, RRCC) and  
Derek Hart (May 7, U of M)

## Information Communications and Technology (ICT)

- Thanks to the ICT for setting up the Cyber Security Training which was desperately needed!
- The new high school has all its technological needs operational.
- 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 updated and much improved.

## Facilities

- The NNCEA records and storage room in the lower level of AMEC is being organized. In the near future, it will be in tip top shape! Another school evaluation recommendation that will be completed.
- A bigger bus garage is needed to house all NNCEA buses. This item is on the radar now.

## Transportation

- There's a Bus Driver Appreciation Day now that Lisa Tracannelli, Supervisor of Transportation, celebrated!
- Like all our teams, all of the bus transportation unit is to be recognized/honoured for performing such an important service to NNCEA. We love you and appreciate you. Without your service, our students would not get to school safely each day!
- All transportation drivers are now NNCEA employees, welcome aboard!
- Plus, we have our own mechanic, Francis Linklater!
- Bus service to the new high school is being implemented.

## 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.
- NNCEA Administration, teachers and EA's need to tap into free sessions of interest on-line when they can.

## General Comments

- Our Guidance Counsellors are available. If supports are needed, help is a phone call away. For NNOC gr. 7-12 students and 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.
- Happy thoughts of teacher Donald Hart who is still enduring numerous challenges! He's a fighter and if you could do something extra special for Don and Phyllis it would brighten their days.
- Upcoming events: community clean-up, exams, reports, year-end activities, graduations, etc.

**NISICHAWAYASIHK**  
**CREE NATION**

CONTACT MELISSA FOR MORE INFORMATION  
 204-484-2359/  
 MELISSA.MCDONALD@NCNLANDS.COM

# What Can I Recycle?

## RECYCLABLE

Aluminum  
 Plastic  
 Steel  
 Paper  
 Cardboard

Examples: clean milk jugs,  
 juice containers, clean  
 canned food containers,  
 water bottles, office paper,  
 newspapers, cardboard,

**Keep recyclables  
 clean.**

Remove leftover food from  
 any plastic or paper before  
 putting them in the bin.

**IMPORTANT: MAKE SURE TO WASH OUT YOUR  
 RECYCLABLES PROPERLY, OTHERWISE IT WILL GO  
 TO THE LANDFILL**

## NOT RECYCLABLE

Food Waste  
 Yard Clippings  
 Styrofoam  
 E-Waste  
 Diapers  
 Hazardous Waste  
 Biohazardous Waste

Separate dry waste into  
 recyclable, toxic, or hazardous  
 and e-waste, such as batteries,  
 discs.

**Keep a compost bin.**

Turn food and garden waste  
 into compost that can later  
 be used as fertilizer.



# Understanding NNCEA Policies on Donations to the Nisichawayasihk Cree Nation Community


There will be certain times when the community members/ organizations will seek donations from the NNCEA organization. To promote a positive, caring image, the NNCEA chooses to support the families and community with donations via cheque, electronic funds transfer and/ or purchase order. NCN citizens, normally residents, will be entitled to this support. Each year, funds will be allocated to the budget. If the budget gets expended, donations cannot be provided. Rates for various requests will be determined by NNCEA Senior Administration.

When a death occurs, the NNCEA will show its compassion by sending a wreath and/or flowers to the bereaved family. Upon occasion, support to NNCEA affiliates/partners will have to be extended.

Donation requests can be made for a wake and bereavement, travel off the reserve to attend a close family members' funeral/burial, travel for specialized medical treatment, for occasional/annual events for our children, for summer/winter festivals, for various traditional ceremonies in the community such as Sundances, powwows, etc. Due to the limited budget, private functions and events are not eligible for these donations. Donation requests from people/organizations, off the reserve, are also ineligible.

### Procedures:

1. Whenever a donation is needed, it has to be put in the form of a letter to the NNCEA.
2. The letter must be dated and provide the necessary details of the request: what it is needed for, when it is needed, what is needed (a cheque, purchase order or EFT), who the donation is to be made to, and contact information.

3. The request will be reviewed as soon as possible by Senior Administration and a decision will be made and actioned. The family will be informed by the Human Resources Director.
  4. Senior Administration will put the necessary details on the letter of request and NNCEA Finance will be notified so the request can be processed.
  5. Letter will be filed accordingly.
- 
- A photograph of a heart-shaped hole in a grey stone monument in a cemetery, with a cross visible in the background. The image is positioned on the right side of the page, partially overlapping the text of the third list item.



Eligible Donations	Rates
a. Donation for individual Wakes/Funerals/Burial	\$300.00
b. Donation for travel to attend a family members' funeral/burial, per family, in Manitoba	\$400.00
c. Donation for travel to attend a family members' funeral/burial, per family, out of province	\$1000.00
d. Travel for specialized medical treatment, in MB	\$300.00
e. Travel for specialized medical treatment, out of province	\$600.00
f. For occasional/annual events for our children	\$500.00
g. Summer and/or winter festivals	\$2000.00
h. Traditional ceremonies for the community:	
■ Sundances	\$2000.00
■ Pow-wows	\$2000.00

## Employment Opportunities

## FULL TIME ASSISTANT COOKS

The Assistant Cook assists the Head Cook with the effective operation of the kitchen to assure efficiency of the operations, nutritional adequacy and acceptability of dietetic service to the residential treatment program participants. The primary duties of the Assistant Cook are to assist in the preparation, cooking and service of the nutritious menus.

### Knowledge, Abilities and Skills:

Ability to take directions and use the knowledge acquired from dietician/nutritionist and Head Cook in the food preparation, cooking and services.

**Education and Experience required:**

Any combination of training and experience, which provides the required knowledge, ability and skills. Must have a valid Safe Food Handling certificate.

**Salary:** Starting at \$15.55/hr

**Deadline:** May 18, 2022 at 4 p.m.

**Start Date:** ASAP

People selected for this position must be an abstainer of alcohol, cannabis and illegal drug use for at least 4 months. An understanding of, and respect for,

Aboriginal culture and the ability to speak the Cree language is an asset.

Please submit resume along with a current criminal record check to:

**By email:**

marilynlinklater@medicinelodge.ca

**Drop off Attention:**

Executive Director









## Nisichawayasi Nethowi Piskituskan



## Employment Opportunities

**PRINCIPAL NEEDED AT OTAYITISKIWIN ELEMENTARY SCHOOL FOR 2022-23**



*Nisichawayasihk Nehetho  
Culture and Education Authority Inc.*  
NISICHAWAYASIHK CREE NATION

**VICE-PRINCIPAL NEEDED AT OTAYITISKIWIN ELEMENTARY SCHOOL FOR 2022-23**



*Nisichawayasihk Nehetho  
Culture and Education Authority Inc.*  
NISICHAWAYASIHK CREE NATION

**Looking for a job?**  
See all available NCN Employment opportunities at [ncncree.com](http://ncncree.com) and click on the job opportunities button.

See all available NCN Employment opportunities at [ncncree.com](http://ncncree.com) and click on the job opportunities button.



# 2022 MKO Cup Event – Return to Sport

After almost three years of the pandemic, NCN Chief and Council and MKO decided it was time to come together to remember the holistic benefits of sports and fellowship.

“COVID-19 has slowed progress for many First Nations, and in particular, our young people have struggled, with alarming suicide rates and troubling mental wellness issues,” says Chief Marcel Moody. “The idea was that each MKO Nation and its young people face similar challenges, and by gathering to share resources, each community will progress more efficiently, and life for all First Nations youth will be improved.”

The 2022 MKO Cup Event began on Thursday, April 28 at the Normal Linklater Memorial Multiplex with a prayer and

drum song. There were opening remarks from Chief Marcel Moody, MKO Grand Chief Garrison Settee, event facilitator Curtis Lobster, Councillor Cheyenne Spence, FCWC CEO Felix Walker, NNCEA director Gail McDonald, Culture and Language director W. Elvis Thomas, Parks and Rec director Lou Moodie, and facilitators Terry Linklater and John Walker.

NCN Citizens were kept busy watching hockey, volleyball and basketball tournaments all weekend. People enjoyed a gala and talent show on Friday night at the Trappers Tavern in Thompson, with special guest Hayley Shavaun McDonald. There was a well-attended monster bingo, Texas Hold’em, and games and prizes for all ages.

Organizers are happy with the turnout of participants and spectators, and are calling the event a success. They see potential in making the MKO Cup an annual event, that could expand to include academics, arts and music, hosted by a different community every year.

## NCN Welcomes New Electoral Officer and Deputy



Annette Swanson

Annette Swanson joins NCN as the NCN Electoral Officer along with Kelly Leanne Spence who has been recently hired as the new Deputy Electoral Officer for Nisichawayasihk Cree Nation. The NCN general election for Chief and Council is later this year. Annette and Kelly will be a great fit in their new role.

Annette and her staff will handle

supervision over the administrative conduct of council and board elections. Her duties also include compliance with Election Law managing deputy electoral officers and ensuring Citizens are aware of Election Law, nomination procedures, qualification of candidates, voting information and council or board election results. She will also be busy coordinating polling locations, ballots and scrutineers.

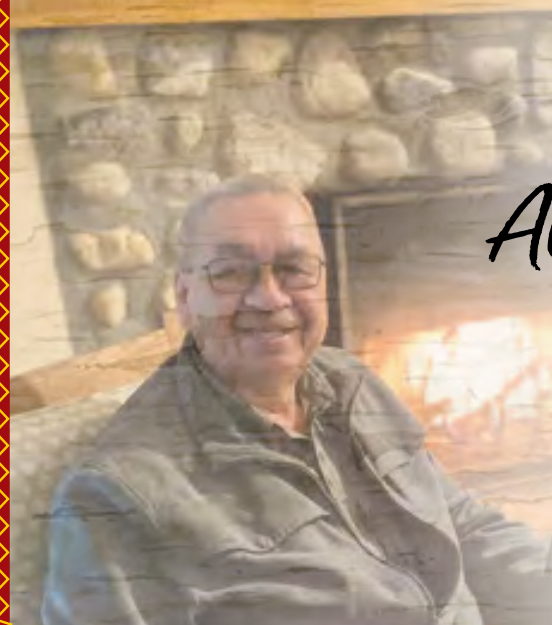
Annette moves into the position formerly filled by Joyce Yetman. We thank Joyce for her many years of dedication and welcome Kelly in her new role. We wish her success. Congratulations Kelly!



Kelly Leanne Spence

### Acknowledging KIM Program Hire

NCN welcomes Natalie Linklater as our new employee for KIM Program. Congratulations Natalie!



## Congratulations

### Allan Linklater on Your Retirement

On behalf of Nisichawayasihk Cree Nation Chief, Council, staff and Citizens, we are pleased to honour Allan Linklater on the occasion of his retirement as an employee of NCN. Allan worked for 10 years with NCN. From 2003-2008 he was the Country Foods Program Manager, 2018-2020 he served as the Lands Manager and recently from 2021-2022 as a Country Foods Program employee. We thank him for his dedication and support. It is with heart felt gratitude and sincere thanks that we wish him well in his future endeavours. Congratulations Allan!







# Three Cheers for NCN Nurses

Nurses are often called the unsung heroes of healthcare. They are the largest group of health care professionals in Canada, and carry many responsibilities, from emergency care for newborns to holding a palliative patient's hand.

National Nursing Week is May 9-15, and is meant to increase awareness of the public, policy-makers and governments of the contributions and struggles of Canada's nurses.

Indigenous nurses are specially recognized on May 9, with their unique perspective on healthcare and cultural safety. They are often the only point-of-care person in remote communities.

The last few years have been especially tough for nurses across the country. The pressures of the pandemic have created difficult working situations, with constantly changing procedures and treatments, and an ever-present concern for their own health. Since the start of the pandemic, at least 46 healthcare workers in Canada have died from COVID-19.

Here in NCN, nurses keep us healthy in many ways. From help when you need it at the nursing station, to diabetes management and TB treatment, to immunization clinics and educational health fairs, our public health staff are a crucial component of our safe and secure Nation.

"The hard work and care of NCN nurses is a main reason that we have managed COVID with such low numbers, and thankfully, not a single death," says Chief Marcel Moody. "NCN nurses have always done more with less, but these last few years of the pandemic, they have really outdone themselves with their commitment to our community."

*"Today we celebrate Indigenous nurses for their contributions towards minoayawin. They are often the first healthcare professionals people see on possibly their worst days. Nurses*

*play a pivotal role within our healthcare system, and we couldn't live without them. Let's take time to honour Indigenous nurses throughout our province and especially within the northern, remote and isolated communities we serve."*

-Dr. Barry Lavallee, Keewatinohk Inniniw Minoayawin CEO



## NCN Represents at NAIG Manitoba Championships

NCN is proud of all our athletes representing at the North American Indigenous Games NAIG Manitoba Championships. Congratulations on your dedication and successes! You are an inspiration to us all.

**SEA OF RED**  
END OF YEAR BANQUET & SOCIAL



**TICKETS ARE NOW AVAILABLE**  
**FRIDAY, JUNE 3RD**  
**THOMPSON, MB**  
**BANQUET/SOCIAL \$40**  
**OR SOCIAL ONLY \$15**  
PLEASE CONTACT MONICA 204-307-7357 OR LOIS 204-679-0935 TO PURCHASE TICKETS  
LAST DAY TO PURCHASE BANQUET TICKETS IS MAY 27TH

## TICKETS ARE NOW AVAILABLE!!!

To purchase tickets please contact:  
Monica Linklater at **204-307-7357**  
or Lois at **204-679-0935**



Mintram is working hard to create her success.

"They hired more than 100 Indigenous people from









# NCN Infrastructure Updates

Road paving is expected to begin in June and should be wrapped up by autumn.

Many areas of NCN will be upgraded over the course of the summer, including Hart's Point, Hart's Crescent, McDonald Road, Road A, Moore Cove, Linklater Road, Spence Crescent, Primrose Drive, Wood Point, Jack Pine Road and Hillside Road.

"Getting these roads paved is great for our community," says Councillor Jeremiah Spence, who holds

the Infrastructure and Public Works portfolio. “It’s great aesthetics, and makes the community look much nicer. Paved roads also improve traffic flow and safety, and keeps our vehicles in better shape, too.”

Please use caution around construction crews! Reduce your speed and pay attention to keep our workers safe.

## Water Treatment Plant

After years of delays and waiting for government funding, NCN finally has secure, consistent water.

The new water treatment plant, near Industrial Road and Otetiskawin Drive, has been up and running for a few months now. It treats and distributes high-quality water to all areas of NCN, including the new school and subdivision, and also collects and treats wastewater.

"Thanks to the determination of Chief and Council over the years in seeing this project through, we can plan for our community's future growth," says Spence.

NCN employees will be receiving upgraded training in the near future, to oversee the treatment plant's digital capabilities.

## New Subdivision

Phase I of the new subdivision is currently underway.

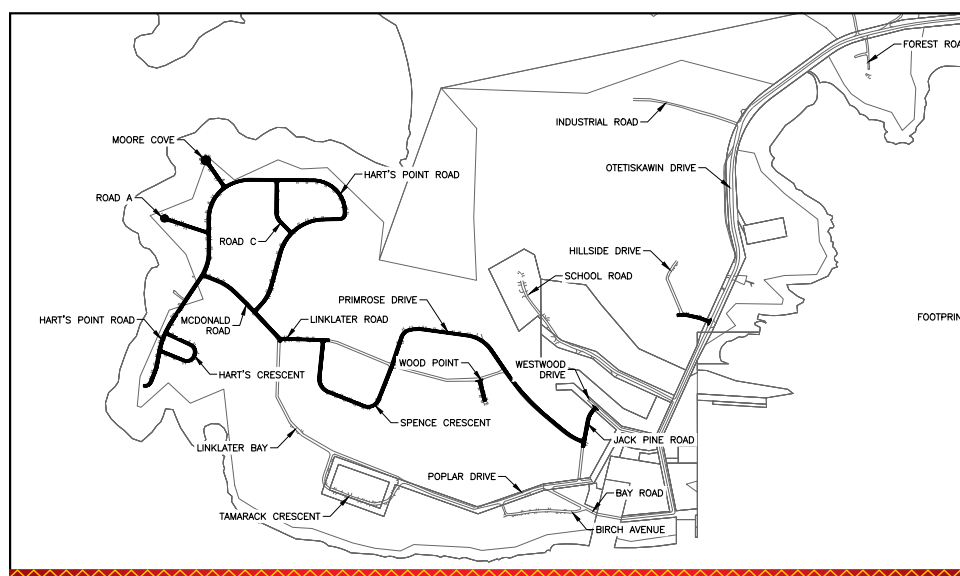
Clearing for the new 75 homes has been completed,

and crews are blasting now. Piping, including water and sewage, will follow.

After much negotiation, Chief and Council were able to secure \$11 million in federal funding for the new NCN subdivision.

"All of us here in NCN have been ready for these projects for a long time," says Spence.

"After long wait times with the government, and then COVID, it is great to finally be moving ahead with these projects that will improve life, school and business for Citizens."



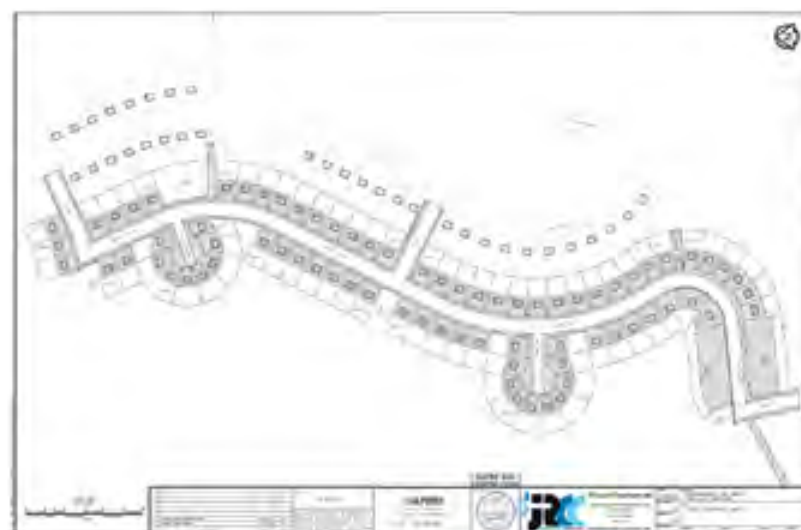
Development is underway for the new NCN subdivision, clearing is almost finished and water and sewage installations will follow. The subdivision will have 75 lots and is estimated to be an \$11 million dollar project.

## Design Plans

Hart's Point Road  
Hart's Crescent  
McDonald Road

Road A  
Moore Cove  
Linklater Road

Spence Crescent  
Primrose Drive  
Road C





# Your Path to Wellness

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



## Circle of Care

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

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

### Steps include:

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

### Benefits include:

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



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

## NCN Fitness Centre

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

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

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

### Services include:

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

### Benefits include:

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



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



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

Phone: **204-484-2341**

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

Follow us on Facebook

## Do you have a suggestion or a Mithomahcihowin story idea?

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



Nisichawayasihk Cree Nation  
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Wellness Centre Inc.

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[ncnwellness.ca](http://ncnwellness.ca)



**FCWC on Facebook!**

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





## Acknowledgment

NCN Member, Fawnda Neckoway completed her studies this year and will be graduating with the first Digital Film and Media Production program. Fawnda said, "Completing this was important to me, I wanted to my son to know his mom was working towards something. He's been a big motivation for me."

She is happy to have completed the courses but said the year was really challenging after

dealing with a loss. She had to adjust and just continue to work hard through it, but now she is grateful and relieved to have accomplished so much.

In her May 4th social media post, Neckoway added, "I am thankful for my family and everyone who's been supportive in this venture. RRC's instructors and the Senior Academic Committee were helpful and wanted to see us all succeed. I have many people to thank and things to I look forward to sharing very soon. It was a difficult and busy time racing to the finish line but we finished."

The Grad Pow Wow was held in May and her convocation will take place in June. Congratulations Fawnda!

# Footprint Lake Water Levels

# Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of May 19, 2022

On May 19, 2022 the level of Footprint Lake was at an elevation of 799.0 feet. The level of the lake is expected to drop 7.2 inches to an elevation of 798.4 feet by the end of the month.



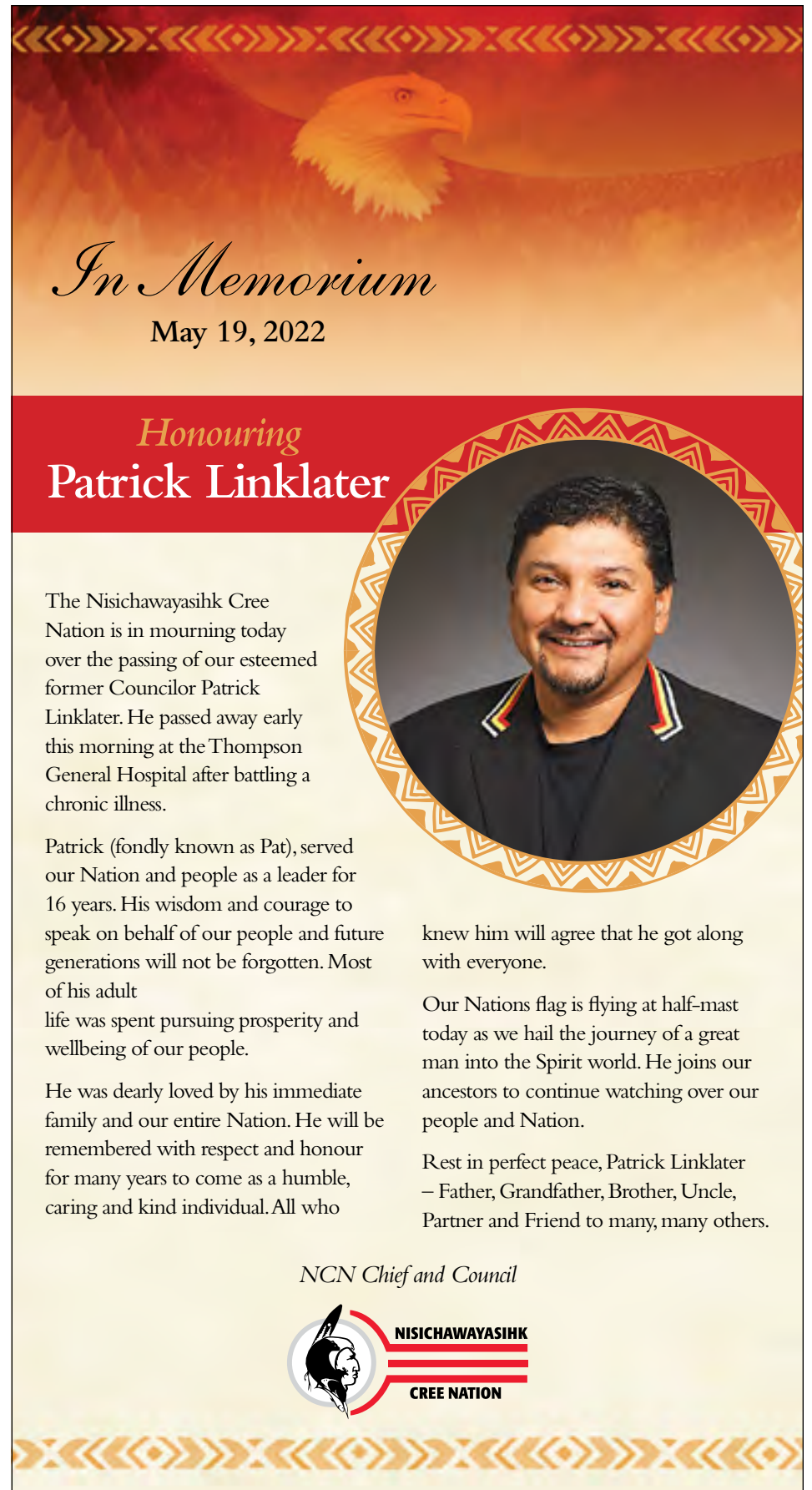
The 14-day forecasts are estimates, and subject to change. Northern forecasts are broadcast on local radio stations at the beginning of every month.



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

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*NCN Chief and Council*



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