

Chief Levasseur and Councillor Moore’s visit to OK School and NNOC

On Thursday, April 13, Chief Angela Levasseur and Councillor Cheryl Moore went for a visit at both schools in NCN. They visited OK School in the morning, and stopped at the office first, to thank the administrative staff for their continuous effort and hard work.

Many of the elementary students were excited to see their Chief and a Councillor at OK School, and greeted them with many hugs.

The students were excited, and many asked, “What do I need to do to become a Chief, too?”

These children are full of hope, and they have big goals and dreams already. Chief Angela and Councillor Moore made sure to fuel that hope by telling them they can do anything they want, as long as they stay in school.

As they made their way through each classroom, they agreed that one thing was clear.

“The teachers, the educational assistants, and all of the staff love their students. The teachers were dedicated to giving each student an opportunity to dream, explore, and to express themselves freely,” said Councillor Moore. “Thank you to all the OK School staff for their continual hard work and dedication given to our children.”

In the afternoon, they visited NNOC. Again, they stopped at the office first to thank the staff.

The next stop was the gym, where students were preparing for the Chief and Council vs. Students volleyball game.

While the students played their hardest, they lost the game to the wisdom of the Chief and Council team. There was endless support coming from the crowd of students, teachers, and staff for the NNOC Warriors. It was heartwarming to see the bonds the teachers and students have built with each other.

To all teachers (specialty, classroom and resource), educational assistants, custodians, IT, security personnel, administration, bus drivers, and all other staff from both schools, thank you! Thank you to all parents and guardians for sending your children to school. Thank you to current and former administration staff, the School Board Trustees, and past and present Chiefs and Council members. Your hard work is recognized, and you are valued by all NCN Citizens. Kininaskomatinawaw!

“We are so grateful to all staff at NNOC for giving our children a safe place to express themselves, and for loving our children just as we love them,” said Councillor Moore.



NNCEA Highlights from Director of Education for May 2023



Tanisi nitotimak! Belated Mother's Day greetings! The last block of the 2022-2023 school year is upon us already!

School Board Operations

- The next regular NNCEA School Board meeting will be held on Tuesday, May 30th, 2023 at the AMEC at 5 p.m. We have lots of seating and so feel free to join us!
- NNCEA should have a new school board soon
- Working on a draft of a new NCN Education Law, NNCEA policies (MSBA very willing to assist), continues.
- Ratification of the NNCEA and NHTA contract for 2018-2022 completed and an official signing will take place soon.
- No official nominal roll count for NNCEA for 2022-23 is available from ISC yet.

Personnel Management

- As we recruit for 2023-24, we do so knowing that there is a teacher shortage nation-wide. For 2023-24, there will be some shuffling and additional staff will be hired
- For staff not returning, NNCEA thanks you for your service and wishes you well into the future!
- As of June 30th, 2023, after long-time service, Fay Flett, gr. 2 teacher and your Director of Education will retire from NNCEA!

Education Programs and Curriculum

- Work at the Culture Camp continues. Programming for the culture camp will be provided once the final phases of construction are done. An open ceremony will be held in near future.
- To prepare for programming, a Culture Camp Safety Protocol and Cultural Practices Protocol will be available
- Lots of events/activities are always happening at our schools, feel free to call for more info!
- Flex Day Fun was a great success during April 3-6th at OK, a big thank you to Arlene Smears and her team!

Finance and Budget

- Once actuals are received from ISC, the NNCEA budget for 2023-24 will be finalized
- As mentioned last month, a big thank you to NCN Chief and Council approved NNCEA's Reclaiming Finances Plan! NNCEA is working on the transition. NNCEA will be recruiting for a Finance Comptroller, Accounts Payable Clerk and Finance Assistant. The work space plans for Finance at NNCEA have begun and it should be done by mid-June. Hoping our Finance Team will be operational by mid-June!

- Thanks to ISC and the Assembly of Manitoba Chiefs (AMC), monies have been received to offer a community based teacher training program. Due to an unforeseen obstacle, the plan to partner with UCN on this initiative did not work out. Sr. Administration is working with the U of W and there is no final arrangement yet. NNCEA hopes to provide an on-line teacher training initiative in partnership with the U of W for January 2024.

Public Relations and Community Involvement

- NNCEA continues to tap into TFC's teacher database whenever we can to recruit more top-notch teachers. There's four rounds when the teacher database opens: March, April, May and June until all are matched. NNCEA will continue to use this valuable teacher pool! A Knowledge Exchange happens in May. An Advisory Council session and a Meet the Teachers is usually held in July via Zoom. New recruits usually participate in the Summer

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info@working-warriors.com

Continued on page 12

Enrichment Program that TFC hosts.

Student Services

- Craig Linklater is the Post-Secondary Administrator/Counsellor in the South. Pison Moose is the PSE Counsellor in the North. It is hoped that a receptionist will be recruited for the Winnipeg sub-office soon
- The Board has approved the latest revisions to the PSE Guidebook and Application Forms.
- The next PSE Committee meeting will be held on May 31st, 2023 and June 1st, 2023 at the Thompson sub-office to review PSE applications, so please fill in/submit your applications for PSE properly.
- Congratulations to all our NNCEA Post-Secondary graduates of 2023!

Information

Communications and Technology (ICT)

- The new NNCEA web page should be operational in near, near future.

Facilities

- The NNCEA records and storage room in the lower level of AMEC is now organized with limited access to authorized personnel. A School Records Clerk will be hired and training will be provided.
- NNCEA has not forgotten that we need a bigger bus garage to house all NNCEA buses, a 10 bay would be awesome

- More teacherages are needed for the fall!
- The NNOC ball diamond is to be extended! ADOE has spearheaded this improvement.

Transportation

- FYI: During break times, NNCEA buses get serviced
- A 10 bay bus garage is needed.

Professional Development

- PD for all our teams is on the horizon.

General Comments

- Wellness wishes to all those who are having issues with their health, take care and hoping for your speedy recovery. Sincere condolences to all our families who've lost loved ones in the past while, we know it is difficult to carry on! Special thoughts and prayers to those who are alone/troubled, unemployed, incarcerated and homeless. Birthday greetings to all!

Upcoming events:

- Hoping our hockey teams that travelled to Manitou Ahbee in Winnipeg for May 17-21, 2023 have fun and do well
- Director of Education meeting at OCN for May 18 and 19, 2023 (DOE to attend for May 19th only)
- Stat holiday for Monday, May 22nd, 2023, NNCEA offices/facilities closed
- Tentative date for official signing of the NNCEA/NHTA collective bargaining agreement (CBA), May 23rd at 4 @ AMEC
- Education Law Review continues at Eagle's Nest in Thompson on May 24 and 25, 2023
- Regular NNCEA School Board Meeting at 5 p.m. @ AMEC on Tuesday, May 30th, 2023
- Report Card Writing/Distribution dates to be shared by school administration at each school
- PSE Committee Meeting on May 31st, June 1st, 2023 to review PSE applications
- Kindergarten Grad to be held Friday, June 23rd, 2023 at OK (more details to be shared by school admin.)
- Grade 6 Farewell at OK Monday, June 26th, 2023 (more details to be shared by school admin)
- The regular NNCEA school board meeting date was to be held on June 27th, 2023 but with the conflict in dates with the Grade 12 grad, the Board will set an alternate date
- NNOC's Grade 12/MSDP Graduation on Tuesday, June 27th, 2023
- Last day of school for the 2022-2023 school

year will be Wednesday, June 28th, 2023 with no closures due to COVID-19!

- A big round of applause to all NNCEA students, staff and parents/community on a successful school year and may you all have a peaceful, restful, enjoyable summer holiday!
- New Teacher/Staff Orientation begins Monday, August 28th, 2023 to Wednesday, August 30th, 2023
- NNCEA staff orientation for 2023-24 begins on Thursday, August 31st, Friday, September 1 and Tuesday, September 5, 2023
- For 2023-24, classes will begin for students on Wednesday, September 6th, 2023
- The 2023-24 school year calendar will be in the next issue of Achimowina!

NISICHAWAYASIIHK CREE NATION U.C. AND CATHOLIC CHURCH

CEMETERY CLEAN UP & BBQ

MAY 31, 2023
10:00 A.M.
U.C. AND CATHOLIC CHURCH CEMETERY

Chief and Council are planning a community clean up for both U.C. and Catholic Church cemeteries and a BBQ plus drinks and water at U.C. cemetery.

There are several unmarked graves and we need Citizens help to identify them.

Please contact Wilma McDonald to submit information and to place an order for Boardman's Grave Markers.

Phone 204-307-0158 or email wilma.b.mcdonald2022@gmail.com

Some supplies like shovels, pails, gravel, wheelbarrows, grass cutters, etc. will be provided, but are limited. We encourage you to bring your own supplies to help out. CROSSES WILL BE AVAILABLE.



WORDSEARCH: ᓂᓯᓕᓐᓂᓐ ᓂᓯᓕᓐᓂᓐ wāskahīkani apācihcikana Household Objects

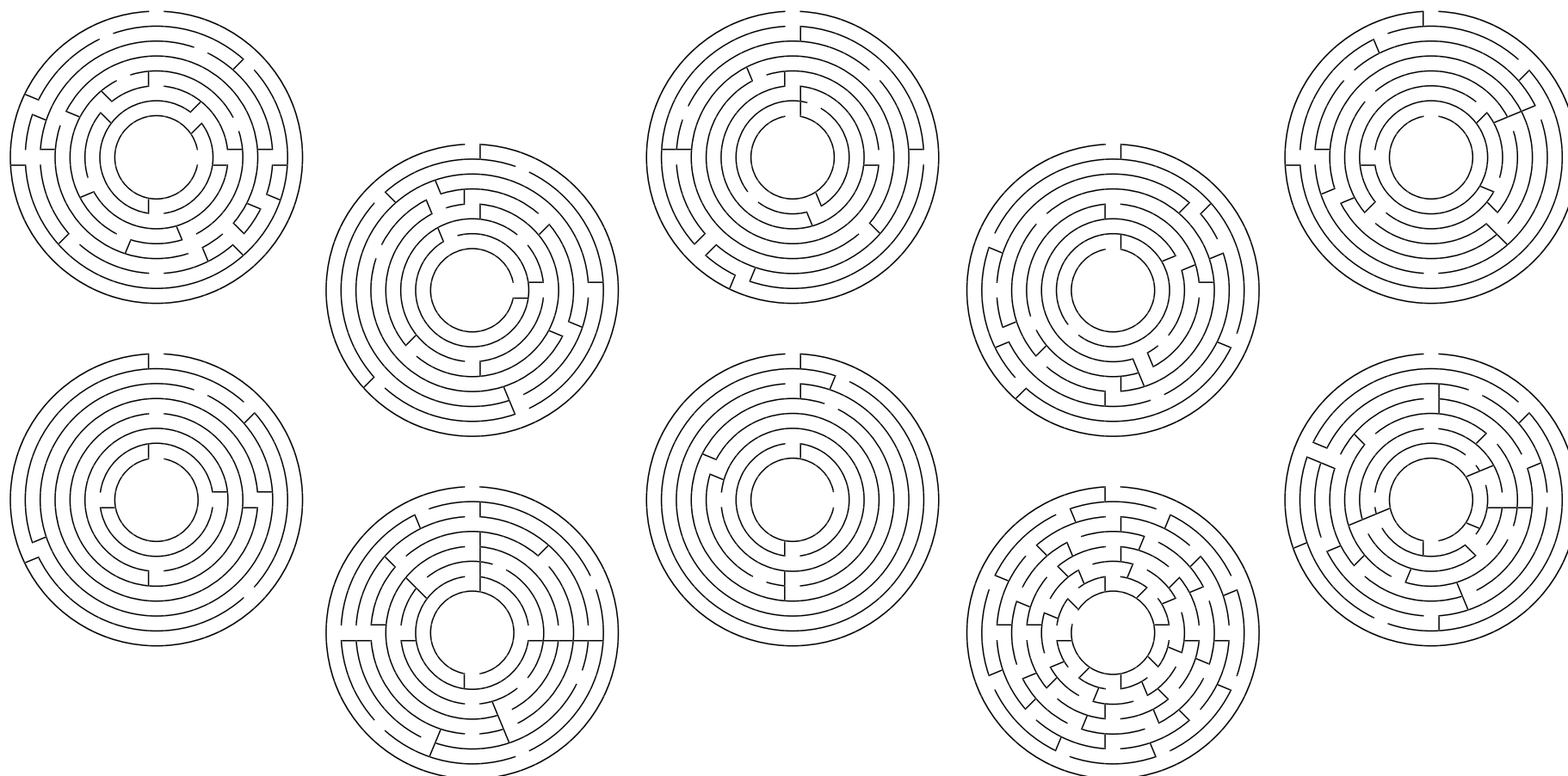
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(Cell Phone) | ASKĪHKOS
(Tea kettle) |
| WĀSKOTĪNIKAN
(Table lamp) | WĀPAMON
(Window) | MINIHKWAKAN
(Cup) |
| TĀHKASCIKAN
(Fridge) | MOSCITAK
(Floor) | OTHĀKAN
(Plate) |
| WĀPAMON
(Mirror) | ANĀSKĀN
(Rug) | TIHTAPIWIN
(Chair) |
| SIPIKINITHAKAN
(Sink) | IMIHKWĀN
(Tablespoon) | SOSKWAHĪKAN
(Iron) |
| WĪPAHIKAN
(Broom) | ĪMIHKWANIS
(Teaspoon) | |
| PASIKANIYĀPI
(Clothesline) | CĪSTAHASĪPON
(Fork) | |
| KISTIKAN
(Garden) | NIPĪWIN
(Bed) | |
| MOTAPISKOS
(Glass) | OCIPICIKAN
(Dresser) | |

Adapted from the NNCEA nisichawayasihk asiniskaw ithiniwak itwiwina (NNCEA Rocky Cree Wordlist)

10 Circular Mazes

Start on the outside opening of each and work your way to the center. How many mazes can you solve?



Beware of Bootlegged Alcohol – Poisoning and Tampering Suspected in NCN

Tansi Nitotimak!

Please be advised that it has come to the attention of NCN Chief and Council that people are putting chemicals and other harmful substances (possibly Fentanyl) into bootlegged alcohol.

This can be very dangerous and can possibly lead to fatal overdoses. Please be sure to know where your beverages are coming from, avoid bootlegged/illegal alcohol, and buy from a trusted liquor commission (LC) or commercial source. If the seals are broken, do not consume that beverage. Also be sure to pour and mix your own drinks from a trusted source to avoid poisoning or possible overdose.

Let's look out for each other and if you suspect tampering with bootlegged alcohol, please warn others and report contamination.

RCMP and FNSO are investigating this important concern and are working to protect the safety of our Citizens.

Please phone RCMP (204 484-2837) or FNSO (204 307-1912) if you have information. If you or someone you know has symptoms of an overdose, please call:
 Nursing Station 204-484-2031 Emergency Calls 911
 Be alert at all times and stay safe!
 Ekosani, Nisichawayasihk Cree Nation Chief and Council

NNCEA Policy 426: Donations to Nisichawayasihk Cree Nation

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 resident, will be entitled to this support. Each year, funds will be allocated to the budget. *Qualified applicants are only eligible for two donations per budget year.* 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; 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 like memorial events, etc., are not eligible. 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 or email 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, 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.

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.....	\$300.00
c. Donation for travel to attend a family members' funeral/burial, per family, out of province.....	\$400.00
d. For occasional/annual events for our children.....	\$500.00
e. Summer and/or winter festivals.....	\$2,000.00
f. Traditional/cultural ceremonies for the community:	
– Sundances.....	\$2,000.00
– Pow-wows.....	\$2,000.00
g. Support to NNCEA affiliates/partners (wreath/flowers, etc.).....	\$300.00



Nelson House MEDICINE LODGE

Mithwayawin Mitho Tehewinihk Ochi

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 2023

Monday, January 2, 2023 – Thursday, February 23, 2023	Monday, May 1, 2023 – Thursday, June 22, 2023	Monday, August 28, 2023 – Thursday, October 19, 2023
Monday, February 27, 2023 – Thursday, April 20, 2023	Monday, June 26, 2023 – Thursday, August 17, 2023	Monday, October 23, 2023 – Thursday, December 14, 2023
ADMIN WEEK: Monday, April 24, 2023 – Friday, April 28, 2023	ADMIN WEEK: Monday, August 21, 2023 – Friday, August 25, 2023	CHRISTMAS CLOSURE: Monday, December 18, 2023 – Tuesday, January 2, 2024

Treatment Schedule for 2024

Tuesday, January 2, 2024 – Thursday, February 22, 2024	Monday, April 29, 2024 – Thursday, June 20, 2024	Monday, August 26, 2024 – Thursday, October 17, 2024
Monday, February 26, 2024 – Thursday, April 18, 2024	Monday, June 24, 2024 – Thursday, August 15, 2024	Monday, October 21, 2024 – Thursday, December 12, 2024
ADMIN WEEK: Monday, April 22, 2024 – Friday, April 26, 2024	ADMIN WEEK: Monday, August 19, 2024 – Friday, August 23, 2024	CHRISTMAS CLOSURE: Monday, December 16, 2024 – Thursday, January 2, 2025

RCMP Grant for Sports Equipment

The Criminal Property Forfeiture Fund (CPF Fund) strips criminals of their profits and invests in the safety and security of Manitoba. Cash and proceeds from the sale of forfeited property are used to fund key community initiatives. Recently, Supt. Mitchell, S/Sgt. Smith and Sgt. Sample were able to present a cheque, from the fund, to Nisichawayasihk Cree Nation Chief Levasseur and Terry Linklater of the NCN Multiplex for sports equipment for the community and its youth.



*Nisichawayasihk
Culture and Education Authority Inc.*

NISICHAWAYASIHK CREE NATION

Nisichawayasihk Culture and Education Authority Inc.

School Board Meeting Dates for 2022-23

5:00 p.m. @ Alice Moore Education Centre, Nelson House, MB
(Last Tuesday of the month)

Tuesday, September 27th, 2022

Tuesday, October 25th, 2022

Tuesday, November 29th, 2022

Tuesday, December 20th, 2022
(before break)

Tuesday, January 31st, 2023

Tuesday, February 28th, 2023

Tuesday, March 21st, 2023
(before break)

Tuesday, April 25th, 2023

Tuesday, May 30th, 2023

Tuesday, June 27th, 2023

Tuesday, July 25th, 2023
(tentative AGA date)

Tuesday, August 29th, 2023
(Board meeting dates decision)

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3rd Annual Flex Day Fun Otayitiskiwin Kiskinwahamakamik (OK) School April 3 – 6, 2023 (Spring Break)



By: Arlene Smears, Program Coordinator and Sharon Linklater, Assistant Coordinator

Introduction

This year's four-day event was held over Spring Break from April 3-6. It was attended by a total of 183 participants, which was an increase of 33 more participants than in 2022. We added an additional day on Friday as a bonus. The weather was cooperative and so were the children!

We are grateful for the many sponsors, donors and volunteers for their time and generous help in making this year another success!

A bus was donated by NNCEA and Vincent Spence that provided daily safe bus rides to and from OK School. Free hot lunches were served to participants by Ron and Karen Lewis every day. We had five volunteers generously helping with this year's fun.

Activities

We were excited to offer many fun activities for the students to participate in, including:

- Arts and Crafts
- Gym Activities
- Open Computer
- Cross Country Skiing
- Board Games
- Free Daily Lunches

Highlights

The outdoor events, such as ice fishing, cross-country skiing, and wiener roast were big hits. In total, 82 participants joined us in these activities. For a special treat, we rewarded the children who participated every day with a surprise trip to Thompson to watch the newly released Mario Brothers movie.

Cultural Activities

Although we planned on making bannock, the children preferred to focus on ice fishing. We used the same handmade fishing rods that we made in the first year of Flex Week! As educators, we feel it is important to link youth with Elders as much as possible.

Ice Fishing

This is a great opportunity for great fresh air, connecting with friends and family, and learning the way-of-the-land by identifying fish, learning patience and character building. We appreciated our parent participation with the little ones, but would have like to see more! We had a good day of catching different varieties and sizes of fish. Our 14 participants were outdoors for two hours and when we were done, the bus was warm and ready to take the kids home from the Alice Moore Education Building.

Arts and Crafts

This is a wonderful way to engage children in using their creativity, improving quality time, and building self-esteem. This year's activities included colouring, Easter artwork on foam sheets, making things with clay, using sensory items for learning, bracelet making and face painting. We had 18 students participating in this activity.

Open Computer

Computer time is beneficial way to encourage learning, prepare our children for their digital future, and enhance their language, math and social skills. A total of 17 students participated in this activity.

Movie

We had 19 students who were happy to settle in to watch a movie on the afternoon of Tuesday, April 4th.

Board Games

Students competed in board games that tested their memory and vocabulary. such as memory games and word games. A total of 26 students participated in these games.

Gym Activities

Gym time was held on the first and third day of Flex Week, and was enjoyed by 21 students. The children played games indoors and enjoyed cross-country skiing outdoors. We aim to be

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flexible for the children's needs and adjust activities based on their interests.

Cross-Country Skiing

An outdoor activity is always a success during Flex Week, especially when the weather is so nice. We were grateful to have the skis donated, which allowed us to offer this activity. The 18 students really enjoyed themselves with lots of laughing, fresh air, and physical activity.

Wiener Roast and Hot Chocolate

We decided to move this event from the first day to the last. It was the most attended activity with 50 participants! Food will always bring people together and is a big part of our culture. The wiener roast fire was made by Kyle Hartie, and the wiener roast sticks were made by an individual band member.

Free Lunch

A one-hour hot lunch was provided daily. We enjoy stuffing the faces of our adorable children with their favourites. Thank you to the cooks, Ron and Karen Lewis.

Last Day

On Friday, April 7th, we took the students to Thompson to see Mario Brothers at the theatre. It was an extra event and we wanted to acknowledge all the ones that come out every day. We had extra money and time, so we pre-paid for the movie tickets, which guaranteed us seats at an otherwise sold-out event! In total 21 children attended, plus five chaperones and the bus driver.



A big thank you and so much appreciation to the Volunteers and Donors:

- NNCEA
- Felix Walker for the firewood for the wiener roast
- Chief and Council and 4 Directions Construction Services for the Easter egg hunt
- Arlene Smears, coordinator
- Sharon Linklater, assistant coordinator
- Tammy Long, computers
- Anna May Linklater, Arts and Crafts
- Theresa Hart, assistant Arts and Crafts
- Tracey Livesey, Boards and Games
- Kyle Hartie, assistant Board and Games
- Ron and Karen Lewis, cooks
- Emily Linklater, float
- Vincent Spence, bus driver.

The staff did an excellent job of coordinating this event and its daily activities. We continue to receive positive feedback. The facilitators took attendance, submitted reports, and were excellent in their care of the students every day. The participants enjoyed themselves, received free things and a hot lunch every day! Word-of-mouth helped to encourage participants on Day Two and increased our numbers.

In the future, we would like to incorporate Elders in this event to bring traditional teachings in. We would like to recruit high school students to assist in planning and implementation, to develop their life skills. A larger budget would allow us to create a separate camp program at Leftrook Lake, for fire building trapping and skinning animals. It would be nice to have teachers nominate some

students for perfect attendance, great performance, and those who listen and participate well to have the opportunity to attend a special event. We aim to collaborate with more community organizations for donations and resources.

The Flex Day Fun event continues to grow, and we look forward to making next year even better!

Be Prepared! Flu Season is Coming

VACCINES WILL ARRIVE ANYTIME SOON!!!

Tentative Start Date
 September 21st

Every Wednesday: 10am to 3pm

FREE FLU SHOTS

STAY HEALTHY - GET THE SHOT - AVOID THE FLU

More Information Contact The Public Health Office: 204.484.2341

Dear Indigenous Teenager

Angelique EagleWoman's message for Native youth:

The greatest gift from the Creator is the life we live. Make the most of who you are.

By: Wambdi Awanwicake Was'teWin, a mentor of Chief Angela Levasseur

Dear Indigenous teenager:

We need you. You truly are the future of our People, our Nations, and our Culture. You are at your first crossroads between a child and adult, standing there often uncertain and yet full of the potential for greatness. Your choices will matter a great deal to us.

Our traditional stories are full of teachings for you. We have the trickster showing you the pitfalls of the world and often what not to do. We have the leaders and the pathmakers with lessons on the good road of life full of positive choices. We, human beings, are often somewhere in the middle. We all make mistakes. The point is to learn from them and keep going with one small good choice at a time. Those small choices lead to big results in the future. Remember there is always time for a course correction, to make a new choice.



Your Nation wants to know what choices you will make for your future and for our future. We need you.

Will you choose to get your education and serve as a doctor taking care of us as we age? Will you become a biologist and protect our water quality? Will you become a lawyer and advance our rights, protect our treaties? Will you learn our traditions and teach them to your children and keep our ways alive? Will you participate in our ceremonies and keep our spirituality strong? Will you be a parent who puts your children first and carries on our Nation?

Or will you develop a drug habit and force us to intervene before you take your life or the life of others? Will you be a defendant in our courts for harming the tribal society? Will you spend your life receiving aid and assistance, draining tribal resources? Will we have to go to your funeral and cry over the loss of a life with great potential? The choices in front of you are made one small decision at a time and we pray that you make good choices honoring your life as one of us.

Will you let us cheer you on in your achievements in the tribal community and all of society? Will you join us as an adult to help your Nation, another Indigenous Nation, or the larger world? We are waiting for your answer by watching your actions; and always, always remember – we need you.

Teenagers, you truly are the future of our People, our Nations, and our Culture. Your choices will matter a great deal to us. What choices are you going to make for your future ... for our future.

The greatest gift from the Creator is the life we live. Make the most of who you are. You were born for a purpose and many purposes over the journey of your life. There are only so many of us in our Nations. You are rare, unique, and special. You were born for a reason and you matter a great deal to those around you.

When things get hard, as life will from time to time, remember that seven generations ago, prayers were made for you to be born. Our traditions tell us that we are in a healing phase for our People and that our youth will bring back the strength of our Nations. Your ancestors are watching you with pride and your future grandchildren are counting on you. We pass our traditions, our ways, and our pride on from generation to generation. You are here now with so much to look forward to and we are cheering you on.

Angelique EagleWoman

(Wambdi Awanwicake Was'teWin)
Sisseton-Wahpeton Dakota Oyate

Angelique W. EagleWoman, (Wambdi A. Was'teWinyan), is a law professor, legal scholar and has served as a pro tempore Tribal Judge in four Tribal Court systems. As a practicing lawyer, one of the highlights of her career was to serve as General Counsel for her own Tribe, the Sisseton-Wahpeton (Dakota) Oyate. She graduated from Stanford University with a BA in Political Science, received her Juris Doctor degree from the University of North Dakota School of Law with distinction, and her L.L.M. in American Indian and Indigenous Law with honors from the University of Tulsa College of Law. She is also a mentor to the current Chief of Nisichawayasihk Cree Nation, Chief Angela Levasseur.

Why Can't People Just Support Each Other?

By: *Natashia Stevenson, NCN Citizen*

Why does it have to be about hatred or spite? Making negative comments doesn't help anything or anyone.

Did you know it's not about being better than others? I'm sure our ancestors lived a different way.

It's about supporting each other and lifting others up, regardless of how talented or amazing you believe you are.

Building each other up will build a healthy positive community.

Having a kind heart is so much better than anything else. Be kind and understanding!

Stop spreading rumours or defaming people's characters just because someone else doesn't like that person. As Bambi says, "If you ain't got nothin' nice to say, don't say nothin' at all."

We live in a crazy, cruel uncertain world. Living with love and showing you're a compassionate person is more important than being bitter.

Know that one smile and one positive remark can change someone's life. Remember that every single day!

The Effects of Lateral Violence, Toxicity and Character Assassination

By: *Chief Angela Levasseur*

It is no secret there is much division in many First Nations communities, along with jealousy, hatred, gang violence, domestic violence, gender-based violence, lateral violence, and toxicity.

Nisichawayasihk Cree Nation is no different. We have had exceptional challenges with all forms of

violence and the problem seems to be getting worse.

Even more troubling: our children are engaging in physical, verbal, and cyber bullying, and gang violence as well.

This includes gang or large group attacks on individuals, and the use of prohibited weapons such as knives, machetes and bear spray.

People are being beaten with sticks, two-by-fours, and bats. Our children are carrying airsoft guns, BB guns and actual guns.

This cannot continue. A small but growing number of individuals are causing the majority to feel unsafe and live in constant fear.

systems, the suppression of the matriarchal society, the dispossession of our lands, and the destruction of our land, water and natural resources have all contributed to violence.

The colonial imposition of the "Indian" Residential School system, the Sixties Scoop, and Child and Family Services have been equally harmful.

Internalized Oppression

Author Suzanne Lipsky defined internalized oppression as "turning upon ourselves, upon our families, and upon our own people the distress patterns that result from the ... oppression of the (dominant) society."

This is why so many First Nations people are so negative towards their own people. This internalized oppression presents as lateral violence (gossip, rumours, name calling, put-downs, etc.), lack of trust, lack of respect, and lack of love.

How do First Nations people ever expect to get ahead when they are focused on criticizing each other, hating each other, and putting each other down?

Recently, an NCN Citizen and knowledge keeper shared some insight. They said, "It is not just lateral violence that is the issue, it is all-out character assassination of individuals."

Character assassination.

This term accurately describes what happens when people seek to destroy another's reputation with their words. Often, these attempts at character assassination are based on lies, half-truths, rumours, assumptions, and malicious gossip.

The division that exists in our community has its roots in colonization. The constant interference of the federal government in our affairs, the destruction of our traditional governance



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Our children hear us when we engage in this behaviour. It's a great deal of negative energy being passed down from one generation to the next.

It has been said that your thoughts become your words, and your words become your actions. Therefore, one's actions and words are very powerful, whether positive or negative.

This begs the question: What are we teaching our children and grandchildren?

Adults putting each other down is a poor example for our children. Those who engage in lateral violence are teaching their children and grandchildren hate instead of love.

Many wonder why our children are bullying, joining gangs and killing each other. But they are mirroring what they see and hear in our community every day.

Teachings of hate and negativity create anger and manifest in numerous ways, including gang violence. Fear and the need for protection causes individuals to form and join gangs.

We can change

What would happen if these negative messages were replaced with positive? If we modelled love instead of hate?

Until we collectively change our thinking, our words, and our actions, First Nations people will be stuck in a perpetual cycle of poverty, despair, hopelessness, and violence.

And although NCN has its challenges, there is also compassion, caring, strength, capacity for healing, room for forgiveness, and an abundance of love in our community. There is hope for the future and change is possible.

But it begins with every one of us. One by one we can change our thoughts, our words and our actions and end the violence.

Ekosi, Nitoteemak. May our Creator, God, bless you all and keep you and your loved ones healthy and safe from harm.

Chief Angela Levasseur
 Nisichawayasihk Cree Nation

Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc is a
LATERAL VIOLENCE FREE ZONE

If you are experiencing Lateral Violence please contact
 Human Resource by phone: 204-484-2341 or
 by email: hrrassistant@ncnwellness.ca

Be Determined to
Self-Care

If you are experiencing any mental discomfort like anxiety, sadness or depression please contact by phone the following:

MENTAL HEALTH:
431-354-1270

CFS: 204-679-5544
 OR **204-679-6386**

Stop the Stigma.
Let's Talk about Mental Health.

Funding Announced for Paving of PA 620

At the end of March 2023, Transportation and Infrastructure Minister Doyle Piwniuk announced an investment that's been a long time in coming.

"The Manitoba government is pleased to invest \$8.5 million dollars to upgrade PA 620. This 10 kilometres-long gravel road serves as an important access that connects PR 391 to the Nelson House-Nisichawayasihk Cree Nation and the community of Nelson House. We have heard requests from the community to pave this access road and understand the importance of improving transportation linkages in the North. This project will include the paving of PA 620 and also includes repairing the settlement on the causeways and guardrail repairs to enhance safety along this route," said Piwniuk.

The federal minister visited NCN in April and met with a group representing our community, including Councillor Shirley Linklater, Minister Piwniuk, Chief Levasseur, Deputy Chief Moody, elders Violet Turner and Sam Dysart,

our CEO Grace Kyoon-Achan, staff members Cheyenne Spence and Leona Linkater, NCLP manager James Bunn, Mayor Smook, Minister Greg Nesbitt, and Deputy Premier Cliff Cullen.

The work on PA 620 is just one part of a large investment of \$420 million in northern infrastructure. Some of the other announced projects include:

- \$74 million for a sustainable northern corridor through the Port of Churchill;
- \$75 million to improve seven northern airports (including \$15 million for Thompson Airport to construct a new terminal building that will be sensitive to Indigenous travellers with a dedicated area for Elders);
- \$100 million for Highway 6, including twinning and passing lane sections;
- \$98.3 million for PR 283 for a new bridge at the Pasquia River and work from The Pas to the Saskatchewan boundary;
- \$36 million for bridge repair at Burntwood River on PR 391.

"Work is expected to start in 2023, with the tender expected to be issued in May and an anticipated completion in 2024," said Piwniuk. "Investments such as these strengthen northern Manitoba and create opportunities now and for generations to come."



Leaf Rapids Winter Carnival

By: Chief Angela Levasseur

On April 28th, 29th and 30th, a committee of Leaf Rapids volunteers held a winter carnival.

It was a wonderful event that included several activities for kids.

“My four youngest children truly enjoyed the jigging contests and played games such as Freeze Dance and Duck Duck Goose,” said Chief Levasseur. “My personal favourite was the talent show,

which was well represented by NCN Citizens, and the King and Queen trapper competition. The winter festival was a lot of fun and I cannot wait to return next year! Ekosil!”

The King and Queen trapper competition included fire making, bannock making and a log tossing event. Another highlight was the outdoor bonfire with a wiener and marshmallow roast, followed by evening fireworks.

Kudos to the organizers, including NCN Citizen Randi Anderson, who spearheaded the group. And thank you to the people of Leaf Rapids for your warm reception and gracious hospitality!



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 and 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

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 9 am-4 pm; Sat-Sun 10 am-4 pm)
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

 **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

YOUTH SPACE.CA

You might not always feel sunny, and that's okay. We're here to listen, judgement-free.

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 Services – 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**
 A Safe, Full Service Stay for Our Citizens

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

For more information, please call: **204.786.8661**

 **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


 **Noosi Muskwa WOMEN'S SHELTER**
 A safe place where healing begins

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
Klinik 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

 **EATING DISORDER SUPPORT**

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**



 **Manitoba Farm Rural & Northern Support Services**

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 Centre**

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)

LGBTQ+ 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

 **STAR**
 FASD Prevention Program

Success Through Advocacy and Role Modeling
 Pregnancy can be difficult, and dealing with addiction or substance abuse can be even harder.


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 guide you to the care you need.
204-788-8200
 or toll-free **1-888-315-9257**

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

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

NCN Wellness – Support and Information Lines: 

Mental Health On-call: **431-354-1270**
 – Public Health Nurse: **204-484-2341** ext. 131 – WeTel 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**

Update on NCN AGAs

Tansi Nitoteemak!

The NCN general meeting on April 11th was well attended with about 350 NCN Citizens in attendance.

As with every general meeting and AGA, the meeting began with an acknowledgement of the Creator, through whom all things are possible.

The NCN general meeting focused on housing and justice-related issues, followed by an open forum.

The AGAs consisted of presentations from managers and directors of various NCN programs and entities, followed by a question-and-answer session.

The Winnipeg AGA included wonderful

presentations from NCN entrepreneurs Fawnda Neckowa, Kenny Braun, Othmar Joos, and Earl Hart.

At the NCN AGA, Grandmother Marie Ballantyne presented Chief Angela Levasseur with a beaded crown. Former NCN Chiefs Jerry Primrose, Jim Moore, and Marcel Moody participated, along with MKO Grand Chief Garrison Settee and former AFN Vice-Chief Kevin Hart.

Chief Levasseur expressed her utmost gratitude for the beautiful star blanket and painting that she received as gifts from NCN and MKO.

Ideas and suggestions about how to meet the needs of Citizens will always make NCN better. Do not hesitate to reach out! Chief and Council contact information is listed on NCNcree.com.

Ekosani!

NCN Chief and Council extend their gratitude to: Our Elders who opened and closed our meetings in a good way with prayer:

- Elders Carol Prince, Anna-Mae Linklater, Madeline Spence, Mona Hart, Phyllis Hart and Larry Tait Sr. in NCN
- Grandmother Marie Ballantyne in Thompson
- Elder/Former Chief Rodney Spence in Winnipeg
- Elder/Reverend Nelson Hart in Winnipeg
- Desmond Colomb for taking care of our Eagle staff and our flags at all four meetings
- Former AFN Vice-Chief Kevin Hart for chairing our general meeting and three AGAs
- NCN staff for their hard work and planning
- Caterers who prepared delicious meals
- All NCN Citizens who joined us for these meetings.

Kinanaskomitinawaw!

Footprint Lake Water Levels

Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of May 19, 2023

On May 19, 2023 the level of Footprint Lake was at an elevation of 797.9 feet. The level of the lake is expected to drop 6 inches to an elevation of 797.4 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.

MISSING PERSON

\$10,000 REWARD



A reward of \$10,000 (matched donation funds) is being offered for useful information that leads to finding Rico Cody Linklater. He was last seen on October 21, 2021.

Anyone with information can submit an anonymous tip by calling the local RCMP at 204-484-2837, ask for Ryan Linklater.



RICO CODY LINKLATER



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

Do you have a suggestion or an Achimowina story idea?
 We would like your comments, feedback or news stories. Please contact achimowina@gmail.com

NCN on Facebook!

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

