

State of Emergency Declared in NCN

On July 13, Chief Levasseur declared a State of Emergency to deal with illegal activity and community violence.

"Alcohol and drug use, bootlegging and illegal drug activity

are causing increased, very serious violent incidents in our community," she said in a bulletin posted on social media and the NCN website. "We have a collective responsibility to make our community a safe place to live, work and raise our children."

NCN Citizens, residents and visitors to NCN Lands must work together to stop this violence, which includes threats and bullying on social media.

Chief and Council are hopeful these measures will slow the violence, but are prepared to establish more measures if required. We have a collective responsibility to make our community a safe place to live, work and raise our children. NCN Citizens, residents and visitors to NCN Lands must work together to stop this violence, which includes threats and bullying on social media.

The following list is condensed and shortened. Read the complete measures at noncree.com.



Measures to reduce and eliminate violence and illegal activity include:

- A curfew from 10:00 pm to 7:00 am is in effect for everyone under the age of 18. Guardians of those who violate curfew will lose benefits. CFS will be notified.
- Anyone bootlegging, transporting or selling illegal drugs will be evicted or banished.
- Anyone who attempts to bring alcohol or cannabis more than amounts outlined in the Community Protection Law will be fined. All substances will be seized.
- Bear mace, machetes, knives or guns cannot be brought onto NCN Lands unless approved by Chief and Council or their authorized designate.
- Any person who attempts or causes harm using these items or other weapons may be evicted or banished.
- ATVs and boats cannot be operated from 10:00 pm to 7:00 am. Those who violate these hours will have their vehicle seized for 30 days. They will be fined \$500 for a 1st offence, \$1000 for a 2nd offence and will be banished on 3rd offence.
- All access roads, trails, rivers and waterways that lead to NCN Lands will be patrolled. There will be searches of vehicles and personal property.
- Anyone released from jail will require

Tougher penalties are being enforced in NCN for bootlegging, transporting or selling illegal drugs and will result in eviction or banishment from NCN Lands.

- a special pass to be allowed entry onto NCN Lands.
- Anyone who violates the OIC will be offered the opportunity to enter into an agreement to pursue Mithopematisiwin (a good life). If they refuse, they will be evicted or banished.
- Failure to comply with the OIC will result in fines or other penalties and disciplinary action for employees.

Chief and Council



Back (L to R): Kim Linklater, Vice-Chief Marcel Moody, Jeremiah Spence, Ron D. Spence. Front: Shirley Linklater, Chief Angela Levasseur, Cheryl Moore.



OKIMAHKAN OTY'AMIWIN

rom the Chief

attending the

Assembly on

violence, drugs

and alcohol, animal

control, and NCN's

land use plan.

Tansi Nitoteemak!

We hope everyone near and far is having a cool and relaxing summer so far! The last couple of months have been very eventful and filled with many celebrations.

Our beloved NNCEA staff members Mrs. L. Gail Gossfeld-McDonald and Ms. Fay Flett have celebrated their well-deserved retirements. These wonderful people have influenced our education and children in a positive way, and they have always been there for the betterment of our nation. We commend them both for their commitment and dedication to our community, and we wish them well in their retirements. Kinanaskomitinawaw!!!

This June, we celebrated over 100 graduates altogether from MSDP, Kindergarten, Grade 6, and Grade 12. We are extremely proud of our 2023 graduates, and we congratulate them on their very amazing accomplishments. And we honour them all for their resiliency and hope they continue to nurture and grow their minds in a good

way. Once again, congratulations to all the graduates of

Some highlights from the last couple of months are as

- AMC Chief's Assembly No Cede, No Release, No Surrender of Lands
- File Hills Policing Meeting at the Winnipeg Sub-Office
- Bereavement Policy Review
- Fasting Camp at Mile 20
- Education Law Review in Thompson
- Animal Protection Law Review
- Three Wyndi's Healing
- AOL/DMP Amending Agreement
- Meeting with the Assistant Regional Director General of Housing and Infrastructure via Teams
- Phone call with Brenda Bear re: Funding for Justice/Community Safety
- Fay Flett's Retirement Dinner
- Meeting with Ron Maurice Law
- Land Guardian Gathering
- Crown Photoshoot
- Meeting with the Royal Bank of Canada
- Kindergarten Graduation
- Regular Council Meeting (June 26, 2023)
- Grade 6 Farewell
- Meeting with Justice Department
- L. Gail Gossfeld's Retirement Dinner
- NNOC Grade 12 Graduation
- Meeting with Wanda Nicholas
- UCN Convocation
- RDPC Grade 12 Graduation
- Mental Health and Healing Initiatives Meeting
- Special Council Meeting at the Winnipeg Sub-Office As we progress more into the summer, the violent

activity in the community continues to be a serious concern. Recently, Council held a special meeting and created an Order in Council to declare a state of emergency to address the escalating violence. It is important to acknowledge and recognize the role that alcohol and drugs play in the violence that occurs in our community.

For this reason, check-stop searches and enforcement of alcohol and cannabis Thank you all for limits are imperative. The seizure of illegal drugs such as crack, cocaine, and crystal meth is paramount. Dangerous drugs like **Annual General** crack and crystal meth are in NCN and our Citizens must be aware of the dangers Monday, July 17, and the risks associated with using these 2023, so we could substances. Therefore, we have included further elaborate some informative articles and photos on the discussion in order to create awareness of how these drugs affect our people physically, surrounding the mentally, and emotionally. topic of Community

We want our Elders, children, and grandchildren to feel safe this summer. We want all of our people to feel safe. The emergency measures that we put in place such as the curfew are meant to keep our people safe, all of our people. Thank you all for attending the **Annual General**

Assembly on Monday, July 17, 2023, so we could further elaborate on the main topics of discussion which dealt with Community violence, drugs and alcohol, animal control, and NCN's land use plan. Once again, thank you for you attendance and input!

Ekosi, take care and be safe.

Chief Angela Levasseur Nisichawayasihk Cree Nation





KITITAHWINAOW ACHIMOWIN

NCN Flag Raising Ceremony

On May 30th, the NCN Flag was raised at the Government Office.

This was a significant event because an NCN Flag has not been raised at the Office since self-determination and self-government was achieved. It is a sign of sovereignty and pride for the Nation we have built and continue to

build.

The flag is a cheerful yellow background with a confident young Cree man looking to the horizon with determination. Bold scarlet piping leads his gaze into the future.

The ceremony began with a brief introduction from Deputy Chief Marcel Moody. He talked about



the flag, and how this ceremony was long overdue.

As the flag began to rise, he said, "Let it fly freely, like the dreams and aspirations of our people."

The crowd of NCN Citizens roared with cheering and clapping.

Elder Andrew Wood honoured our flag with a drum song, and then all in attendance joined together for a barbecue. Special thanks to those who prepared the food and helped organize the event! Kininaskomitinawaw.











Paths of Change

By: Alaina Francois



When creating the "Paths of Change" posters, we the school, took in ideas from the students. They've wrote down the negative aspects of NCN and what Citizens should do to make NCN a better place. Students wrote down what should be changed, what the youth should do, what we should learn and what to encourage. The posters

themselves are simplified and have been put into a bullet point format, so I could see how some of it is taken out of context.

The "Paths of Change" are what we should be following in our everyday lives. Always honour your elders, always give

respect, be a good person. There are recommendations on programs we should start running such as teaching more Cree, more sports activities and a variety of therapies. There are negative aspects in NCN as well that the students acknowledged such as the violence that roams and haunts the streets of NCN.

On our green coloured poster of the "Paths of Change" a student had wrote down "RCMP Violence," the anonymous student was asked why they written this down when they were talking amongst themselves, "It goes both ways. We should respect the RCMP, and they should respect us..." The anonymous student feels that we should respect one another. Citizens should not be violent towards RCMP members, they

are only doing their job.

The "Paths of Change" were created by the students at NNOC to encourage the Citizens of NCN. Citizens should respect one another regardless of their role in the reserve. They hope they've created a more positive place, and hope to encourage those who pass by the posters and give them a read through.



NCN Lands, Environment & Resources NISICHAWAYASIHK CREE NATION

1B ATEC Road • Nelson House, MB • ROB 1AO • 204-484-2359

Tansi' Citizens of Nisichawayasihk Cree Nation the Lands, Environment and Resources (LER) department would like to give an update on where we are with the Land Code planning and implementation. A Lands Advisory Committee was established in 2019 comprising of community members to help review and make recommendations on important land use development for Chief and Council decision making.

To date the LER department has developed a Land Use Plan and Environmental Management Plan. Some leasing documents are in the process as well such as Commercial/Residential/Industrial land leases to help gain revenue for the Nation. This is a very good start to exercise sovereignty that sustains a prosperous socio-economic future for the Nation.

There have been legal land lot surveys done on most commercial lots and some residential/Industrial lots, these lots have been appraised by a certified appraiser for fair market value.

LER department and McKercher LLP are also in the process of developing Land Laws and Environmental Protection Laws to better manage the Lands within

IR170. The Lands department will present these documents at a community engagement meeting as soon as they are in the final stage to do so.

LER is currently working with Public Works Department on remediation decommission plan for the existing landfill and accessing funding. The landfill site has been deemed a significant environmental concerns due to its proximity to the New Sub-Division with the new High School and residential areas. Chief and Council is in support of new waste disposal site off IR170 onto adjacent Crown Land north of the Metis Community.

As for the Treaty Land Entitlement (TLE) it has been very difficult to transfer TLE selections to reserve due to the consultation process with the Manitoba Metis Federation (MMF). The Treaty Land Entitlement Committee (TLEC) are in the process of filing a claim against Canada and taking Canada to court due to their breach in the Framework Agreement. For Citizens that would like to use land on reserve there is a process to come to the lands department to fill out a Land Use application form. The Lands, Environment and Resources department continue to work on planning implementing the Land Code.





Moving Forward

Be proud of what you've done to do better and be proud of yourself for having the strength to recognize that you deserved better.



Have you ever made choices you regretted? Have you ever said or done something you wished you could take

Like many others, you probably have. But mistakes don't matter. What matters is what

you do to prevent these same mistakes from happening again. Changing yourself is one of the hardest things a person can do. Physical, mental, spiritual or emotional: however one changes, it is an act of sacrifice.

When we change the way we act, think, or conduct ourselves, we are sacrificing the comfort of what we know. That is powerful. When we finally say, "enough is enough" and do better for ourselves, we are saying that we deserve more

than what we have previously been giving or receiving.

However, when you make the choice to change and to do better, there is usually someone who reminds you of your past actions and the mistakes you once made. It can feel defeating when you've worked so hard to become someone wholly new and to have someone bring you back to your darkest point.

But remember all your hard work was not for nothing. This change wasn't made for other people, it was made for you. We all have a past, and we all have a future, too.

Instead of holding things against other people, we must learn to forgive, and move forward. If someone wants to do better, let them! Don't keep reminding them of the person they once were. Why not bring up their accomplishments? Why not mention the good things they have done?

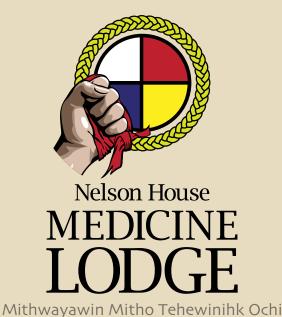
Recognition and support feel good, but we

won't always get them. Recognizing the changes you've made and being proud of yourself is all we get sometimes, but it is still important.

Ever since I was a little girl, my dad would tell me, "Self-praise is better than no praise." Congratulating myself and celebrating my accomplishments alone was better than waiting for acknowledgement from anyone else. I used to depend on others for support and for recognition, but I must admit, it feels so much better coming from myself.

I see it everywhere: people are changing for the better. I'm proud of everyone who has made the decision to live a healthier life, whether it be physical, mental, spiritual, or emotional. Change is not easy, and it is a constant battle.

Be proud of what you've done to do better. And while you may not be proud of your past, be proud of yourself for having the strength to recognize that you deserved better.



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, February 27, 2023 -Thursday, April 20, 2023

Monday, April 24, 2023 -Friday, April 28, 2023

Monday, May 1, 2023 -Thursday, June 22, 2023

Monday, June 26, 2023 -Thursday, August 17, 2023

Monday, August 21, 2023 -Friday, August 25, 2023

Monday, August 28, 2023 -Thursday, October 19, 2023

Monday, October 23, 2023 -Thursday, December 14, 2023

CHRISTMAS CLOSURE:

Monday, December 18, 2023 -Tuesday, January 2, 2024

Treatment Schedule for 2024

Tuesday, January 2, 2024 -Thursday, February 22, 2024

Monday, February 26, 2024 -Thursday, April 18, 2024

ADMIN WEEK:

Monday, April 22, 2024 -Friday, April 26, 2024

Monday, April 29, 2024 -Thursday, June 20, 2024

Monday, June 24, 2024 -Thursday, August 15, 2024

ADMIN WEEK:

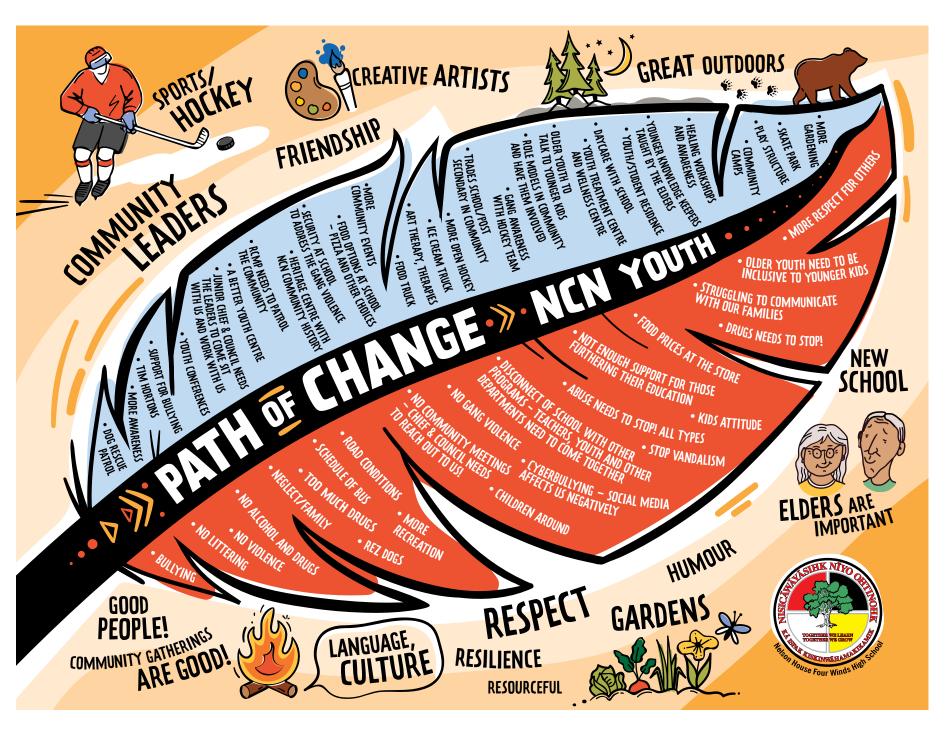
Monday, August 19, 2024 -Friday, August 23, 2024

Monday, August 26, 2024 -Thursday, October 17, 2024 Monday, October 21, 2024 -

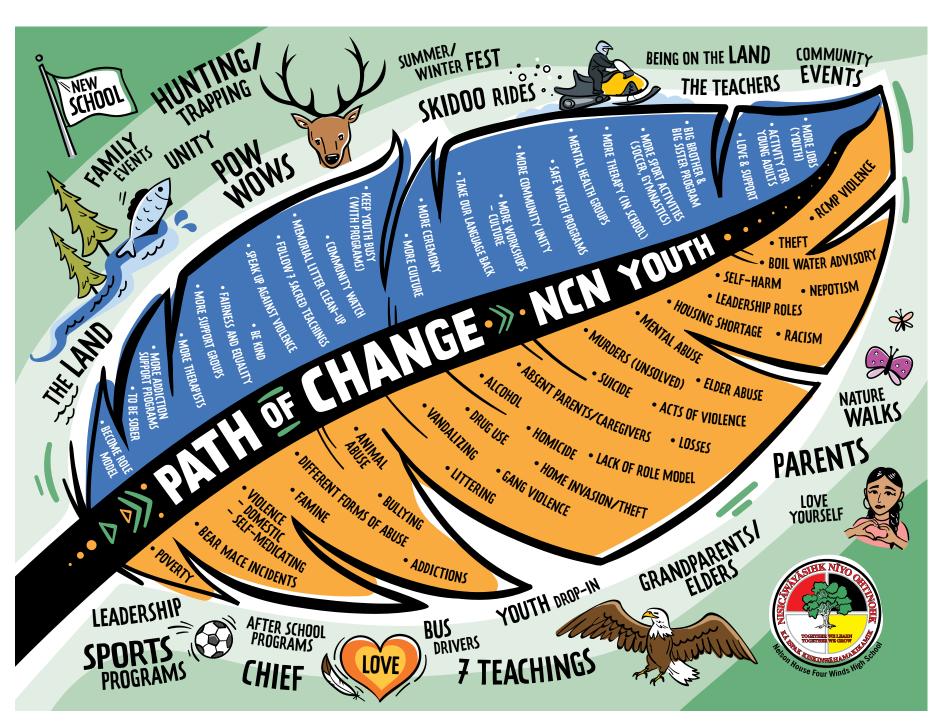
Thursday, December 12, 2024

CHRISTMAS CLOSURE: Monday, December 16, 2024 -

Thursday, January 2, 2025









Celebrating NCN Graduates

NCN's new skate park.

June has been a month of many celebrations, including the kindergarten graduation, the Grade 6 Farewell, and the NNOC Grade 12 graduation. There were many proud people at all events to support the graduates: parents, grandparents,

aunties, uncles, dignitaries, friends, and extended family. This year, there were 68 kindergarten graduates!

Even though they were feeling quite shy, these young students entertained the crowd with a song and dance. It was a beautiful ceremony. They received scooters and helmets as their graduation gifts, and they chattered about how excited they were to try out their gifts in

Thank you to all caregivers who ensured these

children came to school, and thanks to the kindergarten teachers, Mrs. Susie Francois-Moore and Ms. Jo Baker. Your job is not easy, but you are always there to give the children the best version of you. A special thank you to Ms. Baker for her years of service and dedication. We wish







Date: June 21, 2023

Subject: Ralph McLean, Recipient of the Meritorious Service Medal

From: NCN Chief & Council

NCN's Ralph McLean, Recipient of the Meritorious Service Medal

Tansi Nitotimak

Chief and Council, on behalf of NCN staff, management and Citizens would like to congratulate NCN's Ralph McLean, Awarded Recipient of the Meritorious Service Medal



On June 21, 2023, at a ceremony for Mixed Honours Investiture Ralph was among the list of recipients. The Meritorious Service Decorations recognize great Canadians for exceptional deeds accomplished that bring honour to our country. They honour achievements in both military and civil divisions. The Meritorious Service Decorations (Civil Division) were established to recognize remarkable contributions in many different fields of endeavour, from advocacy initiatives and health care services, to research and humanitarian efforts.

Ralph McLean, M.S.M. from The Pas, Manitoba is a Citizen of Nisichawayasihk Cree Nation. For more than two decades, Ralph McLean has been dedicated to commemorating soldiers killed in war and peacekeeping missions. His self-funded Canadian and international travels have allowed him to identify unmarked war graves, which has helped expand the documentation of British Commonwealth military history. He has also ensured the required maintenance of graves, corrected personal information on thousands of memorial inscriptions, and submitted more than 200,000 photographic records to various databases, including the South Africa War Graves Project, which he created.

We celebrate the contributions of trailblazers who enrich the lives of others and make a difference. Ralph's passion inspires us, teaches us and shows us the way forward. We are proud of your achievements Ralph!

Kininaskomitin! Kisahkihitin!

 Nisichawayasihk Cree Nation Chief and Council

Congratulatory MESSAGE



Date: June 15, 2023

Subject: Billie Jo Berry, awarded the Native Justice Scholarship

m: NCN Chief & Council

Billie Jo Berry, Awarded the Native Justice Scholarship at Mitchell Hamline School of Law

Tansi Nitotimak

Chief and Council, on behalf of NCN staff, management and Citizens would like to congratulate NCN's Billie Jo Berry, awarded the Native Justice Scholarship at Mitchell Hamiline School of Law.



On June 14, 2023, Billie was accepted to the full-time Juris Doctor program at Mitchell Hamline School of law for the upcoming fall sessions. She was also awarded a Native Justice percent annual tuition scholarship.

Billie Jo Berry's dedication and commitment to scholarly achievement is a shining example for youth, peers, and our Nation.

We celebrate those who are motivated to make a difference for not only their persona growth, but locally, nationally and around the world!

We are proud of your achievements Billie and wish you the greatest success in the pursuit of a legal education and all your future endeavors.

Once again, congratulations on your admission and scholarship!

Kininaskomitin! Kisahkihitin

 Nisichawayasihk Cree Nation Chief and Council



you the best on your endeavors, and you will be truly missed.

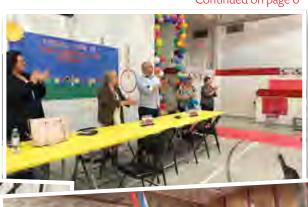
The Grade 6 students celebrated their farewell from OK School. There are big changes ahead for them as they move to the new state-of-the-art high school. This is important, but not the last milestone they will reach, as there will be more room for opportunity and growth as they transition into young adults.

The excitement was apparent on each of the students'

faces, and the crowd was bustling with joy as they came out. The grade 6 teachers, Ms. Margaret Bird, Ms. Chantelle Spence, and Ms. Jamila Butt, are commended for their hard work and dedication. Without them, these types of milestones would not be reached.

Completing grade 12 is a huge accomplishment, and this year's graduating NNOC students were looking forward to celebrating! High school is not easy, but these students persevered and showed their resilience. Remember that education does not stop in high school. There

Continued on page 6











is so much more to learn. Live life for yourself, and not according to the plans others have made for you. This is the first step to independence. Mistakes are not the finish line, but a pit stop. Rest, revitalize, and try again. Thank you to NNOC staff for taking these students in as children and forming them into the bright, beautiful, young adults they are today.

Congratulations to all the graduates of 2023! You are strong, resilient, powerful, smart, and worthy of an education. Keep persevering, keep learning, and stay true to yourself.

NCN Leadership and EMT are proud of all of you. We cannot wait to see what type of successes you will achieve. Kininaskomatinawaw!







2023 NNOC Grade 12 Graduates



Keanna Brightnose



Kaidence Choquette



Lexi Joos



Kelsey Leighton-Linklater



Kyla Leighton-Linklater



Silas Linklater



Ellis Moose



Raylene Moose



Denicka Spence



Desiree Spence



Durlin Spence



Genette Spence



Lenyshia Spence



Jules Rhianna Spence

NCN Suggestion Box is a Hit

In April, a suggestion box was made available at the government office so NCN Citizens could offer ideas about the ways in which life could be improved in this community. So far, thoughts ranged from activities to keep young people busy and engaged, to infrastructure requests, to social needs.

Chief and Council are excited to have already received so much feedback! Please continue to provide your opinions. All ideas are welcome.

- People NEED to slow down by Michael's Point on the hill. It is dangerous. Buses stop there, and children are crossing.
- 2) Road maintenance.
- 3) Repair Hillside Drive.
- A new gas station (preferably a CO-OP) with community members being investors and shareholders.
- 5) Start a Bed and breakfast with an Internet Café.
- 6) Pre-paid gas pump for when it closes after hours.
- 7) Work on getting a bank (two mentions).
- 8) Let's have a Tim Hortons.
- 9) A mag lock for the door at the VLTs.
- 10) A mini mall would be so dope! Have security during the day and at night.
- 11) A swimming place would be awesome. There's money to be made, plus it's got glamour.
- 12) A park in New Area.
- 13) Bring a cannabis store to the community.

- 14) NCN needs the vendor open (three mentions).
- 15) Give people P.O.s for food and supplies instead of cheques. Maybe it would calm down a bit.
- 16) Get rid of the drug dealers. Kids are hungry. Please!
- 17) Dog Control
- 18) Bootleg control
- 19) Better health care at the Nursing Station. No more Tylenol.
- 20) Host mental health sharing circles for all age groups. End the stigma!
- 21) Have supervised concerts.
- 22) A music studio for where you can rap, record, and learn how to play instruments (two mentions).
- 23) Bring back free trips to Thompson (movies, restaurants, swimming, that sort of thing). Would bring people together and keep their mind in a good state, along with easing stress.
- 24) My suggestion is more activities for youth.
- 25) A Youth Centre where kids can spend their time after school or on weekends. Should have a canteen, TV, video games, instruments and a studio
- 26) Fixed/replaced basketball court in Dog Point ASAP. The current one is in awful shape.
- 27) Something like the Youth Centre in RC or Dog Point. These people come all this way for food and stuff, give them something back.



- 28) Bouncy castles would be a nice addition to the fair.
- 29) Guitar lessons for the youth. Lots of music minds!
- 30) A canteen at the skate park would make the kids always enjoy it, spend their money there and have fun.
- 31) A boxing gym where kids learn and practice self-defence (two mentions).





OSKANAMO

WORDSEARCH: LPJら mancosak Insects

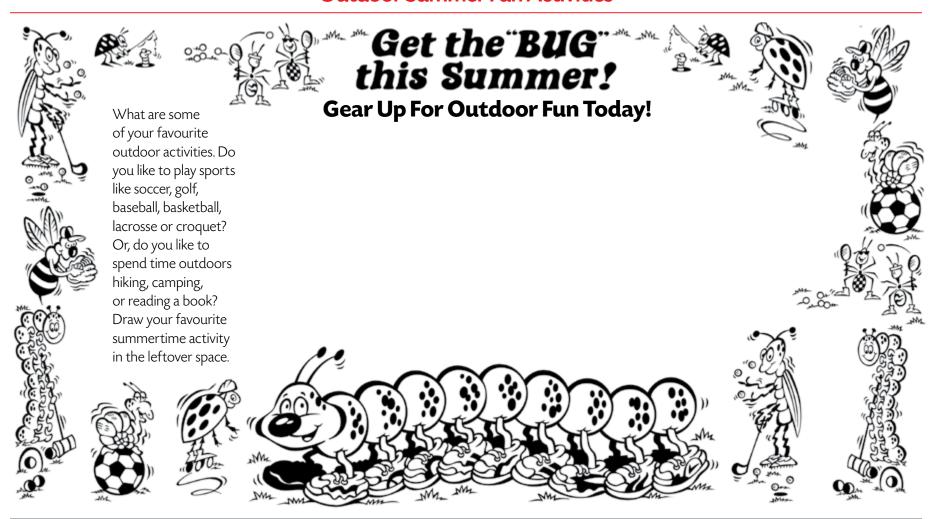
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SAKIMIS (Mosquito) **PĪHKOCISIW** (Sandfly) ĪTHIK (Ant) MISISAHK (Horsefly) **OCIW** (Fly) **OMIMISIW** (Fish fly) KAPĀPAK (Butterfly) **COWIKANĀPISIS** (Dragonfly) WASTI MANCOS (Firefly) MITHAWĪAMŌ (Bumblebee)

(Hornet) **PITHISIWITĪHKOM** (Moth) **OKWASKOCIKANISIS** (Grasshopper) MŌHTIW (Termite) **MASKOTĪHKOM** (Black beetle) **AMISKOSIS** (Water beetle) **CĀHKIPIMANCOS** (Lady bug) KŌHKOMINAKICIT (Spider) **ATHAKĀKWAY** (Leech) **MWAKOSIS** (Water strider)

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

Outdoor Summer Fun Activities



KIM Temporarily Halts Referrals and Advocacy Services

Some people in the community have found KIM (Keewatinohk Inniniw Minoayawin Inc.) helpful for referrals, medical inquires, and advocacy requests.

However, as of July 1, KIM has temporarily stopped providing this support.

Dr. Barry Lavalee, the CEO of KIM, explained in a Facebook post dated July 4 that in the short term, it must focus on its main goal of transforming and transferring medical services from the federal government.

"KIM continues with finalizing an Agreement in Principle with the federal and provincial governments and MKO Nations to take on the design and delivery of certain aspects of the health care system in the north," he said. "The agreement in Principle will be followed by a legally binding framework agreement which will formalize a new arrangement for transforming healthcare and the transfer of some functions of FNIHB MB on behalf of 23 northern First Nations."

Lavalee said he understands that people have appreciated advocacy and referrals from KIM, and that he hopes to return to that work as soon as possible.

He reminds everyone that the Sakihiwewin Patient Advocates is available at the Thompson General Hospital from 7:30 am - 11:30 pm, Monday through Friday.

For other resources, check out this chart.

MKO-KIM Health Advocacy Resources

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Organization	Department	Phone	Email	Advocacy Area
Provincial Health Contact Centre	Healthlinks	204-788-8200 Toll Free: 1-888-315-9257	Not available	Registered nurses provide assessment, triage, and health-care advice to individuals of all ages calling from within Manitoba.
Manitoba Keewatinowi Okimakanak	MKO Client Navigator Charmaine Clippings	204-677-1600 Toll Free: 1-800-442- 0488 Mobile: 204-307-5066	charmaine.clipping@ mkonorth.com	Provides assistance to registered First Nations and Inuit Clients who are experiencing difficulties accessing the NIHB Program and related provincial/territorial programs and services.
Assembly of Manitoba Chiefs	Patient Advocate Unit	204-987-4120 (main line) Toll Free: 1-888-324-5483 Fax: 204-944-0582	Not available	The AMC Patient Navigator provides guidance, information, and support throughout your medical journey outside of the hospital. Services they provide: Non-Insured Health Benefits to provide information and/or assist with coverage/appeals, Transportation Referral Unit, Medical Relocation Information, accessing your medical records, Filing Critical Incident/hospital complaints, Consultation (legal, family, medical), Employment and Income Assistance (E.I.A.) processes.
Thompson General Hospital	Patient Experience, Northern Regional Health Authority	204-687-9320 Toll Free: 1-888-340-6742	patientexperience@ wrha.ca	If you have questions or concerns about the care or service you or a family member received or if you have a patient safety concern.
Keewatin Tribal Council	Medical Transportation and Referral Unit	204-667-0315	Not available	Assist First Nations people who must be sent away from their home community to acquire appropriate health services in arranging for air and/or ground transportation, accommodations, escorting, interpreting services and to report to the respective nursing stations in the communities. KTC Referral operates 24 hours a day and 7 days a week.
Winnipeg Regional Health Authority	Client Relations	204-926-7825	clientrelations@ wrha.mb.ca	If you have questions, suggestions or concerns related to the health care services you are receiving within Winnipeg.
The College of Physicians and Surgeons of Manitoba	Complaints and Investigations	204-774-4344 Toll Free: 1-877-774-4344	complaints@cpsm. mb.ca	Concerns about a physician, resident, medical student.
College of Registered Nurses of Manitoba	Denise Nakonechny, RN	204-784-5184 Toll Free: 1-800-663-2027 (Manitoba only) Fax: 204-775-6052	dnakonechny@crnm. mb.ca	The College uses the professional conduct review process to address allegations of unacceptable conduct or practice by Registered Nurses.

Insect Jokes

- **Q:** When is a baseball player like a spider?
- A: When he catches a fly!
- Q: Why wouldn't they let the butterfly into the dance?
- A: Because it was a moth ball.
- **Q:** Who comes to a picnic but is never invited?
- Q: What letter can hurt you if it gets too close?
- **A:** B (bee)
- **Q:** Why did the fly never land on the computer?
- **A:** He was afraid of the world wide web.
- **Q:** Why are A's like flowers?
- A: Because bee's come after them!
- **Q:** What do you call a snail on a ship?
- **Q:** What do you call a fly without wings?
- A: A walk.
- Q: What is totally funny and makes dogs itch?
- A: The Flea Stooges!
- Q: What do you call a rabbit with beetles all over it?
- A: Bugs Bunny.
- **Q:** Why was the ant so confused?
- A: Because all his uncles were "ants"!

- Q: What creature is smarter than a talking parrot?
- A: A spelling bee!
- Q: What is on the ground and also a hundred feet in the air?
- A: A centipede on its back!
- Q: What is the strongest animal?
- A: A snail because it carries it's home.
- Q: What do frogs order when they go to a restaurant?
- A: French Flies
- Q: What goes 99 thump, 99 thump, 99
- A: A centipede with a wooden leg.
- **Q:** When did the fly fly?
- **A:** When the spider spied her!
- Q: What's worse than a worm in your apple?
- A: Half a worm.
- **Q:** What kind of fly has a frog in its throat?
- A: A hoarse fly!
- Q: What do you call two ants that run away to get married?
- **A:** Ant-elopes!
- **Q:** What did the dog say to the flea?
- A: Stop bugging me!

Solution below to puzzles on previous page

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ATEC's Concrete Forming Class



ATEC from left to right: Devon Spence; CPR and first aid instructor Ivan Hart; Alaina François; Chief Levasseur; Ronald Spence; David Wood; Brett Linklater-Wood; Thomas Caribou; Kennedy Spence; Corbin Linklater; Brandon Moore; Keenan Linklater; Tyrell Hartie; Tipiski Pisim Linklater.





Gossfeld-McDonald Retires After Serving the Community in Various Capacities

"I am so proud of

our community

and its decision to

bring our language

and culture back

into focus," she

has said in the past.

"When our children

are proud of their

heritage, they

can achieve great

things."

After an incredible 41 years, L. Gail Gossfeld-McDonald

has completed her journey in education.

Most recently, she served as the Director of Education for the Nisichawayasi Nehetho Culture and Education Authority. She became the seventh NNCEA director in 2016.

Gossfeld-McDonald completed her education degree at the University of Manitoba in 1982, and achieved her master's degree in educational administration in 2009.

Since then, she has worked in various capacities, including teacher, administrator, board member, and Director of Education.

Over the years, she taught almost every grade from early to senior years. She was vice-principal at OK School for five years and principal at NNOC for three years. In the 1990s, she was an elected school board trustee and also an NCN Councillor.

Gossfeld-McDonald

has always been a strong advocate for ensuring the integration of Nehetho culture and language into our

education system.

"I am so proud of our community and its decision to bring our language and culture back into focus," she has said in the past. "When our children are proud of their heritage, they can achieve great things."

Under her direction, NCN began Nehetho immersion instruction, created a strong Elders program within the schools, and finally constructed a beautiful new high school.

We wish Gail a happy retirement and thank her for her endless contributions to

our children, education system, and community. Kinanaskomitin!



NCN Solid Waste Disposal Ground Update



Hours of Operation Open 9AM-5PM

The Solid Waste Disposal Ground now has hours of operation.
Please follow rules and no dumping after hours, no illegal dumping and please deposit waste in designated areas.



Hired a Solid Waste Coordinator and Landfill Attendant

The Solid Waste Coordinator role is to clean up, sort, and start initiatives such as a recycling program. The goal is to decommission the Solid Waste Disposal Ground. The Landfill attendant will be directing people where to deposit waste. We are open for questions, comments and concerns on future plans and recycling program.

New Signage

NEW Signage at the NCN Solid Waste Disposal Ground!! We want to thank the Public Works Department for the installation. NO BURNING of any waste, this causes health and risk factors.



Future Plans: New Site, Decommissioning Process, Recycling Program

Chief and Council along with LER are meeting the Indigenous Service Canada representative to discuss plans to purchase land for new landfill site and begin the design and plan stage of the new site/facility. We encourage all citizens of NCN to waste less and get ride of there own bulky items. Funding for recycling bins are in the process.



Sustainable solutions for a better tomorrow

NCN Lands, Environment and Resources





Great Achievements for NCN Citizens



NCN's Billie Jo Berry has been awarded the Native Justice Scholarship at Mitchell Hamline School of Law in St. Paul, Minnesota. She was also awarded a Native Justice percent annual tuition scholarship. Billie was accepted

school's full-time Juris

women for their dedication to practising and protecting traditional Aboriginal knowledge and culture. It was established in 2009 by Ka Ni Kanichihk as a tribute to Lathlin, who was a longstanding MLA for The Pas.

The award was presented to Beardy-Linklater at the Keep The Fires Burning event, which is an annual celebration of efforts in encouraging Indigenous culture and traditions.

NCN Citizen Ralph McLean has received the Meritorious Service Medal, which recognizes great Canadians for exceptional military and civil deeds accomplished that bring honour to our country.

McLean, M.S.M. from The Pas, has been dedicated to commemorating soldiers killed in war and peacekeeping missions for more than two decades.

His self-funded Canadian and international travels have

allowed him to identify unmarked war graves, ensured their maintenance, and corrected personal information on thousands of memorial inscriptions. He has submitted more than 200,000 photographic records to various databases, including the South Africa War Graves Project, which he created.

Ralph's passion inspires us, teaches us, and shows us the way forward.

NCN Chief and Council celebrate those who are motivated to make a difference for not only their personal growth, but locally, nationally,



and around the world! Kininaskomitin! Kisahkihitin!





Doctor program for the upcoming fall sessions.

Billie Jo Berry's dedication and commitment to scholarly achievement is a shining example for youth, peers, and our Nation.

Brielle Beardy-Linklater has received the Oscar Lathlin Memorial Award, which honours outstanding



Employment Opportunities

PROPOSAL WRITER

Department: Nisichawayasihk Cree Nation

Position: Proposal Writer
Deadline: Posted Until Filled
Start Date: As soon as possible
Salary Range: Negotiable
Ref #: NCN 2023-06-29-001

Position Summary:

The Proposal Writer will research, write, and submit grant opportunities that comply with the Nation's programming, mission statement, initiatives, and strategic plans.

It is essential for the Proposal Writer to exhibit proficient writing skills, and have excellent communication and interpersonal skills.

Responsibilities:

- Collaborate with leadership and management to develop and implement an effective communications strategy.
- Seek/Research funding opportunities that align with the Nation's programming, mission statement, initiatives, and strategic plans.

- Develop clear and concise grant proposals that are persuasive and effectively communicate the Nation's mission statement, programming, initiatives and strategic plans.
- Write, edit and revise written proposals based on feedback.
- Maintain database of grant funding opportunities with their specific requirements.
- Develop and maintain relationships with funders to enhance the Nation's visibility.
- Attend meetings to identify opportunities for proposal writing.
- Give presentations when necessary.
- Prioritizing to ensure deadlines are met.
- Other duties as assigned.

Qualifications:

- Bachelor's or College degree in related field preferred (arts, communications, business, etc.).
- Will consider applicants with related work experience in lieu of College or University credentials.

- Experience in applied research.
- Excellent verbal and interpersonal skills.
- Demonstrated proficiency in writing, proofreading, and editing.
- Impeccable accuracy with spelling and grammar.
- Able to work independently and in a teamsetting.
- Good time management and organizational
- Proficient in all Microsoft Office applications (Word, Excel, Publisher, PowerPoint).
- Ability to speak Cree an asset.
- CV of past writing experiences with proposals.

If you are interested, please forward your cover letter, Criminal Records Check and resume to:

Nora Thomas, Human Resource Administrator Nisichawayasihk Cree Nation

Phone: (204) 484-2604 Cell: (204) 307-1178 Fax: (204) 484-2588

Email: norathomas@ncncree.com





Celebrating Summer with Parks and Rec

In just two short days, NCN packed in a lot of fun!

The weather was great and everyone came out to Canada Day and Chief Pierre Moose Day. Events included a community parade, canoe races, team competitions, animal calling, jigging and talent show.

Without a break to recover, Citizens headed into the next round of fun with Grandparents Week! Participants enjoyed bingo, dinner and giveaways.

These events could not happen without incredible volunteers! Thank you to our cooks Arlene Smears, Nora Thomas, Kristen Spence, Kathleen Francois Gordon Bear and Tanis Hart. Camp preparation crew, including Joshua Thomas, Marlo Wood, Allen Thomas,

Blayde Hart and Jerry Lobster got everything prepared and camp keepers Randy Linklater and Clayton Hunter kept everything going! Our drivers, Ryan and Trish Moore, made sure all who wanted to enjoy the festivities were able.

Our Parks and Recreation crew made it all happen, with special thanks to our sponsors: FCWC, NCLP, NCN and Three Rivers store.

Check out our Children's Activities this summer! Monday to Friday from 1:00 pm to 4:00 pm, kids under 12 can join us for activities and snacks at the multiplex. It's all free! Follow us on Facebook or call 484-2171 for more information.

We're aiming for a Beach Party on July 29 from

and mermaid making, best dressed beach bums, and dog paddle races. Hot dogs, refreshments and life jackets will be provided. Kids MUST be accompanied by an adult for this event. Call Terry at 307-2246 or the Rec Crew at 484-2171 for more details.



















Change Your Life with Employment

Did you know that about 80 per cent of NCN's 5,500 Citizens are unemployed and rely on financial aid? This alarming figure tells the story, which is that many of our people are living in poverty and need help.

A new program has been launched that's called Ending Poverty through Decent Work. Employees Theresa Linklater and Mya Spence are looking forward to changing the current trajectory of NCN Citizens by helping people to get off financial aid and to become more self-sufficient.

Linklater has worked in NCN since April 2018, and Spence is an NNOC student, who has lived in Nisichawayasihk Cree Nation all her life.

"This program helps Citizens get their identification papers and then introduces them to the work environment so they can move away from financial aid. We'll work together closely with other organizations in NCN, like ATEC," says Linklater.

It is difficult to gain employment without certain identification paperwork, such as a Social Insurance Number. Companies often can't place a person on payroll without it.

You often need this ID for applying for schools and scholarships, too.

Gaining employment and working a steady job has so many benefits. You can contribute in a positive way to NCN and be a positive role model for others. You'll become aware of what you're capable of and your self-confidence will grow. You can save your own money, dream about your future, and create a plan to make it happen. There are so many opportunities waiting for you!

If you or someone you know does not have identification, come to the

Trust Office and to work on your applications. Linklater and Spence are ready to support you.

Citizens who already have their IDs are also welcome to join the program. If you are an NCN Citizen ready to make a change and gain self-sufficiency, contact us!

Government Office: 204-484-2332

Trust Office: 204-484-2604



Nisichawayasihk Cree Nation Family and Community Wellness Centre and Assiniboine Community College are partnering to deliver a Practical Nursing diploma program, starting in the fall of 2023.

Preference will be given to applicants who are NCN band members. To apply for this program, applicants will require*:

- » A complete grade 12 with a minimum grade of 60% in English 40G/S, a grade 12 Math, and Biology 40S or their equivalents
- » Current criminal record vulnerable sector check
- » Current child and adult abuse checks
- » Immunization records
- An academic preparation may be provided so you may be able to participate even if you don't currently meet entrance requirements.

To have your name added to an interest list please contact:

204.484.2341 lwright@ncnwellness.ca



Theresa Linklater (left) and Mya Spence (right)

Learn by Doing | assiniboine.net





Tour Path to Wellness

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



Dreamcatchers Headstart Program

This is an enrichment program for on-reserve children, from birth to six years of age, and their families. Your child is acknowledged as an individual, with unique learning styles, strengths and challenges. Dreamcatchers staff encourage all children to be proud of their First Nations culture and language.

This program is free of charge! All NCN families are encouraged to register their children and get a strong start to lifelong learning. The spiritual, emotional, intellectual and physical growth of your child is considered in all activities, and parents are encouraged to learn how to become active participants in their child's education.

Get help with:

- transportation
- nutritious snacks
- CFS support letters
- medical appointments
- referrals to other programs and services

Activities such as:

- health and hygiene lessons
- traditional arts and crafts
- on-the-land outings
- community events





Giving Our Children a Strong Start

Manitoba Telehealth

This program allows you to connect and communicate with medical specialists without having to travel. Most Telehealth clients consult with a doctor by video, which will reduce your time away from home and work, and save you time, money and stress.

MB Telehealth sites in NCN include the Family and Community Wellness Centre, the Nursing Station and the Medicine Lodge. People with diabetes and foot care concerns, Jordan's Principle clients and more have appreciated this efficient, easy way to get help.

If you are dealing with a health condition that requires appointments outside of Nelson House, call the Wellness Centre to see if Telehealth can work for you!

Get help with:

- consultations
- follow-up appointments
- case conferencing



Bringing Medical Help to You



Phone: 204-484-2341

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

Follow us on Facebook

New Skatepark for NCN Kids

These are very exciting times for our children and our nation! Construction on our community's new

7,800-square-foot skatepark began at the end of June.

Workers are hopeful it will be complete by the end of July.

In the meantime, it is an ongoing construction site. Please take caution and watch out for large trucks and heavy

Recreation Development and Skafe Park Location - Option

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machinery.
Do not allow
your children
to visit the site
unattended.

The skatepark is part of a larger transformation of the Ron Wood Recreational Park. Eventually, it will include

baseball diamonds, beach volleyball courts and horseshoe pits.

The late Ron Wood was an exemplary Citizen and a man who gave of himself to better the lives of NCN youth. He volunteered as a coach, a manager and seamster for all kids in the Bay Road area. Ron even fed the children and transported them to baseball practices and games.

Ron was interested in many different sports, and he encouraged our youth to participate in as many sports as they could.

This area is becoming a bustling hub for sports and recreation in NCN. Along with the Norman Linklater Memorial Multiplex, the Desmond Spence Memorial Baseball Field, the Gilbert McDonald Arena and the Youth Centre, this beautiful, vast space is a destination for kids, families, and Elders.

Council would like to thank the community for their input and Nic Campbell for volunteering to be the project manager. Kinanaskomitinawaw!

Please remember to respect these areas so they serve our community for years to come.



Nisichawayasi Nehetho 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)







Focus on Safety at NCN General Assembly

Citizens gathered at the multiplex on July 17 to hear the latest from Chief and Council on justice, safety and animal control. They discussed ongoing issues related to gangs, violence, alcoholism, and drug addiction in NCN. Attendees enjoyed supper and the chance to win door prizes.

Everyone is encouraged to stay informed and get involved. We appreciate those who attend meetings, ask questions and voice their thoughts. Remember that there is a suggestion box at the NCN government office for your use. You may identify yourself or remain anonymous. Your opinion matters!

The presentation on community safety was comprised of three main areas of focus.

Policing and Law Enforcement

Progress includes a new Chief of Police and creating a First Nations police force. This is becoming a focus across the country, and Chief and Council have had meetings with File Hills police service in Saskatchewan to ensure competence.

EMT and directors have reviewed all laws and by-laws. Leadership has agreed to prioritize the community protection and animal control laws.

A state of emergency was declared at the beginning of July to deal with violence, which includes searches of vehicles and people coming into the community, a curfew for ATVs, boats and youth, and stricter penalties for violations. A community patrol has been established with more training opportunities for FNSOs, while the Peacekeepers Tribunal has received all of their training.



Crime Reduction

Chief and Council believe poverty and lack of education leads to crime, and the widespread reliance on employment income assistance (EIA) is a growing concern. As such, a new program

called Ending Poverty through Meaningful Work has begun. Its focus is on

Continued on page 20



helping Citizens to gain the appropriate identification needed for employment, and assisting them in their job search. There are currently 25 EIA recipients training to work as community patrol and security guards.

Another aspect of reducing crime is providing youth with healthy recreational activities, such as NNCEA summer camps, the Wellness Sports Association,

and the NCN youth centre, which is open daily from 1-8 pm in the Duncan Wood Memorial Hall. The new skatepark and baseball field are reaching completion and will be celebrated with grand openings in August.

Healing and Addictions Support

Education about dangerous drugs, such as cocaine, crack and crystal meth, is a focus as these substances continue to make their way into our community. Citizens are reminded to discuss the dangers of these drugs with their families, and to encourage healthy living. The Medicine Lodge continues to lead our community in its work with healing and addictions.

To eliminate the need for drugs and alcohol, Chief and Council encourage everyone to start their journey of healing,

and to support those as they heal. An important component is teaching Citizens about Nehetho language and culture, through culture camps and land-based healing. Some examples already available include the NCN pow wow, sundance, fasting camps, gospel jamborees, Three Wyndis Healers, neurolinguistic programs, and workshops on grief, loss and resilient healing.

NCN government is working to secure funding to support more initiatives in the community, including healing centres, land-based healing and trauma-informed supports. We continue to educate the federal and provincial governments about personal, collective, historical and multi-generational trauma.





2023 NNCEA PSE GRADUATES

Brandon University - Meghan Prince - Bachelor of Arts
University of Manitoba - Robin Neckoway - Masters (History)
University of Manitoba - Chasity Spade - Bachelor of Education
Red River College - Cassandra Chaboyer - Bachelor of Nursing
Red River College - Ron Lewis Jr - Power Engineering 4th Class
Red River College - Zackery Hordosi - Plumbing (Trades)
University of Winnipeg - Rachelle Halls - Bachelor of Arts

University/College of the North - Tennes Graham - Bachelor of Arts University/College of the North - Andrea Short - Aboriginal and Northern Counselling

University/College of the North - Reva Linklater - Bachelor of Arts Manitoba Institute of Trades and Technology - Dane Spade -Welding Certificate

Sheridan College - Angus H. Campbell - Arts Fundamentals

POTENTIAL GRADUATE LIST FOR FALL 2023

Western University - October 18, 2023 London, Ontario Tammy Stoneman - Doctor of Education Algonquin College - Fall 2023 Ottawa, Ontario Kaydance Barnard - Motive Power Technician University of Winnipeg - Fall 2023 Winnipeg, Manitoba University of Winnipeg - Fall 2023 Winnipeg, Manitoba Nicole Gossfeld - Advanced Business Management University of Manitoba - Fall 2023 Winnipeg, Manitoba Michelle Sicotte - Bachelor of Social Work

Tyler Hotomani-Hart - Bachelor of Arts



Know the Dangerous Drugs in NCN

SCHOOL CLOSURE

Labour Day Holiday Professional Development (1)

It is tragic to see drugs like meth, cocaine and crack become popular in our community.

It is bad enough to see our Citizens become addicts, but to see them encourage others to use is heartbreaking.

These drugs are so powerful and addictive that you should NEVER experiment with them. Just one dose can make you an addict. Addicts often lie and steal from people they love the most. They look dangerous and scary, and people avoid them. They are reduced to only caring about their next high. If they don't get help, they almost always die on their own. It's a truly terrible life.

If you are using these drugs, you must stop immediately.

Monday, September 4, 2023

Nothing good will come of using these drugs. Eventually, you will lose your friends and family, your home, hobbies, and anything good in your life.

It is possible to overcome a drug addiction! But don't attempt it on your own. Quitting these drugs suddenly can be a dangerous shock to your system. It will also be very difficult to manage cravings and triggers.

A treatment centre can lead you through detox and provide support as you physically overcome your drug dependency. Professionals can also help you to understand the broader reasons you started to use drugs, and help you create a plan out of your addiction and into a new healthy

life. Ongoing counselling and support groups will help, too, by allowing you to talk about your difficulties with people who understand.

You are worthy of support and fellowship. Your community loves you. Everyone deserves a healthy, stable life ... and that includes you. We are excited to

Continued on page 22



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202	-		_ /			Friday, September 29, 2023	Truth and Reconciliation Day
HO				4		Monday, October 9, 2023	Thanksgiving Holiday
CAL	ENC)AR	. '			Tuesday, October 10 – October 13, 2023	Flex Days (4)
						Wednesday, November 8-9, 2023	Flex Days (2) Aboriginal Veterans
Mon	Tue	Wed	Thu	Fri	Sat	Friday, November 10, 2023	Remembrance Day Observance
28	29	30	31	1	2	Friday, December 22, 2023	Last Day of Classes before break
4	5	6	7	8	9	Monday, December 25, 2023	First Day of Winter Break
11	12	13	14	15	16	Friday, January 5, 2024	Last Day of Winter Break
18	19	20	21	22	23	Monday, January 8, 2024	Classes resume
25	26	27	28	29	30	Friday, February 16, 2024	Flex Day (1)
2	3	4	5	6	7	Monday, February 19, 2024	Louis Riel Holiday
9	10	11	12	13	14	Monday, February 26, 2024	Flex Day (1) Aboriginal Justice
16	17	18	19	20	21	March 25-29, 2024	March Break
23	24	25	26	27	28	March 29, 2024	Good Friday Holiday
30	31	1	2	3	4	Monday, April 1 – April 5, 2024	Flex Days (5)
6	7	8	9	10	11	Friday, May 17, 2024	Flex Days (1)
13	14	15	16	17	18	Monday, May 20, 2024	Victoria Day Holiday
_		-	-		_	Thursday, June 27, 2024	Last Day of classes
20	21	22	23	24	25	Friday, June 28, 2024	Flex Day (1)
27	28	29	30	1	2	OKS L IT D	
4	5	6	7	8	9	OK School Term Dates	
11	12	13	14	15	16	Term 1	August 31, 2023 to December 1, 2023
18	19	20	21	22	23	Term 2	December 4, 2023 to March 15, 2024
25	26	27	28	29	30	Term 3	March 18, 2024 to June 27, 2024
1	2	3	4	5	6	OK School Report Card Writing Day	
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12	13	14	15	16	17	Term 1	December 12, 2023
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26	27	28	29	1	2	Term 3	June 20, 2024
4	5	6	7	8	9	NNOC Term Dates	
11	12	13	14	15	16	Term 1	August 31, 2023 to February 2, 2024
18	19	20	21	22	23	Term 2	February 5, 2023 to June 28, 2024
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25	26	27	28	29	30	NNOC Report Card Writing Day	
1	2	3	4	5	6	1	November 24, 2023
8	9	10	11	12	13	2	April 15, 2024
15	16	17	18	19	20	NNOC Report Card Night	
22	23	24	25	26	27	Term 1 – Part 1	November 30, 2023
29	30	1	2	3	4	Term 1 – Part 2	February 8, 2024
6	7	8	9	10	11	Term 2 – Part 1	April 23, 2024
13	14	15	16	17	18	Term 2 – Part 2	June 27, 2024
20	21	22	23	24	25		
27	28	29	30	31	1	Kindergarten Graduation	June 24, 2024
3	4	5	6	7	8	Grade 6 Farewell	June 25, 2024
10	11	12	13	14	15	Grade 12 Graduation	June 26, 2024
17	18	19	20	21	22	Total School Days: 196	Motion #2023-04-25-11: That the NNCEA
24	25	26	27	28	29	330M x 196D = 64,680	School Board of Trustees approve the 2023-2024 Academic Calendar.
1	2	3	4	5	6	360M x 181D = 64,160	2025-2024 Academic Calendar.
8	9	10	11	12	13	*School day extended by 30 minutes to account for 15 flex days.	
٥	2	IU	- 11	12	IJ	account for 15 flex days.	



watch you overcome your difficulties, develop your gifts, and use them to elevate Nisichawayasihk Cree Nation!

Meth

This is a man-made drug that comes in many forms, including powder, pills and rocks. It attacks the central nervous system and creates intense feelings of happiness and euphoria that can last up to 16 hours.

Effects and Complications:

- hallucinations and memory loss
- mood swings and paranoia
- aggression
- twitching and seizures
- severe weight loss
- skin sores, due to compulsive skin-picking
- dental issues (gum disease and rotting teeth)
- heart attack
- death.

Cocaine and Crack

Both of these drugs are made from the coca plant found in South America. Cocaine is usually a powder that is snorted, while crack is usually chunks that are smoked in a pipe. Both of these drugs create terrible habits, but crack creates an extremely intense high that lasts only 5-10 minutes, and can make a user an addict in just a few doses.

Effects and Complications:

- nausea
- restlessness
- breathing issues
- chest pains and palpitations
- seizures
- anxiety and paranoia
- ulcers
- internal bleeding
- heart attack
- death

Keep Your Children Safe!

Using these drugs only one time can make someone an addict. You must protect your children.

- Talk to your kids about the dangers of these drugs.
- Create a plan for them if someone offers these drugs.
- Promise your kids that you will help them, not get angry.
- Explain why people end up on drugs.
- Encourage healthy friendships and hobbies.
- Make one-on-one time for you and your child. If you witness an overdose: call 911.

If you have a drug problem:

NCN Nursing Station **204-484-2031**

NCN Medicine Lodge **204-484-2256**

Hope for Wellness Help Line

1-855-242-3310

(Indigenous counselling and crisis intervention 24/7)

If you witness an overdose: call **911**



Zerick Dysart-Waterman sweeps NAIG 2023 Rifle Shooting 16U Gold Medals

By: Trevor Dysart

The 2023 NAIG Rifle Shooting events were held at the Bedford Rifle Range which is a military facility about 40 minutes away from downtown Halifax.

With top scores of 931 in the 3 Position category, 507 in the Prone category, and a combined total for 1438 in the Overall

category, Zerick took home the gold in all three 16U Rifle Shooting events.

3 Position (3P) consists of 20 shots from the prone position, 20 shots while kneeling, and 20 shots in the standing position. There are 2 rounds of this for a total of 120 total shots.

Prone consists of 3 rounds of 20 shots for a total of 60 shots, and the Overall



category is the combined scores of both 3P + Prone to determine the Games' overall best shooter.

Zerick posted strong showings throughout the week, leading the competition after the completion of every event.

His discipline and training held strong in a week filled with high temperatures and humid conditions. Zerick also showed great

sportsmanship and was recognized by range officers for his attention to detail and overall safety on the range.

Zerick would like to send a special thank you to his club coaches back in Brandon and thanks all the friends and family across Turtle Island for all the support through the entire journey to NAIG.





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



Health Program

Help for mothers before, during and after pregnancy

For more info 204-484-2341 ext 128



Managing and **Understanding** Your Diabetes and Nutrition

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



Youthspace

Emotional support to persons 30 years and under

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

Indigenous Specific Resources

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

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

Residential School Crisis Line: Support and Crisis

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

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

Listening and support – 1-866-456-6060

MKO Mobile Crisis Response Team:

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



NCN Medical Receiving Home

NEED TO TALK?

12/5/245-5500

A Safe, Full Service Stay for Our Citizens

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

For more information, please call: 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



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

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

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

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



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

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

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



1-866-633-4220

Or Chat online: NEDIC.ca (hours vary)

Manitoba Parent Line

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

Parents' Helpline PLEO

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



Support and Information

Thompson Based

Canadian Mental Health Association 204-677-6056

Provincial

Manitoba Schizophrenia Society 204-786-1616





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

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



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

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



Rainbow Resource

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

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

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

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



Success Through Advocacy and Role Modeling

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

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



Health Links Info Santé

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

204-788-8200

or toll-free 1-888-315-9257



Nisichawayasihk Cree Nation FAMILY AND COMMUNITY Wellness Centre

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

NCN Wellness -Support and Information Lines:



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



Child Protection:

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



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.

O,	
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	
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	
– Pow-wows	\$2,000.00
g. Support to NNCEA affiliates/partners (wreath/flowers, etc.) \dots	\$300.00

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 793.5 feet. The level of the lake is expected to drop 5 inches to an elevation of 793.1 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 ROB 1A0 Phone: (204) 484-2332 Fax: (204) 484-2392

www.ncncree.com

Do you have a suggestion or an Achimowina story idea?

We would like your comments, feedback or news stories. Please contact achimowina@gmail.com

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.

