



Nisichawayasi σᄃᄃᄃᄃᄃᄃᄃ ᄃᄃᄃᄃᄃᄃᄃᄃ  
**Achimowina**

# Rain Doesn't Slow Down the NCN Powwow

By: Alaina Francois, NNOC Junior Vice-Chief

The 2023 NCN Powwow was held over the first weekend of August at NCN's beautiful harbour, which allowed the dancers' spirits to fly free. There was a sense of gratitude that we could gather again after the pandemic.

Each day the powwow started with a prayer from an NCN Elder and a song to honour the ancestors who fought for Indigenous people's rights. After the opening ceremony, dancers were welcomed onto the grounds for a warmup. The powwow singers sang and Citizens could feel the welcoming vibes through the ground. They enjoyed watching the dancers and their culture being passed down to younger generations.

The harbour was filled with food vendors that provided a variety of goodies such as donuts, lemonade, chili, poutine and candy. Other vendors sold traditional wear, ribbon skirts, mukluks, beaded earrings, and various bags.

Seeing the dancers express themselves really motivated the younger generations to try on their own. The shy children danced with their friends outside of the grounds. Everyone felt the spirit in the powwow grounds and enjoyed each other's company.

Although there was rain, it did not stop the dancers, many

of whom continued on in their regalia. Regalia can be expensive, but the dancers did not care. Kids as young as seven months old were dancing and Elders as old as 63 were seen enjoying the festivities. Each person was so supportive of the dancers, making sure to respect the grounds by cleaning up after themselves and assisting the Elders as they made their way through the mud.

The 2023 Powwow was a great success and left visitors in awe. We hope that next year people will dress accordingly to the weather, and we encourage NCN Citizens to dress traditionally. Embracing our culture is the first step to combating the assimilation that the colonizers put us through. We mustn't let our traditions and culture die.

We'll see you next year! Ekosil!



Photo credit: Cheyenne Colomb

**The 2023 NCN Powwow, held over the first weekend of August, was a great success and left visitors in awe.**

## 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.

More images from the NCN Powwow 2023 on page 9





KITITAHWINAOW ACHIMOWIN  
**Community News**

# New Memorial Park Opens in NCN

By: Rosena Lewis



197 kids came to the grand opening on August 3, 2023 and approximately 110 skateboarders enjoyed the new park.

August 3 was a beautiful day and perfect for the grand opening of the Ron Wood Memorial Recreational Park.

The skate park had just been completed, and the joy was apparent on children's faces as they rode scooters, skateboards and bicycles.

Activities at the grand opening included skater demos, competitions, and raffles for merchandise, scooters, skateboard, and helmets. In total, 196 children registered for the draws. The event was hosted by NCN, Jordan's Principle and NNCEA Director of Education Nic Campbell.

Chief Angela Levasseur began the ceremony with welcoming remarks, and Deputy Chief Marcel Moody provided background information on the history of the park.

"What a great facility for our youth. Originally, this baseball field was named after my brother-in-law, Ron Wood, for his dedication and commitment to the youth in Bay Road. Ron started off coaching and managing the Bay Road Reds during their development years. He did everything in NCN for baseball, and he also coached hockey. He'd get sticks for them, he bought the uniforms, and he was a mentor for a lot of people in Bay Road. In honour of him, we dedicated this baseball field to his memory," Moody said.

"Now, we will be repurposing the



facility to include a skate park, a horseshoe pit, and a volleyball court. Times are different, and children are doing things differently these days, so it is in their best interest to accommodate them and meet their needs. It's an honour and privilege to continue to have his name on the space. Ron would have loved seeing this, and he is probably proud. I will remember him as a brother-in-law, and a friend who helped organize sports for our children. Thank you all for being here, and as a government, we will do everything we can to make this a happy place for our children."

Moody finished his remarks by thanking family

*Continued on page 4*



# NCN Golf Fundraiser for Nutrition



The annual NCN School Lunch Program Fundraiser golf tournament teed off on August 20th.

This kind of event can't happen without a lot of heart! An incredible team of volunteers, led by Arlene and Les Smears and Kim St-Jacques, provided a great day of fun and fellowship for a great cause.

All funds raised will provide healthy and fresh food choices for NCN students throughout the 2023-24 school year. Ekosani!

### Thank you to our sponsors!

- |                           |                              |
|---------------------------|------------------------------|
| ■ NCN Chief and Council   | ■ Arnason Distributors       |
| ■ NCN Parks and Rec       | ■ Robinson Supply            |
| ■ FCWC Jordan's Principle | ■ Petro-Canada               |
| ■ NCN Housing Authority   | ■ R A Distributing           |
| ■ NCN Medicine Lodge      | ■ EECOL Electric             |
| ■ NNCEA                   | ■ Pepsi                      |
| ■ NCLP                    | ■ Grainger Industrial Supply |
| ■ Rotary Place            | ■ The North West Company     |



## NCN Lands, Environment & Resources NISICHAWAYASIIHK CREE NATION

1B ATEC Road • Nelson House, MB • R0B 1A0 • 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.



**WORDSEARCH: ᓂᓯᓴᓂᓐᓴᓂᓐ ᓂᓯᓴᓂᓐᓴᓂᓐ ototimihitowin Kinship**

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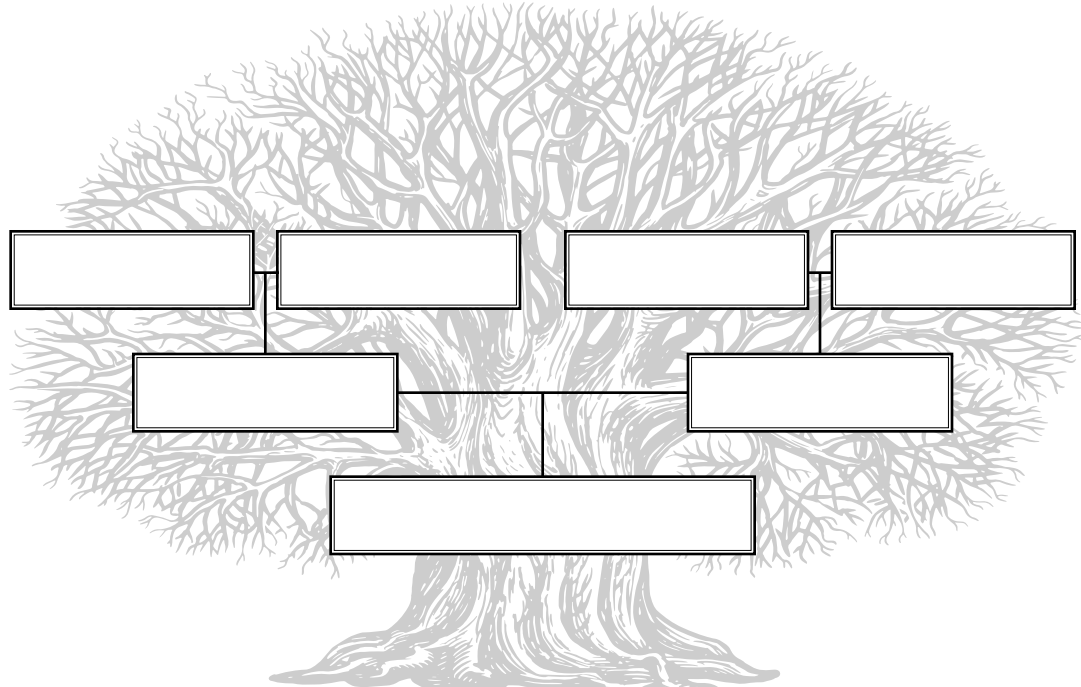
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| ITĀHKOMĪTOWIN<br>(Kinship)              | NIKASKĀNĪHKAN<br>(My great great-grandchild)         | NITIM<br>(Female cousin – My mother’s side)  |
| NIWĀHKOMAKANAK<br>(My relatives)        | NŌHCAHWĪ<br>(My uncle – My father’s side)            | NISTIS<br>(Older brother – My mother’s side) |
| NIMOSŌM<br>(My grandfather)             | NITOSIS<br>(My auntie – My father’s side)            | NIMIS<br>(Older sister – My mother’s side)   |
| NŌHKOM<br>(My grandmother)              | NITOSIM<br>(Nephew [male] – My father’s side)        | NISIMAK<br>(Young siblings)                  |
| NIKĀWĪ<br>(My mother)                   | NITOSIMISKWIM<br>(Niece [female] – My father’s side) | OTOTITOMĪHĪTOWIN<br>(Family clan)            |
| NŌHTAWĪ<br>(My father)                  | NISIS<br>(Uncle – My mother’s side)                  | WICISĀNĪHĪTOWIN<br>(Immediate family group)  |
| NISTAMOSĀNAK<br>(He/She first born)     | NISIKOS<br>(Auntie – My mother’s side)               | MINISIWIN<br>(Whole family)                  |
| NITĀNIS<br>(My daughter)                | NISTĀW<br>(Male cousin – My mother’s side)           | WĀHKOTOWIN<br>(Extended family)              |
| NIKŌSIS<br>(My son)                     |  | OTOTIMIHĪT<br>(Friend)                       |
| NŌSISIM<br>(My grandchild)              |  |  |
| NITĀNISKOTĀPAN<br>(My great-grandchild) |  |  |

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

**Family Tree**

**Can you trace some of your family history?** Fill in this family tree. Start by putting your name at the bottom, then above that your parents names, then your grandparents (perhaps one of your parents can help you fill this in if you don’t know).  
 Who’s your favourite uncle or aunt?  
 \_\_\_\_\_  
 Who’s your favourite cousin?  
 \_\_\_\_\_  
 How many siblings do you have? \_\_\_\_\_  
 How many cousins do you have? \_\_\_\_\_

How many people can you name from your extended family? \_\_\_\_\_  
 How many of your extended family live nearby? \_\_\_\_\_  
 How many of your extended family live far away? \_\_\_\_\_  
 Do you know the names of any of your great-grandparents?  
 \_\_\_\_\_  
 \_\_\_\_\_  
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# Men and Boys are Part of the Solution

By: Rosena Lewis

On July 5, MKO's Missing and Murdered Indigenous Women and Girls (MMIWG) Liaison Unit came to Nisichawayasihk Cree Nation to host a focus group. Men, boys, Knowledge Keepers, and Elders were all invited to attend.

MKO staff Greg Robson and Cade Anderson facilitated the group, which about 20 NCN Citizens attended. They discussed domestic violence, who and what is causing it, and how we can solve the problem of domestic violence as a community.

Historically, NCN has had a high rate of domestic/family violence. In fact, domestic violence had become so prominent that leadership established a women's shelter in the community, so that those dealing with abuse would have a safe place for themselves and their children.

Family/domestic violence is a common theme amongst Indigenous Peoples. According to Statistics Canada, "Around 4 in 10 Indigenous People reported experiencing sexual or

physical violence by an adult before the age of 15," and that, "Indigenous people who had a partner or ex-partner in the 5 years prior to the 2019 survey were around twice as likely as non-Indigenous people to have experienced spousal violence during that time."

These are sad and alarming statistics, but the only way to find a solution is to discuss the problem.

Intergenerational trauma is prominent in Indigenous communities. Our relatives who attended residential schools had a false sense of reality, and what they lived through inevitably made its way into their homes. The physical, verbal and spiritual abuse lives on through generations. Residential Schools never offered healing to their survivors, and thus left them with this trauma to relive for the rest of their lives.

This trauma can be found in our community: individual, collective, and intergenerational. Many people don't know how to release trauma, and it stays with them forever.

When trauma isn't dealt with in a healthy way, people tend

to relive it. The memories, flashbacks, and triggers that we can't even identify stay with us, and we often don't realize it.

But knowledge is power. Once we begin to identify the trauma, and work our way through it with healthy strategies and professional support, the healing can begin, for individuals and for our entire community.

MKO's MMIWG Liaison Unit will be coming back to NCN in the fall. We encourage all men, boys, Knowledge Keepers, and Elders to attend. Watch [nncree.com](http://nncree.com) and the NCN Facebook page for more details.

**MKO's MMIWG Liaison Unit will be coming back to NCN in the fall. We encourage all men, boys, Knowledge Keepers, and Elders to attend. Watch [nncree.com](http://nncree.com) and the NCN Facebook page for more details.**



## 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, February 27, 2023 –  
Thursday, April 20, 2023

ADMIN WEEK:  
Monday, April 24, 2023 –  
Friday, April 28, 2023

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

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

ADMIN WEEK:  
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

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# Reflections on Being Chief After One Year

*By: Chief Angela Levasseur, Nisichawayasihk Cree Nation*

The pressure of being a leader in a First Nations community is immense. Sometimes it feels insurmountable. Picture a live lobster being thrown into a pot of boiling hot water, and the lid is firmly shut tight; that kind of pressure.

But as time goes by, you come to realize that you are in control of your words, your actions, and your life, so you must handle the pressure with dignity and grace. Living your life under constant pressure can be motivating as opposed to debilitating if you live your life in balance in keeping with Mithopimatisiwin.

You must be the change you want to see and lead by example. There is tremendous pressure on First Nations leaders to give all of themselves, every ounce of their time and energy to those they serve. I can assure you that MLAs, MPs, Ministers, Premiers, and Prime Ministers do not have this level of pressure, and moreover, they are insulated by armies of support staff to assist them.

Chiefs and Councillors are mothers, fathers, spouses, and grandparents. We have friends and extended families. And we need the love and support of our families to be good leaders.

We cannot neglect our children, grandchildren, and spouses, and we must set an example of being supportive, loving, and present parents, grandparents, and partners. This means setting healthy boundaries and saying no, even if it disappoints others. Protect your energy and your spirit at all times!

Leadership is a marathon, not a race. When I was in law school, one of my professors told me told us, "Law School is a marathon, not a race." As a leader, you have to pace yourself or eventually, you will burn out. And we cannot afford to burn out because our families and our people need us.

Effective leaders must care for themselves and nurture their physical, mental, emotional, and spiritual beings. We spend long hours advocating, sitting in meetings, traveling, reading, speaking, responding to emails, writing letters, etc.

We must do our best to remain physically active and nourish our bodies with healthy food. We must take care of our mental and emotional health. This is very challenging because, as leaders, we are constantly bombarded with negative energy and criticism.

This negativity stems from internalized oppression, which is a symptom of colonization. A good leader learns to block out the negativity and not give space and voice to those with nothing good to say.

We have a duty and obligation as leaders to listen to our people but this does not mean we must tolerate abuse. We need not accept threats or harassment nor allow people to yell or swear at us because this behaviour is violent. A good leader will not accept any form of violence and no person deserves a workplace environment or a life characterized by violence or abuse.

Effective leaders stand in their power and speak truth to power. They do not have time for negative energy and they do not have time for hate. They are proactive as opposed to reactive. They consistently operate and conduct themselves from a place of love and respect.

And nothing is more important than loyalty. To lead effectively, you must have loyal staff to support you. Your senior administration is key and we cannot govern effectively and efficiently without them. Treat them like gold and reward loyalty.

Above all, we as leaders must be loyal to our nations and to the people we serve; if you put your people first, you cannot go wrong.

The most important aspect of being an effective leader is to have a strong faith in our Creator God and to pray several times a day to ask for guidance on how best to lead. We must trust that our Creator will protect us and our families from harm.

You must create a shield to protect yourselves from the darkness and stay in the light.

Effective leadership requires resilience, strategic planning, organization, and patience. As a Chief, I have learned to be patient on the one hand, but also that there is a time when patience runs out.

All levels of government are very slow. Provincial and federal governments can take months to respond to a letter. Yet, when the government wants a response from First Nations, they want it yesterday!

And many corporations operate based on greed and they try to manipulate First Nations leaders so that they can exploit our lands and resources.

We need to give governments and corporations the same deadlines and hold them to the same standard that they demand from us! Change happens slowly and it can be frustrating at times because, as leaders, we want to see results for our people.

Healing of our nations is paramount. As leaders, we must heal ourselves and continue to work on our healing. We must encourage our people to heal and provide them with culturally appropriate and inclusive healing opportunities.

This must be an ongoing process, as it will take many generations to overcome the personal, collective, historical, and multigenerational trauma we face daily due to colonization, oppression, and ongoing attempts at genocide.

A healed mind can effectively lead and communicate in a good way, which brings positive results.

A good Chief must be extremely organized, use time effectively, and have a clear plan and direction. You must listen to your people and have public meetings often so you know what their priorities are.

Always ensure that your meetings and activities are in line with your goals. Measure and track your progress carefully and constantly reflect on what works and what doesn't- stay focused, strong, and motivated!

Moreover, communication is very important. As leaders, we must be accountable to our people; they have the right to know how we are serving their collective interests. And it is important to be responsive to our Citizens.

Succession planning is also important, yet this area is often overlooked. Far too often, Chiefs and Counsellors operate in survival mode because our jobs are stressful, demanding, and at times overwhelming.

However, to ensure a good future for our children and grandchildren, we must do everything possible to promote and invest in our youth. We must mentor them to become effective future leaders. And we must draw upon our Elders and past leaders for their wisdom, guidance, and experience.

There is no handbook or guide on how to be a Chief. If there is, I didn't get it.

If we want our children and grandchildren to grow up to be strong, powerful, and effective leaders, we must show them how this is done.

We must provide our Youth with internship opportunities so that they may see firsthand what leaders do on a day-to-day basis.

And we must encourage our youth to engage in research and academic writing concerning the issues affecting our people. We must teach our youth how to deliver effective presentations, how to debate and ensure they have strong public speaking skills.

Finally, the Indian Act system of governance does not work, and it was designed for us to fail. It was made for small groups of perhaps 100 to 150 people.

Today, First Nations leaders are responsible for ever-increasing governments of 4,000/5,000 or even 10,000 citizens or more. Yet the funding, human resources, and infrastructure required do not match this responsibility. Not even close.

First Nations are grossly underfunded, especially in areas like Housing that are so important. This is genocide. As First Nations leaders, we cannot rely merely on meager transfer payments from the federal government.

We must generate our own source revenue to be self-reliant and self-sufficient and resume practicing self-government as our ancestors have since Time Immemorial.

At the same time, we must balance economic and social development as we cannot charge ahead of our people who still need our support as we collectively transition from colonial, archaic, and oppressive systems.

A good leader does not leave their people behind; a good leader listens and most importantly, a good leader lets their people know that they care.

Finally, I will continue to do my best for the next three years so that I may serve the people of the Nisichawayasihk Cree Nation to the best of my ability. I will continue to set a positive and strong example for our youth of what effective First Nations leadership looks like. Ekosi.

# My Why – To Becoming a Gladue Report Writer

By: Mary Busch

My motivation stems from personal experience throughout my life. I am a strong Indigenous survivor. Being a survivor of the residential school system does not only mean those that were physically stolen from their parents and placed in these schools, but they are also those who are being born and have been everyday of every year since the last residential school closed in 1994. There will continue to be victims of colonization and the residential school system as long as Indigenous people walk this earth.

Being exposed to the justice system since childhood, I witnessed what family members were going through as I visited people in all levels of incarceration. I grew up thinking that the only people in these institutions were Indigenous people which, in my eyes, became normalized. As an adult, I continue to see the same patterns as I did when I was growing up; the over-representation of Indigenous people in the Canadian criminal justice system. Racism is rampant, abuse is ongoing, alcoholism and drug addiction is prevalent in nearly all aboriginal offenders, babies are being born addicted to drugs, children are being removed from their homes and put in foster care or group homes where in many cases, the abuse continues. These are just some of the effects of colonization. Crimes are being committed by Indigenous people, these same Indigenous

people who were once babies that didn't have a choice. In our communities, babies, children, teenagers, men and women are being exposed to so much trauma. Some of that trauma is leading to depression, mental health problems, addiction and suicide; issues they themselves don't understand and/or do not have the resources to help them heal.

Having witnessed first-hand the effects of colonization, it has led me to look for ways to become a voice for those who don't have one or have not had the opportunity to have one and to be able to speak for those who didn't survive the system. To my understanding, writing a Gladue Report will help ensure that the extenuating circumstances of an offenders' history including the long reaching effects of intergenerational trauma are considered when a sentence is being delivered to an Indigenous offender. It's a way, albeit

a very small contribution, for me to help mitigate the number of Indigenous people incarcerated in Canadian institutions. In a quote from a podcast that I was listening to, the speaker says, "What we've done historically to arrive at a place where Gladue is necessary is we created the conditions to criminalize the symptoms of colonization." (Thompson, 2020). This has increased recidivism in our communities and among Indigenous offenders. Beyond restorative justice healing circles, we also need to consider reparative justice, especially after an offender has been asked to speak of their trauma and essentially

re-live it through interviews for the purpose of writing a Gladue report.

Being a Gladue Report writer is also a personal investment to come to terms with my own experience and history. I anticipate that there will be challenges in writing Gladue Reports and want to learn where mistakes are being made and how to avoid those. I don't want to be a mediocre writer who only focuses on the sad parts of the lives of Indigenous people; I want to be an exceptional writer, who writes individualized reports focusing on the facts, the truth, and the systemic factors and circumstances that lead to offences committed, while not forgetting the historical side affects of colonization.

## References

Thompson D. (2020, February 2). Gladue Reports and the Healing Approach to Criminal Justice. [Audio Podcast]. Law Actually. <https://www.spreaker.com/user/11230452/13-mitch-walker-gladue-reports-and-the-h>



**Mary and John Busch-1983. One of us is a survivor, and one of us is not.**

# Every child is sacred.



Nisichawayasihk Cree Nation  
 FAMILY AND COMMUNITY  
 Wellness Centre Inc.



**Kakithaw Awasisak Kistinitakowsiwak**

204-484-2341 [ncnwellness.ca](http://ncnwellness.ca)

# August 2023 Water Levels Forecast

## NOTICE OF OPERATING PLAN Revised Forecast – Footprint Lake

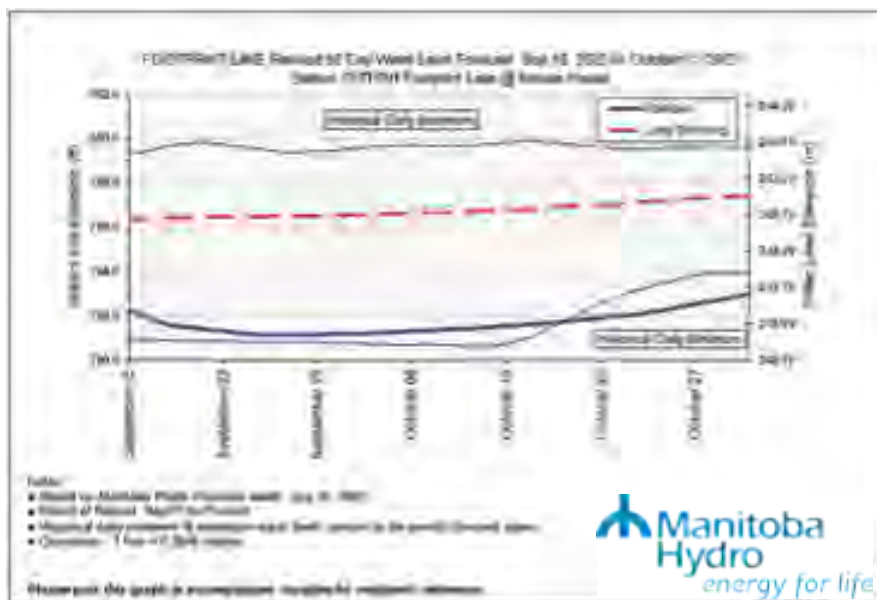
The following is a revision to Manitoba Hydro’s Operating Plan Forecast.

On September 15, 2023 the level of Footprint Lake is forecasted to be 792.2 feet. The level of the lake is expected to fall 1 foot 1 inch to

elevation 791.1 feet by the fourth week of the month and remain fairly constant near elevation 791.2 feet until the end of September.

During the month of October the level of the lake is expected to rise 1 foot 10 inches to elevation 793.0 feet by the end of the month.

For water level and flow information including near real-time water levels and 14-day forecast estimates, please visit Manitoba Hydro’s website at [www.hydro.mb.ca/waterlevels](http://www.hydro.mb.ca/waterlevels)

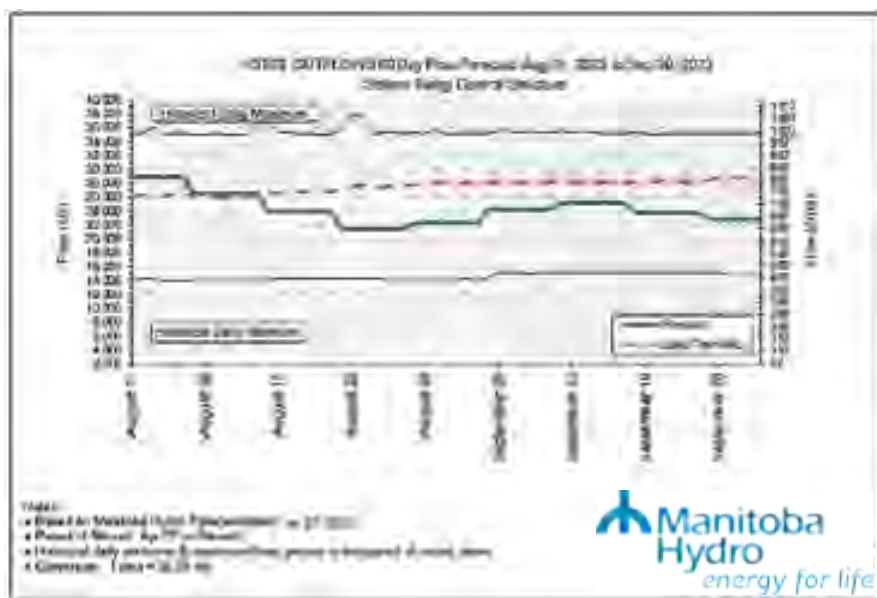


## NOTICE OF OPERATING PLAN Forecast – Notigi Outflows

On August 1, 2023 the outflow from Notigi C.S. is forecasted to be 28,900 cubic feet per second (cfs). The outflow is expected to gradually

decrease to 21,400 cfs by the fifth week of the month, and then increase to 22,300 cfs by the end of August.

During the month of September the outflow is expected to gradually increase to 25,300 cfs by the third week of the month, and then gradually decrease to 22,800 cfs by the end of the month.



# NCN Solid Waste Disposal Ground Update

## 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.

## 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.

## 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.

## 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.

Sustainable solutions for a better tomorrow

NCN Lands, Environment and Resources







# Highlights from the NCN Annual General Assembly (AGA)

By: Rosena Lewis

Chief and Council held the NCN Annual General Assembly on July 17.

The 100 NCN Citizens in attendance heard updates about the State of Emergency, the Animal Control Law, Land Code, and Community Protection Law permits.

## State of Emergency

Director of Justice Bonnie M. Linklater discussed the State of Emergency that went into effect July 13. She reviewed rules and procedures, and outlined repercussions that those who breach it may face.

Questions from Citizens included, "What are the consequences for children who are out past curfew?" and "What will happen to those who are caught bootlegging?"

Linklater clarified:

- Anyone bootlegging, transporting or selling illegal drugs will be evicted or banished from NCN Lands;
- Any person who attempts to bring alcohol or cannabis over the amounts outlined in the Community Protection Law regulations will be fined and all of the alcohol and/or cannabis they are trying to bring onto NCN Lands 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 tries to or causes harm to another person using bear mace, machetes, knives, guns or other weapons may be immediately evicted or banished from NCN Lands or alternative measures will be taken;
- A curfew from 10:00 pm to 7:00 am will be in effect for all children under the age of 18, and if parents or guardians fail to rectify the situation, they will no longer be eligible for regular benefits. Alternate Benefits will be in effect and CFS will be notified;
- ATVs and boats cannot be operated on or adjacent to

**Gord Dumas, Director of Lands and Environmental Resources (LER), explained that the Land Use Law ensures proper use and protection of NCN Lands, and also establishes residential and commercial opportunities for NCN Lands as our community progresses.**

NCN Lands from 10:00 pm to 7:00 am and will be seized for 30 days if they are. Persons will be required to pay \$500 for a 1st offence, \$1000 for a 2nd offence and will be banished if they violate the rule a 3rd time;

- All access roads, trails, rivers and waterways that lead to NCN Lands will be patrolled, and searches of vehicles and other personal property will take place;
- Persons released from jail will require a special pass to be allowed entry onto NCN Lands;
- Any person who violates the OIC will be offered the opportunity to enter into an agreement to pursue a plan to achieve Mithopematisiwin (a good life), and if they refuse, will be evicted or banished from the community upon order of Chief and Council.
- Failure to comply with the OIC will result in fines or other penalties and disciplinary action for employees.

This State of Emergency is still in effect. There will be more repercussions added if community violence does not stop.

## Animal Control

NCN has had a dog problem for many years now, and it has been challenging to hire someone to take on this difficult job. Chief and Council commend NCN Animal Control Officer Ted Salamandyk for helping to make our community a safer place. It is our hope that all Citizens will work together to resolve this dog issue.

Salamandyk informed NCN Citizens of the rules and regulations under the Animal Control Law, and explained:

- It is mandatory to have your dogs secured on a tether, or secured within your yard;
- There are many dogs running at large, and many people, including children and Elders, have been attacked;
- Statistics for dog bites in the community are alarming;
- Eliminating this dog problem is a community effort;
- To ensure the safety of our Citizens, we must adhere to these laws.

## Land Use Law

Gord Dumas, Director of Lands and Environmental Resources (LER), explained that the

Land Use Law ensures proper use and protection of NCN Lands, and also establishes residential and commercial opportunities for NCN Lands as our community progresses.

Dumas also gave out the draft Land Use Law for Citizens' review, and told attendees to expect another community meeting for their input soon. He also said the Environmental Protection Law, which will be based on the Environmental Management Plan, is in progress.

## Permits

Chief Levasseur gave an update that there is no need for the purchase of alcohol permits anymore. However, there are still set limits in place:

- One 26-ounce-bottle of spirits
- One 24-case of beers or coolers OR
- One box of wine

**The next NCN AGA is scheduled for December. Plan to join us! Ekosi.**

## NORMAN LINKLATER MULTIPLEX

Find out what's on the program!

Call us at **204.484.2171**



# Ruby the Rock Snake Grows



Nisichawayasihk Personal Care Home Residents are excited to participate in adding rocks to “Ruby the Rock Snake” located in Thompson. Each resident has painted one rock and have gotten their names written on them. Residents are happy to be including their piece of artwork to a growing interest.



## Have You Heard of Gladue Rights and Reports?

It is a great tragedy that colonization made factors such as addiction, abuse, discrimination, separation from culture and/or family, and generational trauma common for many Aboriginal people. Because of these circumstances, they may find themselves in situations that lead to legal issues.

“Gladue rights” ensure that the judge consider these factors when deciding on appropriate sentencing. When an Aboriginal person is due to appear in court on charges, the judge must think about the offender’s background when deciding on a verdict and sentencing.

The idea is that considering the offender’s difficult background may help to balance out the injustices that colonization created in the first place.

“Gladue reports” are written reports about the offender’s background, which would include information such as difficult childhoods, abuse, residential schools, and other trauma. These reports are created by the offender’s lawyers by interviewing the offender.

The idea is that reading Gladue reports will make a judge view the offender in an empathetic way.

In fact, when someone asserts their Gladue rights in court, the judge must consider alternate forms of punishment. Most often, they use restorative justice, which is meant to help the accused overcome their addictions and issues, rather than punitive justice, which brings the accused into prison to pay for their crimes.

Restorative justice can be used for low-level offenders in cases such as drug possession, drunk driving, and petty theft. The judge will enroll them into a restorative justice program and they will be put into healing groups within their community, or a healing center where rehab is available. They may be expected to repair the harm they caused and even speak directly with their victims.

**Restorative justice can be used for low-level offenders in cases such as drug possession, drunk driving, and petty theft. The judge will enroll them into a restorative justice program and they will be put into healing groups within their community, or a healing center where rehab is available.**

For a more extreme charge such as domestic violence, sexual assault and murder, charges may lead to traditional prison sentencing, but will also include rehabilitation and counselling.

### Who is Jamie Gladue?

In 1995, Jamie Gladue was a 19-year-old Cree woman living in Nanaimo, BC. After getting drunk at a party, she fought with her husband, who had a history of abusing her. She stabbed him to death that night.

Gladue was charged with second-degree murder but pleaded guilty to manslaughter. Even though she showed remorse, and had attended addictions counselling and completed grade 10 while on bail, the judge still decided to sentence her to three years in prison.

Gladue and her lawyers appealed the decision, saying the judge hadn’t considered 718.2 (e) of the Criminal Code, which suggests that alternatives to prison must be considered for Aboriginal offenders.

Ultimately, she lost the appeal, but she was paroled with provisions after six months.

# Underfunding of Housing = Genocide, Says NCN Chief

By: Chief Angela Levasseur

It is well established that First Nations are in a constant state of crisis in many areas, but one specific concern is housing.

Nisichawayasihk Cree Nation is currently facing a shortage of 400-500 homes. The result is severe overcrowding. In the worst circumstances, there are up to 29 people living in three- or four-bedroom homes.

These conditions create serious physical health threats, such as susceptibility to illnesses like COVID-19 and tuberculosis.

The implications for mental health include depression, anxiety, suicidal ideation, and domestic and community violence. Mental health issues from the housing crisis can perpetuate alcohol, drug and other substance abuse issues.

Conditions of most existing homes are deplorable. The houses in First Nations are made from the cheapest materials and are often poorly constructed and improperly insulated.

This leads to flooding, mould, and houses that are falling apart. The consequences are disproportionate rates of asthma and other respiratory illnesses, sudden infant death syndrome, sick building syndrome, and more mental health issues.

The conditions of these houses can lead to astronomically high hydro bills, which often leads to frequent disconnections, and perpetuates the insurmountable poverty that our people face.

NCN Council and I consider underfunding a priority. We are reviewing the feasibility of additional housing options for Nisichawayasihk Cree Nation, based on the approach and direction outlined in our NCN strategic plan.

## Genocide continues to this day

These conditions are killing our people at an alarming rate. They create communities that are breeding grounds for hopelessness, despair, depression, anxiety, addictions, gang activity, and violence. In short, the federal government's failure to meet their obligations to First Nations people amounts to genocide.

For more than one hundred years, mainstream Canadians and all levels of government have reaped the vast economic benefit of our lands and resources while our people suffer and

die at alarmingly disproportionate rates. This is genocide, there is no other way to describe it.

Not only have mainstream populations and governments inter-generationally prospered from building dams, mines and pulp mills on our ancestral territories, but their greed knows no limits.

Even in our meagre resource management areas, these corporations are granted licenses by the provincial government to continue to exploit our resources for their own monetary gain, without our free, prior, and informed consent!

Meanwhile, our people are becoming more destitute by the minute. The issues related to overcrowding, homelessness, addictions, and violence are increasing continuously and exponentially.

This is genocide in action. Our people are suffering and our people are dying because of the atrocities committed by our governments in the past and in the present.

Mainstream Canadians and allies, hold all levels of government accountable for these atrocities against First Nations people, including vulnerable infants, children and Elders.

**Nisichawayasihk Cree Nation is currently facing a shortage of 400-500 homes. The result is severe overcrowding. In the worst circumstances, there are up to 29 people living in three- or four-bedroom homes.**

First Nations leaders, fight back against the systematic oppression and killing of First Nations people! Hold the perpetrators, the provincial and federal governments, accountable. End the genocide now.

***The United Nations' Convention on the Prevention and Punishment of the Crime of Genocide defines genocide as, "...any of the following acts committed with intent to destroy, in whole or in part, to a national, ethnical, racial or religious group; causing serious bodily or mental harm to members of the group; deliberately inflicting on the group conditions of life calculated to bring about its physical destruction in whole or in part..."***





# KIM Hears Concerns About Healthcare

By: Alaina Francois, NNOC Junior Vice-Chief

Keewatinohk Inniniw Minoayawin Inc. hosted an engagement session on August 10 called Change Is Coming.

It was an opportunity for northern First Nations to share suggestions about healthcare in the north.

Many Northern leaders attended, and NCN presented its healthcare struggles. Many people observed that when they enter a hospital or nursing station, the first question they are asked is, "Have you been drinking?"

KIM acknowledged the racism that affects communities, and said they are looking forward to changing systematic racism.

A leader in Cross Lake discussed the issue of travelling for doctor appointments. They said we must respect and honour our Elders by giving them proper healthcare and providing comfortable transportation to and from their appointments. A lot of elderly people cannot travel alone and need an escort. However, they said, often escorts leave their patients and go off to drink or to spend the travel money on themselves.

KIM representatives said they are currently working on better transportation for all patients.

A young woman told a heartbreaking story about her father. His family was not receiving communication from the healthcare system, and COVID had left them unable to visit him. When finally she could see him, she realized that he was starving and in terrible condition. She moved him into her

home to care for him by herself until he died.

This story really struck a chord with fellow participants and led to a discussion of allowing family members to care for their loved ones in hospital. KIM was open-minded and listened to suggestions.

A healthcare worker from Norway House Cree Nation wondered about a program for students who wish to work for their nation as a doctor or nurse, but don't want to leave home. When people have to leave their communities to pursue their education, they often become homesick and unmotivated.

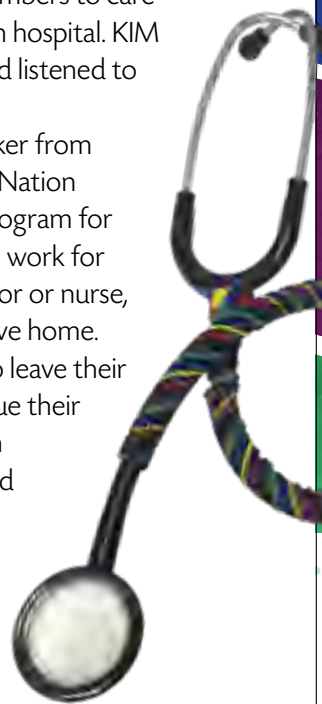
KIM agreed and said that often students drop out after their first semester of post-secondary school. A

new program could allow students to learn virtually from the comforts of their own communities.

KIM aims to rectify our previous history by healing Northern communities in the present. Northern communities lack the quality healthcare that people have in big cities, so to combat this, MKO and community leaders that are elected for KIM are changing the way Indigenous people receive care.

It is a medical program that will gradually be incorporated into local medical facilities to improve the care and services

**K.I.M. is a medical program that will gradually be incorporated into local medical facilities to improve our health care system and will benefit Northern Communities.**



## What is **KIM?**

KEEWATINOHK INNINIW MINOAYAWIN

**KIM is a newly formed self-governing First Nations health organization to support health transformation for First Nations in Northern Manitoba.**

**KIM aims to bring about health related services that reflect the needs and priorities of First Nations people.**

KIM was established in January 2020 as a non-share corporation by Manitoba Keewatinowik Okimakanak (MKO) Chiefs Task Force on Health.

For more information please contact:  
**Natalie Spence**, Health Transformation Facilitator  
 Phone: 204-670-2656 Email: natalie.spence@ncncree.com

facebook.com/kiminoayawin
 kiminoayawin
 204-202-8852

Keewatinohk Inniniw Minoayawin Inc.  
 NISICHAWAYASINK CREE NATION

we receive. It is hoped that Indigenous Citizens will not have to fear the medical system and will not be targeted by racism.

If you're interested in learning more, visit [mkonation.com/health/kim](http://mkonation.com/health/kim)

## Nurture holistic wellness

Strengthen NCN families with community and culturally-based activities focused on Family Enhancement.



Nisichawayasink Cree Nation  
 FAMILY AND COMMUNITY  
 Wellness Centre

204-484-2341 [ncnwellness.ca](http://ncnwellness.ca)





# Summer Festival Blows the Roof Off!

The 2023 NCN Summer Festival was bigger and better than ever!

On Monday, August 21, Co-Chairs Bonnie Linklater and Vanessa Spence welcomed everyone at opening ceremonies, followed by Chelsea and Reggie performing a traditional drum song.

This year was the debut of the first annual Sam Dysart Sr Wepiniki, and the first annual Joe Moose Memorial poker bingo night. The NCN Muskwa Hunt kicked off the festival when the location was revealed during opening ceremonies.

People who were looking for games had plenty of choice! Contests and competitions included jig fest; toys and grocery dash; scrabble, cribbage; and games for infants, kids and Elders. NNCEA superintendent Nic Campbell hosted NCN Deal or No Deal, and people loved the Bannock Pops cooking competition.

Throughout the week, Citizens enjoyed digital contests on the official 2023 NCN Summer Festival page on Facebook. Contests included TikTok transition to

traditional wear, a Call of Duty tournament, and a family dance contest.

If entertainment is your jam, the Summer Festival had you! There was a Family Fun Dance at the arena with a glow-in-the-dark theme and plenty of contests. Entertainers throughout the week included Ross Francois Jr, Cate Francois, the Hector Menow Band, and talent shows for both youth and adults.

You could even sit and watch the parades go by with homemade go-karts and Indigenous Barbie floats!

And if your idea of a good time is flexing your muscles, there were plenty of opportunities. On Friday, Citizens lined the pathway for the Iron Person competition that began at DP Beach. The Strong Person competition was on Saturday at the Fitness Centre. There was a youth coed slow pitch tournament, a 21-kms marathon, and family canoe races, too.

More muscle on Saturday with the Fanny Hartie, Laban Spence, and youth Oskatisak long-distance canoe races. After the canoe races, there was a children's bouncy house party at the multiplex, while older kids enjoyed the

brand new skatepark with local DJ Redsky.

And how about Beach Fun Day at DP beach with an inflatable obstacle race and snacks for all? How great was the traditional fashion show, featuring NCN Citizen and international model Tyler Moody!

The week concluded with a local gospel jamboree on Sunday night. Everyone enjoyed pizza and donuts and compared their favourite moments of yet another incredible NCN Summer Festival.



# NCN Summer Festival 2023









# Drugs in NCN

Drugs are becoming more and more of a problem in Nisichawayasihk Cree Nation. Opioids; synthetic drugs; prescription drugs; crack, cocaine, crystal meth...they are all being brought into our community by irresponsible people who don't care about the safety of our Citizens.

## Helping Loved Ones with Addiction

If someone in your family is addicted, they need professional help as soon as possible. These drugs are extremely powerful and stopping them "cold turkey" can be dangerous.

A treatment centre, like the NCN Medicine Lodge, can lead your loved one through detox and provide support as they physically overcome their drug dependency. Professionals can also help them to create a plan out of addiction and into a new healthy life. Ongoing counselling and support groups can help, too, by allowing people dealing with addiction to talk about their difficulties with others who understand.

**A treatment centre, like the NCN Medicine Lodge, can lead your loved one through detox and provide support as they physically overcome their drug dependency.**

If you have drug addicts in your life, consider keeping a naloxone kit in your home, which can counter an opioid overdose. Talk to the nursing station for more information.

## Keep Kids Informed

The only way to keep your family safe is to have open and honest conversations about drugs with the young people in your life. They have to understand that only one use can be fatal or create an addict.

Find a natural way into this conversation, such as seeing a scene in a movie or after hearing about someone's troubles. Talk to your kids about why people end up on drugs, like a sense of hopelessness, or just one bad decision.

Make a plan together for what your child can do if they're out and someone offers them drugs, and of course, promise that you will help and won't be angry with them.

Discuss how your child can stay healthy and encourage their healthy friendships and hobbies. Most importantly, make one-on-one time for you and your child. People often turn to drugs when they feel alone and misunderstood. Ensure your child knows they are loved, worthy and perfect just the way they are.

To learn more about various types of drugs and their effects, and to take free online courses, visit [drugfreeworld.org](http://drugfreeworld.org)



## Opioids

These pain-relieving drugs should only be taken when

prescribed by doctors. They create feelings of wellness, which is why people take them when they shouldn't and become addicted. Some examples are codeine, fentanyl, morphine, oxycodone and medical heroin.

### Long-term Effects and Complications:

- addiction
- liver damage
- infertility in women
- worsening pain
- slowed breath to unconsciousness
- overdose and death

## Synthetic Drugs

These drugs are created with man-made chemicals, rather than based on natural ingredients. They are often called "designer drugs" (because they've been designed with unnatural chemicals) and include ecstasy, LSD, and meth. The main problem with synthetic drugs is that no one selling or consuming them actually knows what the ingredients are. This makes them extremely dangerous.

## Crystal Meth

This man-made drug 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

### Signs of a drug addiction:

- disinterest in school, work, hobbies or family
- skipping out on plans
- changes in physical appearance
- poor personal grooming
- bloodshot eyes, poor skin tone, looking tired
- increased privacy and secrecy
- money issues (spending more, borrowing, not paying bills)
- changes in appetite
- defensiveness, anger, paranoia

If you suspect someone you love has a drug problem, talk to someone who can help.

- NCN Nursing Station 204-484-2031
- NCN Medicine Lodge 204-484-2256
- NCN Family and Community Wellness Centre 204-484-2341
- Hope for Wellness Help Line 1-855-242-3310 (Indigenous counselling and crisis intervention 24/7).

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

# Employment Opportunities

## MANITOBA ADVOCATE FOR CHILDREN AND YOUTH IS HIRING A RESEARCHER

### We're hiring a researcher in Winnipeg!

The ideal candidate has experience in the areas of applied quantitative and qualitative research and the ability to assume responsibility for a wide variety of complex, difficult, and sensitive cases, research projects, and public educational activities.

Candidates must possess knowledge and understanding of one or more provincial

child- and youth-serving public systems, such as: child and family services, youth justice, addictions, disabilities, mental health, education, and victim support.

The closing date for this opportunity is September 28, 2023.

Apply today through the Manitoba Government's Job Opportunities site here:

<https://jobsearch.gov.mb.ca/search.action> (Advertisement # 41802)



Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Aug 23	27	28	29	30	31	1	2
Sep 2023	3	4	5	6	7	8	9
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
Oct 2023	1	2	3	4	5	6	7
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	1	2	3	4	
Nov 2023	5	6	7	8	9	10	11
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	1	2	
Dec 2023	3	4	5	6	7	8	9
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
Jan 2024	31	1	2	3	4	5	6
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31	1	2	3	
Feb 2024	4	5	6	7	8	9	10
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	1	2	
Mar 2024	3	4	5	6	7	8	9
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	1	2	3	4	5	6	
Apr 2024	7	8	9	10	11	12	13
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	1	2	3	4	
May 2024	5	6	7	8	9	10	11
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31	1	
Jun 2024	2	3	4	5	6	7	8
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	1	2	3	4	5	6	
July 24	7	8	9	10	11	12	13

DATE	SCHOOL CLOSURE
August 31 and September 1, 2023	Professional Development (2)
Monday, September 4, 2023	Labour Day Holiday
September 5, 2023	Professional Development (1)
September 6, 2023	First Day of Classes
Friday, September 29, 2023	Truth and Reconciliation Day
Monday, October 9, 2023	Thanksgiving Holiday
Tuesday, October 10 – October 13, 2023	Flex Days (4)
Wednesday, November 8-9, 2023	Flex Days (2) Aboriginal Veterans
Friday, November 10, 2023	Remembrance Day Observation
Friday, December 22, 2023	Last Day of Classes before break
Monday, December 25, 2023	First Day of Winter Break
Friday, January 5, 2024	Last Day of Winter Break
Monday, January 8, 2024	Classes resume
Friday, February 16, 2024	Flex Day (1)
Monday, February 19, 2024	Louis Riel Holiday
Monday, February 26, 2024	Flex Day (1) Aboriginal Justice
March 25-29, 2024	March Break
March 29, 2024	Good Friday Holiday
Monday, April 1 – April 5, 2024	Flex Days (5)
Friday, May 17, 2024	Flex Days (1)
Monday, May 20, 2024	Victoria Day Holiday
Thursday, June 27, 2024	Last Day of classes
Friday, June 28, 2024	Flex Day (1)

OK School Term Dates	
Term 1	August 31, 2023 to December 1, 2023
Term 2	December 4, 2023 to March 15, 2024
Term 3	March 18, 2024 to June 27, 2024

OK School Report Card Writing Day	
1	December 4, 2023
2	March 11, 2024
3	June 14, 2024

OK School Report Card Night	
Term 1	December 12, 2023
Term 2	March 20, 2024
Term 3	June 20, 2024

NNOC Term Dates	
Term 1	August 31, 2023 to February 2, 2024
Term 2	February 5, 2023 to June 28, 2024

NNOC Report Card Writing Day	
1	November 24, 2023
2	April 15, 2024

NNOC Report Card Night	
Term 1 – Part 1	November 30, 2023
Term 1 – Part 2	February 8, 2024
Term 2 – Part 1	April 23, 2024
Term 2 – Part 2	June 27, 2024

Kindergarten Graduation	June 24, 2024
Grade 6 Farewell	June 25, 2024
Grade 12 Graduation	June 26, 2024

Total School Days: 196  
 330M x 196D = 64,680  
 360M x 181D = 64,160  
 \*School day extended by 30 minutes to account for 15 flex days.

# OK School Staff and NNOC Staff



Gearing up for a new school year!

# Back to School with Parks and Rec

Parks and Rec helped everyone get back into the swing of school with a Fun and Game Night at the multiplex on September 1. Among other games, kids competed to see how low they could go for some sweet prizes!

Meanwhile, it was a packed house at the back-to-school Merch Bingo at the multiplex on September 9. Cards were available for free and people loved picking out some new clothes for school.

Coed Volleyball continues at NNOC on Wednesdays from 7-9 pm. Always watch our Facebook group, called NCN Parks and Recreation, for last-minute updates!



## Employment Opportunities

### NCN DEVELOPMENT CORPORATION IS HIRING SIX FULL-TIME SECURITY GUARDS

**Department:** Nisichawayasihk Cree Nation (Development Corporation)  
**Position:** Six (6) FULL TIME SECURITY GUARDS  
**Deadline:** Wednesday, September 27, 2023  
**Start Date:** ASAP  
**Salary Range:** To be determined  
**Ref #:** NCN-2023-09-13-001

#### Primary Role:

We are looking for professional Security Guards to protect our premises, assets, and personnel. You will maintain a high visibility presence and prevent all illegal or inappropriate actions.

The goal is to detect, deter, observe, and report. The primary function of the Security Guard is to oversee the activities and behavior of customers and staff and ensure their well-being and personal safety.

The Security Guard is responsible for the protection of all **Development Corporation** buildings and property against vandalism, theft, or any other threats or disturbances; and to protect all exterior **DEVCO** properties with regard to unauthorized use.

#### Duties And Responsibilities:

- Punctual, courteous, and diligent in their duties.

- Be alert during shift at all times.
- Conducts regular patrols of the inside and outside of Three Rivers Store and OT Gas properties
- Monitors and responds to installed technical security alarms
- Maintains good working relations with local RCMP and First Nations Safety Officers (FNSOs)
- Conducts surveillance on all clients and visitors entering the premises and noting any erratic or irrational behavior
- Be accurate with record keeping of clients, staff, and customers.
- Must be available for weekends
- Other duties as assigned from time to time

#### Qualifications:

- First Aid and CPR Training certificate or willing to obtain.
- Must possess good communication and written skills.
- Must be professional in their interaction with staff, and the public.
- An understanding of Native Culture and language is an asset.

- Must have strong work ethic and ability to maintain confidentiality
- All applicants must provide a Criminal Record and Vulnerable Sector Check

#### Education and Experience:

- Security training is an asset.
- Knowledgeable of the recovery process and assets.
- Any form of related training and/or experience an asset
- Proven work experience as a Security Guard or relevant position
- Excellent knowledge of public safety and security procedures/protocols
- Surveillance skills and detail orientation
- Integrity and professionalism

Please submit your cover letter, resume and Criminal/Vulnerable Sector Check to:

**Nora Thomas**, Human Resource Administrator  
Phone (204) 484-2604  
Cell (204) 307-1178  
Email: [norathomas@ncncree.com](mailto:norathomas@ncncree.com)

# 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



**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

# Footprint Lake Water Levels

## Footprint Lake 14-Day Water Level Forecast

Revised Forecast as of September 19, 2023

On September 19, 2023 the level of Footprint Lake was at an elevation of 795.3 feet. The level of the lake is expected to drop 20.4 inches to an elevation of 793.6 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](http://www.ncncree.com)

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