



#### OKIMAHKAN OTY'AMIWIN FROM THE CHIEF Summer Highlights and Activities

**Opens in NCN** 

COMMUNITY **New Memorial Park** 

KITITAHWINAOW ACHIMOWIN

**BUSINESS** 

**PUSIKONISOWINI ACHIMOWIN** 

Highlights from the **NCN Annual General** Assembly (AGA)

AUGUST/SEPTEMBER 2023

# Nisichawayasi $\sigma$ / $\iota$ / $\iota$

# Rain Doesn't Slow Down the NCN

The 2023 NCN

Powwow, held over

the first weekend of

August, was a great

success and left

visitors in awe.

By: Alaina Francois, NNOC Junior Vice-Chief

The 2023 NCN Powwow was held over the first weekend of August at NCN's beautiful arbour, 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 arbour 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! Ekosi!

More images from the NCN Powwow 2023 on page 9



## **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.



#### Tansi Nitoteemak!

With September here, it is time to say good-bye to the short-lived summer, and say hello to the yellow leaves and cool winds. Summer 2023 has been filled with activity. We had the summer festival, the powwow, and many other exciting events. I would love to give special shout out to the 2023 Powwow Committee as well as the 2023 Summer Festival Committee – people are like you are the reason a community thrives, kininaskomitinawaw!

On August 22, 2023, ATEC celebrated as their graduates received their diplomas and certificates. There was approximately 100 graduates from ATEC this year. To the graduates, CONGRATULATIONS!!! I strongly encourage each and every one of you graduates to use your newly acquired skills for the betterment of the community – we are in this together.

Some highlights from July and August are as follows:

- MKO Men and Boys are Part of the Solution Focus
  Group
- Director's and Mangers Conference
- Meeting with Greg Johnson
- Treaty Claims and Broken Promises Meeting (Willow)
- Hired a Chief's Intern for the summer
- Meeting with Rayden Seela to discuss Seela's Cycle of Hope
- Meet and Greet with Kevin McPike via Teams
- Special Council Meeting
- NCN Annual General Assembly
- Meeting with Sioux Valley Dakota Nation to discuss SGA
- Visiting K5T In Terrace, BC

- 2023 Traditional Powwow
- Ron Wood Memorial Recreation Park Grand Opening
- KIM Engagement in Winnipeg
- Meeting with Brenda Bear
- ATEC Graduation
- MKO 42nd Annual General Assembly
- NCN Summer Festival
- Chief and Council Orientation in Winnipeg
- Visiting Sisseton Wahpeton Oyate Tribal Court
  As we move into fall, I would just like to give a friendly
  reminder to tie up your dogs as children will be walking
  to/from school. To NCN Membership, thank you for an

amazing year as Chief. I can't wait to see what the next three years entails.

(Myll. Lews

Chief Angela Levasseur Nisichawayasihk Cree Nation







### KITITAHWINAOW ACHIMOWIN

# Lommunity News

# New Memorial Park Opens in NCN







197 kids came to the grand opening on August 3, 2023 and approximately 110 skate boarders 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 brotherin-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

members including Yvonne, Barb, Ron, Elvis, Cheryl, and the grandchildren who loved Ron.

Yvonne Hart, Ron's wife, also shared some words.

"We are very blessed to have the park named after our loved one. Ron left us 35 years ago. We are blessed with three children, and lots of grandchildren. I wish nothing but the best for our youth, and I hope they continue to always have something to do, and they enjoy the facility here, named after Ron. Thank you for being here."

Eleanor Erickson, from Jordan's Principle, was proud to see the facility in use immediately. She said, "I just want to say to the whole team, and our JP team, thank you! To the children and youth, have a lot of fun! Have a whirlwind of fun!"

Project manager Nic Campbell said, "Thank you all for collaborating. I think a skate park is an important thing to have here in the community. The kids have just been showing up and using it, so it's been nice. It's also nice to see hundreds of people here today, so without further ado, we will run the skater demo."

The crowd watched as skaters from out-of-town demonstrated different tricks on their skateboards. After their presentation, prizes were drawn. As each skateboard or scooter was won, they were immediately tested out on the new skate park!

It was a wonderful celebration for a much-needed youth facility. Thank you, Ron Wood, for your commitment to recreation. Your name will always be remembered and honoured.





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: Lynda Wright

204.484.2341 lwright@ncnwellness.ca



Learn by Doing | assiniboine.net







## 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
- NCN Parks and Rec
- FCWC Jordan's Principle
- NCN Housing Authority
- NCN Medicine Lodge
- NNCEA
- NCLP
- Rotary Place

- Arnason Distributors
- Robinson Supply
- Petro-Canada
- R A Distributing
- **EECOL** Electric
- Pepsi
- Grainger Industrial Supply
- The North West Company



## **NCN Lands, Environment & Resources NISICHAWAYASIHK 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.

# NCN PCH Admission Process

Any community members who are interested in having their loved one(s) admitted to the Personal Care Home, there is a process;

- 1. Applicant or family has to see Home Care Nurse and fill out as much as they can. It is strongly advised that an immediate family member is present during the application process as detailed information is required.
- 2. Attached with the application forms is "Form C" this is an important piece of the form and has to be filled out by the doctor. Applicants also need to provide the following which needs to be attached to the forms;
  - a. Chest X-ray
  - b. ECG
  - c. Bloodwork
  - d. List of Medications

\*\* It is imperative that the above documents are less than six months from date of application or they will get denied. Nurses should also advocate for applicants to get these tests done as soon as possible to prevent delay.

- 3. Once forms have been filled and all test documents have been retrieved. Home Care Nurse will fax all forms to Flin Flon Admission/Paneling Department to Beatrice Remlinger at 204-687-4573.
- 4. Once application has been approved, Beatrice Remlinger will send copy of forms to NCN PCH with an approval stamp. Director will then contact the next of kin/proxy.
- 5. Prior to admission; Proxy/family/next of kin should be aware that rent applies to each resident admitted to the personal care home. Applicant will require:
  - a. Identification such as updated status cards, SIN, MB Health Card, etc.
  - b. Recent Notice of Assessment from Canada Revenue Agency; this will determine what the cost of rent (rate from income).
  - c. Financial assistance from a reliable and trustworthy person who will make consistent rent payments unless you given consent to NCN PCH to put applicant under Public Trustee (rental payments, tax preparations, clothing or miscellaneous purchases)

- d. Television, DVD, Satellite if needed. NCN PCH is not responsible for phone or cable set ups and must be paid by applicant. Smart TVs are highly recommended for Netflix, tubi, etc.
- e. Clothing, footwear, outdoor clothing and personal items. If under Public Trustee, Nurse in Charge will notify the PT Office and request for items needed.

Please note: NCN PCH has to wait for approved paneling forms to be sent prior to admitting anyone. This is a MB Health Standards Licensure requirement. When a bed becomes available, we notify paneling committee. If an applicant requires a bed at the facility as soon as possible, management will advocate for applicant as Province has approved this in the past. Thank you.

If you have further questions or concerns, please contact:

#### Debra Linklater, Director

Nisichawayasihk Personal Care Home Phone: (204) 484-2350 or email at debralinklater18@hotmail.com



# Food recall warning: Various brands of caffeinated energy drinks may be unsafe due to caffeine content and labelling issues

#### Summary

**Product:** Caffeinated Energy Drinks and Mixes

**Issue:** Food – Chemical

What to do: Do not consume, use, sell, serve or distribute

recalled products

Distribution: National Online

#### Affected products

See the list of affected products by clicking here:

#### Issue

The affected products are being recalled from the marketplace due to various non-compliances related to caffeine content and labelling requirements.

#### What you should do

- If you think you became sick from consuming a recalled product, contact your healthcare provider
- Check to see if you have recalled products
- Do not consume, serve, use, sell, or distribute recalled products
- Recalled products should be thrown out or returned to

the location where they were purchased

- If you become aware of recalled products being sold, you can report it to the CFIA
- If you buy food products online, follow our tiR,S. and do not assume that the products meet Canadian requirements

#### Consumers can spot caffeinated energy drinks and mixes that do not meet Canada's food safety standards by checking:

- Caffeine level. The maximum allowed in Canada is 180mg in a single-serving.
- Unilingual label. If the label is only in one language, or has no English or French on it, it means the product has not been produced for the Canadian market.
- Required cautionary statements.
  These help consumers make informed decisions.

High levels of caffeine may have adverse

health effects for children, pregnant individuals, breastfeeding individuals, and those sensitive to caffeine. Exercising while consuming caffeine may lead to adverse health effects. Some of the side effects of consuming excess caffeine may include insomnia, irritability, headaches, and nervousness.





## WORDSEARCH: ▷⊃∩¬"∇⊃Δ· ototimīhītowin Kinship

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ITĀHKOMĪTOWIN (Kinship)
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NIMOSŌM (My grandfather)
NŌHKOM

NŌHKOM	Ν
(My grandmother)	

NIKĀWĪ
(My mother)
NŌHTAWĪ

(My father) NISTAMOSĀNAK

(He/She first born)

NITĀNIS (My daughter)

NIKŌSIS (My son)

NŌSISIM (My grandchild)

NITĀNISKOTĀPAN (My great-grandchild)

NIKASKĀNĪHKAN (My great greatgrandchild)

NŌHCAHWĪ (My uncle – My father's side)

NITOSIS (My auntie – My father's side)

NITOSIM (Nephew [male] – My father's side)

NITOSIMISKWIM (Niece [female] – My father's side)

NISIS (Uncle – My mother's side)

NISIKOS (Auntie – My mother's side)

NISTĀW (Male cousin – My mother's side) NITIM

(Female cousin – My mother's side)

**NISTIS** 

(Older brother – My mother's side)

**NIMIS** 

(Older sister – My mother's side)

NISIMAK (Young siblings)

OTOTITOMĪHĪTOWIN (Family clan)

WICISĀNĪHĪTOWIN (Immediate family group)

MINISIWIN (Whole family)

WĀHKOTOWIN
(Extended family)

OTOTIMIHĪT (Friend)

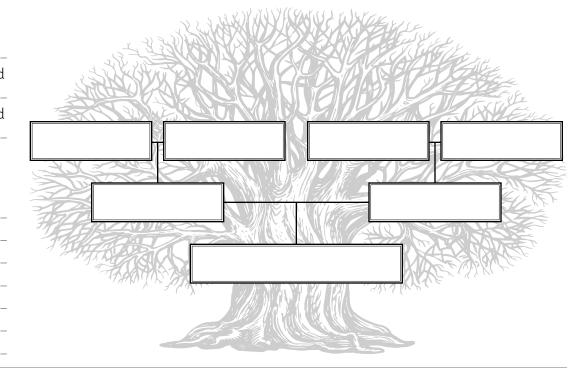
Adapted from the NNCEA nisicawayasihk asiniskaw īthiniwak ītwiwīna (NNCEA Rocky Cree Wordlist)

How many people can you

#### **Family Tree**

your family history? Fill name from your extended in this family tree. Start by family? putting your name at the How many of your extended bottom, then above that your family live nearby? parents names, then your How many of your extended grandparents (perhaps one of family live far away? your parents can help you fill Do you know the names this in if you don't know). of any of your great-Who's your favourite uncle grandparents? or aunt? Who's your favourite cousin? How many siblings do you have? How many cousins do you have?

Can you trace some of



## Attention NCN Citizens: Prevent Sewage Blockages!

In the matter of Public Health

advised that these items are not intended to be flushed down

the toilet and can cause serious clogs and damage to the

community's sewer/septic system.

and Safety NCN Public Works asks Citizens to prevent sewage blockages.

It has come to our attention that people are flushing items down the toilet such as: material, fabric disposable towels (e.g. Lysol wipes), baby wipes, sanitary napkins, cutup T-shirts, etc. Please be



NCN Residents are also reminded: putting bacon grease; animal fat, or automotive grease down drains can cause severe build up and plug sewage lines. This can also cause toilet and sewer line blocks that prevent proper flushing resulting in foul sewage back-up into resident's house and crawl space. Fat, oil and grease should be properly disposed of in the trash and not poured down drains or toilets.

The NCN Housing Authority and NCN Public Works asks for the cooperation of homeowners to improve water services in the community. Your cooperation is appreciated!

Contact the Public Works Department (204)-484-2597 or Housing Authority (204)-484-2422 if you have concerns with drains or leaks.





## 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)

#### Solution below to puzzles on previous page



WORDSEARCH: ▷⊃∩7"∇⊃∆-° ototimīhītowin Kinship





## Help Eliminate Bullying in NCN

Many people believe that bullying is a natural part of life. But it can be dangerous and its effects can last a lifetime.

Boys usually deal with more physical bullying, while girls tend to bully through words. Kids who are twospirited or questioning their gender identity or sexuality are three times more likely to be bullied.

In many ways, bullying is the same as it ever was. Kids still get physically hurt, like hitting, chasing, shoving or even sexual touching, and deal with mean social behaviour, like humiliation and exclusion.

But online bullying has become a very real threat to children's feelings of safety and security. People often shrug off this new form, but in the old days, once kids were home, they could recover from bullies. Nowadays, victims of cyber bullying say they receive aggressive threats by text, instant message and/or email at all times of day or night. Even when they're in their bedroom, they're not alone.

What can we do as NCN Citizens to make sure this is a safe place for young people?

Experts say aggressive behaviour on TV, movies and video games make an impact. Always check out new entertainment with your kids, instead of just allowing them to view and play whatever they want.

Sometimes bullies are dealing with problems of their own. They don't know how to talk about their stresses, and are acting aggressively instead, to cope. These kids need help and support.

Eliminating bullying in NCN is a big job, and everyone has to do their part. If you see someone being bullied, act! You don't necessarily have to confront the bully, but if you're wiser or bigger, you probably should. Sometimes stepping in as is simple as calling the victim over to you to remove them from the situation. If you can't step in, at least tell someone else: a coach, a teacher, an older sibling, maybe the caregiver of the bully.

Watch for changing behaviours in the kids around you. If they avoid social situations, want to miss school and/ or are trying to isolate themselves, it's important to start conversation. Don't ask questions too directly, but do spend lots of quality time together.

#### Take online bullying seriously.

- No personal devices or data plan before 12 years old.
- No social media before 14 years old.
- No screens in their bedrooms alone.
- No friends that you don't know.
- Review their screens and actions often.

#### What if your child is a victim?

- Don't shrug it off. Show compassion.
- Remind your child they are a good person.
- Tell them what you love about them.
- Talk about strategies for next time.
- Get support from a teacher, coach, older sibling, etc.

#### What if your child is a bully?

- Stay calm. Don't get angry.
- Talk with your child about what it feels like to be a victim.
- Give appropriate consequences (take away screens, play dates, hockey, etc.).
- Have them apologize, if appropriate.
- Show them kindness.

#### Need help?

Call or text BullyingCanada 1-877-352-4497 Email support@bullyingcanada.ca

## Desmond Spence Memorial Baseball Field

The Desmond Spence Memorial Baseball Field will be open for community use on Thursday, August 10, 2023. Bases will be installed in the field for your use. We ask community members to please respect the field and leave the bases on the field. There will be no access to the field for vehicles or quads/snow machines. Access for users will be through the dug outs. Play Ball!





# 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

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

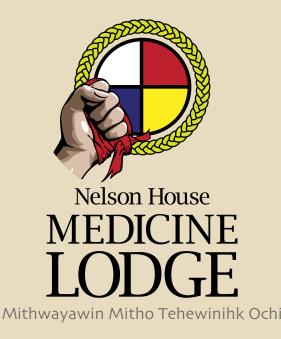
This trauma can be found in our community: individual, collective, and intergenerational. Many people don't know how to release trauma, and it stays with them forever.

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 ncncree.com and the NCN Facebook page for more details.



## 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:** 

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

ncncree.com and

the NCN Facebook

page for more

details.

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

# 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

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

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

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-walkergladue-reports-and-the-h



## August 2023 Water Levels Forecast

#### NOTICE OF OPERATING PLAN Revised Forecast – Footprint Lake

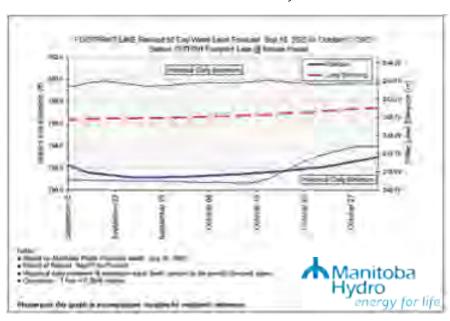
The following is a revision to Manitoba Hydro's Operating Plan Forecast.

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.

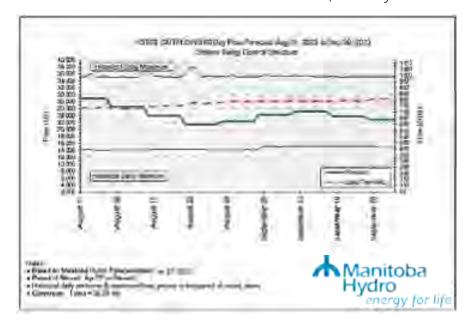
For water level and flow information including near real-time water levels and 14-day forecast estimates, please visit Manitoba Hydro's website at www.hydro.mb.ca/waterlevels



## 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.

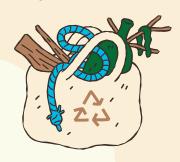


## NCN Solid Waste Disposal Ground Update



#### 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





## Congrats Darlene Spence, New NCN Women's Shelter Executive Director



The NCN Women's Shelter welcomes Darlene Spence as its new executive director.

The Women's Shelter offers temporary shelter to women and their children because they are in crisis or dealing with domestic violence or abuse at home from a partner or spouse. It combines protection and security with western counselling and Indigenous wisdom to help women make a plan for future security and happiness.

The Women's Shelter opened in 2018 with Susan Kobliski as its first executive director. It is available 24 hours a day to all NCN women and children. There is no financial cost to stay.



Darlene Spence, NCN Women's Shelter **Executive Director** 



# Report Moose Harvest to NCN LER

NCN LER is asking hunters to report their moose harvests to edprimrose@gmail.com and get entered in the Annual Moose Harvest random draws for prizes.

To begin monitoring of our moose populations and harvest please report your harvest this year and your name(s) will be entered to win one of many prizes!

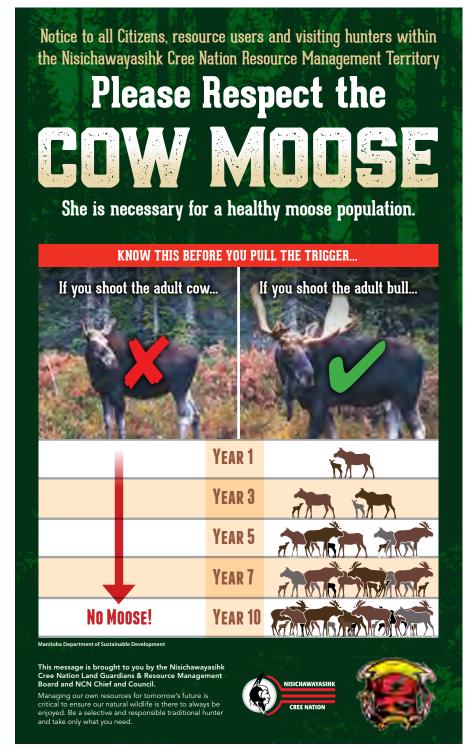
The program promotes good local moose management, sustaining a healthy animal population, and the collection and monitoring of important data for NCN's annual Moose Harvest numbers. All NCN Citizens that report their harvest will be entered in the random draw sometime in December 2023.

Entries must include a picture of 1 harvester only (per group) with the moose harvested (BULL ONLY\*).

Report your harvest in person at the LER Office or email

to edprimrose@gmail.com and your name will automatically be entered into the draw. All entries must provide zone or location, date, time, and names of each person in the group (zone map attached) – GPS coordinates encouraged but not necessary – specific location reports will not be shared outside of the LER Office.\*

For more information contact Ed Primrose at (204) 679-4248. Lets respect our moose populations and remember harvest BULLS ONLY! NO COWS\*







# Highlights from the NCN Annual General Assembly (AGA)

By: Rosena Lewi

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

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.

- 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

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.



# 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.

Restorative justice

can be used for low-

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where rehab is

available.

# 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 is 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.

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 seconddegree 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

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.

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 fourbedroom 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.

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..."



# Learning the Way of the Land

Ithinisiwin participants enjoyed a great time at Wuskwatim Lake. Young NCN Citizens had the opportunity to learn the way of the land while helping to monitor the environment. They enjoyed smoking meat, working on a construction project, and even took to the water.

We are grateful to the Elders who teach our young people and help to make our culture thrive!



Councillor Jeremiah Spence visits Elders and Youth in Wuskwatim for the Ithinisiwin Program









## NNCEA Policy 803B: School Closure Due to Cold Weather

Background: The Board intends that its schools operate in accordance with the laws and the annual school calendar. Students cannot afford to miss school. Year after year, there have been multiple cold weather school closures. In an effort to reduce lost school days and lost instructional time, it has become necessary to repeal all previous versions of NNCEA Policy 803B. At a duly convened meeting of the NNCEA School Board, as noted above, it was decided that both NNCEA schools will remain open. Central office and NNCEA schools will remain open. Buses will continue to transport students. All staff are to be at the workplace. Assigned staff will be on duty and classes will be held.

Parents must decide if sending their child(ren) to school is in their child(ren)'s best interests when

temperatures are -40°C or colder with the wind chill. This is called parental discretion. Parents are encouraged to dress children appropriately for weather conditions. Any child(ren) not dressed properly will be taken home.

Should the temperature and/or weather become an endangerment during the school day, the School Principals will:

- Make a recommendation to the NNCEA Director of Education (Assistant Director if the Director of Education is unavailable) who will make the final decision.
- 2. The Director of Education or delegate will inform the NNCEA School Board Chair, the NNCEA Board of Trustees, educational leaders, bus supervisor promptly via text, email and/or phone call.
- 3. Prior to the school closure, notice will be posted on the local websites (NNCEA) AND social media (Facebook) by ICT personnel and/or School Administration so the community/staff/bus drivers are informed/aware.
- 4. All NNCEA students will be transported home safely.

## Student Awards Not Affected by Cold Weather Closures

Student's attendance will not be affected by these decisions since year-end awards will be issued for excellent attendance. Students whose attendance range is between 90 – 100% for the school year will qualify for excellent-attendance awards. This process takes into consideration absences due to unforeseen circumstances.



## 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

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.

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 lead 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.

said that often students drop out after their first semester of postsecondary school. A

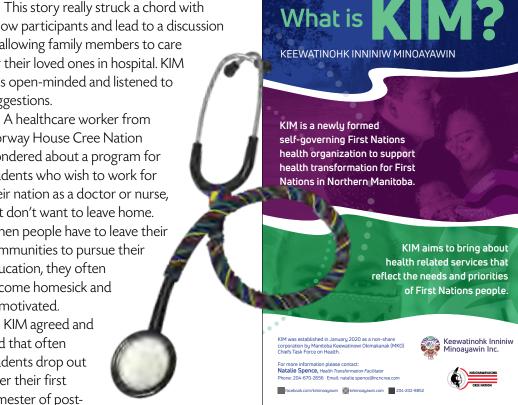
new program could allow students to learn virtually from the comforts of their own communities.

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.

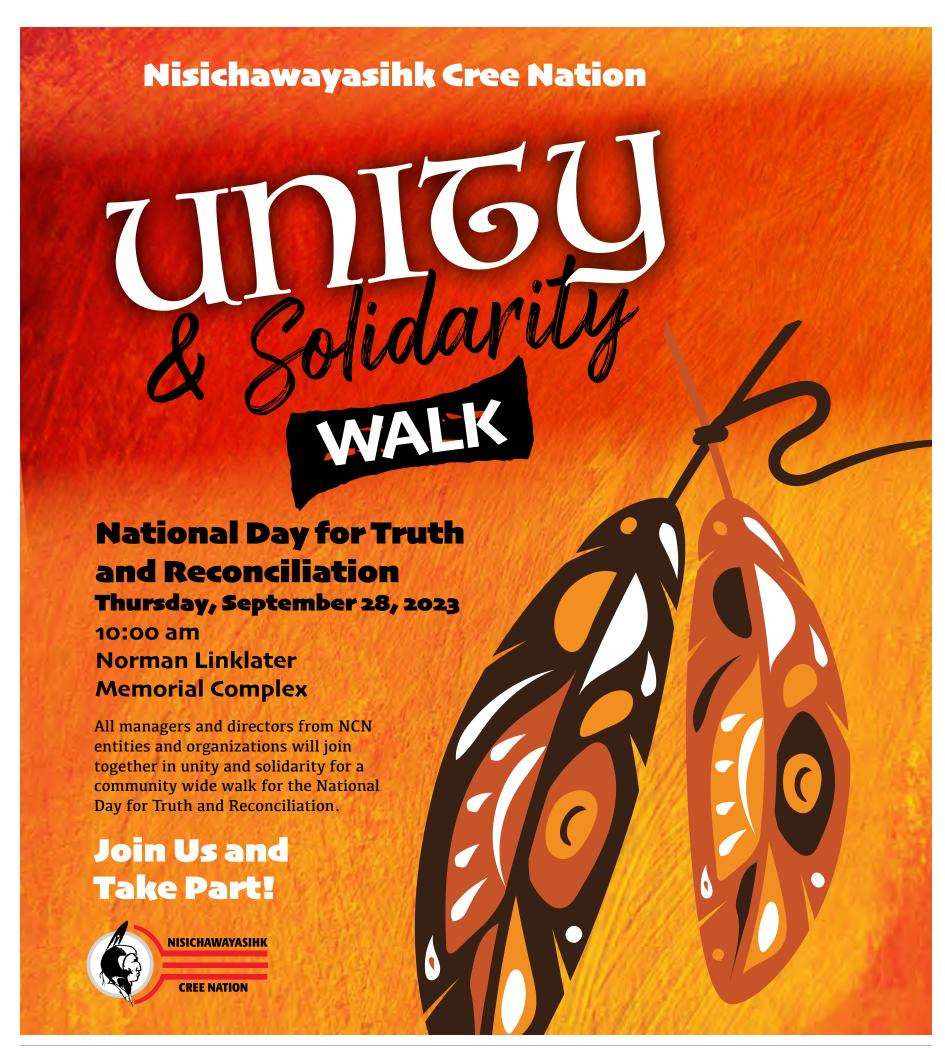
It is a medical program that will gradually be incorporated into local medical facilities to improve the care and services

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









# Summer Festival Blows the Roof Off!

The 2023 NCN Summer Festival was bigger and better than

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

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-thedark 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.



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

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.

dealing with addiction to talk about their difficulties with others who understand.

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



#### **Opioids**

These painrelieving 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.

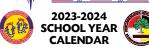
The closing date for this opportunity is September 28, 2023.

Apply today through the Manitoba Government's Job Opportunities

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









AWAY	ASIHK	CREE	NATIO	n N	Monday, September 4, 2023	Labour Day Holiday
- ///	1	- ///		_	September 5, 2023	Professional Development (1)
					September 6, 2023	First Day of Classes
3-20	024		A STATE OF	O CO	Friday, September 29, 2023	Truth and Reconciliation Day
OL'	YEA	R (	1		Monday, October 9, 2023	Thanksgiving Holiday
-	)AR				Tuesday, October 10 – October 13, 2023	Flex Days (4)
CIAL	JAR	•			Wednesday, November 8-9, 2023	Flex Days (2) Aboriginal Veterans
Tue	Wed	Thu	Fri	Sat	Friday, November 10, 2023	Remembrance Day Observance
29	30	31	1	2		
					Friday, December 22, 2023	Last Day of Classes before break
5	6	7	8	9	Monday, December 25, 2023	First Day of Winter Break
12	13	14	15	16	Friday, January 5, 2024	Last Day of Winter Break
19	20	21	22	23	Monday, January 8, 2024	Classes resume
26	27	28	29	30	Friday, February 16, 2024	Flex Day (1)
3	4	5	6	7	Monday, February 19, 2024	Louis Riel Holiday
10	11	12	13	14	Monday, February 26, 2024	Flex Day (1) Aboriginal Justice
17	18	19	20	21	March 25-29, 2024	March Break
24	25	26	27	28	March 29, 2024	Good Friday Holiday
31	1	2	3	4	Monday, April 1 – April 5, 2024	Flex Days (5)
7	8	9	10	11	Friday, May 17, 2024	Flex Days (1)
14	15	16	17	18	Monday, May 20, 2024	Victoria Day Holiday
	-			-	Thursday, June 27, 2024	Last Day of classes
21	22	23	24	25	Friday, June 28, 2024	Flex Day (1)
28	29	30	1	2		
5	6	7	8	9	OK School Term Dates	_
12	13	14	15	16	_Term1	August 31, 2023 to December 1, 2023
19	20	21	22	23	Term 2	December 4, 2023 to March 15, 2024
26	27	28	29	30	Term 3	March 18, 2024 to June 27, 2024
2	3	4	5	6	OK School Report Card Writing Day	
9	10	11	12	13	1	December 4, 2023
16	17	18	19	20	2	March 11, 2024
23	24	25	26	27	3	June 14, 2024
30	31	1	2	3		June 11, 2021
6	7	8	9	10	OK School Report Card Night	
			16	-	Term 1	December 12, 2023
13	14	15	_	17	Term 2	March 20, 2024
20	21	22	23	24	Term 3	June 20, 2024
27	28	29	1	2		
5	6	7	8	9	NNOC Term Dates	
12	13	14	15	16	Term 1	August 31, 2023 to February 2, 2024
19	20	21	22	23	Term 2	February 5, 2023 to June 28, 2024
26	27	28	29	30	NNOC Report Card Writing Day	
2	3	4	5	6	1	November 24, 2023
9	10	11	12	13	2	April 15, 2024
16	17	18	19	20		April 15, 2024
23	24	25	26	27	NNOC Report Card Night	
30	1	2	3	4	Term 1 – Part 1	November 30, 2023
7	8	9	10	11	Term 1 – Part 2	February 8, 2024
			_		Term 2 – Part 1	April 23, 2024
14	15	16	17	18	Term 2 – Part 2	June 27, 2024
21	22	23	24	25	Violance to Conduction	L 24 2024
28	29	30	31	1	Kindergarten Graduation	June 24, 2024
4	5	6	7	8	Grade 6 Farewell	June 25, 2024
11	12	13	14	15	Grade 12 Graduation	June 26, 2024
18	19	20	21	22	Total School Days: 196	Motion #2023-04-25-11: That the NNCEA
25	26	27	28	29	330M x 196D = 64,680	School Board of Trustees approve the 2023-2024 Academic Calendar.
2	3	4	5	6	360M x 181D = 64,160 *School day extended by 30 minutes to	

# **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 lastminute 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
- 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
- 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

# 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 though 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!



Phone: 204-484-2341

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

Follow us on Facebook



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



#### Mood Disorders Association of MB

Provincial Peer Support Call: 1-800-263-1460 or email: peersupport@mooddisordersmanitoba.ca (M-F 9 am-4 pm; Sat-Sun 10 am-4 pm) Postpartum Warmline: Call or Text 204-391-5983 (Hours 9am-9pm M-Sun)



#### **Anxiety Disorders** Association of MB

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

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



Help for mothers before, during and after pregnancy

For more info 204-484-2341 ext 128



Managing and Understanding Your Diabetes and Nutrition

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



#### 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**

MEDIOTALK!

I MANAGEMENT

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 A Child First Initiative NCN Family and Community Wellness Centre

Jordan's Principle makes sure all First Nations children have access to products, services and

supports they need, when they need them. You can make an appointment or get a referral by calling our office: 204-484-2585



## Rainbow Resource

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

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

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

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



#### Success Through Advocacy and Role Modeling

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

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



#### Health Links Info Santé

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

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.)	\$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 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.

