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JUNE – SEPTEMBER 2025

# Nisichawayasi Achimowina

## NCN Celebrates New Projects

Citizens came out on September 22 to applaud all the new facilities being built in our Nation.

People gathered at the new cemetery at 1 pm, and made their way to several sites for sod-turning ceremonies, including the new park, new EMS building and new housing development. The last point was the new Justice Building, which people will know as the old high school.

The ceremonies included sod-turning, prayers and speeches that honoured the projects that have been completed and those that are now underway.

In the evening, everyone came to the baseball field for a free barbeque and entertainment. People sang and danced the night away with Juno-award winners Honeymoon Suite and Dreams and Rumours (a Fleetwood Mac tribute band).

After a difficult summer of wildfires and evacuations, it was wonderful to bring the community together to celebrate



NCN Chief and Council and Principal Nic Campbell made their way to several sites for sod-turning ceremonies on September 22, 2025.

the beginning of new adventures and the continued growth of our Nation.



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### 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.















# H.O.P.E. Walk-Run Movement: Healing Overcomes Past Experiences

## A Journey of Resilience

From August 17 to August 31, 2025, First Nations advocates Samantha Powderhorn (Sayisi Dene First Nation) and Luther Alexander (Pine Creek First Nation) embarked on an extraordinary 768-km walk/run journey from Thompson to Winnipeg. Dubbed the H.O.P.E. Movement, the initiative aimed to shine a light on mental health and addictions in northern and remote Indigenous communities.

## Walking With Purpose

The acronym H.O.P.E. stands for Healing Overcomes Past Experiences. Samantha, a student in her first year of the First Nations Addictions and Mental Health program, brings deeply personal understanding to this cause: as someone with 45 months of sobriety and lived experience of the barriers to culturally safe mental health support in the North, she embodies the walk's message that healing is possible.

The pair covered an impressive 55 to 60 km per day, arriving at The Forks in Winnipeg on August 30—a powerful symbol of unity, resilience, and connection to Indigenous histories and futures.

Their journey was met with heartfelt recognition:

The Assembly of Manitoba Chiefs, MKO and KTC publicly acknowledged and celebrated their completion of the walk, applauding their courage and commitment.

At The Forks, a closing ceremony brought the movement

full circle – a ceremony marked by community support and cultural affirmation.

## Context of Change

The walk took place against a backdrop of growing awareness and action on mental health in Manitoba.

But importantly, this journey was not just a walk – it was a message carried through every step: remote communities deserve healing, recognition, and meaningful support.

On behalf of the Nisichawayasihk Cree Nation, we honour Samantha and Luther's courage, and commit to amplifying their call for change.

Ekosi,  
**Chief Angela Levasseur,**  
**Nisichawayasihk Cree Nation**  
[www.ncncree.com](http://www.ncncree.com)



Manitoba Keewatinowi Okimakanak Grand Chief Garrison Settee said Samantha Powderhorn has demonstrated "a warrior's spirit" throughout her nearly 800-kilometre trek on foot from Thompson to Winnipeg. (Assembly of Manitoba Chiefs/Facebook)



Samantha Powderhorn ran and walked nearly 800 kilometres alongside her partner Luther Alexander from Thompson to Winnipeg, where they completed their journey on Sunday. (Rudi Pawlychyn/CBC)



Samantha Powderhorn, a member of the Sayisi Dene First Nation, and partner Luther Alexander, a member of Pine Creek First Nation, were gifted star blankets after they travelled hundreds of kilometres on foot to raise awareness of the gaps in addictions and mental health services in remote northern First Nations. (Assembly of Manitoba Chiefs/Facebook)



























Jayden Lobster



Adanna McDonald



Sharla McDonald



Maria Moody



Jalyne Moore



Lenny Moore



Lorgan Moore



Ronalda Moore



Tayvin Moore



Kerianna Nicholas



Tommy Nozicka-Spence



Heston Parisien



Sheresa Peterson



Melody Samuel



Amanda Spence



Angel Spence



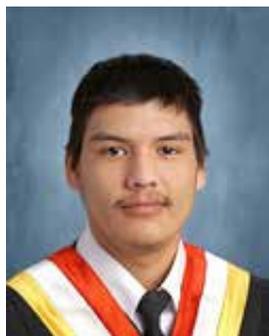
Breanne Spence



Colleen Spence



Dawn Spence



Dennis Spence



Dylan Spence



Eden Spence



Jerrilynn Spence



Liam Spence



Rosinda Spence



Sidnie Spence



Tessa Thomas



Chanel Wood



Karma Wood



Keshawn Wood-Stoneman











# Tis The Season For Traditional Medicines

Country Foods has been working hard to gather traditional medicines for Nisichawayasihk Cree Nation.

After a full day of harvesting and drying wild mint, the team headed to the Little Footprint area, where they hoped to find Weekis, also known as rat root. This is a powerful traditional medicine that has been used for many generations. It is known to help relieve coughs, colds, sore throats, and chest

congestion, as well as aid digestion and reduce inflammation.

The hard work of Country Foods staff supports the health of our Nation. We are grateful!



## Footprint Lake Water Levels

### Footprint Lake 7-Day Water Level Forecast

Revised Forecast as of September 19, 2025

On September 19, 2025 the level of Footprint Lake was at an elevation of 790.1 feet. The level of the lake is expected to rise 3.6 inches to an elevation of 790.4 feet by the end of the month.

The 7-day forecasts are estimates, and subject to change. Northern forecasts are broadcast on local radio stations at the beginning of every month.

**FOOTPRINT LAKE WATER LEVELS**

**↑ 790.1'**  
 RISING as of September 19

The hard work of Country Foods staff supports the health of our Nation.



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