



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

*Good Health, Good Feelings*

# Mithomahcihowin



JULY  
2024

## NCN FCWC Hosts Successful Culture Camp

NCN Family and Community Wellness Centre celebrated a remarkable Culture Camp from June 10th to 14th, drawing over 350 registrants and attendees. This year's camp focused on the theme of grief and loss. The camp aimed to heal hearts and develop a compassionate community to soothe pain and promote healing.

The impressive turnout were particularly noticeable through the long line ups at some of the tents which were hosted by medicine people, chibuy ceremony, reiki and bio-magnetic therapy.

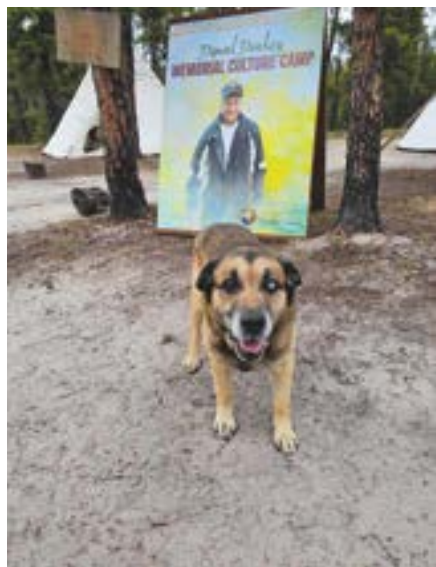
A camp highlight was the honour song performed by Felix Walker and Ed Azure in tribute to Daniel Donkey. This ceremony marked the official recognition of the camp's location as the Daniel Donkey Culture Camp. The location of the camp is within Daniel Donkey's trapline, and his passing earlier this year deeply impacted the community. This connection to Daniel Donkey and the grief surrounding his loss inspired the theme of this year's camp.

Feedback from participants was overwhelmingly positive, reflecting

the camp's success in fostering a sense of community and cultural pride. Many attendees noted the sense of connection and belonging they felt throughout the camp, which was filled with a variety of activities designed to educate and inspire.

The focus on grief and loss was particularly poignant. Addressing these themes in a

supportive environment provided individuals with a safe space to express their emotions and share



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# Walk Your Way to Wellness: How Walking Can Improve Your Health

Walking is one of the simplest and most accessible forms of exercise, making it an ideal way to improve your health and well-being. Unlike many other forms of physical activity, walking requires no special equipment or training, and it can be easily incorporated into your daily routine. Whether you are taking a leisurely stroll through the community, hiking on trails, or simply walking to run errands, each step you take contributes to better cardiovascular health, stronger muscles, and improved mental clarity. Walking also offers a way to reconnect with the land and honour traditional practices. Embrace walking as a natural and enjoyable way to boost your health, enrich your life, and deepen your connection to our ancestral lands and nature.

The following are some tips to have a safe and enjoyable walk:

- Familiarize yourself with your walking route. Know safe spots like a friend or family member's home.
- Choose well-lit areas that have regular foot traffic.
- Stay aware of your surroundings.
- Trust your instincts. If something feels off, leave the area immediately.
- Carry a whistle or something similar that can emit a loud noise to attract attention if you feel threatened.
- Walk with your head up and shoulders back. The appearance of confidence has been known to deter unwarranted attention.
- While having emergency contacts on your phone is a wise move, have a physical list in your pocket in case your phone is not accessible.
- Let someone know when you are going out for a walk and when you plan on returning. Depending on the distance you are walking, arrange to check in with someone at set intervals during your walk.
- Stay hydrated. Carry a water bottle or something similar.
- Make sure that you are well-rested and have eaten adequately before heading out.
- Your body will send you clues as to when to shorten your walk or take a break.

vibrant community and rich heritage. Let's make walking a fun and essential part of our daily lives! Whether you're exploring our beautiful trails, walking to visit friends, or simply enjoying a stroll, every step is a stride towards wellness.

So grab a friend, stay safe, and enjoy the fresh air. Let's walk our way to wellness together—one step at a time!

As you lace up your shoes and step out the door, remember that each walk is not just a journey towards better health but also a celebration of our





## Recovering & Empowering

### Encouraging and Maintaining Strong Mental Health

Counselling Services: 204-484-2341  
Mental Health: 431-354-1270  
[ncnwellness.ca](http://ncnwellness.ca)



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their experiences, fostering a sense of connection and understanding. This facilitated the healing process and promoted resilience, allowing participants to gain valuable insights and coping strategies. Multiple grief and loss sessions were offered by various facilitators, enabling individuals to choose the sessions most relevant to their experiences. This personalized approach recognized the complexity and multifaceted nature of grief and loss, allowing participants to engage in discussions and activities that resonated with them.

One of the most touching moments of the camp was the candlelight vigil held in remembrance of lost loved ones. The NCN Choir provided a musical backdrop, their song offering solace and strength to those in attendance. The vigil was a heartfelt reminder of the community's resilience and unity in the face of loss. Many participants

were moved to tears, finding comfort in the collective remembrance and the beautiful harmonies of the choir.

Another significant aspect of the camp was the matotisan (sweat) ceremony, which saw high participation rates. The ceremony's success was particularly notable for the involvement of young attendees, who were eager to partake in this traditional practice. Their enthusiasm highlighted the camp's role in passing cultural knowledge to the next generation. The matotisan was described as a deeply cleansing and spiritually uplifting experience, with many participants feeling a profound sense of renewal.

The hurdles of feeding such a large group were expertly managed by the camp's dedicated culinary team. Despite the high numbers, the cooks provided an array of traditional and

contemporary dishes, ensuring that everyone had plenty to eat. The meals became a time for community members to gather, share stories, and enjoy each other's company, further enhancing the sense of togetherness.

In addition to the scheduled activities, the camp provided ample opportunities for informal gatherings and discussions. Many participants took advantage of the beautiful natural surroundings to connect with old friends and make new ones. These moments of spontaneous interaction added to the overall sense of community and fellowship that defined the event.

The event not only provided a space for spiritual and physical nourishment but also reinforced cultural traditions and community bonds. As attendees departed, the sense of fulfillment and communal connection was palpable,

promising a strong foundation for future cultural events. Plans are already underway for next year's camp, with organizers hoping to build on this year's successes and continue to provide meaningful experiences for the community.

The success of this year's Culture Camp serves as a testament to the NCN community's dedication to preserving and celebrating their heritage. With such positive feedback and high levels of engagement, the Daniel Donkey Culture Camp is poised to become an enduring and cherished tradition for the Nisichawayasihk Cree Nation.

In reflecting on the event, one person summed it up best: "This camp has brought us closer together and reminded us of the strength in our traditions. It's a blessing to see our culture alive and thriving."









**QUOTES FROM THE EVENT:**

**Melfina** – It was awesome, I loved it, very emotional, happy memories because it was in memory of my uncles camp and felt both my mom and uncle were with me there.

**Roba Frost** – relaxing, nice

**Anna Spence** – proud of the organizations, facilitators, and resources that's were available to the people for holistic wellness.

**Elizebeth McDonald** – it was healing for me, a lot of weight was lifted off me from the helpers. It was beautiful, scenery, atmosphere, and seeing people we rarely see laughter and hugs, felling welcomed and belonging.

# Self-Checks for Women's Breast Health

Did you know that 1 in 8 women will deal with breast cancer at some point in their lives? It's a shocking number.

Unfortunately, the provincial government only covers routine annual mammograms beginning at age 50, even though breast cancer is becoming more common in younger women.

This means it's important to perform self-checks, because no one knows your body as well as you do.

Try to check yourself at the same time every month, because a woman's cycle can bring small changes to her breasts, such as swelling and density.

You might check in the shower, or in front of a mirror, or lying down in bed.

You can raise your hands over your head and stand with your hands on your hips.

Using two fingers, move around your breast in a methodical way so you don't miss any areas. You want to check all around the breast area and around the armpit, too.

Look for changes in size, shape and colour. Notice if there is distortion, bulging, swelling, dimpling or puckering. Discharge of any type, unless you're breastfeeding, can also be a reason for concern.

You can see that the more you check your breasts, the easier it will be to notice an abnormality.

It can be scary to think about

examining your own body. What if you find something?

The good news is that breast cancer is treatable if found early. Many women go through breast cancer and live for decades after! Even if your cancer is more advanced, or a more aggressive genetic type, there are many treatment options.

If you find something that concerns you, contact the FCWC so we can help you.

Teach the young women in your life to be active in their own health, and talk about self-checks so that the stigma disappears. There's no reason to be embarrassed about taking care of your health!

## BreastCheck Cancer Screening Clinic

July 2-4, 2024  
Women ages 50-74

Call 204-484-2341 and ask for Public Health to book your appointment.



**BreastCheck Cancer Screening Clinic**

**NELSON HOUSE**  
Nelson House Wellness Centre  
14 Bay Road  
July 2-4, 2024

For women age 50-74. Call the Nelson House Wellness Centre to Book: 204-484-2341

Limited appointments. Dates are subject to change.

1-855-95-CHECK • [cancercares.mb.ca/breastcheck](http://cancercares.mb.ca/breastcheck)

## PERTUSSIS ALERT

### WHOOPIING COUGH CASES REPORTED IN MANITOBA

HIGHLY INFECTIOUS DISEASE AND CAN AFFECT INDIVIDUALS OF ANY AGE

**Immunization is the best way to protect against and limit the spread of pertussis.**



**PROTECT YOUR LOVED ONES**



**PROTECT YOURSELF**



**PROTECT OUR COMMUNITY**

**GET IMMUNIZED WITH THE WHOOPING COUGH VACCINE, AND YOU WILL ALSO RECEIVE PROTECTION FROM TETANUS AND DIPHTHERIA.**

**TALK TO YOUR PUBLIC HEALTH NURSE TO LEARN MORE ABOUT THIS IMPORTANT VACCINE OR CALL TO BOOK AN APPOINTMENT AT 204-484-2341**




Public Health  
FAMILY AND COMMUNITY Wellness Centre

# Shout-Out to William Bighetty

The FCWC Head Office would like to acknowledge William Bighetty. He participated in the Employment Growth Opportunity Program last year and has now joined the Family & Community Wellness Centre as a full-time permanent employee.

“Even when things get rough. Even when they feel lost. Never give up on your dreams. I’ve gotten this far coming from bare minimum and struggles just like the rest of us. That didn’t stop me from trying to achieve my dreams, in fact it pushes me further,” says Bighetty.

On a Facebook post, NCN Citizen Danielle Brooker said, “He is always so pleasant, kind and resourceful when needed. I love interacting with him over the phone. Such a genuine man.”

Thank you, William, for your hard work and dedication! You are making NCN a better place.



# Sadness & Depression

We all have times in our lives when the clouds don't seem to go away. Maybe you're dealing with the loss of a loved one, or you feel discouraged by how your life is turning out. It may even feel like you're the only one with problems.

But everyone deals with sadness! It's normal to go through moments and even days of feeling blue.

The problem is that when we feel bad, we often treat ourselves badly, which makes us feel bad ... and we create a cycle that is difficult to break out of.

Slow down and treat yourself like a child. Try warm tea, a soft blanket and a comforting TV show. If you're missing someone special, bring their memory to life instead of pushing them away. If you feel like crying, go for it! You might be surprised how good you'll feel after.

Focus on your health. Consider your sadness as a message from your body. It needs your help! Eat nourishing foods like stew and soup. Get seven hours of sleep and an afternoon nap. Feel the sun on your face.

Try to open your heart. Find three things you can be grateful for: sunrise, a wildflower in a surprising place, eggs perfectly scrambled. Remember a happy moment. Remind yourself of previous challenges and know that this, too, shall pass.

The NCN Family and Wellness Centre is a great place full of people and free programs that can bring you comfort. There is always a pot of coffee on, people to chat with, and an activity to watch. It can be helpful to hear other people voice their concerns and struggle with problems. Sometimes we find ourselves offering advice that is good for us, too!

But sadness usually passes. It's important to recognize the difference between “a sad funk” and depression. If you've had a cloud over your head for weeks, if

you feel “flat” all the time, if you can't eat or sleep (or all you do is eat or sleep), it's time to get better.

## Common signs of depression:

- fatigue, decreased energy, weariness
- difficulty in making decisions, remembering things, concentrating
- feeling constant guilt, fear, helplessness
- avoiding friends, family & typical routines or activities.

If you find yourself falling into a depression or are feeling suicidal, it is important to get help. Be honest with a friend or family member. Call one of the numbers below or the Wellness Centre at 204-484-2341. They

understand what depression can do, and they're ready to help.

Whether you can believe it or not, you are a valuable person. You have wisdom and experience that contributes to your family, friends and community.

## If You're Having Suicidal Thoughts

- Call or text 988 right now to get advice & ideas
- Remember that depression affects your ability to think clearly
- Understand that problems can be solved
- Believe that you deserve to feel better
- Know that there are brighter days ahead.



## Emergency Phone Numbers

**Hope for Wellness Help Line (for Indigenous people)**

1-855-242-3310

**Canada Suicide Prevention Service**

1-833-456-4566 or text 45645

**Kids Help Phone**

1-800-668-6868 or text 686868

**MB Suicide Prevention & Support**

1-877-435-7170

**NCN Nursing Station**

204-484-2031

**NCN Ambulance**

204-484-2911



Hotline number



# Healthy Eating & Diabetes

Because diabetes is so common in Indigenous people, healthy upgrades to our diets are always a good idea.

Diabetes is NOT inevitable. You can create a healthy lifestyle with regular exercise, good sleep habits and a nutritious diet. You can avoid diabetes entirely!

(Of course, if you have already received a diabetes diagnosis, it's important to improve your diet so your disease will not progress.)

When you're making changes to your diet, be gentle with yourself. Small and steady changes are much easier than a drastic overhaul, which can be so frustrating that you may give up.

A good start is thinking about your plate. A healthy diet means half of your plate should be fruits and veggies. One quarter should be protein and one quarter should be carbohydrates like grains.

When you've made that change consistently, be proud of yourself. Next, you can start to fine-tune those basics.

**When we talk about sugars in fruits & veggies, that's natural sugar, which is much better than the sugars found in processed food. You should avoid "man-made" sugar as much as possible.**

For example, try to eat more vegetables than fruit, because vegetables have less sugar. Eat

more homemade food, rather than restaurant or store-bought. Avoid white flour and pasta and try grains like quinoa and brown rice instead.

A great change is avoiding sugar in your drinks. Pop, energy drinks, alcohol, milkshakes ... there are no benefits here. They only give you sugar and chemicals.

Swap for water, tea

and coffee. If you are overweight, you may have amazing results when you take these things out of your diet!

Check out a glycemic list of foods. The lower the glycemic index (GI) of a food, the better it is for your body. You won't be surprised to hear foods like broccoli, cabbage, lentils and nuts have a lower GI than donuts, white rice and watermelon.

Changing our habits can be difficult. Remember that even if you can't physically see the difference at first, better things are happening within your body when you make better choices. Ask yourself, "Is this food

helping or hurting my body?"

And give yourself grace! Of course you should eat a hot dog at the picnic.

But bring a packet of mushrooms and onions to barbeque or a plate of fresh veggies to share. You can do this.



## Recovering & Empowering

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# Celebrating NCN Dads

Throughout the month of June, FCWC is offering several ways to celebrate great fathers and grandfathers in NCN. There's an open Texas tournament, a spa and wellness day, trapper events, shoreline fishing, wepihiki and healthy meal prep. More than 20 participants came to the first-ever Father's Day Madness Event on June 6 and had a great time.

Thanks to Charlene Kobliski for her organization and to Carl Young for his support.

We are grateful to have loving, positive male role models in our community for our young people. To receive affirmation from an attentive man is a powerful message, and we appreciate those who can provide this!



## Is your child in grade 6?

Public health is booking appointments for children to receive their school immunizations.

What is the recommended immunization schedule for sixth grade children?

- ✓ **Men-C-ACYW-135** (Meningococcal Conjugate Quadrivalent)
- ✓ **HB** (Hepatitis B)
- ✓ **HPV** (Human Papillomavirus)
- ✓ **Flu** (Influenza) All Manitobans 6 months of age and older are eligible for influenza vaccine each year.

**What if my child misses one or more doses of a vaccine offered as part of the School Immunization Program; will he/she still be eligible?**

Yes. If a child misses one or more doses of any school immunization program vaccines, the vaccine(s) can still be offered free-of-charge.

**What do I do if a vaccine is missed?**

You can call the Family Community Wellness Centre public health office and ask for your child's immunizations to be reviewed by a public health nurse, then an appointment can be scheduled.

**Why should my child get immunized?**

Immunization is the best way to protect your child against serious, and potentially fatal infections. Vaccines help your child's immune system to recognize and fight bacteria and viruses that cause disease.

Make sure your child's immunizations are up to date by calling:



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Public Health Office

**(204) 484-2341 ext. 131**

- Parents to book appointments with Public Health office
- Rides provided
- COVID-19 precautions to be followed @ FCWC
- Screening upon entering the building, wear a mask, hand sanitize, and social distance
- Stay home if you are sick



# NCN Marathoners 2024

A few FCWC employees succeeded in meeting their personal goals this month!

At the Manitoba Marathon on June 16 in Winnipeg, Angus Campbell completed his 42.2-kms-run with a time of 4:37:03.

Readers may know Campbell as the



artist who's created a few murals around the community.

He has been passionate about running for many years and has made it a family affair. His kids, Aiden and Jayden ran in the 200-metre Mighty Mites race, while Faith and Bonnie ran the 21.1-kms half-marathon.



Another FCWC employee, Lucas Tays, ran a virtual half-marathon at the FCWC Fitness Centre.

Are you looking for a fun way to get healthy? Running is affordable and convenient. Come to the Fitness



Centre to get started. Set a goal for yourself and achieve it!



# Diabetes in NCN

Diabetes has been and continues to be a challenge for Nisichawayasihk Citizens. Prevention, education and quality care for children, parents and families is important now and into the future.

Recently, NCN Councillor Kim Linklater, who holds the Health and Wellness portfolio, provided an overview of the ADI program.

The FCWC has led NCN's Aboriginal Diabetes Initiative (ADI) program since 2016. In the years since then, between 65 and 200 NCN Citizens enroll annually in ADI. The program supports healthy living and provides diabetes prevention activities and services that are community-based and culturally appropriate.

ADI partners with many community entities, including schools and daycares, the Nursing Station, ATEC, NCNWSA and Parks & Rec, and Chief and Council.

The ADI program focuses on:

- healthy eating
- physical fitness
- risk factors
- screening
- diabetes management

Some of the personal services that ADI provides includes nutrition, exercise and wellness advice: foot care referrals; retinal screening; telehealth services; home visits and more. In the community, ADI holds community workshops, conferences, small group sessions, cooking classes, hunting, trapping, fishing, berry picking and medicine gathering, Country Foods program, on-the-land training, and

hands-on programs that help Citizens to preserve and share traditional knowledge.

**“Diabetes is a disease that separates warriors from the rest. There are no days off from it ... a person with diabetes is born with a special purpose.”**

**-Janet Hatch**

When you sign up for the Kidney Health program, you'll have your blood tested and urine sampled. The results will be analyzed and you will receive a personalized health-care plan and follow-up care.

Last year, more than 200 Citizens attended free healthy breakfasts and

more than 150 people had retinal screens. There have been more than 100 participants in virtual and live information sessions.

It's easier to deal with diabetes when it's fun! ADI creates activities such as the NCN Biggest Loser Competition; community gardening beds; and the hen and chicken-raising program.

If you have already received a diabetes diagnosis, please 204-484-2341 and ask for the ADI program. The sooner you start to manage diabetes, the better. If there is a history of diabetes in your family, join us at an information session to learn more about ways to avoid it!

**Did you know vending machines, full of sugary and fatty snacks, have been removed from NCN schools? Instead, kids can enjoy free healthy breakfasts!**

# Happy Pride!

Did you know that two-spirit people held an important position in many Indigenous nations? They often held specialized work roles, including healers, shamans and ceremonial leaders, and were often experts in traditional arts, such as pottery and basket weaving. Two-spirit females often hunted and participated in war, even becoming leaders and chiefs.

NCN celebrated people of all orientations, genders and sexuality on June 19.

Festivities kicked off with the pride parade and included activities at the baseball field with an open mic, dancing, face painting, jiggling and

more. Vendors provided food and arts and crafts.

June is called Pride Month and was first acknowledged in New York City in 1970.

They marched through the city and chanted, "Say it clear, say it loud. Gay is good, gay is proud."

The event was organized in response to police who rounded up and arrested a group of LGBTQ people who were at a popular bar called the Stonewall Inn. Rather than standing by passively, a group of onlookers voiced their frustration and grew in size until 400 people were rioting over the next five days.



Happy Pride Month of June from NCN Family Community Wellness Staff

Pride is now celebrated around the world, even as in many places, two-spirited people are facing increased brazen cruelty and unkindness.

It's important to take care of our 2SLGBTQIA+ friends, who face higher rates of depression, anxiety and suicide. Show your support!

# What is Diabetes?

Diabetes is a disease in which the body does not make or use a hormone called insulin properly. This inability affects the blood sugars in your body, and can cause many difficulties, including heart and eye diseases, stroke, kidney damage and nerve damage. Sometimes people lose their sight and/or limbs.

The good news is you can manage diabetes with a healthy lifestyle, including nutritious food, active habits, stress management, and maybe medication, too. Even better, it's often possible to avoid diabetes altogether!

If you or a family member have common diabetes symptoms, contact the FCWC at 204-484-2341 so we can help. The sooner you start to manage your diabetes, the better.

## Common symptoms include:

- unusual thirst
- frequent urination
- extreme fatigue
- blurred vision
- tingling or numbness in hands or feet
- problems with erections
- cuts & bruises that heal slowly

## What Is Insulin?

Insulin is a hormone that is released from the pancreas, and it maintains the transfer of sugar from your blood to your muscles, where it's used by your body as fuel, and to your liver and fat, where it's stored for later use.

Diabetes happens when this insulin isn't functioning properly, and you have too much sugar accumulating in your blood.

People with type 1 diabetes have bodies that are not creating insulin. It is believed to be an autoimmune disease and is not affected by diet or lifestyle habits. These people must take medication to create the insulin that their bodies are missing.

Type 2 diabetes is much more common. These people have bodies that create insulin, but it isn't used effectively. In type 2 diabetes, the pancreas creates more insulin than is needed, and because the body doesn't use it properly, excess sugar builds up in the bloodstream. These people often have to take medication, but sometimes can avoid it through healthy living, exercise and nutrition.

## What's an AC1?

This is a medical test that measures the average amount of sugar in your blood over the last 2-3 months. The higher the number, the more sugar in your bloodstream.

Generally speaking, the AC1 goal for adults with type 2 diabetes is below 7 per cent. If your number is higher than that, you'll work with your medical team to lower your number as best you can.

If you have a family history of diabetes, you should ask for an AC1 test. A result between 5.7-6.4 per cent is considered prediabetes.

If your blood sugar is in this range, consider this a blessing, because you've been given the opportunity to improve your health before you have diabetes!

## How To Improve Blood Sugar Levels

There are many ways to maintain healthy levels of sugar in your body. You've probably heard about them before!

- Move your body every day.

- Switch your drinks to water, tea & coffee.
- Limit & cut out cakes, cookies, candy & processed food.
- Include protein with every snack & meal, which slows the sugar in carbohydrates.
- Watch your portion sizes.
- Sleep at least 7 hours every night.

One of the easiest habits is to go for a 5-minute walk after every meal. This very short burst of moderate activity gives your body the chance to regulate its blood sugar levels!



# Bigfoot (Sabe): A Cultural Icon in Cree Tradition

Bigfoot, also known as Sabe in Cree, holds a significant place in various Indigenous cultures across North America, including right here in Nisichawayasihk Cree Nation. This legendary figure is imbued with meanings and interpretations deeply rooted in the cultural and spiritual beliefs of our community. The legend of Sabe is more than just a myth; it is a profound symbol reflecting our connection to nature, spiritual values, and cultural identity.

## Spiritual Significance

Bigfoot is often regarded not merely as a physical creature but as a spiritual being. This entity is perceived as a guardian of the forest and a symbol of the wilderness itself. The presence of Bigfoot signifies a deep connection to the natural world and serves as a reminder of the necessity to respect and protect the environment. This spiritual significance underscores our belief in the sanctity of nature and the importance of maintaining harmony with the world around us.

## Cultural Teachings

Bigfoot stories play a crucial role in conveying cultural teachings and values. These narratives often serve as cautionary tales, imparting lessons about respect, humility, and the need to live harmoniously with nature. Through these stories, we pass down vital cultural knowledge and moral principles from one generation to the next, ensuring that the wisdom of the elders remains alive and relevant.

## Oral Tradition

Bigfoot is an integral part of our oral tradition. Elders share these stories with younger generations, preserving the rich storytelling heritage that is central to our culture. These tales, filled with elements of mystery and the supernatural, not only entertain but also educate, providing a framework

for understanding the world and the unseen forces that inhabit it.

## Respect for the Unknown

A key aspect of our culture is the respect for all creatures, known and unknown. Bigfoot, as a mysterious and elusive being, embodies this respect for the unknown, emphasizing that not everything in nature can be easily explained or controlled by humans. This reverence for the unknown teaches humility and acknowledges the vast, untamed aspects of the natural world.

## Intermediary Between Worlds

In some interpretations, Bigfoot is viewed as an intermediary between the human world and the spirit world. This belief highlights the interconnectedness of all beings and the presence of spiritual dimensions within the natural world. Bigfoot serves as a bridge between different realms, reminding the Cree of the spiritual layers that coexist with the physical world.

## Cultural Identity

Bigfoot remains a vital part of our cultural identity. It serves as a link to our ancestors and a way to maintain a connection to

traditional beliefs and practices. By keeping the stories of Bigfoot alive, the Cree preserve a significant aspect of their heritage, fostering a sense of continuity and belonging.

## Contemporary Relevance

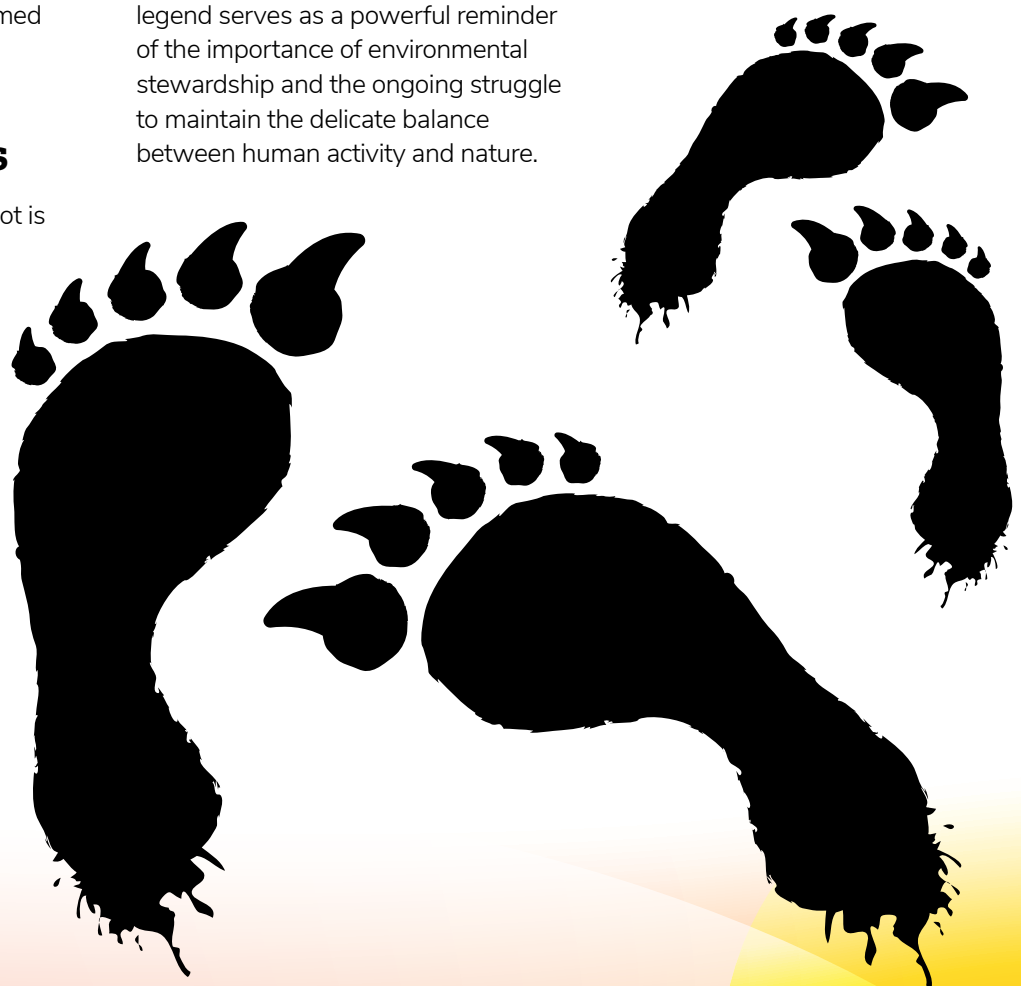
The stories of Bigfoot continue to evolve, incorporating contemporary issues such as environmental conservation and the importance of preserving natural habitats. In this context, Bigfoot symbolizes the need to protect the wilderness areas that are crucial to our way of life. The

legend serves as a powerful reminder of the importance of environmental stewardship and the ongoing struggle to maintain the delicate balance between human activity and nature.

**The legend of Sabe is more than just a myth; it is a profound symbol reflecting our connection to nature, spiritual values, and cultural identity.**



Bigfoot holds a multifaceted place in our culture, blending spiritual, cultural, and educational elements. It stands as a powerful symbol of our people's deep connection to the land and respect for the mysteries of the natural world. Through storytelling and cultural practices, the Bigfoot legend continues to be a living and dynamic part of our heritage, enriching the lives of those who honor and uphold these traditions.



# Your Guide to Home Care Services

Nestled inside of the Wellness Centre is the Home and Community Care Department. Their role is to provide support for community members with short- or long-term conditions which require additional services not readily available at home.

## How Do You Receive Home Care?

- The more common method is through a referral from either the Fannie Hartie Medical Center (Nursing Station), Thompson General Hospital, or another clinician such as a doctor or nurse.
- We also receive self-referrals, which are more commonly referred

to as 'walk-ins' to the Department. When this occurs, we review and assess, then provide the appropriate care.

## What Do We Do?

- Change wound dressings.
- Assist with bathing and personal care.
- Referrals to supporting agencies, like hearing centres, dietician, physiotherapists, etc.
- Palliative care.
- Ordering and delivery of medical equipment.
- Medication regime<sup>1</sup>

<sup>1</sup>Home care staff do not carry or supply medication

## Anything Else?

- Homecare staff can assist with a housing letter for any renovations or modifications needed to support independent care, such as ramps or door widening.

## Certainly, that must be enough...

- Homecare staff also make themselves available for the various Health Fairs.
- And, if you are not sure about that pill is that was prescribed to you, Homecare staff can provide you with the reason and the best time to take it.

## Certainly! Here's a closing paragraph with a call to action:

We hope this guide has provided you with a clear understanding of the home care services available to you and your loved ones. Our dedicated team is here to support you every step of the way. If you or someone you know could benefit from our services, please don't hesitate to reach out. Whether through a referral or a simple walk-in, we are ready to assist you in maintaining your health and independence.

Take the first step today and contact us to learn more about how we can help you live comfortably and confidently at home. Your well-being is our priority—let us support you in achieving it.



We would like to congratulate **Deanna Beardy** on finishing her Early Childhood Education II at the University college of the north. We look forward to having Deanna back at the Jean McDonald Treasures of Hope Daycare.



# NCN Kids Enjoy Fun-Filled Trip to Winnipeg

The Dream Catchers Head Start students and parents went to Winnipeg for 2024 Year End Trip. We

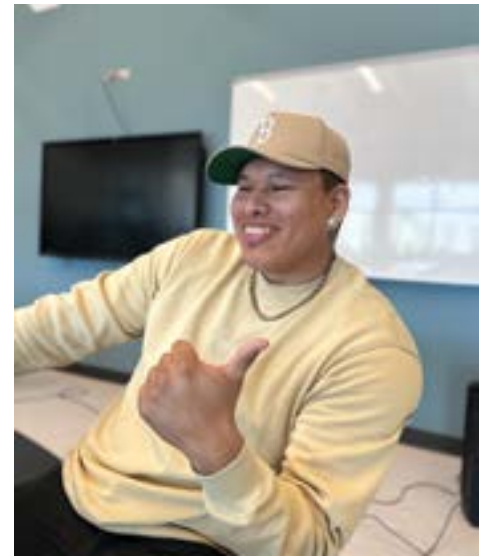
went to the Children's Museum, the Winnipeg Blue Bomber Game, The zoo and the Red Rive Exhibition. We

also got to enjoy the swimming pool and jungle gym at the Holiday Inn Hotel. Everyone had a great time.



# Okema Workshops Empower Youth

Okema workshops were held in NCN and focused on empowering our Youth. The workshop emphasized becoming an artist and learning through songs and music. The event inspired NCN youth by displaying life events.





# NCN Dancers at Manitoahbee Powwow



NCN dancers went to dance in their beautiful regalias at Manitoahbee Powwow.

# Soccer Keeps Kids Active

From May 24-26, NCN children ages 6-16 were able to participate in a free soccer camp at the Gilbert McDonald Arena. Almost 50 kids showed up and worked hard to improve their skills.

We were especially lucky to receive professional coaching from Pedro Daza, who serves as Director of Coaching & Player Development for

the Winnipeg Phoenix Football Club in northeast Winnipeg.

Thank you, as always, to Vernon Moodie for organizing and to Edith

Moodie for providing lunch!



**NCNWSA**  
NCN Wellness Sports Association

**Get involved!  
Get Playing! It's Free!**

Register at: [ncnwsa.com](http://ncnwsa.com)  
or at the NCN Family and  
Community Wellness Centre

# 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 9am-4pm Sat-Sun 10AM-4PM)  
**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](http://www.youthspace.ca)  
(8pm-2am in MB)

### Indigenous Specific Resources

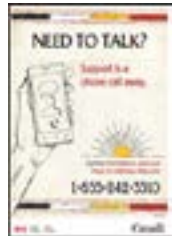
**HOPE For Wellness Line:** Speak to a counselor about anything. You can request services from: Male or Female, Cree and English

Call: 1-855-242-3310  
or connect to online chat:  
[hopeforwellness.ca](http://hopeforwellness.ca)

**Residential School Crisis Line:** Support and Crisis Services –  
1-866-925-4419 (24/7)

**60s Scoop Peer Support Line:** (8am-8pm)  
Listening and support – 1-866-456-6060

**MKO Mobile Crisis Response Team:**  
1-844-927-5433 or check out their many services at: <https://mkonation.com/>



### NCN Medical Receiving Home

A Safe, Full Service Stay for Our Citizens

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

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



### NCN Medicine Lodge

NCN Medicine Lodge  
Healthier Lifestyle with  
Control Over Addictions

Telephone: 204-484-2256  
Paving the Red Road to Wellness



### NCN Women's Shelter



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

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

### Sexual Assault,/Exploitation/ Partner Violence

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



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

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

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



**1-866-633-4220**

Or Chat online: [NEDIC.ca](http://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 25 yrs) 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**



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

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



### Jordan's Principle

A Child First Initiative  
NCN Family and Community Wellness Centre

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

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



### Rainbow Resource Centre

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

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

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

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



FASD Prevention Program

### Success Through Advocacy and Role Modeling

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

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



### Health Links Info Santé

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

**204-788-8200**  
or toll-free **1-888-315-9257**



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

### NCN Wellness Programs and Services

Call Us Today! **204-484-2341**

### NCN Wellness – Support and Information Lines:



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

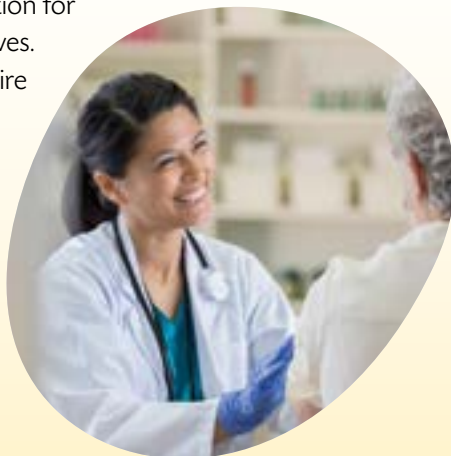
# Your Path to Wellness

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



## Public Health

NCN's Public Health mandate includes illness prevention, health promotion and health protection for all Citizens throughout their lives. Our programs benefit the entire NCN population, as opposed to individual patients or diseases. We work with Citizens through home visits, workshops, clinics and an annual health fair, and are always creating more culturally-focused health initiatives to help our Citizens live healthy lives.



### Services Include:

- Immunizations and vaccinations
- Sexually transmitted blood borne infections
- Mental wellness
- Environmental health and safety
- Primary care

### Benefits Include:

- Access to health care and immunizations
- Improved health for our Citizens
- Access to Mental Wellness Resources and Supports
- Improve care in the community

Please visit us at the NCN Family Wellness Centre. Or call us at (204) 484-2341. We'll set up an appointment to determine how we can help you and your family.

*Providing NCN Illness Prevention, Health Promotion and Health Protection*

## Guide to Human Resources (HR)

Do you work for or are you considering a job/career with the NCN Family and Community Wellness Centre? Our Human Resources department oversees recruiting, hiring and training FCWC employees. It also manages personnel including salaries and wages, benefits, sick leave, vacation time and more. HR ensures all employees receive appropriate training and certifications, and can serve our community according to best practices.



We have policies, plans, strategies and guidelines for every workplace situation!

### HR services for employees include:

- Employee Orientation
- Employee Assistance Program
- Lateral Violence Workshops
- Years of Service Awards
- Leave Scheduling
- Communications and IT services
- Annual Culture Orientation

### Employee benefits include:

- Health, dental, disability and life insurance
- Canada Life Pension Program
- Bereavement days
- Sick leave
- Family-related leave

*Get to Know Your HR Department & Resources*



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

Phone: **204-484-2341** Ext. 132

Address 14 Bay Road Drive, Nelson House, MB R0B 1A0

## Do you have a suggestion or a Mithomahcihowin story idea?

We would like your comments, feedback or news stories. Please contact [ncnwellness@gmail.com](mailto:ncnwellness@gmail.com)



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

14 Bay Road Drive  
Nelson House, Manitoba R0B 1A0  
T (204) 484-2341  
F (204) 484-2351  
[ncnwellness.ca](http://ncnwellness.ca)



**FCWC on Facebook!**

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