



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



FEBRUARY
2025



Kistithimisowin: “Honour Yourself” Men’s Workshop Inspires and Connects

Last weekend, the Wellness Centre hosted the KISTITHIMISOWIN “Honour Yourself” Men’s Workshop, a transformative three-day event that celebrated self-care, cultural teachings, and personal growth for men in our community. With an engaging mix of activities, breakout sessions, and thoughtful presentations, the workshop encouraged participants to honour themselves and their heritage in meaningful ways.

The event opened each day with a prayer and smudging ceremony, creating a reflective and welcoming

atmosphere. Reverend Agnes Spence spoke about the importance and cultural significance of smudging, helping participants connect with their spiritual roots. Throughout the weekend, the workshop drew a strong turnout, with 34 men attending on Friday, 38 on Saturday, and 27 on Sunday.

Enriching Sessions and Activities

Participants were treated to a variety of breakout rooms, including pedicures and manicures by Marlies Day Spa, haircuts by Maurice Bird, skincare

consultations by Heather Metechuk, and card readings led by Samantha Long. Eyebrow waxing was also offered as part of the grooming services. Desmond Colomb shared insights on the cultural importance of teepees, while Samantha Long facilitated calming “Sound Bath” sessions and bracelet-making workshops. The men also received guidance on meditation, fostering mindfulness and inner balance.

A showcase of traditional regalia by Isaac Spence on Saturday highlighted the importance of cultural identity and pride, while a photo booth hosted

by Jessica Merasty-Moose provided participants with a special way to capture memories of the weekend.

Thoughtful Nourishment and Gifts

Throughout the workshop, attendees were served healthy smoothies and complete nourishing suppers, emphasizing the importance of holistic well-being. Each participant also received a gift bag filled with practical and thoughtful items, including hats, mittens, toques, body



Continued on page 2

IN THIS ISSUE

PERSONAL JOURNEY

Kistithimisowin: “Honour Yourself” Men’s Workshop

1

FAMILY SUPPORT

Building a Kinder Community: February 26th is Pink Shirt Day

4

COMMUNITY HEALTH

Treating Head Lice and Sores in Children

12



Join Our NCN Family and Community Wellness Centre and Build Your Future!

At the NCN Family and Community Wellness Centre, we believe in more than just providing jobs—we believe in creating opportunities that empower you to shape your future, strengthen our community, and honour the rich traditions of our people.

We're hiring individuals who are eager to grow, learn, and contribute to the well-being of our community. Whether you're interested in health, counseling services, land-based programs, or administration roles like finance, human resources, or IT, there's a place for you.

Embrace Your Traditions:

- We value the knowledge of our Elders and integrate traditional skills and teachings into our work. Learn and grow while staying connected to our cultural roots.

Secure Your Future:

- Competitive wages and benefits provide the foundation for a stable and fulfilling life, allowing you to support those you love.

Make a Difference:

- Whether you're helping others heal, guiding our youth, preserving our lands, or ensuring our operations run smoothly, your contribution is vital.

Join Our Family:

- Experience a supportive environment where we work together, guided by our shared values, to create a brighter future for all.

Working with the Family and Community Wellness Centre isn't just about earning a paycheck—it's about building a life that honours our traditions and contributes to the strength of our community.

Take the leap, invest in your future, and become part of a family that's committed to making a difference.

Current Opportunities: Ready to apply or want to learn more? Call 204-484-2341 or visit www.ncnwellness.ca for more information.

Continued from page 1

wash, deodorant, toothbrushes and toothpaste, boxers, socks, shaving gel and razors, and nail clippers—ensuring they left feeling cared for and valued.

Positive Feedback and Future Plans

The workshop received overwhelmingly positive feedback, with participants praising the event as “exceptional” and hoping it would become an annual tradition.

Suggestions for future workshops included adding more facilitators for popular breakout sessions like

haircuts and integrating more cultural practices, such as sweats and vibrational healing.

- “It was soothing and relaxing.”
- “I enjoyed and needed this for myself, and I’m satisfied.”
- “I loved the sound therapy. Also, the foot massage. I loved everything that was presented and offered.”
- “I am thankful and appreciate the service and teaching presented.”
- “I really loved all the self-care I received.”
- “Have it for one extra day, so people will have time to do more.”
- “I loved it. It was exceptional for me

and hopefully they have one soon again.”

The KISTITHIMISOWIN “Honour Yourself” Men’s Workshop exemplified the strength of community and the importance of prioritizing self-care, cultural connection, and well-being.

Plans for future workshops are already underway, ensuring this inspiring initiative will continue to grow and provide even more opportunities for connection, learning, and empowerment.





Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Public Health Alert: Protect Yourself and Your Community

Tansi,

We are currently facing a potential quad-demic—a surge in illnesses caused by four viruses: COVID-19, influenza, RSV, and norovirus. These illnesses are circulating in the community and affecting individuals differently. While this is not a cause for alarm, it is a call to action to take simple yet effective steps to protect your health and the health of those around you.

What is a Quad-Demic?

A quad-demic refers to the simultaneous rise in cases of multiple infectious diseases. In this case, COVID-19, influenza, RSV, and norovirus are all contributing to increased illness in the community. Each virus affects recovery times and individuals differently, making prevention essential to staying healthy.

The Importance of Vaccination

Vaccination is one of the most effective tools to protect yourself and

those around you. The **COVID-19 and flu vaccines** reduce your chances of severe illness, hospitalization, and complications. They also help prevent the spread of these viruses to the most vulnerable members of our community, including Elders, children, and those with underlying health conditions.

If you haven't been vaccinated yet, it's not too late! Contact Public Health today to schedule your COVID-19 and flu vaccines. Protecting yourself also helps protect your loved ones and the community.

Other Preventative Measures

- **Wash Your Hands:** Use soap and water for at least 20 seconds. Hand sanitizer is helpful but not a substitute for proper handwashing.
- **Wear a Mask:** If you're feeling unwell or in crowded spaces, wearing a mask helps reduce the spread of illness.
- **Stay Home if Sick:** Rest and recover to prevent spreading illness to others.

■ **Cover Coughs and Sneezes:** Use a tissue or your elbow and wash your hands afterward.

■ **Disinfect Surfaces:** Regularly clean frequently touched areas, like doorknobs and phones.

What to Know About the Quad-Demic Viruses

■ **COVID-19:** COVID-19 continues to circulate and can lead to severe illness, particularly in older adults and those with underlying health conditions. Symptoms include fever, cough, fatigue, and shortness of breath. Vaccination is key to reducing severity and transmission.

■ **Influenza (Flu):** The flu is a highly contagious respiratory virus that causes fever, chills, muscle aches, cough, and sore throat. Complications can include pneumonia, especially in vulnerable populations. The annual flu vaccine offers protection against the most common strains.

■ **RSV (Respiratory Syncytial Virus):** RSV typically affects

young children and older adults. Symptoms include congestion, cough, wheezing, and fever. Severe cases can lead to bronchiolitis or pneumonia, requiring medical attention. Prevention includes good hygiene and avoiding close contact when unwell.

■ **Norovirus:** Norovirus is a stomach bug that causes nausea, vomiting, diarrhea, and stomach cramps. It spreads easily through contaminated food, water, and surfaces. Handwashing and disinfecting surfaces are critical to preventing its spread.

By understanding these illnesses and taking proactive steps, we can reduce their impact on our community. Together, we can stay healthy and strong.

Ekosani,
Lynda Wright Public, Health Director

**For more information, contact
204-484-2341**

Building a Kinder Community: February 26th is Pink Shirt Day

Every February, communities like ours, across Canada and the world unite to stand against bullying and promote kindness, empathy, and inclusivity. This year, Pink Shirt Day falls on February 26th, with the empowering theme, **"I Choose Kindness."**

Originating in Canada in 2007, Pink Shirt Day began as a small gesture of solidarity when two Nova Scotian high school

students distributed pink shirts to support a fellow student who had been bullied for wearing pink. Their simple act of kindness grew into a global movement, inspiring millions to speak out against bullying.

The 2025 theme, **"I Choose Kindness,"** invites everyone to actively practice kindness in their daily lives. Kindness is not just a response but a choice we make every day

to uplift others and create a supportive environment for all. Whether it's offering a warm smile, helping a neighbour, or simply listening, these small acts can ripple outward, fostering a culture where everyone feels valued and safe.

How You Can Participate

1. **Wear Pink:** Show your support by wearing a pink shirt on February 26th. Encourage your friends, family, and colleagues to do the same.
2. **Spread Awareness:** Share messages of kindness on social media using hashtags like #PinkShirtDay and #IChooseKindness.
3. **Practice Kindness:** Commit to simple acts of kindness throughout the day and beyond. Whether

it's in your workplace, school, or community, your actions can make a difference.

4. **Host Events:** Schools and workplaces can host discussions, kindness challenges, or fundraising events to support anti-bullying initiatives.

Choose Kindness

This February 26th let's make kindness our priority, not just for a day but as a guiding principle in our lives. Together, we can turn small gestures into big changes and build a community where everyone feels respected and included. Remember, choosing kindness is a powerful act—and it's one we can all do, every single day.

Let's paint the day pink and show the world what kindness looks like in action. #IChooseKindness

I choose
KINDNESS

2025
feb 26

WITS
PINK
SHIRT
DAY
CANADA

NCN Baller Gets Gold Star

Our Junior Basketball teams took to the court this weekend in Cranberry! Congratulations to both teams on capturing their championships! Shout of to the all star team of the tournament Ayanna Permanand, and Payton Thomas for the girls, Antwone Baker and Aditya Chhabra for the boys! Great start to the basketball season! Well done!

Antwone Swanson is a young man from NCN having success on the basketball court!

The R.D. Parker student was recently named all-star at a junior tournament in Cranberry. He is the son of Craig and Lilly Ann Swanson.

Great start to the season! Well done, Antwone!



You have the power to say,
“This is not how my story
is going to end.”



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

204-484-2341
ncnwellness.ca

Your Path to Wellness

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



Tuberculosis Program

TB is an infectious bacterial disease. It usually affects the lungs but can harm other areas of the body. The good news is you can cure active tuberculosis with a consistent and complete course of medication. This is also the best way to prevent TB from spreading. Because Tuberculosis is a transmitted disease, it is always a concern in our community. Our public health

team delivers education and screenings to help everyone avoid tuberculosis, and medication programs to stop the disease if you become infected.

Services Include:

- Provision of information and care
- Access to effective medication
- Education about what's happening in your body, nutritional food, exercises

- Access to health care professionals
- Transportation (as needed)

Benefits Include:

- Open and honest communication with your health care team
- Consistent and complete course of medication
- Prevention of spread in the community
- Support for patients and caregivers

Tuberculosis is Curable. Let us Help You and Prevent Spread.

Nurture holistic wellness

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



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

204-484-2341 ncnwellness.ca



Support Our Families

MISSING: If you have any information about Douglas Bighetty, Rico Linklater, and Christopher McDonald, we urge you to contact the RCMP at 204-484-2837. To report anonymously, you can either call 1-800-222-8477 or online at p3tips.com. Your information, no matter how small, could be the key to bringing them home.

Additionally, we are also seeking information about the unsolved hit-and-run incident

involving Yolanda Osborne which occurred at approximately 8:00pm on January 13, 2023. Any details you can provide could help bring closure to their family.

Every missing and deceased person is someone's loved one. Your courage to speak out can make a profound difference. Let us stand together as a community to ensure the safety and

well-being of all our members. Your help is vital in reuniting families and bringing peace.

Thank you for your cooperation and compassion.



Animals

(Clues are in English; English; Find the word in Cree)

miskaw kăkiyaw pisiskiwak

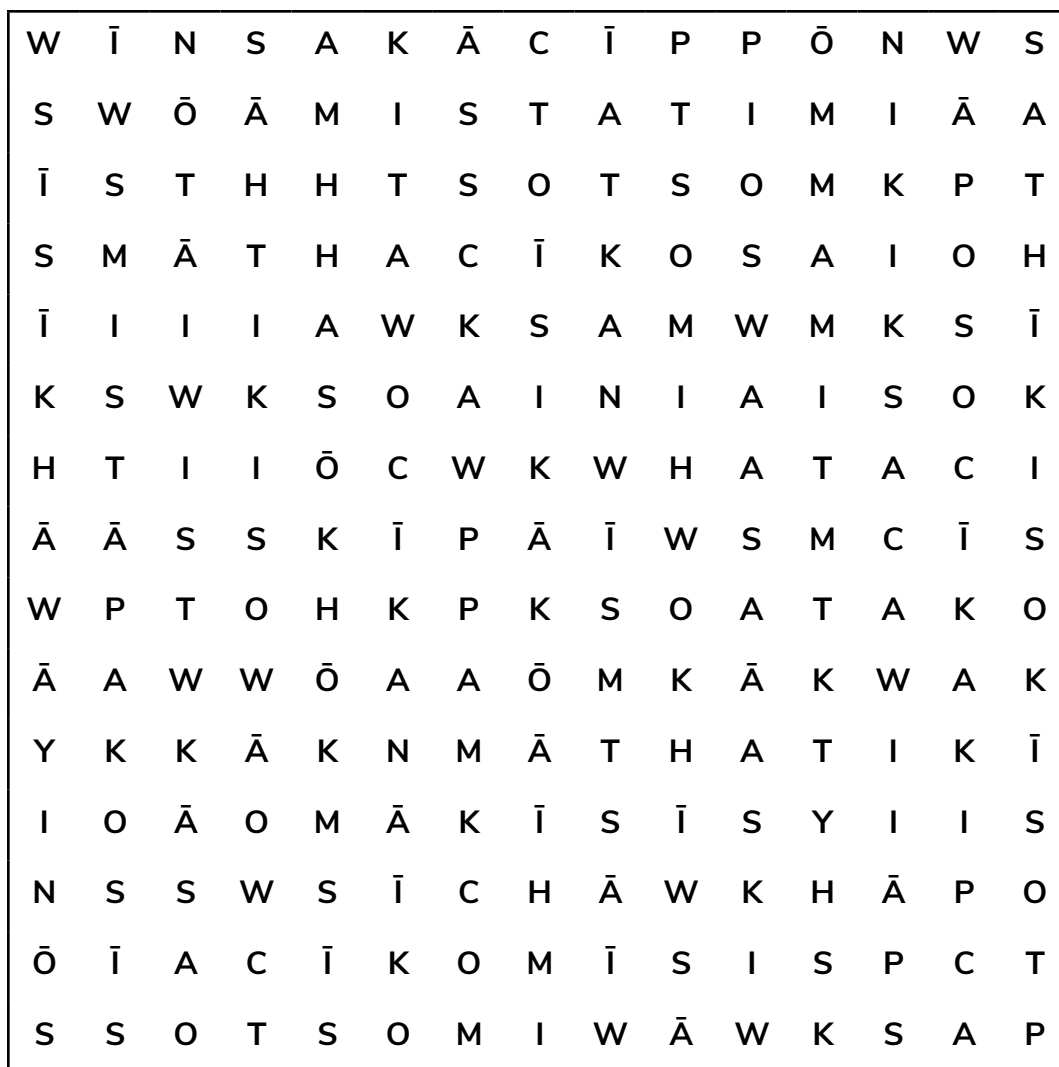
otter
bush mouse
groundhog
frog
fisher

lizard
mink
raccoon
pig
weasel

bear
cow
wolf
moose
horse

silver fox
rabbit
fox
hamster
skunk

bat
muskrat
sheep
buffalo
goat



Win \$75 Cash!
Submit your
completed
crossword to the
Wellness Centre
for a chance to
win \$75 cash!



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

NAME: _____

Phone Number: _____

The fine print: All submitted correct entries will be entered into a random draw, with one winner to be selected. Draw will be held on February 28th at 2:00 pm

ᓂᓂᓂᓂᓂᓂ **sītoskākēwin** **NCN & FCWC Support Services**



General Inquires: 204-484-2341
Mental Health On-Call: 431-354-1270
Public Health Nurse: 204-484-2341
NCN CFS After Hours On Call - 204-679-6386 OR 204-679-5544



The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to promote healthy living, to help everyone manage their diabetes, and to help reduce the prevalence of diabetes in NCN citizens. We focus on: • healthy eating • physical fitness • risk factors • screening • diabetes management
Call 204-484-2341 ext. 166



Our MCH team provides help for mothers (and the entire family) before, during and after pregnancy. We offer nutrition, exercise and wellness guidance to raise your infant, toddler and children, and to stay healthy as a mom. Families with more complex needs can receive individual case management and support. We may help you to receive counselling, stress management, FASD support, and immunizations. We focus on: • a healthy balanced lifestyle • raising healthy kids • holistic care for pre- and post-natal mothers • nutrition for moms, babies and families
Call 204-484-2341 ext. 128 or 127



We create positive, supportive long-term mentoring relationships with women who have used substances during their current or recent pregnancy. Women are guided in harm reduction strategies, linked to community resources to reduce isolation and encourage family participation, and educated about the effects of alcohol and drugs. We also connect families to professionals for efficient FASD assessment, diagnosis and care plans and offer regular educational programs and FASD awareness events in the community.
Call Irene Spence or Tanya Moody at 204-484-2341



The Canada Prenatal Nutrition Program (CPNP) provides funding to help to improve the health of pregnant women, new mothers and their babies, who face challenges that put their health at risk.
Join us every Wednesday between 1pm and 3pm
To find out more, call 204-484-2341 ext 166



Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families, and awareness of the program is increasing every year. Most clients become involved with Jordan's Principle through a referral from school, JP staff, family or friends, or another health program in the community. Eligibility Criteria: Children who have or may show signs of any of the following: Developmental delays; Autism spectrum disorder; Permanent physical disabilities; Speech impairment/delays; Attention deficit disorder; Attention deficit hyperactive disorder; Medical needs
For more information call 204-484-2585

**NCN MEDICAL
RECEIVING HOME**
*A Safe, Full Service Stay
for Our Citizens*

All NCN Citizens who live on-reserve in Nisichawayasihk Cree Nation qualify to use the MRH, if there is space available, and if the MRH is capable of providing the care required. (You will be required to provide your referral information from the NCN Nursing Station.) The MRH is set up to accommodate one-day appointments, overnights, and stays of longer term* in cases of surgery and ongoing treatment. (Extensions may be provided on a case-by-case basis, with proof that you have tried to find another residence.)
Call 204-786-8661

ᓂᓄᓂᓂᓂᓂᓂᓂ **sītoskākēwin** **NCN & FCWC Support Services**



**Noosi Muskwa
WOMEN'S SHELTER**
A safe place where healing begins

The Women's Shelter offers temporary shelter to women and their children who come to us on a voluntary basis because they are in crisis or dealing with domestic violence or abuse at home from a partner or spouse. We combine protection and security with western counseling and Indigenous wisdom to help women make a plan for future security and happiness.

The Women's Shelter is located in Nelson House and is available 24 hours a day to all NCN women and children. There is no financial cost to stay with us.

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

Call 204-484-2634 or 204-354-1840



Nelson House
**MEDICINE
LODGE**

Mithwayawin Mitho Tehewinihk Ochi

Offering non-medical, drug and alcohol treatment, prevention and aftercare services that encompasses both Indigenous and Western worldviews. This includes the natural laws of respect and humility that teach us to be open to learning and implementing best practices, to better serve those who have been greatly impacted by substance abuse and/or mental health issues. We work to assist people who have been spiritually and psychologically influenced by life's circumstances. Our unique approach delivers proven results for individuals traveling the "Red Road to Wellness".

Residents of our 8-week know Drug and Alcohol Treatment Program are guided by Medicine Lodge's dedicated staff of professional clinicians, counsellors, and spiritual healers.

Call 204-484-2256



ndinawe
NDINAWEMAAGANAG
ENDAAWAAD INC.



NDINAWAWE
204-417-SAFE

Connecting at-risk youth with the shelter, culture, programming, education, health and supports they need for safe and healthy lives.

Your central source for adult addiction services.

MBAAddictionHelp.ca

We're here when you're ready.
Call or text 1-855-662-6605

**MANITOBA
CRIME
STOPPERS**

**To Submit a Crime Stoppers Tip:
Call: 1-800-222-8477(TIPS)**

Submit a Tip Online: www.manitobacrimestoppers.com
A safe and anonymous way to report crime

CFS On-Call
NCN: 204-678-6386
or 204-679-5544

24/7 SUPPORT

Counselling Services On-Call
NCN: 431-354-1270
(On call hours are from 4:30pm to 8:30am A.M.T)
24-hours Saturday/Sunday and Holidays)

NCN Family and Community Wellness Centre provides essential services for Nisichawayasihk Cree Nation and surrounding communities for health and child services

South Indian Lake
CFS On Call

Check the NCN Family and Community Wellness Centre's Facebook Page for who's on-call each week.

If at any time you are unable to reach an on-call worker, contact Intake in Thompson @ 1-855-260-9457

Where children are in need of protection from abuse or neglect such as: alcohol around minors, domestic or intimate partner violence around minors, or anything that compromises a child's basic needs of health or safety.

Call: RCMP - Leaf Rapids @ 204-473-2469
RCMP - Winnipeg @ 204-374-2343
RCMP - OCN @ 204-374-2029
Security - OCN @ 204-374-2429

We are here to help 24 hours a day
1-877-435-7170
MANITOBA SUICIDE PREVENTION & SUPPORT LINE

reason to live.ca

Thinking of suicide?
If you need to talk, we're here to listen.

9-8-8
toll free, 24/7

Winter Warmth: February Recipes for Cozy Nights

February is the month of cozy evenings and heartfelt moments. As we embrace the final stretch of winter, it's the perfect time to indulge in comforting recipes that bring warmth to the body and soul. Whether you're sharing these meals with family, friends, or a special someone,

they're sure to create cherished memories. This month, we're excited to share two delightful recipes: a creamy potato soup that's both hearty and easy to make, and a playful Valentine's twist on the beloved bannock. Let's celebrate the season with delicious food and good company!

Creamy Potato Soup

Ingredients:

- 4 medium potatoes, peeled and diced
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 cups chicken or vegetable broth
- 1 cup heavy cream (or milk for a lighter option)
- 2 tbsp butter or oil
- 1 tsp dried thyme
- Salt and pepper to taste
- Chopped green onions or shredded cheese (optional, for garnish)



Instructions:

1. **Sauté Aromatics:** In a large pot, heat butter or oil over medium heat. Add onion and garlic, cooking until softened and fragrant.
2. **Cook Potatoes:** Add diced potatoes and broth to the pot. Bring to a boil, then reduce heat and simmer until the potatoes are tender, about 15 minutes.
3. **Blend Soup:**
 - **Option 1: Immersion Blender** – Use an immersion blender to blend the soup directly in the pot until smooth.
 - **Option 2: Standard Blender** – Carefully transfer the soup in batches to a blender. Do not overfill, and leave the lid slightly ajar to let steam escape. Blend until smooth and return to the pot.
 - **Option 3: Potato Masher** – Use a potato masher to mash the potatoes directly in the pot for a chunkier texture.
 - **Option 4: Fork** – If a masher isn't available, use a sturdy fork to mash the potatoes for a similar chunky texture.
4. **Add Cream:** Stir in the heavy cream and dried thyme. Heat gently, without boiling, until warmed through. Season with salt and pepper to taste.
5. **Serve and Garnish:** Ladle into bowls and garnish with green onions or shredded cheese if desired. Enjoy hot!

Heart-Shaped Cookies: A Sweet Symbol of Love

February is the perfect time to bake something special for the ones you care about. These heart-shaped cookies are more than just a tasty treat—they're a symbol of love, warmth, and connection. Shaping them into hearts adds a personal touch, making each cookie a little reminder of the

bonds we share with family and friends. Whether you enjoy them with a cup of tea or share them as a thoughtful gesture, these cookies are sure to bring a smile and a sense of comfort to your February days.

Heart-Shaped Bannock

Ingredients:

- 2 cups all-purpose flour
- 2 tbsp baking powder
- 1/4 cup sugar (optional)
- 1/2 tsp salt
- 1/2 cup shortening or butter
- 3/4 cup milk (or water, as needed)



Instructions:

1. **Preheat Oven:** Preheat your oven to 425°F (220°C).
2. **Mix Dry Ingredients:** In a large bowl, mix flour, baking powder, sugar (if using), and salt.
3. **Cut in Fat:** Cut in the shortening or butter until the mixture resembles coarse crumbs.
4. **Add Liquid:** Gradually add milk (or water) until a soft dough forms. Adjust as needed for consistency.
5. **Shape and Cut:** Turn the dough out onto a floured surface and knead briefly. Roll out to about 1/2 inch thick and use a heart-shaped cookie cutter to cut out pieces. Place on a greased baking sheet or in a cast-iron skillet.
6. **Bake:** Bake for 12-15 minutes, or until golden brown. Serve warm with butter, jam, or honey.

Digital Front Door

Rapid Access to Addiction Medicine



Rapid Access to Addictions Medicine Digital Front Door (RAAM-DFD)

(RAAM-DFD) clinics are for adults (ages 18+) looking to get help with substance use and addiction. This service is a nurse-led clinic with access to other medical staff, counsellors and other supports.

Did you know you can connect with RAAM services using your mobile device or laptop?

There are seven RAAM clinics in Manitoba. You can connect with any RAAM-DFD. We recommend you link with the clinic closest to you.

For more information on how to connect with RAAM-DFD scan the QR code or go to sharedhealthmb.ca/raamdfd and scroll down to choose your clinic.

Please Note: The RAAM Digital Front Door meets provincial privacy standards. Your appointment will not be recorded. RAAM staff enter any needed information (e.g., history of substance use) into a secure and separate electronic health record currently used in RAAM clinics.



Treating Head Lice and Sores in Children Without Cutting Hair



LICE HAPPENS

NO SHAME. NO BLAME.

Sores from Scratching:

- **Clean the Affected Area:** Wash the scalp gently with warm water and mild soap to remove any dirt and reduce infection risk.
- **Healing Ointments:** Apply a gentle antiseptic ointment, like polysporin or aloe vera gel, which is soothing and helps prevent infections. These can be used on small sores and irritated skin caused by scratching.
- **Avoid Harsh Chemicals:** When treating lice, choose natural options or gentle medicated treatments to avoid further irritation on the sore areas.
- **Tea Tree Oil:** As an antimicrobial, tea tree oil can help keep sores clean and reduce itching. Mix a few drops into coconut oil and apply to the scalp, letting it sit before combing out lice.

Lice Treatment Without Cutting Hair:

- **Nit Comb:** After applying treatment, use a fine-toothed lice comb to carefully remove nits and lice. Combing regularly, even after treatment, is essential for ensuring lice are fully removed.
- **Olive Oil Treatment:** Olive oil can suffocate lice without damaging hair, making it a preferred treatment when cutting hair isn't an option. Apply olive oil, cover the hair with a shower cap, and leave overnight. In the morning, comb through and wash the hair.
- **Frequent Washing:** Using a lice shampoo, followed by combing, can help eliminate lice without cutting hair.

The Significance of Hair in Traditional Cree Practices:

Hair holds deep spiritual and cultural meaning, with several key elements:

- **Connection to Identity:** Hair symbolizes a deep connection to one's identity and life force. It is seen as an extension of the self, often linked to personal strength, wisdom, and spiritual growth.
- **Symbol of Respect:** Hair is treated with great respect. In traditional practices, it is often only cut during significant life events, such as times of mourning or spiritual transition. For children, hair can represent their innocence and connection to their ancestors.
- **Ceremonial Importance:** Braiding hair can be a form of prayer or meditation, representing the unity of body, mind, and spirit. The act of caring for one's hair is a spiritual practice itself, reflecting one's care for their spiritual and physical well-being.
- **Cultural Pride:** For many, long hair is a source of cultural pride, representing a connection to their ancestry and traditions.

Traditional Medicines and Head Lice Treatment:

Sweetgrass, cedar, sage, and wikii (rat root) are known for their traditional medicinal and spiritual uses in Indigenous cultures. While they are valued for their antimicrobial, purifying, and soothing properties, it is important to note that they are not necessarily proven to be effective against head lice. However, they may still contribute to overall scalp health, particularly in soothing irritation or supporting healing after lice removal.

For example:

- Sweetgrass is used in purification and smudging ceremonies, bringing a sense of calm to the healing process.
- Cedar and sage have antimicrobial and anti-inflammatory properties, which can be helpful for soothing irritated skin, though their use in directly treating lice is not well documented.
- Wikii is known for its medicinal benefits and may help support the healing of sores caused by lice, but its role in lice treatment is not commonly recognized.

These plants reflect the deep respect and reliance on natural medicines, contributing to overall well-being even if they aren't specifically lice treatments.



Winter Healing Camps at Leftrook Lake: A Journey of Recovery and Connection

Presented by James Shutterworth and Jackie Walker

This winter, immerse yourself in the tranquil beauty of Leftrook Lake and take a meaningful step toward healing and renewal. Led by experienced facilitators James Shutterworth and Jackie Walker, these camps provide a safe and welcoming environment for individuals and couples to reflect, learn, and grow. Rooted in traditional practices and land-based activities, these camps are designed to help participants understand the impact of addictions, rediscover their inner strength, and reconnect with the natural world.

Whether you are seeking to heal as a couple or start your individual recovery journey, these camps offer a blend of practical tools, cultural teachings, and community support. Through traditional ceremonies, land-based activities, and personal recovery

planning, participants will gain insight, foster connections, and create a path forward in their lives. Surrounded by the serene winter landscape of Leftrook Lake, this is an opportunity to pause, reflect, and embrace a holistic approach to recovery in an environment that nurtures both body and spirit.

Upcoming Camp Dates

February 3-7, 2025: Couples' Relationship with Addictions

This three-day camp (Feb 3 travel day, Feb 7 return) is designed for couples navigating the challenges of addictions within their relationships. Space is limited to four couples due to cabin availability.

What to Expect:

- **Understanding Addictions:** Learn how addictions affect relationships and identify pathways to healing.

- **Traditional Medicines:** Discover the use of traditional medicines for symptoms and recovery.
- **Land-Based Activities:** Participate in medicine picking, ice fishing, and snaring rabbits.
- **Daily Ceremonial Practices:** Engage in smudging and sweat lodge ceremonies to support healing.
- **Recovery Planning:** Work together to create a personalized Relationship Recovery Plan.

February 17-21, 2025: Individual Recovery Start-Up

This three-day camp (Feb 17 travel day, Feb 21 return) focuses on individuals ready to start their recovery journey and understand how addictions impact their daily lives.

What to Expect:

- **Identifying Addictions:** Recognize

the role of addictions in your life and begin the healing process.

- **Traditional Medicines:** Learn about traditional remedies to aid recovery and manage symptoms.
- **Land-Based Activities:** Enjoy immersive experiences such as medicine picking, ice fishing, and rabbit snaring.
- **Daily Ceremonial Practices:** Take part in smudging and sweat lodge ceremonies.
- **Personal Recovery Planning:** Develop a tailored plan to support your recovery journey.

March 3-7, 2025: Couples or Individuals – Based on Interest

This flexible camp format will cater to either couples or individuals depending on registrations. It offers the same enriching experiences as the earlier camps, focusing on recovery, connection, and traditional practices.

Preparation and Registration

Participants are asked to bring the following:

- Winter gear and warm clothing
- Blankets and personal hygiene products

For more information or to register, contact Jackie Walker at 204-679-5277.

SPACES ARE LIMITED, SO RESERVE YOUR SPOT TODAY.

Reconnect with yourself, your loved ones, and the land in this transformative winter camp experience at Leftrook Lake. We look forward to welcoming you on this journey of healing and renewal.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

RECRUITING FOSTER PARENTS

A foster parent is committed to providing a safe and nurturing family environment for the child/teen until he or she can return home to live with their biological family.

BASIC REQUIREMENTS

Pass a criminal background check, and a child abuse check
Meet physical environment requirements and have space for a foster child

Be willing and able to work with and respect the child's biological family

Have love and patience to share and be invested in our community's children



Foster Care packages can also be
picked up from 8:30 AM till 4:30 PM
Monday to Friday
Unit 12-14 436 Thompson Drive



FOR INFORMATION OR FOR ANY QUESTIONS PLEASE CONTACT BELOW

Audrey Ross
Foster Care Coordinator
aross@ncnwellness.ca
204-778-1980

Kaytlyn Chartier
Foster Care Worker
kchartier@ncnwellness.ca
204-778-1951

Get Ready for the 2nd Annual NCN Half Marathon & Relay!

NCN Family and Community Wellness Centre is thrilled to announce the **2nd Annual Half Marathon**, taking place on **Saturday, July 26th, 2025**, with an alternate date set for **August 9th, 2025**. This year's event is more exciting than ever, with the addition of **new relay categories** for both male and female teams.

This event is about more than just running. It's a celebration of community strength, resilience, and the spirit of coming together to achieve something extraordinary.

Why Participate?

A Healthy Challenge: Running a half marathon or participating in a relay pushes your body, clears

your mind, and fills you with an incredible sense of accomplishment. Whether you're a seasoned runner or starting out, this is your chance to shine.

Exciting Prizes: With **over \$10,000 in total cash prizes**, you have a chance to earn rewards across these categories:

- Adult Male & Female
- Youth Male & Female (17 and under)
- Relay Teams: Male & Female

Breathtaking Scenery: Set against the stunning backdrop of northern Manitoba's waters and forests, this is a race you'll never forget.

What's New This Year?

1. **Relay Categories:** New male and female relay team divisions make the race accessible to more participants. Share the challenge, share the fun, and share the victory!
2. **Alternate Date:** In case of unexpected weather, we've planned for an alternate date on **August 9th**.
3. **Larger Community Involvement:** We're reaching far and wide across Manitoba, inviting runners and supporters from all over to make this event bigger than ever!

Start Training Today!

Whether you're running the full 21km or joining a relay team, here are tips to help you prepare:

- **Set Goals:** Start small and build toward your race-day distance.
- **Stay Consistent:** Create a weekly schedule and stick to it.
- **Buddy Up:** Find a training partner for motivation and accountability.
- **Fuel Right:** Practice healthy eating to power your training.
- **Rest and Recover:** Take rest days seriously to prevent injuries.

Event Details

- **Date:** Saturday, July 26th, 2025
- **Alternate Date:** Saturday, August 9th, 2025
- **Location:** Nelson House, Manitoba
- **Registration Fee:** FREE

How to Register

- **Email:** communications@ncnwellness.ca
- **Call:** 204-484-2341

NCN Family and Community Wellness Centre



2nd Annual Half Marathon & Relay

Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre



Event Details:
Date: Saturday, July 26th, 2025
Alternate Date: Saturday, August 9th, 2025
Nisichawayasihk Cree Nation (Nelson House),
Email: communications@ncnwellness.ca
Call: 204-484-2341

Categories:
Adult Male
Adult Female
Youth Male (17 and under)
Youth Female (17 and under)
Relay Teams: Male & Female

Prizes:
Over \$2,000 in category cash prizes,
with a total pool of \$10,000+!

Registration Fee:
FREE

Register today and join us for an amazing run!



Pregnant?

Delivering in Winnipeg?

Public Health
nurses are there
to support you!

Let's connect!


Call 204-940-8711 for more information.

You can meet with a nurse at a place that works for you (in Winnipeg), along with a partner, friend, family member, or other support person.

We can work together on:

- *Health needs, including mental health
- *Finance, EIA, and housing
- *Advocating for you
- *Applying for the prenatal benefit
- *Linking to community supports
- *Pregnancy options

Call 204-940-8711 and ask to speak with the coverage nurse



Winnipeg Regional Health Authority Office régional de la santé de Winnipeg



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.



Public Health

Do you have a suggestion or a Mithomahcihowin story idea?
We would like your comments, feedback or news stories. Please contact 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



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