



Merry Christmas!



Peter Ballantyne 1st Annual Talent Search



TABLE OF CONTENTS

	PAGE
PBCN	
Talent Search	1, 3 - 5
Chief's Message	2
Editor's Message	2
Post Secondary Student Support Program	6 - 8
Cree Words of the Month	8
Education	9 - 10
Community Profile Denare Beach / Amisk Lake	11
PBCN Health Services	12
Pelican Narrows Tackles Community Violence	13
Youth Sports Profile Cody Michelle	14 - 15
Season's Greetings	16



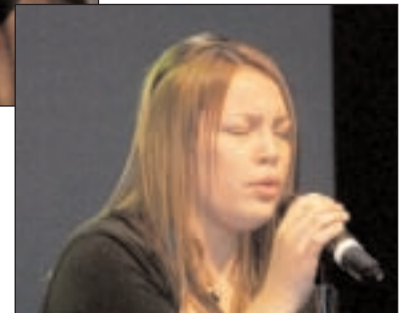
**First Place Winner
Gerald Clarke on stage with
Chief Darrell McCallum**



The Peter Ballantyne Cree Nation planned a multi-community wide talent search competition during the month of November, 2009. This was a first time initiative for the communities that would enable anyone of any age to try something new in musical or creative talents and abilities. It was a very exciting and worthwhile event which we hope would spark a strong interest in arts, music and culture and create an opportunity for band members to promote and highlight community development in a most strong and positive manner, especially for the youth in the communities.

The committee was requested to plan this first time attempt at gathering creative talent throughout the seven communities of the Peter Ballantyne Cree Nation. We began in the 2nd week of September and well full tilt organizing the local community talent shows. With Sheryl Kimbley assisting this amateur group to a better understanding of how talent shows are perceived by the general public to what expectations the artists expected of show cases. Without this initial guidance, suggestions

continued on page 3



**Second Place Winner
Shavanna Clarke**



**Third Place Winner
Clayton Cook**



Message from the Chief

Tansi, On behalf of the Peter Ballantyne Cree Nation I would like to take this opportunity to give thanks to the PBCN Education Staff who worked diligently to deliver this Staff Conference "Reclaiming the Spirit". Presentations of "The Circle of Courage" and "The spiritual Needs of Youth" during the week of November 2 to 5 were needed and welcomed. I thank all those members who participated and everyone who helped in bringing this conference together. Your efforts are greatly appreciated.

Also, I want to thank everyone who participated in the recent conclusion to the PBCN Talent Show 2009. From all indications it was a resounding success and it could not have happened without tireless personnel and many volunteers. I want to thank Howard Walker, Larissa Burnouf, Sheryl Kimbley, Connie Mike, Julie Roy, Ben Schenstead for their help, support, time, effort and expertise on

this event. Much appreciation also goes toward the Talent Show Committee members without whose time and efforts this would have been possible. Thank you Brenda Roberts, Crystal Merasty, Carol Merasty, Candace Merasty, Mark Merasty, Gloria Merasty, and Pauline Clarke. Definitely a big thanks goes to everyone who came out to help and participate in the show in all of our communities and I want to personally say Great Job and Well Done to the Top 8 Finalists for the PBCN Talent Show who are Clarissa Morin, Shavanna Clarke, Dorianna Michel, Gerald Clarke, Pauline Morin, Gaylene Ballantyne, Clayton Cook & Adam Jobb. Also to 1st Place Winner Gerald Clarke, 2nd Place Shavanna Clarke and 3rd Clayton Cook you do the PBCN proud and on behalf of the Council, I say congratulations on your wonderful performances. It was well run, well organized and the PBCN



was proud to support such talent. Lastly, please remember the purpose of the Christmas Season and enjoy the company of your friends, loved ones and relatives throughout the holidays. Remember what it is that makes our communities home and in that spirit I want to Wish you all a very Merry Christmas and a Happy New Year. God Bless.

Sincerely, Chief Darrell McCallum



Editor's Message

This edition has some differences from the last and it is this continuation of constant change and progress that we would like to bring to the communities. Some people called and emailed me providing some ideas which we will take into consideration and some will be included in the next issue. I appreciate having the opportunity to bring this information together in a simple and easy to read format highlighting what is happening in our First Nation. One of several great ideas that came from a Prince Albert Urban member was to include Cree Words in every Acimowin so that Urban Youth and even some community kids can grasp the meaning of certain words, some that are not spoken regularly and some that are new to the language. For example, the relatively new Cree word for a banana is

"wa-kas", or "little curve" in translation. Since we don't have those growing this far north, we can only surmise that when bananas were first brought north, the people had to come up with a new name for it. But, I have one question. What is the Cree Word for something we don't normally have in Saskatchewan such as a Giraffe? And NO, Rusty from the Friendly Giant will not suffice. I'll keep you posted.

Cree is an evolving language but it is also in danger of being a forgotten language. Recent statistics indicate that while Cree is the most spoken First Nation language encompassing the provinces and territories from BC to Nunavut and east towards Quebec, the younger generations are slowly losing it with the urban generation mostly understanding Cree but not fluently speaking it. Thus, we shall include in future editions of the Acimowin not often mentioned Cree

words and attempt to translate some that we may not have names for YET. Keep your ideas coming and in future, if we can incorporate them into the Acimowin, you will truly be contributing to your own community Newsletter. Lastly, if you want to include an Anniversary Greeting or an In Memory Of "insert name here" addition to the Acimowin, we will be glad to incorporate it. All you need is to provide the names, dates, length, location and a clear photo (scanned and digitized if possible). Send the information to tjmerasty@sasktel.net or tjmerasty@hotmail.com or call 763-3057. In closing, from my son Seth and I to you,

HAPPY HOLIDAYS TO EVERYONE
DURING THIS
FESTIVE SEASON
AND A VERY
HAPPY NEW YEAR!



continued from page 1

and feedback, the committee would have struggled that much more. Sheryl was quite the resource for the committee in that her contacts enabled the show with knowledgeable judges and entertainers that would suit the ideal behind the PBCN Talent Show.

We also appreciate the judges who came to support and help in the show as their task was not an easy in selecting and eliminating amateur singers and dancers. Their professional and empathic skills were very appreciated and their patience with working with our committee. We especially appreciate the singing that Connie Mike and backup singer Sheryl Kimbley performed for our Saturday show, thanks for that extra oomph to our show. Thank you to Julie Roy, Connie Mike and Ben Schenstead for their advice and ideas for future shows.

So with good intentions, each member contacted community representatives who organized their own community shows with the help of their own resources and volunteers. Without the immense help that each community put into garnering registrations, finding venues, judges and music, this attempt at a first time major talent show would not have been possible. In many cases, karaoke professionals Kevin Sewap, Donnie (roxies) and mostly the Rez Boys and Out of the Blue bands were utilized by many of the communities. Their music and talents helped out the competitors each time they were needed. Much thanks goes out to all of those helpers, workers and official reps at each reserve. This competition ran the scheduled preliminary competitions in Sandy Bay, Pelican Narrows, Southend, Deschambault Lake, Denare Beach/Sturgeon Landing and Prince Albert during early November.

Thanks also to the Rawlinson Centre who had great patience with all of the staff in working out the fine details, changes, sound system and backstage operations of this show. They were wonderful in helping the committee in working out the details of this show. Pat, Nick, James and Shaun are very helpful employees of the Rawlinson Centre. Once again, their patience with working with several committee members truly helped the smoothing out of the show.

The finale which was planned to be taped on Missinipi Broadcasting Corporation radio also had great assistance this radio station as they donated a lot of quality air time to promote this event. We also would like to acknowledge their employee Lorraine Burnouf who agreed to come and do the mistress of ceremonies role for the show. Thank you MBC.

There is no great show without the multi talented, humor and audience appeal of both mistress and master of ceremonies; Howard Walker was the Saturday emcee. The preliminary round was very well orchestrated by Howard who entertained the audience in between introducing the competitors on to the stage with his jokes, anecdotes and warming up the audience. Larrisa Burnouf was a very professional and easy going mistress of ceremonies on Sunday with all

. . . and the runners-up are



Adam Jobb



Clarissa Morin



Gaylene Ballantyne



Dorianna Michel



Pauline Morin

of the hustle and bustle of backstage activities. We the committee would like to thank her for her patience and wonderful stage presence also in the order that the show ran.

No show would have even been possible without the financial support of our many sponsors including the donations from the business community of Prince Albert. The first sponsor who came to the aid of the committee was MBC with their donated air time as well as Cameco followed by PBCN Executive. In no short order, the generous donators such as Prince Albert Grand Council and SIGA, including the Aboriginal Student Centre Mentorship Program and the College of Arts and Sciences Summer Univ. Transition Program at the University of Saskatchewan also followed. The list also includes Nuna Drilling, Areva Resources, First Nations Insurance, Deschambault Lake FTA and SaskEnergy. Thank you for making this dream of the Peter Ballantyne Cree Nation a reality.

We also appreciate both Angela Merasty of Cameco and Charlotte Ross of the University of Saskatchewan for their encouraging word to the participants.

The show was made more enjoyable by our special entertainer, Terri-Ann Strongarm who performed a number of inspiring songs to the delight of the audience. The audience was quiet when one particularly moving song was sung by Terri-Ann. She was truly a delight and added to the quality of the Sunday show.

The many other contributors to the event in the form of prizes, discounts and gift certificates were:

CRESCENT HEIGHTS PHARMACY

PARTNER'S FURNITURE

RAMADA PRINCE ALBERT

GENES SPORTS EXCELLENCE

NORTH STAR TROPHIES

CANADIAN TIRE

PETRO CANADA

WALKING SMOKE

PA SOFTWARE INC.

HAROLDS FAMILY FOODS

PRINCESS CAFÉ

KFC

BEST WESTERN INN

SUPER 8

DAYS INN

ECONO LUMBER

TRAVELODGE

SAFEWAY

COMFORT INN

... and more talent



Brittny Elderkin



Tanya Morin



Howard Walker, MC



*May the season bring you joy and happiness to you,
your family and community!*

From everyone at Peter Ballantyne Development Limited Partnerships (PBDLP),

*we Wish You a Merry Christmas and a
very Happy New Year*

From: Trevor Ives, Loretta Merasty, Derek McKay and all the people involved with PBDLP



Terri-Ann Strongarm

Committee Members: Gloria Merasty, Carol Merasty, Brenda Roberts, Crystal Merasty, Pauline Clarke and Candace Merasty. This committee did an immense amount of work in such a short time, kudos to all of you. They would like to thank Chief and Council of the Peter Ballantyne Cree Nation for all of their support and assistance throughout this process.

So in order of those who won:

- | | |
|-----------------|-----------|
| Gerald Clarke | 1st Place |
| Savannah Clarke | 2nd Place |
| Clayton Cook | 3rd Place |

Honorable Mentions was awarded to:

Dorianna Michel by the judges and encouraged all participants to continue on in their talents.

All participants received medals and prizes for participating and the three winners were awarded a unique gift of specially made blankets. The grand prize winner held up his gold trophy and the certificate for a \$3000 Turtle Island Recording Contract. We look forward to the music this singer will be entertaining the musical world with in the future.

Finally the show would simply not even have occurred without all of the performers who went to their initial rounds in each community and travelled to come out to PA for another round of singing in front of an audience. For those participants, we thank you for putting it all out there for the enjoyment of your audiences. For newer singers and performers, it was their first time on a stage and they enjoyed the chance. For others, it was another chance to go in front of people who appreciate a good song and the clapping and cheering of the people really boosted their morale. Once again, we appreciate Jim, Shaun, Howard, Larissa and Sheryl for calming and soothing the many different ages and talents of all the performers. To their families who came out to support them and guide them through this, especially the first timers, thank you for having the energy, heart and courage of all of you. Keep singing and performing as we look forward to the future heart and songs of our Peter Ballantyne Cree Nation.



Preston Morin



Zoe Beatty



The Reindeer Lake Dancers

PBCN POST SECONDARY



The Post Secondary Student Support Program team consists of Christine Morin, Gloria Merasty, Carol Merasty, and Mary Ann Sewap.

Congratulations to the following who graduated during the Fall 2009 convocations:

Grace McLeod	Master of Education Curriculum & Instruction U of R
Cheryl Morin	Master of Education Curriculum & Instruction U of R
Loretta Ballantyne	Master of Education Curriculum & Instruction U of R
Katie Sewap	Bachelor of Indian Social Work FNUC
Jacqueline Ballantyne	Bachelor of Social Work U of R
Bobbi Bighetty	Bachelor of Education FNUC
Amy Swan	Radiation Environmental Technician NLC

Post Secondary Summer Students 2009

Post Secondary would like to express thanks to the following students that were selected for the summer positions and gained some valuable work experience. Summer students, you did a wonderful job at your respective job placements!

Debra Michel	PBCN Post Secondary Office
Mary Sewap	PBCN Human Resources & Housing
Olivia McCallum	PBCN Indian Child & Family Services
Alice Clorice Merasty	PBCN Executive
Elsie Ballantyne	PBCN Economic Development
Melvin Merasty	PBCN Office of the Urban Councilor

We encourage those interested students that will be living in the city of Prince Albert next summer to apply for next year 2010 PSSSP summer positions. They will be posted in the spring. These are only open to students currently being funded for the 2009/10 academic year by PSSSP and will be returning to classes in the Fall of 2010.

2009-2010 Student Representatives

Saskatoon Students	Cara Merasty
Prince Albert Students	Monica Ratt Maureen Olson
La Ronge Students	Mindy Bear-Ray
Creighton Students	Sandra Morin
Regina Students	Bella C. Jobb

Congratulations to the above student representatives that were elected during the fall orientations and a huge thank you to all the students who were in attendance. There was excellent feedback expressed on the orientation evaluations and we are pleased to announce that the majority enjoyed the format that was presented. They also enjoyed the post secondary bags which were filled with an assortment of t-shirts, coffee mugs or water bottles, pins, pens and food enjoyed by all.

Scholarship Awards For The 2008 -2009 Academic Year

The Chief and Council of the PBCN, the Education Authority and the PSSSP congratulate the following scholarship winners. Congratulations also to the scholarship applicants who did not receive an award; keep up the excellent work and keep applying.

Personal Performance & Achievement scholarships for Technical Institutions

Year 1 Student	\$500.00	Elsie Ballantyne
Year 2 Student	\$500.00	Trevor Merasty

Personal Performance & Achievement scholarships for Universities

Year 1 Student	\$750.00	Dallas Charles
Year 2 Student	\$750.00	Melvin Merasty
Year 3 Student	\$750.00	Garry Bear

Academic Excellence scholarship for Universities (>85 %)

Level 2 \$1000.00 Marsha Spencer

Strategic Studies scholarship - B.Sc. Engineering
\$1000.00 Natasha Tinis



PBCN PSSSP Role Models 2009-2010

Post Secondary is also very proud to have heard that three of our Peter Ballantyne Cree Nation Students were selected as poster and role models for their respective institutes. We are very encouraged that our students are promoting our Cree Nation in such a positive and inspirational way; keep up the good work students. Further, there were a number of our students who also earned awards and scholarships from various agencies and institutes. We are pleased to state that PAGC Women's commission 9th annual Women in Post Secondary awarded scholarships to Clorice Merasty, Veronique McCallum, Sandra Morin, Tammy Gunville, Cara Merasty, and Michelle Stacy McDonald. Congratulations to all of you from post secondary staff.

First Nations University awarded April Morin with the Mary Ahenakew Memorial Scholarship.



April Morin

"NHSAP was a great foundation for the beginning of my education in the NEPS program. It gave me the study tips and medical concepts I needed in my first year of the program. If it was not for NHSAP, I don't think that I would have been as successful as I was."

"Thank you for all your support and encouragement."

Leanne Highway, NEPS student

As well, Leanne was awarded the following scholarships from the University of Saskatchewan for her hard work and dedication:

- Elaine Barnhart Memorial Scholarship
- Jean Goodwill Award
- Wellness Nursing Bursary for Aboriginal Student



Leanne Highway

Our current Aboriginal students, like Mel, have motivational stories to share with today's youth. We hope that his story will help Aboriginal high school students realize their post-secondary potential and recognize that there is a place for them at the U of S.



Mel Merasty

Photo by Scott Bell courtesy of the U of S.

"My inspiration comes from my five beautiful children. I always tell them education is the key and that they can do anything they want with that key."

Mel Merasty, Edwards School of Business

This past semester Carmen was 1 of 35 students who were accepted into University of Regina - Film School, of that Carmen is 1 of 2 females and further to this accomplishment, Carmen is 1 of 2 Aboriginals in the program! Carmen was invited to become a kâspohtamâtotân Aboriginal Mentor. When the ASC presents at high schools and education centres, Carmen's story is shared and it can demonstrate how anything is possible if you put your mind to it!



Carmen Ratt

"I am grateful for the opportunities the PSSSP Office has enabled me to experience"

Carmen Ratt, University of Regina - Film School

We at Post Secondary are extremely proud with all of the student's hard work and dedication in achieving these milestones.

**PBCN Post Secondary
Christmas Party-Prince Albert**



On December 5, 2009 I hosted the PBCN Post Secondary Christmas party at Stavros' Lounge. The event was a huge success with students filling every booth. We started out with some wonderful appetizers and entering names for the many door prizes from various businesses in our city. In addition, we had a gift exchange with awesome participation on behalf of the students. To add more excitement we had a 50/50 which paid out to two students @ 100%. We were very lucky to have Charlotte Ross from the University of Saskatchewan attend our event. She also brought door prizes and gift bags for every student. Charlotte will be hosting a spa day with us in the New Year, BONUS.

On another note, I would also like to welcome Maureen Olson as our new first year student representative. We are planning on a family bowling and Pizza Night at Minto rec at the end of January. Please come out and have some fun and get to know your fellow students.

Monica Ratt (Student Rep)

Thank you to the following donors

PBCN Urban	Minto Bowl	PBCN Post Sec
Walking Smoke	PBCN ICFS	Safeway
Galaxy	Tim Hortons	Suzy Bear
P.A Family Foods	Trevor Ives	Zorba's
Domino's Pizza	NITHA	Family Pizza
FNU	TJ's Pizza	U of S
College of Nursing	P.A Raiders	

A special thank you to PBCN Talent Search for allowing me to sell 50/50's at the Finals

Christmas Party – Saskatoon

The Saskatoon PBCN Post Secondary Students enjoyed supper at Boston Pizza followed by a family movie at Galaxy Cinemas. It was a busy day for many students as there were some students with part-time jobs and other events to attend so there were not as many in attendance. We hope that in the second semester that we can have a get together earlier in the semester where time will be not be as scarce. Thank you to all the students who did attend and we hope to see more of you in the New Year!

Cara Merasty (Student Rep)

The other student Christmas parties will be occurring in Regina and La Ronge on December 10th, and in Creighton on December 16th, 2009

We will be beginning a new semester with our continuing students and the new intake. Students, please remember to send in your documents as soon as you have them.

The PSSSP staff welcomes all new students to the program and we are looking forward to working with you! We wish everyone a safe and happy holiday season!

**CREE WORDS
OF THE MONTH**

Since it's closing in on winter weather I felt it's appropriate to include weather and seasonal clothing terms to this issue. Unfortunately, my Cree Syllabics is about 30 years old and haven't utilized it since about grade 6 in Pelican Narrows way back when so until I can get the software we will have to use English as the tool for now. Some wordings may be slightly different depending on which community you are from and which dialect you speak but for the most part, I am going with ease and clarity so bear with me. If anyone wants to provide their expertise, feel free to give me a call and we'll collaborate on the next issue.



Snowing = mis-pon



Foggy = kaska-wahka-min



Cold =
tah-kayaw



Mitten = astis



Parka = nischo-pon
(pipon-asakay)



Long Johns =
pitha-witas



Boots =
pipon-askisin



Scarf =
Tapis-kakan



Toque = cip-wastotin (la-chook)

PBCN Education

Integrated Services

Under the direction of Chief Darrell McCallum and Council, the Peter Ballantyne Cree Nation has launched an initiative in the integration of services at the community and band level. The model for the integrated services initiative describes an ideal towards which we are working. The model is based on the adaptation of the Northern Community Schools Model to the communities with the centre on the membership. The following illustrates the model and its application:

Range of Services

- Recognition that the membership, especially the children and youth, are at the centre of all activity
- A high quality integrated services program with programming, resources and an environment that affirm and support the identify, culture and values of the PBCN membership
- A comprehensive range of child and youth supports and the integration of services
- Recreation programs provided within the community
- Full involvement and partnership with families and community
- A dynamic mechanism for program planning, evaluation, and renewal
- The development of a safe, caring and respectful community culture and climate
- Heightened emphasis on the responsibility of the agencies to develop and strengthen their community

Vision

Integrated Services incorporates a comprehensive range of practices to meet the diverse needs of community members. They provide a responsive, inclusive and culturally affirming program and environment and are effective in addressing the challenges of the communities they serve. As hubs for networks for community organizations and activities, they use collaborative approaches to foster the development and well-being of the entire community.



Dr. Larry Wilkie

Goals



- High quality integrated services program and Shared responsibility
- Comprehensive range of services and Community empowerment
- Equity of benefit and Enhanced participation in community development and well-being by families and community members

This model is filtered through the Circle of Courage, which formed the basis for the first education



conference of the Peter Ballantyne Cree Nation. The four components of the Circle of Courage are: belonging, mastery, independence, and generosity. This conference was very successful and will be reported on in more detail in the next edition of this newsletter.

A couple of preliminary meetings were held at the band level and at the community level. Community plans were developed; these plans were reviewed and revised at the Integrated Services Seminar held on October 13 to 15. This workshop was a huge success. There will be follow-up workshops at the community level.

One must be aware that the issues that are present in the community developed over a period of time. Likewise, it will take some time to resolve these issues. The communities are developing their plans based on Elder input and community input. Over the next few months, both Elders' forums and Youth forums will occur at the community level. This will be in addition to the integrated services meetings at the community level.



*Season's
Greetings
to everyone,
Merry Christmas
and a
Very Happy
New Year*

**Gary Merasty, Vice-President,
Corporate Social Responsibility**
Gary is a PROUD member of the Peter Ballantyne
Cree Nation and is vice-president of
Corporate Social Responsibility and
Chair of Northern Career Quest (NCQ)

*Happy Holidays
and we wish you a
Very Merry Christmas and
Happy New Year!*



*Christmas
2009*

*From: Amisk
Lake Councillor
Clayton Sewap
and Family*

*L-R: Matthew, Millie,
Perla-Mae, Stephen,
Hazel-Dawn Blaze,
Clayton*



Community Profile

DENARE BEACH / AMISK LAKE



The area originally settled around Amisk Lake was called “Beaver Lake”. Amisk is Cree for Beaver and thus the origin of the Woodland Cree name. In 1937, the subdivision of the present community of Denare Beach took place. The community quickly became a resort area following the construction of a roadway to the mining center of Flin Flon, Manitoba. The Amisk Lake Reserve is relatively new compared to the resort community but that has a lot to do with the First Nations people being uprooted several times over the generations. Most people lived on what was called “Indian Island” for obvious reasons. When the Government decided to move the people, they moved them to the mainland and thus became squatters next to the growing community. It wasn’t until TLE came into effect in 1992 that the people could decide for themselves where and when to buy land to turn into Reserve Status. Naturally, they selected the location close to the shore where numerous houses have already stood for many years.

When Saskatchewan Parks became responsible for the area they changed the name from Amisk or Beaver to Denare Beach. Taking the first two letters from **DE**partment of **NAT**ural **RE**sources they arrived at the name of Denare Beach. The village has managed to retain its resort atmosphere, while growing with the development of new homes. However, the PBCN Reserve members decided to retain the original name for their home community. Denare Beach/Amisk Lake has an interesting dichotomy in that people who have lived for generations next to each other still have very little to do with one another. I have visited the community many times over the years and I get the distinct impression that there is tension between the First Nation and the non-aboriginal people that reside in Denare Beach. While there have been steps taken to improve the relationship between the communities, much still needs to be done. After all, Amisk Lake’s history goes back centuries. In 1775, a Northwest Company man named Alexander Henry built his first post on Amisk Lake at one of the sites where he had been forced to winter over. By 1776, Henry had a series of posts spread all along the water route from Amisk Lake to Isle a la Crosse. The Hudson’s Bay Company responded by constructing their own posts next to Henry’s, until the two companies merged in 1821. At the time of merger the company consisted of 97 trading posts that had belonged to NWC and 76 belonging to HBC.

Proof of these historic activities was borne out some 175 years later by another group of explorers: the locals. In the 1950s Harry Moody (he of Moody Bay fame) and Tom Welsh journeyed to the north side of Amisk Lake, where they located artifacts including steel bladed scissors and copper or bronze utensils. Moody believed this to be evidence of the explorers’



overwinter camp of 1774-75. Later Moody, with the help of PBCN member George Custer, discovered the actual site of Fort Henry. In 1954, with the assistance of PBCN member Rod McDermott, Moody excavated the site where he believed the old fort was located. He photographed six fireplaces and unearthed a flask, scissors, homemade rivets, sheet iron and cooking vessels.

Amisk Lake people developed trade with the Hudson’s Bay Company shortly after 1680 and the ‘Rocky Cree’ became trappers for the first time in their long history. We, the Peter Ballantyne Cree Nation are called ‘Assinkowitiniwak’ or people of the rocky area. It was in this rugged environment that the Cree Nation’s ancestors made their livelihood hunting, fishing and trapping. With the advent of the fur trade, people of the Amisk Lake, Pelican Narrows, and Sandy Bay areas turned to trading furs with HBC for goods such as rifles, ammunition, chisels, axes, blankets, pots and pans, and other commodities. At times they travelled to York Factory on Hudson’s Bay, which would have been a two week one way trip.

More recently, the people are settled and the local elected official from Amisk Lake is Councillor Clayton Sewap, husband to wife Millie and their four young children. Clayton is a two term Councillor having been re-elected into office during the last PBCN election in April 2009. Clayton works out of the new office he helped establish on the Reserve. This multi-use log built facility is made to stand for a century if it’s properly maintained. This past summer, I had the opportunity to participate in the community Treaty Day ceremony and was pleased with the efficiency and pride the people took in the community gathering. Clayton takes pride in his community and does all he can to ensure there is proper housing, education, youth support, elder support and most importantly, being there for the people when they need him most. As in all small communities, everyone knows one another and the community is only as good as the people are willing to make it. Clayton urges people to work with him to make Amisk Lake a place to be proud of and a place to always call home. To reach him, call 306-362-2490 or 940-7424.

PBCN Health Services Inc. ❄️ ❄️ ❄️ ❄️ ❄️

PBCN Health Services Inc. is the incorporated entity through which certain health services are delivered to the communities of Pelican Narrows, Deschambault Lake, Southend and Sturgeon Landing. Chief and Council mandated the non-profit corporation in 1995 when the first PBCN Health Services 5 year Transfer Agreement was signed. The Board is responsible for the administration, delivery and financial management of health services and programs and provides policy and program direction on behalf of the Band. Health Services is governed by Chief and Council, represented through assigned Health Portfolio Councilors, and an incorporated Board of Directors.

As expected, we did see the second wave of the H1N1 virus hit us in the beginning of September and continuing through to the present. It has kept Health Services staff extremely busy for the past few months. The following is an update on the current status of H1N1.

H1N1 UPDATE -

DUANE HIEBERT

It is likely that you will continue to hear about the H1N1 virus in the news for a while longer. However all indications are pointing to the Second Wave of the virus as having “peaked” in Saskatchewan and the number of new infections will begin to decline. This appears to be the case across Canada with the exception of the Province of Manitoba as they experienced an increase in the number of infections last week. This is likely a result of the virus arriving in Manitoba later than in other provinces.

Some experts are cautioning that a “third wave” of the virus may be coming, as has been the case with previous Pandemics. However the situation with the H1N1 virus is very different than with past Pandemic viruses. The most important difference is that a vaccine for the H1N1 virus has been made available at a much earlier stage than with past pandemics. The vaccine has been administered to approximately 50% of population in Saskatchewan and to 65 - 75% of the population in PBCN communities. There is not a lot of the population left for the H1N1 virus to affect. If the virus was to return it would likely be in a changed or mutated form.

The vaccination blitz for PBCN communities went very well and this was a credit to the staff at each respective Health Center for their long hours, dedication and professionalism that made it possible. The vaccinations began on October 26th and continued till November 6th. The only major problem that was encountered was the lack of vaccine. The amount of vaccine that was to be made available for PBCN communities was not delivered, as there was a shortage of vaccine across

Canada. This difficulty was handled by vaccine from one PBCN community being sent to another PBCN community. In the end there was sufficient vaccine for everyone that wished to be vaccinated to receive the vaccination. There remains a limited amount of the H1N1 vaccine in each community to accommodate those individuals that may have a change of mind and now wish to receive it and to administer the second dose for those 10 years of age and younger that require it.

PBCN Health Services in Prince Albert had received a number of phone calls from band members residing in the city of Prince Albert wanting the vaccine. In previous years PBCN Health Services was able to provide vaccinations for the seasonal flu to urban members. However this was not the case for the H1N1 vaccine as there was a very limited amount available and all urban members were required to attend vaccination clinics provided by the Prince Albert Parkland Regional Health Authority. PA Parklands’ roll out of the vaccine appeared slow but was due to the lack of vaccine. Once they had received sufficient vaccine they opened their clinics to the general public.

Although the virus appears to have passed, all persons are encouraged to continue with self-care and good hygiene practices to prevent catching or passing on other viruses that are present. It is unknown for certain if there will be a third wave of the H1N1 virus and PBCN Health Services is cautiously optimistic that it will not occur but our staff will continue to prepare in the event that it does return.

We would like to take this opportunity to congratulate this years recipients of the PBCN Health Services “Gertie Merasty Memorial Education Scholarship”. This scholarship is awarded each year to those individuals who are PBCN members enrolled in a health related post-secondary program with at least a 65% average and 90% attendance. This year the scholarship was awarded to Monica Ratt from Deschambault Lake who is a third year Nursing student; Leanne Highway from Prince Albert who is also a third year Nursing student; April Charrette from Prince Albert who is in her fourth year of the Indian Social Work program and Robin Custer from Prince Albert who is taking a Medical Administration Assistant program. Congratulations to all of you.

On behalf of the PBCN Chief and Health Portfolio Councilors, the Board of Directors, Health Committees and all the staff I would like wish you and all your families a very safe and healthy Christmas.



*Arnette Weber-Beeds
Executive Director-PBCN Health Services*

Pelican Narrows Tackles Community Violence

Violence, in any form is not good for any community. Our First Nations communities used to be communities almost free from the outside influences of drugs and alcohol. Not anymore. Many are tired of Cree on Cree violence and the pain and suffering we are causing against our own people and ourselves. One of the ways to tackle the problems is through community groups such as the local Police Management Boards (PMB). The word is a bit of a misnomer because its not there so much to manage the police, its there as a vehicle for the RCMP, the PBCN and its many departments such as health, ICFS, education, justice and others to meet to try and resolve the difficult matters arising from community violence, vandalism and gang activity. When one joins a gang, it's often due to several issues such as loneliness, the need to belong; things are not good at home, neglect of the child, and others. Often, these youth get involved for all the wrong reasons and often make all the wrong decisions. The PMB meet once every month to discuss community issues that involve safety concerns and with the RCMP, attempt to resolve the matters damaging the community and its residents. Corporal Jeremy Anderson is the member who is responsible for the RCMP within the PMB. Other local members are James Swan, Lester Gardiner, Councillor Art Dorion, Angus Sewap, Maria Gardiner and Hank Ballantyne.

One of the more serious concerns in the community as determined by the PMB is that of gang activities. This includes violence, vandalism, drugs and bootlegging. The RCMP agrees that the issues raised at the PMB meetings are significant to the community and have taken steps to work towards that effort that will hopefully impact on the issues in a positive way. One step is the Crime Reduction Program. This program is designed to ensure that high risk violent repeat offenders are monitored and returned to court when they breach their court designated conditions. The RCMP proactively check on persons who have court ordered conditions while in the community. Often, alcohol is a prime contributor to violent crime as alcohol removes inhibitions to actions that people normally would not do. Many persons are ordered to avoid alcohol and also be on a curfew. If the person breaks any of these conditions they are taken back to jail and await the judge while on remand. This action reduces the number of high risk violent repeat offenders in the community. As for bootlegging (selling alcohol based products illegally) and drugs in the community, the RCMP does check stops on vehicles coming into the community. The stops have been successful in determining persons responsible for bringing in contraband into the community and also in seizing some illegal alcohol products and drugs. One thing that people need to realize is that HAIR SPRAY, HAND SANITIZER, SCOPE, LISTERINE, AFTER SHAVE, LYSOL and other products are POISONS that attack the body especially the liver, kidneys and brain. These items will eventually poison and kill you. Those that are selling these products may be liable for more than just bootlegging if someone

dies from consuming these POISONS. Alcohol bought in the Liquor Boards and off-sale parlors are the only safe (in moderation) forms of alcohol. People are urged to use caution when consuming this holiday season.



Youth are a priority of the RCMP and PMB. The youth and the RCMP need to interact on a daily basis and that interaction must be positive. The RCMP cannot be looked at as only an organization that merely puts away the people in the community. This interaction can hopefully provide the youth with a better understanding of what the RCMP does on a regular basis. The RCMP has programs in place at the schools to address the concerns of gangs, violence and drugs. Members attend the schools and make presentations to the kids and other young impressionable youth. Even though there are good programs in place for the community at large to try and resolve the ills of the community, tackling drugs and alcohol addictions are also necessary. Most of the problems caused by people in the community can be traced back to consuming alcohol and/or drugs. That is why the PBCN Chief and Council support the RCMP in the good things being done in the communities but also the Police Management Board for their continuing due diligence. Though we often look to outside help to resolve our local problems, sometimes we have to look at ourselves and ask what we can do as a community to ensure that kids have activities to occupy their time and that youth have options about their futures besides living in poverty due to a lack of education. The Chief and Council support initiatives to get our children to school and activities such as sports and recreation to ensure their time is occupied with beneficial activities. To those who are in gangs or are thinking of joining, getting an education or a trade, feeding yourselves and your families is the better path to follow.

Youth that are vandalizing their own community also must understand that the health centres, ICFS offices, school buildings, the Napoleon Merasty Memorial Arena, the band offices, the teacherage, the stores, and everything else that belongs to the PBCN also belongs to you. Since you are members of the PBCN, and everything owned and operated by the PBCN belongs to every members in the Band, if you damage, break, deface and destroy property belonging the Band, you are in effect, destroying your very own property. Please keep that in mind next time someone thinks it's a good idea to throw stones at a facility or spray paints a wall. Money that is spent cleaning up or replacing windows and doors is money that can't be used for other community issues. The community is well served by the RCMP and the RCMP is well served by caring people and supportive members of the PMB. Thanks to Sgt. Matt Stringfellow for your contribution to this article.

Youth Sports Profile Cody Michelle

Acimowin Hockey Questions for Cody Michelle

From time to time there come good athletes from our First Nations Communities and some who excel at their sport. Some have fallen by the way side due to circumstances out of their control and some have stopped their careers before they even started by issues of their own doing or perhaps a lack of community and/or parental support or a combination of factors. Some, like Cody Michelle of Prince Albert work hard to get where they are at and work even harder to stay where they are at and improve to get even better. Cody is a young man of 17 who is the captain of the 2 time National Champion Prince Albert AAA Mintos. It's no easy feat becoming an elite athlete and even tougher to become a leader of the elite teams whatever sport one finds themselves in. That's why I, and so many others are proud of our own Band members when they do good for themselves and make us prouder when they do it through their hard work ethic and perseverance of spirit. I spoke with Cody's parents at their Prince Albert address and provided them with some questions I felt would be easy and fun to answer but also to pose some questions as to the inner workings of some exceptional young individuals such as Cody. Below are the interview questions Cody filled out for the Acimowin and we appreciate him taking the time to do this for our readers.

What is your full name? *Cody James Michelle*

What is your current age? *17*

Do you have any nick names? *Chief Michelle (uncle is PAGC Grand Chief Ronald Michelle), and COD (perhaps for the fish?)*

If yes, explain how you got it? *Easier for (pals) to call me (out on the ice)*

Where are you originally from and where do you reside today? *Prince Albert*

What is the name of your high school? *St. Mary High*

What grade are you in?

12 (always a good thing to do is finish high school and beyond)

Besides hockey, what other sports do you play?

I like to bowl and fish (for walleye)

Any other hobbies you wish to add? *Basketball*

When did you start playing hockey? *6 years old (pre-novice)*

Do you remember the name of the first team you were ever on?

West Hill Sharks

What position do you play? *Right wing and shoot right*

How long have you been with this Mintos team? *2 years*

As of Dec. 9, you have 22 points (9 goals and 13 assists) in 22 games. That's averaging a point per game which is very good indeed. Were you expecting to do so well and how is this season shaping up for you? *Yes, because I worked very hard in the summer. It's going good, it's going the right way for me.*

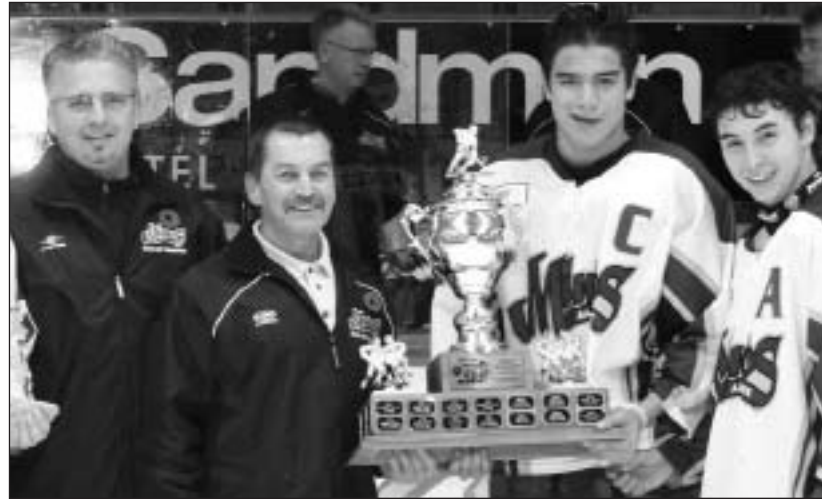
You also only have 14 minutes in penalties. That's less than half the most penalized guy on your team. Is this in indication of your play making style or is the Coach preaching team discipline? *Yes, it (discipline) works well for our team.*

Clearly, you are both a scoring threat and you play with a lot of passion. Were you this way in bantam, pee-wee and atom divisions? *Yes, through my whole hockey career (one needs confidence to play this sport)*

Last question on your statistics. You have 2 power play goals as well so it's pretty obvious you can score in every way. What do you consider to be your more favorable assets and skills in hockey? *To bear down on you (opposing players).*

Is this season up to your expectations and are you surprised by your success so far? *Yes, my coach (Tim Leonard) was expecting me to play like this (and is doing what he asks)*

Beyond midget hockey, what are your future goals? *To have a good job.*



Cody Michelle with Ice Mania Trophy



Cody Michelle and his dad James

Ice Mania 2009

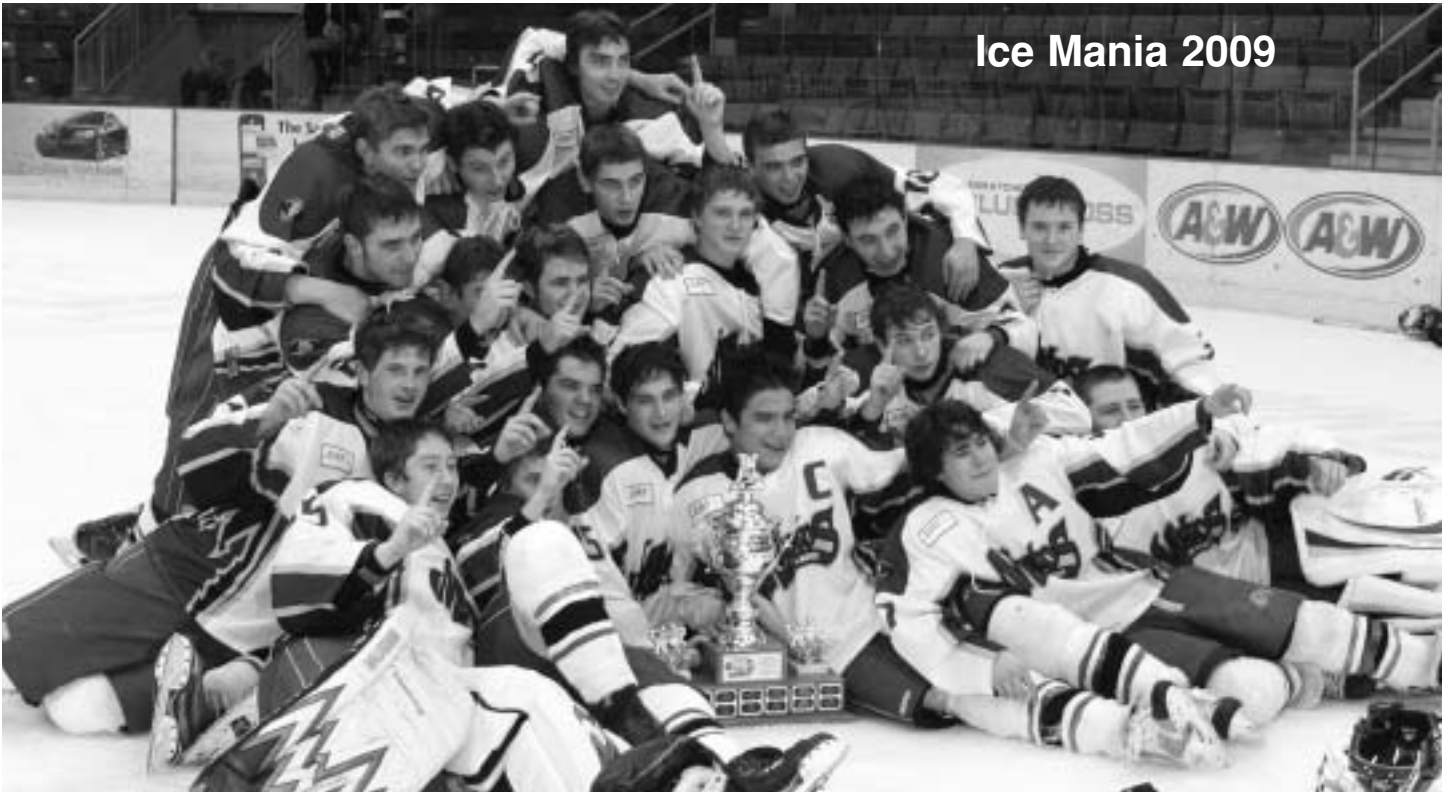
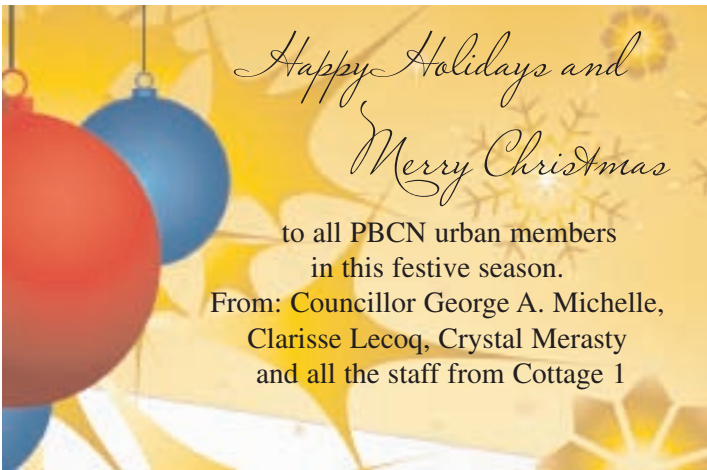


Photo courtesy Mintos Hockey Team

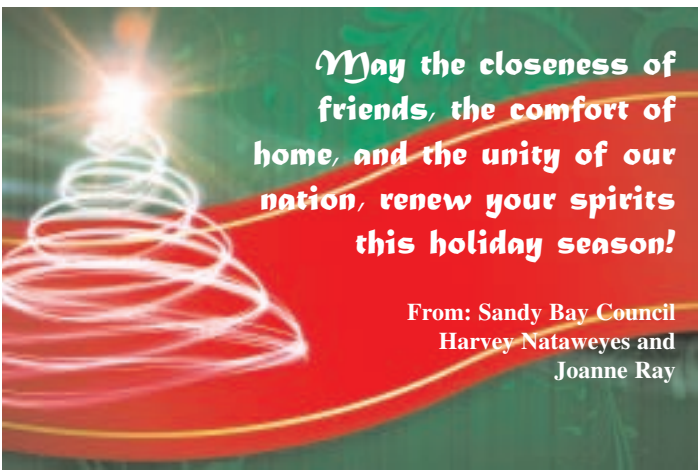
Who are your influences? *My parents (always a nice response).*
What is your favorite food? *Chinese buffet (did not specify where)*
Movie? *The Hangover (due out Dec. 15 so you know what to get Cody for Christmas)*
Music and artists? *Out last night – Kenny Chesney (okay, the kid likes country)*
NHL Team? *Chicago Blackhawks*
Favorite Player? *Patrick Kane (yes, he of the .20 cent cab fare fame)*
On December 3, 2009 you played a game at the Art Hauser Centre against the Tisdale Trojans of the Saskatchewan Midget AAA hockey league. How was it playing against another PBCN member in forward Wilson Dumais? *It was good, it was nice to play against other aboriginals (hockey players).*
What do you have to eat before games?
Good stuff, nothing too heavy (pasta, not fried stuff)
Hockey is a sport of rituals and superstitious actions. Some will only do their equipment a certain way every time, or some will do the left skate first every time. Do you have any rituals that you follow before each game? *I like to have a shower and suck on a jawbreaker (hard candy to nibble on).*
Dave Manson played many years in the NHL with several teams. How is he as the Mintos assistant coach and what words of advice does he throw out at you? *He knows what its like and what it takes to get there, so he's easy to listen to.*
Do you guys get free food at Extreme Pita at Cornerstone which Dave owns? *No, I wish*
Hockey is not a cheap sport by any standard. Whom would you like to thank for their support in helping you with your hockey goals (pun intended)? *My parents for sure (big time).*
If you have any suggestions or words of advice for younger kids in sports today, what would that advice be? *Do not quit, do whatever it takes to get there.*

Is there anything else you would like to add before we conclude this interview? *Do not quit what you are doing (whatever it may be), do not get yourself down. Anyone can do it from our communities. It was hard making captain (of the AAA Midget Mintos), but I had to earn it. I wanted to show that anyone can make captain (if they try hard enough). Over the years I have won Championships with Team Saskatchewan at the National Aboriginal Hockey Championships and it was an honour to play and represent our Province (in effect represent our First Nation as well). Lastly, I have researched this question and found no answers. What is a Minto, besides the candy? (I believe) It's a warrior in Europe. I asked his father James how he felt when Cody made captain of the Mintos and he said, "I was so proud because he earned it. Cody worked hard for it and the players chose him to be the captain. The local Raiders (WHL) drafted him and we were very happy for him then too". Additionally, James stated "But, what Cody decides to do next year is up to him, but we will support him in whatever he decides to do". That is well said James, spoken like a proud father. I want to thank James, Cody and Margaret for their time and I along with the PBCN wish you the best in your upcoming season and best of luck in whatever you decide to do in the future.*
As for the support, it comes in many ways and one of them is to attend games where the kids play and pay the small fee. This helps the kids in ensuring the team can get all their practices paid for, the bus is gassed and ready to go and also covers team expenses which are phenomenal at this level of hockey. I for one will be seeing more games this winter as time allows. The next Acimowin will have another PBCN youth sports story and if you know of other players in any sport or activity that you feel should be profiled, please give me a call.
Lastly, I asked Mintos Head coach Tim Leonard about Cody and he stated, "He's a fantastic kid to coach. He's got a lot of confidence and a great work ethic and hopefully he can continue to carry that with him in his future hockey career".



*Happy Holidays and
Merry Christmas*

to all PBCN urban members
in this festive season.
From: Councillor George A. Michelle,
Clarisse Lecoq, Crystal Merasty
and all the staff from Cottage 1



**May the closeness of
friends, the comfort of
home, and the unity of our
nation, renew your spirits
this holiday season!**

**From: Sandy Bay Council
Harvey Nafaweyes and
Joanne Ray**



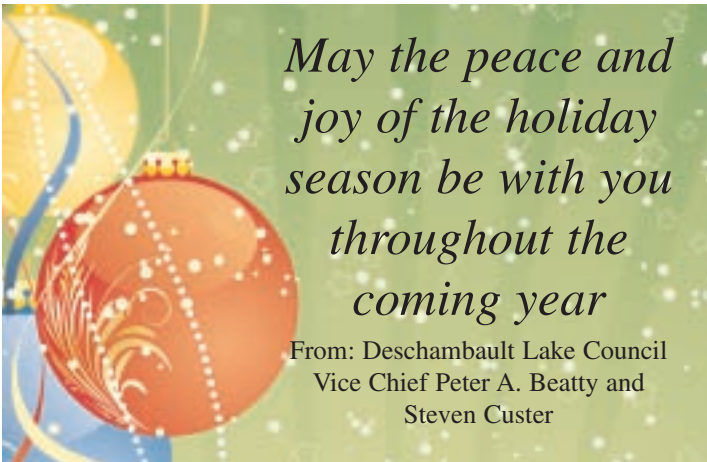
*May Peace be your
gift at Christmas and
your blessing all year
through!*

**From: Sturgeon Landing Councillor
Gertie Budd and family**



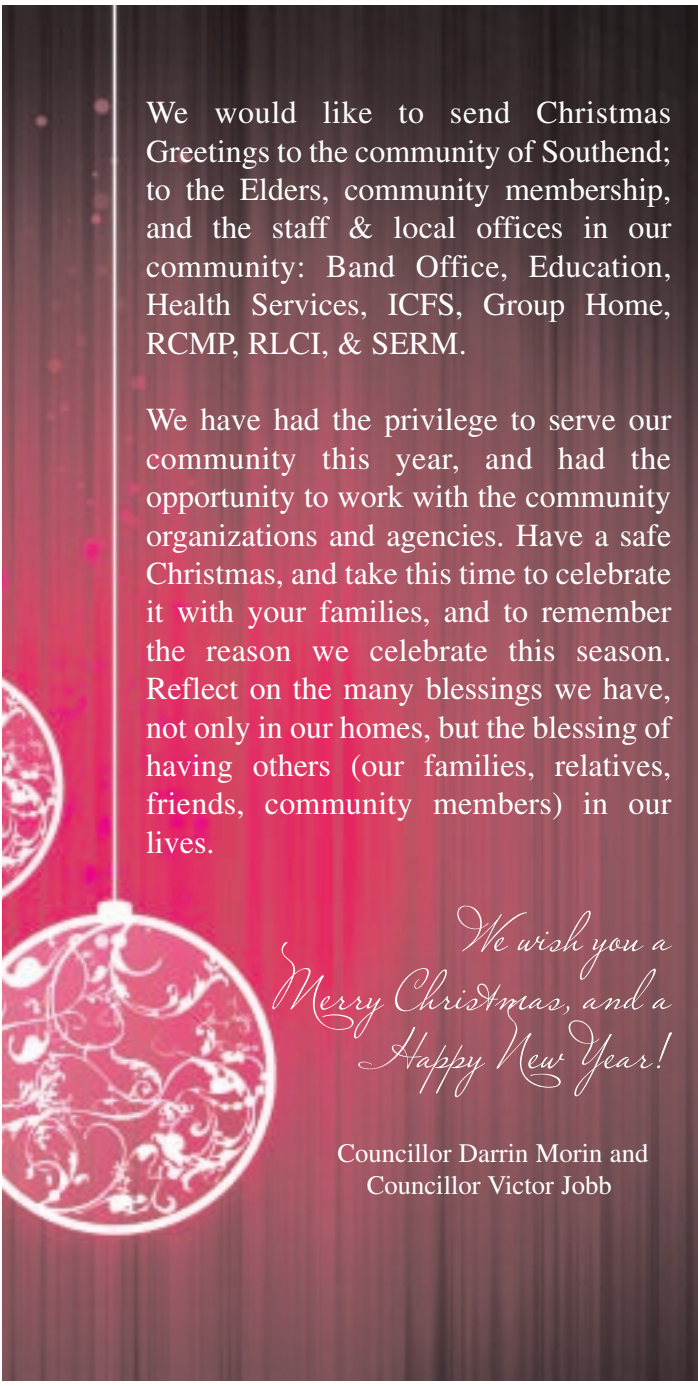
*May the Holiday Season bring only
happiness and joy to you and your
loved ones and Merry Christmas and
all the best in the New Year!*

**From: Pelican Narrows Council
Ovide Michel, Darwin Morin, Wesley Custer,
Arthur Dorion and Melville Linklater**



*May the peace and
joy of the holiday
season be with you
throughout the
coming year*

**From: Deschambault Lake Council
Vice Chief Peter A. Beatty and
Steven Custer**



We would like to send Christmas Greetings to the community of Southend; to the Elders, community membership, and the staff & local offices in our community: Band Office, Education, Health Services, ICFS, Group Home, RCMP, RLCI, & SERM.

We have had the privilege to serve our community this year, and had the opportunity to work with the community organizations and agencies. Have a safe Christmas, and take this time to celebrate it with your families, and to remember the reason we celebrate this season. Reflect on the many blessings we have, not only in our homes, but the blessing of having others (our families, relatives, friends, community members) in our lives.

*We wish you a
Merry Christmas, and a
Happy New Year!*

**Councillor Darrin Morin and
Councillor Victor Jobb**