



Tânisi nîhci-iyiniwak, âsamîna kiwî-kiskinwahamâtinâwâw apisîs nêhiyawêwin, êkwa ôhi kotaka nêhiyawêwin kâ-masinahikâtêki êkwa kâ-masinapayihkâtêki ôtê nâway kâh-kihtwâm nitohtamok, êkosi piyîsk kika-mihcimêyihtênâwâw nêhiyawêwin itwêwina, kâkî-nîso-kîsikâhk aspin kâkî-pê-itohtâyân ôta Fort Que Appelle Kâyi-isiyihkâtêk, êkospîhk kî-mispon apisîs mâka namôya kî-kisinâw, êkosi kâwiy nikî-kîwân isi oskana kâ-asatêki kêyâpic êkota ê-ayâyân, namôya mêkwâc nikî-kîwân isi Nekaneet osâm ôma âhkosiwin COVID 19 kâ-pimakotêhk êkotê mêkwâc ayâamakan, pêyak oskâya ê-ayât namôya ê-kî-kiskêyihtahk ê-ayât êkwa âtiht ê-kî-pâh-kiyokawât owîcêwâhkana êkwa owâhkomâhkana êkwa asawasow âhkosîwikamikohk êkosi okimâkanak itasiwêwak kîspin pihtikweyâni êkotê piko ka-kisâhtamân nêwosâp kîsikâwa, êkosi kiyâm ôta nikakisâhtên oskana kâ-asastêki isko kisêpîsim nisto akimihci, mâka oskâyak êkwa pikwâwiyak nitotamok êkâwiya mêkwâc pâh-kîyokâtok osâm ôma âhkosîwin COVID 19 namôya kikiskêyihtênânaw nânitaw kakâcihtinamak, mâka kîspin piko nânitaw itohtâyêko kâsihcihcêk êkwa potiskamok mihkwâkanihkân, tâh-tâpwê mêtoni pîtos ôma âhkosîwin COVID 19, ahkamêyimok kêyâpic kiyôkâtok sêwêpihtamaw awiyak kîcêwâhkan(ak) ahpô nikotâw kiwâkomâkan(ak), sêsâwîk papâh-mohtêk pihcâyik ahpô wayawîtimihk ahpô mînâ sêsâwîk pihcâyik nânitaw niyânanosâp cipahikanis tâhto-kîsikâw, ayamihcikêk êkwa kâkîsimok ahpô ayamihâk,

tâh-tâpwê pîpon âsay mâka namôya kisinâw, pawâcakinasi-pîsim nîsitanaw ayinânêwosâp akimâw êkwa nîso-kîsikâw anohc, kî-manitô-kîsikâw kâkî-niyânan kîsikâk, êkwâ wî-ohcêtowî-kîsikâw niyânan kîsikâki, mâka namôya êkosi kakî-



itôhcikâtêw osâm ôma âhkosîwin COVID 19, mâka kihtwâm ôtê nîkân kika-wâpahtênânaw, ôma mêkwâc askiy pîtos êkwa namôya kakî-kîyokâtonânaw osâm ôma ahkosîwin kâ-pimakotêk, ôsam mihcêtiyako kikamisi-âsonamâtonânaw kîspin awiyak ayâci anima ahkosîwin, kîspin êkâwiya kiskêyihtaki, êkwa ahkamêyimok mâka, otê nâway kikî-mohcikitânaw mâna kâkî-ôhcêtowi-kîsikâhk ka-kiyokâtoyahk, mâka kika-wâpahtênânaw êkwanima ôte nîkan, ahkamêyimok kakwê-nêhiyawêyêk, êkwa kotakak iyiniwak ahkamêyimok kakwê-pîkiskwêyêk kipîkiskêwiniwâw, ahâm kihtwâm mîna,

Tânisi nîhci-iyiniwak – Hello my fellow first nations

âsamîna kiwî-kiskinwahamâtinâwâw apisîs nêhiyawêwin – Again I am going to teach you (plural) a little bit more Cree

êkwa ôhi kotaka nêhiyawêwin kâ-masinahikâtêki êkwa kâ-masinapayihkâtêki otê nâway kâh-kihtwâm nitohtamok – And the other Cree word that are written and video recorded in past listen to them over and over again

êkosi piyîsk kika-mihcimêyihtênâwâw nêhiyawêwin itwêwina – Perhaps you will eventually learn/memorize the Cree words

kâkî-nîso-kîsikâhk aspin kâkî-pê-itohtêyân ôta Fort Que Appelle Kâyi-isiyihkâtêk – Last Tuesday I came here to what is called Fort Que Appelle

êkospîhk kî-mispon apisîs mâka namôya kî-kisinâw – Then It was snowing a little bit but it was not cold

êkosi kâwiy nikî-kîwân isi oskana kâ-asastêki kêyapic êkota
ê-ayâyân – And I went home to Pile of Bones /Regina/ and I am
still there

namôya mêkwâc nikî-kîwân isi Nekaneet osâm ôma âhkosiwin
COVID 19 kâ-pimakotêk êkotê mêkwâc ayâmakan êkwa
asawasow âhkosîwikamikohk – I unable to go home to Nekaneet
because COVID 19 sickness is there right now and he/she is in
the hospital

pêyak oskâya ê-ayât namôya ê-kî-kiskêyihthak ê-ayât
êkwa âtiht ê-kî-pâh-kiyokawât owîcêwâhkana êkwa
owâhkomâhkana – One young person has it, he/she did not
know he/she had it and he/she went around visiting his/her
friends and his/her relatives

êkosi okimâkanak itasiwêwak kîspin pihtikweyâni êkotê piko ka-
kisâhtamân nêwosâp kîsikâwa – that was when the chief and
council decided if I went in I have to stay in for 14 days

êkosi kiyâm ôta nikakisâhtên oskana kâ-asastêki isko kisêpîsim
nisto akimihci – That was when I decided I will stay here Pile of
Bone /Regina/ till January 3rd

mâka oskâyak êkwa pikwâwiyak nitohtamok êkâwiya mêkwâc
pâh-kîyokâtok osâm ôma âhkosîwin COVID 19 namôya
kikiskêyihthênânaw nânitaw kakâcihtinamak – But young people
and others, you (plural) listen do not go around visiting each



other right now, this sickness COVID 19 we do not know where we might pick up this sickness

mâka kîspin piko nânitaw itohtêyêko kâsihcihcêk êkwa potiskamok mihkwâkanihkân – But if you (plural) have to go somewhere wash your hands and wear your mask

tâh-tâpwê mêtoni pîtos ôma âhkosîwin COVID 19 – This is really a different kind of sickness COVID-19

ahkamêyimok kêyâpic kiyôkâtok sêwêpihtamaw awiyak kiwîcêwâhkan(ak) ahpô nikotâw kiwâkomâkan(ak) – Persevere/keep trying to visit one another call someone your friend(s) or your relative(s)

sêsâwîk papâh-mohtêk pihcâyik ahpô wayawîtimihk ahpô mînâ sêsâwîk pihcâyihk nânitaw niyânanosâp cipahikanis tâhto-kîsikâw

ayamihcikêk – Exercise, walk inside or outside or even exercise inside atleast 15 minutes every day, read every day, and pray every day

êkwa kâkîsimok ahpô ayamihâk – And Pray or Christian pray

tâh-tâpwê pîpon âsay mâka namôya kisinâw – And it is really winter time but it is not cold



pawâcakinasi-pîsim nîsitanaw ayinânêwosâp akimâw êkwa nîso-kîsikâw anohc – It is the Frost Exploding Trees Moon /December/ the date is 28 and it is Tuesday

kî-manitô-kîsikâw kâkî-niyânan kîsikâk – It was Christmas last Friday

êkwa wî-ohcêtowi-kîsikâw niyânan kîsikâki – And it is going to be kissing day Friday /referring to future Friday/

mâka namôya êkosi kakî-itôhcikâtêw osâm ôma âhkosîwin COVID 19 – But it is not going to be kissing day because of this sickness COVID 19

mâka kihtwâm ôtê nîkân kika-wâpahtênânaw – But we will see this in the future again

ôma mêkwâc askiy pîtos êkwa namôya kakî-kîyokâtonânaw osâm ôma ahkosîwin kâ-pimakotêk – This year is different we can not visit each other because of the sickness that is around/floating around

ôsam mihcêtiyako kikamisi-âsonamâtonânaw kîspin awiyak ayâci anima ahkosîwin, kîspin êkâwiya kiskêyihtaki – because if there is lots of us we can pass each other this sickness, if one has it if they do not know they have it

êkwa ahkamêyimok mâka – And but persevere/keep trying



otê nâway kikî-mohcikitânaw mâna kâkî-ohcêtowi-kîsikâhk ka-kiyokâtoyahk – It the past we used to have lots of fun on New Years to visit one another

mâka kika-wâpahtênânaw êkwanima ôte nîkan – But we will see this one in the future

ahkamêyimok kakwê-nêhiyawêyêk – persevere/keep trying you (plural) to try speak Cree

êkwa kotakak iyiniwak ahkamêyimok kakwê-pîkiskwêyêk kipîkiskêwiniwâw – And other first nations persevere/keep trying you (plural) to try speak your language

ahâm kihtwâm mîna – Okay another time

Itwêwina ohci ispimihk – Word list from above

ahâm kihtwâm mîna – okay another time

ahkamêyimok - you (plural) persevere/keep trying

âhkosîwikamikohk - in the hospital

ahkosîwin - sickness

âhkosîwin COVID 19 - this sickness COVID 19

ahpô - or

akimâw - it is the date/it is counted



akimihci	- future date/ when it is counted
anima	- that one
anohc	- today
apisîs	- a little bit
âsamîna	- again
asawasow	- he/she is in a place
âsay	- already
askiy	- Mother earth/one year
aspin	- then
âtiht	- some
awiyak	- someone
ayâci	- if he/she has it
ayâmakan	- it is there
ayamihâk	- Christian prayer
ayamihcikêk	- you (plural) read
cipahikanis	- minute
ê-ayât	- he/she has it, he/she to be
ê-ayâyân	- I am there
êkâwiya	- do not
ê-kî-kiskêyihtahk	- he/she knew about it
ê-kî-pâh-kiyokawât	- he/she went around visiting
êkosi	- that is it



êkospîhk	- then
êkota	- there a certain location
êkotê	- over there
êkwa	- And
êkwanima	- that one
isi	- towards
isko	- as far as
itasiwêwak	- They made a decision
itohtêyêko	- if you (plural) have to go
itwêwina	- words
iyiniwak	- first nations
kâh-kihtwâm	- over and over again
kakâcihtinamak	- we will pick it up
kakî-itôhcikâtêw	- it is done a certain way
kakî-kîyokâtonânaw	- we including person speaking to visit one another
kâkî-nîso-kîsikâhk	- past Tuesday
kâkî-niyânan kîsikâk	- past Friday
kâkî-ohcêtowi-kîsikâhk	- past kissing day
kâkî-pê-itohtêyân	- when it was past I came here
ka-kisâhtamân	- I have to stay here
kâkîsimok	- you (plural) pray traditionally



ka-kiyokâtoyahk	- we will visit one another
kakwê-nêhiyawêyêk	- you (plural) try to speak Cree
kakwê-pîkiskwêyêk	- you (plural) try to speak
kâ-masinahikâtêki	- The ones that are written
kâ-masinapayihkâtêki	- the ones that are in video
kâ-pimakotêk around	- the one that is there/floating around
kâsihcihcêk	- you (plural) wash your hands
kâwiy	- back to certain place
Kâyi-isiyihkâtêk	- the one that is called
kêyapic	- perhaps
kihtwâm	- again
kika-mihcimêyihtênâwâw	- you (plural) will memorize/remember it/them
kikamisi-âsonamâtonânaw	- we will pass each other it
kika-wâpahtênânaw	- we will see it
kikî-mohcikitânaw	- we used to have fun
kî-kisinâw	- it was cold
kikiskêyihtênânaw	- we know
kî-manitô-kîsikâw	- it was Christmas day
kî-mispon	- it was snowing
kipîkiskêwiniwâw	- you (plural) your language



kisêpîsim	- The Great moon /January/
Kisinâw	- it is cold
Kiskêyihtaki	- if he/she knows it
kîspin	- if
kiwâkomâkan(ak)	- your family/relative(s)
kiwîcêwâhkan(ak)	- your friend(s)
kiwî-kiskinwahamâtinâwâw	- I am going to teach you (plural)
kiyâm	- that's okay
kiyôkâtok another	- you (plural) visit one
kotaka	- other ones
kotakak living things	- other ones referring to
mâka	- but
mâna	- Usually
mêkwâc	- right now
mêtoni	- really/very
mihcêtiyako	- if there is lots of us
mihkwâkanihkân	- mask/pretend face
mînâ	- also
namôya	- no



nânitaw	- a certain way
nâway	- behind/in the past
nêhiyawêwin	- Cree language
nêwosâp kîsikâwa	- 14 days
nîhci-iyiniwak	- my fellow first nations
nikakisâhtên	- I will stay here
nîkân	- in the front/first
nikî-kîwân	- I went home to
nikotâw	- someone
nîsitanaw ayinânêwosâp	- 28
nîso-kîsikâw	- It is Tuesday
nisto	- 3
nitohtamok	- you (plural) listen
niyânan kîsikâki	- future Friday
niyânanosâp	- 15
ôhi	- these ones
okimâkanak	- chief and council
ôma	- this one
osâm	- because
oskana kâ-asastêki	- Pile of Bones /Regina/
oskâya	- Young one
oskâyak	- Young ones



ôta	- Here
ôta Fort Que Appelle	- Here is Fort Que Appelle
ôtê	- over here
otê nâway	- in the past
ôte nîkan	- in the future
owâhkomâhkana	- his/her relatives
owîcêwâhkana	- his/her friends
pâh-kîyokâtok over	- you (plural) visit one another and over again
papâh-mohtêk again	- walk around over and over
pawâcakinasîsi-pîsim	- The Frost Exploding Tree Moon/ December/
pêyak	- 1
pihcâyihk	- inside
pihtikweyâni	- If I enter/If I go in
piko	- also
pikwâwiyak	- Everyone/others
pipon	- it is winter time
pîtos	- it is different
piyîsk	- finally



potiskamok	- you (plural) wear it
sêsâwîk	- you (plural) exercise
sêwêpihtamaw	- you phone some one
tâh-tapwê again	- it is really over and over
tâhto-kîsikâw	- Everyday
Tânisi	- hello/what
wayawîtimihk	- outside
wî-ohcêtowi-kîsikâw	- it is going to be kissing day

êkosi kihtwâm mîna – that is it for now another time