



Neyâskweyâhk Acimowin ᓂᓴᓐᓴᓐᓴᓐ ᐱᓴᓴᓐᓴᓐ

Ermineskin Newsletter August 30, 2019

Neyâskweyâhk Acimowin Ohpahowipîsim Nistômitanaw Akimaw Anohc

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MASKWACIS MEMBERS COMPLETE INDIGENOUS DRONE PILOT PROGRAM

At the Panee Memorial Agriplex, on Tuesday August 27, 2019, the Maskwacis Members who completed the Indigenous Drone Pilot Program for Advanced Drone Pilots completed their flight review testing that was a requirement in order to finish the Indigenous Drone Pilot Program that was offered by Project Safe Canada and Norquest College. The test the students had to complete is known to be difficult and takes most people three tries to pass.

INDIGENOUS DRONE PILOT PROGRAM



With that said, 9 out of 11 Maskwacis members passed the written examination with flying colors. Jesse Smallboy, Jacob Wilder, Tyson Ward, Perry Morin, Neil Wildcat Jr., Richard Coyote, Jonathan Stoney, Percy Morin, Joseph Small/Alexander, Francis Lynch and Landy Bull all participated in the program. Mark Palka who is Project Safe Canada Director and Facilitator of the drone program stated: *“Of all the people that take the test, only 32% of them pass the test. It usually takes people at least three tries to pass the written test. This class has passed 9 out of 11 students its first try. It’s pretty powerful stuff. These students were engaged and they were empowered by it. They are doing something the general population of Canada doesn’t achieve. This is something to be very very proud of.”* Jesse Smallboy was the only iskwee in the program who passed with the highest marks in the class. When asked how she felt about the program Jesse said *“It was pretty intimidating being the only woman at first, but that made me more determined to try harder. The training was really informative and interesting. It will help a lot with my job as security. We would be able to find a person who was on the run or even a missing child with this kind of technology.”* Project Safe Canada is non-profit organization that is made up of a number of people in the security industry who have different expertise. They are only working with Indigenous communities and want to offer more tools to those communities by getting them flying drones and also look for job opportunities and contracts for the licensed drone pilots. Drone Pilot positions are skilled positions and can earn from \$25/hr up to \$65/hr depending on the contract. Awesome job guys! *Article & Photos by Janine Wildcat*

2019 Ermineskin Cree Nation Election

The 2019 Ermineskin Cree Nation Election was scheduled on Wednesday August 28, 2019. The polls commenced promptly at 9am at the Ermineskin Elders Center and closed at 6pm. A total number of 792 voters came out throughout the day to cast their ballots for their desired choices on who they wanted to lead Ermineskin Cree Nation. Many nation members eagerly waited for the results while they sat or stood with their phones in hand ready to record and post on social media. The statement of results that showcased the number of votes for each candidate was very close. The candidates with the majority of votes were Tyler K. Makinaw (337 votes), Ryan Ermineskin (331 votes), Dennis Whitebear Sr. (299 votes) and Clayton Wildcat (257 votes). The elected councillors are elected for a three year term that is effective October 1, 2019. The next election for Ermineskin Cree Nation will be next year, where votes will be cast for Chief and four Councillors. Congratulations to all the candidates.



ERMINESKIN CREE NATION COUNCILLOR ELECTION AUGUST 28, 2019



Statement of Results Councillor

_331_Ermineskin Ryan	ELECTED
_192_Littlechild Lee Justin (Jiggs)	
_211_Littlechild Michelle	
_217_Makinaw Daniel	
_337_Makinaw Tyler K	ELECTED
_254_Montour Cheryl	
_130_Morin Kevin	
_299_Whitebear Dennis Lee Sr.	ELECTED
_257_Wildcat Clayton	ELECTED
_241_Wildcat Daniel	

Recorded and posted this 28th day of August, 2019

Loretta J. Lambert

Loretta J Pete Lambert
T: 1-306-227-3373
E: loretta@petelambert.ca

The elected councillors are elected for a three year term effective October 1, 2019.

Kanawemahwasowin Kamik A Program for Children and Families Calling Our Children Home Ceremony

The Kanawemahwasowin Kamik A Program for Children and Families held a ceremony for the sole purpose to Call Our Children Home on Saturday, August 17, 2019 at the Maskwacis Bear Park. "We, at the Kanawemahwasowin Kamik Program (previously Children's Services) would like to extend appreciation and gratitude to all those that came out to support and/or assist in the 'Calling Our Children Home Ceremony'.

Kanawemahwasowin Kamik A Program for Children & Families



Calling Our Children Home Ceremony



Special thank you to our Elders that lead the ceremony (Kenneth Roan, Lorraine White, Effie Janvier, Lorraine Cutarm), Chief Craig Makinaw, Councillor Daniel Wildcat, Administrator Geraldine Hill, Kenneth X Roan, Elvin Wolfe, Bear Street Singers, Terry 'Bear' Littlechild, Toni Potts and team, Steve Mulley, Respective CS Region staff, our committee members and of course my staff/colleagues. This day was very special for all of our children, youth and families as we called them home back to their home fires." ~ Chrystal Hill

Important Dates

ECN Administration Buildings

September 2, 2019

Labour Day, offices closed

September 6, 2019

Off Friday, offices closed

KEEP CONNECTED
WITH ERMINESKIN CREE NATION

FACEBOOK GROUPS/PAGE:

- Ermineskin Cree Nation
- Ermineskin News for Pigeon Lake Members
- Ermineskin Cree Nation Communications
- Ermineskin Youth News/Info
- Ermineskin Elders Information Group
- Ermineskin Volunteer Opportunities

Twitter: @ErmineskinCree Snapchat: @ecnewsletter

Instagram: @erminekincreonation @ecn_newsletter YouTube Channel: Ermineskin Cree Nation

Website: www.erminekin.ca

Phone: (780) 585-3741
Toll Free: (886) 585-3941

This issue brought to you
by guest editor
Janine Wildcat



Neyâskweyâhk Acimowin

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Next Issue: **September 13, 2019**

Submission Deadline: **September 9, 2019**

**NEWSLETTER
DISTRIBUTION DATES**

FRIDAY SEPTEMBER 13

FRIDAY SEPTEMBER 27

FRIDAY OCTOBER 11

FRIDAY OCTOBER 25

FRIDAY NOVEMBER 8

FRIDAY NOVEMBER 22

FRIDAY DECEMBER 6

FRIDAY DECEMBER 20

09/20

**EXTERNAL AFFAIRS DEPARTMENT
UPDATE**

Re: Class Action – Indian Day School

The official website for the Federal Indian Day School Class Action is:
<https://indiandayschools.com/en/>

On August 19, 2019 the Federal Court approved the class settlement to compensate survivors for harms suffered while attending Federal Indian Day Schools and Federal Day Schools. The settlement includes compensation ranging from \$10,000 to \$200,000 based on the level of harm experienced. To be eligible for direct compensation, a person must have attended at least one of the Federal Indian Day Schools or Federal Day Schools.

This includes students who attended the Ermineskin primary, elementary, and junior high schools from 1969 – 1991 as well as those students who attended the Ermineskin Kindergarten from 1970 – 1991.

There is now 90 day opt out period. "Those choosing to opt-out of the Settlement will receive no compensation from this Settlement but will retain the right to bring an individual claim against Canada for harms suffered, if they wish to do so." The Opt Out Form would have to be completed by November 18th, 2019.

Claims for compensation will begin to be processed for compensation 120 days from August 19th, 2019 (more information to be posted on the website in the coming weeks). Once claims begin to be processed, individuals will have 2.5 years to complete their claim. The claim form and other information including FAQ's can be found on the official website or call: 1 (844) 539-3815.

Reminder: Sixties Scoop Settlement – the individual payment application deadline is August 30, 2019.

Class Action – Indian Day School

The official website for the Federal Indian Day School Class Action is:

<https://indiandayschools.com/en/>

The claim form and other information including FAQ's can be found on the official website or call: 1 (844) 539-3815.



Ermineskin Resource Development Donates \$5000 to the Ermineskin Recreation for programs

Cree Corner

Created by Janine Wildcat
Cree Provided by: Betty Simon

itahkamikisiwina

»»» —————> (Verbs) <————— «««

nipâ	sleep
waniskâ	wake up
kisîpêkâphitêho	brush your teeth
sîkaho	comb your hair
kâsihkwe	wash your face
kâkîsimo	pray
api	sit
pimohtê	walk
pimipahtâ	run
pîhtikwê	come in
pasikô	get up
nîmihto	dance
sêsâwî	exercise
kitôcikê	play music
kwâskôti	jump
wâyawî	go out
mêtawê	play
mîciso	eat
minihkwê	drink



Samson Youth Promoting Cree Language

Kiya Bruno from Samson Cree Nation, was given the honor of singing the Canadian national anthem in Cree and English at the Blue Jays baseball game in Toronto on Aboriginal Day back in June. Since then she has been singing the anthem at various sports events such as the 2019 Brick Invitational Hockey Tournament on Canada Day in West Edmonton Mall. *“Singing the Canadian National Anthem in Cree and English at the Toronto Blue jays game for the first time. It was a historical moment being the first Indigenous person to sing it in a bilingual version of Cree and English. It was an honour for me to represent my Indigenous people, my Maskwacis community and our Cree language. Sharing a piece of my Indigenous culture and language with the world is so important to me. I want to be able to motivate, encourage and inspire Indigenous youth to share their culture and language with the world as well. I look forward to continuing to learn my language and sharing it with others”* Kiya stated.





“I want my family to eat healthier” How to inspire change

by Joanne Siemens, RD

1. Eat honorably.

Move food to a higher level – it’s not about calories or being “on a diet” – it’s about eating in a way that you are honoring yourself.

2. Make your home a healthy haven.

We live in a toxic food environment (North America) where selling unhealthy foods is big business. We need ONE place where there are no harmful foods: our home. You can post a sign the front hallway, “Welcome to my home, only healthy foods allowed”. You can eat not-so-healthy foods “out there”, but don’t bring them home.

3. Make your food choices personal.

We are all individuals with different needs, desires, and goals. Don’t wait for your spouse or children to change their eating habits. This is about YOU. The more you mind your own business, the more your family will change. Have a variety of food on the table and let everyone eat what and how much they want. They don’t judge you; you don’t judge them. Over time you will notice the family making healthier food choices.

4. Love your children with healthy foods.

Sure, children love pop, chips, and candy but they also love fruits and berries. Most of all, they love you and what children want most is TIME with YOU.

5. Enrich family life and create life-long memories with home-cooked meals.

Around the kitchen table is where we nourish, protect, educate, socialize, and love our children.

6. Replace fast-foods with picnic-foods.

Wheel into the grocery store instead of the drive-thru. Bring along some bannock and pick up some bologna, fresh fruits, and water bottles. Create memorable experiences as you picnic at the roadside turnout or at the park.

7. Men – take advantage of your strong will.

When men make changes to eating habits, whoa, watch out! It’s awesome! They don’t seem to be wishy-washy and emotional about it. They just do it!

8. Women – use your POWER.

Women are the gatekeepers. What we buy, what we cook, what we allow in the house – determines the nutrition of our family. We have the RESPONSIBILITY so we have to have the POWER to go with it. In other words, make good food choices and don’t apologize for it.

Introducing, Salad-in-a-Jar



Salad-in-a-Jar is made once a week and sits in your fridge until you are ready to enjoy a fresh crisp delicious salad. (Salad-in-a-Jar stays fresh for 5 – 7 days in the fridge).

- No two salads are the same; create countless works of art. Enjoy a different salad every day.
- Benefit from an abundance of nature’s medicines.
- No more rotting vegetables in your fridge drawer.
- No more guilt about not eating your veggies.

Cinnamon Overnight Oatmeal

Makes one meal-size serving, 1 cup or two snack-size servings, ½ cup each

Ingredients:

80 ml	¼ cup	rolled oats
15 ml	1 tablespoon	chia seeds
5 ml	1 teaspoon	sugar
2 ml	½ teaspoon	cinnamon
250 ml	1 cup	vanilla soy milk

Did you know...

Rolled oats and chia seeds have “soluble fibre” that absorb water and become a “gel” that fills us up and helps us lose weight, stabilize blood sugars, and lower cholesterol.



Instructions:

1. In a small bowl or soup mug put rolled oats, chia seeds, sugar, and cinnamon.
2. Add soy milk. Stir.
3. Cover and put in fridge for 4 or 5 hours.
4. Stir again to break up clumps of oatmeal and chia seeds. Put back in fridge for another 8 - 12 hours to gel.
5. Before eating your overnight oatmeal give it a good stir, like beating a cake batter, to absorb liquids and thicken.

Looking for a snack that will curb your hunger and cravings but is not high in calories?

Try Cinnamon Overnight Oatmeal in the afternoon or evening when hunger and cravings hit hard.

A snack that is good and good for you!



Nutrition Information:

	Meal-Size (1 cup)	Snack-Size (½ cup)
Calories	266	133
Carbohydrate	38 g	19 g
Fibre	3 g	2 g
Protein	12 g	6 g
Total Fat	7 g	4 g
Saturated Fat	1 g	.5 g

Joanne Siemens

Registered Dietitian

Maskwacis Health Services

780.585.2151

How to Pack Salad-in-a-Jar

Use 1 litre (1 quart) wide-mouth canning jars or pickle jars.
Makes 2 dinner-size salads.



Joanne Siemens

Registered Dietitian

Maskwacis Health Services

780.585.2151

Alberta Indigenous Games 2019



Did You Know?

Basketball had the most number of athletes with 40 teams entered and over 500 athletes competing in the sport. This year is the first time Lacrosse was a complete category in the AIG Games, and Maskwacis took gold in the Jr and Sr division, Maskwacis also had the most female players on any team competing. Maskwacis lead in most medals achieved in any community.

BIG CONGRATS EVERYBODY! 2019 AIG Count for registrations is 2019!!! We still have some coming in as athletics is open still as well as kayaking and cross country! Currently 2019 athletes registered over 13 sports with 151 Teams that were sent from 35 different communities!!! Way to go we are so excited to have you all this week and have been work hard to put on a really fun Games!!! Hope as many of you can make it to the Opening Ceremonies Sunday!!! (BTW last year we had 900 registered for our Team Sport Games and 1100 in 2017 our 9 sport AIG event) We are so grateful for the Church of Jesus Christ of Latter-Day Saints for sending over 50+ full time missionaries (from all over the world) over the past week to fill 70+ volunteer shifts throughout most of our sporting events to score keep and time keep etc... They also had many of their older members living in Edmonton volunteering throughout the week that were a huge support. Literally saved the day in helping us run our Games the best we can from a volunteer perspective. Just wanted to say thank you from AIG to their church for sending them this year. (Also for the 4th Games in a row (2015, 2017, 2018, and 2019) now they have come to support our youth) - Via [Alberta Indigenous Games 2019 Facebook Page](#)





Our Maskwacis youth in the Windspeaker!

Remington and Rhodes Buffalo, members of the Samson Cree Nation, and Utin Lightning and Nasland Ermineskin of Ermineskin Cree Nation will be attending school and playing hockey in Florida for the season. Below: From left to right Utin Lightning, Rhodes Buffalo and Remington Buffalo in Germany currently. *Via Windspeaker*



Congratulations!!

Alberta 55-plus Summer Games in Medicine Hat from July 4 to 7. Shown here are Donna White, who captured silver in the shot put and bronze in the discus, and Josey White of Maskwacis, who won the medal trifecta – gold in the javelin, silver in the discus and bronze in both the shot put and the 50m race. Another athlete, Wilton Littlechild was spectacular at the Games winning four medals in the 70 and over category - earning silver in the 50m breaststroke, 100m breaststroke and the 100m individual medley along with a bronze in the 50m backstroke. *Via Ponoka News Facebook Page*

Back 2 Skool Extravaganza

The Back 2 Skool Extravaganza week kicked off on August 19th, 20th and 21st. The extravaganza consisted of numerous fun filled activities and field trips for the youth such as: a paintball challenge, world water park party, and a movie and arcade day. The week was a collaborated effort with Ermineskin Community Wellness, Ermineskin Events, Ermineskin Recreation, Samson Youth & Sports Development, Samson Headstart and Louis Bull Recreation. There was a total of 289 youth who attended the events! 65 participated in the Paintball Challenge, 170 attended the World Water Park Party and 54 went to the Movie and Arcade day.



**BACK 2 SKOOL PAINTBALL CHALLENGE
MONDAY AUGUST 19, 2019**



Back 2 Skool World Water Park Trip

"The Ermineskin Community Wellness and Ermineskin Recreation would like to send out a huge thank you to both Wetaskiwin Cinemas and the Dae Bak! Fun Center for hosting the nation's youth plus youth from Louis Bull on August 21, 2019. Everyone enjoyed their time and the children went home with smiles on their faces!" Gordon Minde, Ermineskin Community Wellness

ERMINESKIN PROPERTY MANAGEMENT

Housing Corner

EPM BED BUG CAMPAIGN

DUE TO THE HIGH CANCELLATIONS AND UNPREPAREDNESS OF HOMES FOR HEAT TREATMENTS, ERMINESKIN PROPERTY MANAGEMENT IS NEEDING ECN CITIZENS' ASSISTANCE & COOPERATION TO HELP WITH THE BEG BUG EPIDEMIC IN ERMINESKIN.

HOW TO PROPERLY PREPARE FOR A HEAT TREATMENT:

FURNITURE:

YOU CAN LEAVE ALL FURNITURE IN YOUR HOME. MOVE EVERYTHING IN YOUR HOME AWAY FROM THE WALLS TO ALLOW ACCESS TO THE ENTIRE PERIMETER. THIS INCLUDES CLOSETS.

CLOTHING:

DO NOT PLACE CLOTHING IN PLASTIC BAGS. WASHING USING THE HOTTEST WATER CYCLE AND DRYING USING THE HOTTEST DRYER SETTING WILL TREAT MOST CLOTHING.

ELECTRONICS:

SWITCH ALL ELECTRONIC APPLIANCES TO THE OFF POSITION. DISCONNECT ALL ELECTRIC APPLIANCES BY UNPLUGGING FROM THE WALL OUTLET.

THE TREATMENT ONLY TAKES 6 HOURS. YOU ONLY HAVE TO VACATE FOR THAT TIME AND CAN RETURN BACK HOME THE SAME DAY



ERMINESKIN PROPERTY MANAGEMENT COMMUNITY EDUCATION: PEST CONTROL



PREVENT

Regular inspection & cleaning can help prevent infestation. Clean up clutter to help reduce the number of places pests can hide. Vacuum Mattresses. Seal cracks and crevices with caulking. Be careful when buying used clothes or furniture. NEVER bring discarded bed frames, mattresses, furniture, or electronics into your home.

IDENTIFY

One of the best ways to control pest infestations is to spot the problem early and act quickly. Use a bright flashlight to look for bed bugs and cockroaches in mattresses, box springs, bedroom furniture, windows, door frames, base boards, cracks & crevices, night stands, cracks in plaster, cluttered areas etc. Use a thin knife or card to force them out of hiding spaces & cracks.

EPM BED BUG CAMPAIGN



AFTER HEAT TREATMENT:

Your home may still be warm when you return. You may notice some things out of place because furniture may need to be moved in order to distribute the heat treatment evenly for the best outcome. You may open windows, turn on air conditioning, or fans, and move your things back to where they belong.

Upon receiving a treatment, it is up to YOU the Home Occupant to control in the movement in your home to reduce the possibility of Re-infestation

Protect YOUR home by reducing visitors. Bed Bugs are good hitchhikers. If you know if someone's home has an infestation, please let EPM know as soon as possible, so they can get treated.

Please Note: If a home has a bed bug infestation, the EPM Tradesman will NOT go into the homes for services calls. This is to help reduce the spread of the pests.

IF YOU THINK YOU MAY HAVE AN INFESTATION, PLEASE CONTACT EPM AT (780)585-3886 OR YOU CAN CONTACT PAT BOUTIN AT (403)505-9843. TEXTING IS AVAILABLE. LEAVE HIM: YOUR NAME, HOUSE # AND PHONE NUMBER. [FOR ECN MEMBERS ONLY]



Protect Your Home

Pick Up Your "No Visitors" Sign at Ermeskin Property Management Office

!ATTENTION!

Due to the increase of Bedbug & Cockroach Infestations on the reserve, We **DO NOT** accept visitors of **ANY KIND!** It doesn't matter if you are **FRIENDS OR FAMILY.** **YOU WILL NOT BE ALLOWED IN THIS HOUSE!** This is a Bedbug & Cockroach Free Zone and we aim to keep it that way



~NOTICE~

All Service Calls are to be made to the Service Clerk Jennifer Lee. Any **UNAUTHORIZED** work will **NOT** be Paid!
-EPM Management

EPM EMERGENCY SERVICE CALL AFTER HOURS NUMBER

CONTACT: JENNIFER LEE
780-360-2546



Upcoming Events/Classifieds

Friday August 30, 2019

Newsletter Day!

MESC – New Student Registration Deadline

Mon. September 2, 2019

Ermineskin Administration Offices **CLOSED** for Labour Day

Tues. September 3, 2019

MESC - First Day Back to School for Grades 1 -12 Students

N.E.S.T – Adult Literacy Program Begins at the N.E.S.T Office. For more info contact (780) 585-0901

Maskwacis Cultural College – Flag Raising Ceremony @ 10am at the MCC College

Wed. September 4, 2019

MESC - First Day Back to School for K5 Students

Thurs. September 5, 2019

Career Presentation – RCMP. 5pm at the Maskwacis RCMP Detachment located at 611 east. Mandatory Registration required. To register contact 1-877-726-7472

Maskwacis Counselling & Support Services – NNADAP Prevention/Maskwacis AL-ANON. 6pm-7pm

Mon. September 9, 2019

MESC – First Day Back to School for K4 Students

Maskwacis Health Services – FALL SHAPE PROGRAM Registration Week Starts from Sept. 9 - 13. For questions please contact (780)585-2151

Ermineskin Recreation - Female Bootcamp & Pow Wow Singing Programs. 6pm – 8pm at the Jim RS. Bldg.

Tues. September 10, 2019

Maskwacis Health Services – Car Seat Exchange. 10am – 3pm at MHS Public Health. (780) 585-2151

Ermineskin Recreation - Arts & Crafts and Athlete Fitness Strength Training Programs. 5pm – 7pm at the Jim RS. Bldg.

Wed. September 11, 2019

Ermineskin Recreation - Pow Wow Cardio Fitness Program. 7pm – 8pm at the Jim RS. Bldg.

Thurs. September 12, 2019

Maskwacis Employment Center – Transmountain Expansion Project Info Session at MEC Office. For more info contact (780) 585-4450

Ermineskin Recreation - Karate Program. 7pm – 8pm at the Jim RS. Bldg.

Fri. September 13, 2019

Newsletter Day!

Sat. September 14, 2019

Kanawemahasowin Kamik A Program for Children’s and Families (Ermineskin Children’s Services) Naming Ceremony for the Children in Care & Their Families *Bear Park- 10AM – 4PM. By invite only.

Job Opportunities

MESC

(1) Education Assistant at Ermineskin Jr/Sr High School
 (1) Education Assistant at the Mimiw Sakahikan School (Pigeon Lake)
 Deadline: September 6, 2019.

Send Resumes to:

hr@maskwacised.ca

Samson Management LTD

(1) Manager at Robins Donuts & 2-4-1 Pizza. Deadline: September 8, 2019. Send Resumes to: c.shirt@smlcorp.com

Maskwacis Transportation LTD

School Bus Drivers Wanted. Deadline: Open until position filled. Please send resumes to: maskwacis_transport@outlook.com

Burger Baron Maskwacis

(2) Full Time Positions Available. Please drop off Resumes at the shop.

AKO Child & Family Services

(1)AKO Executive Assistant Position. For Questions Please contact (780)585-2125.

Peacekeepers (NSS) Samson High School

(1) Security Guard Position. Please drop off Resumes/ Applications at Samson Personnel Department. For Questions please contact (780)585-3793

ECN Job Opportunities 		
Position	Department	Deadline
(1) Level II Child Development Assistant	Ermineskin Daycare Center	September 10, 2019
(1) Enhanced Service Delivery (ESD) Career & Employment Advisor	Neyaskweyahk Human Services (NHS)	September 10, 2019
(2) Children's Oral Health Initiative (COHI) Aides	Ermineskin Brighter Futures	September 11, 2019

Applications and actual job descriptions may be picked up at the Personnel office located in the Ermineskin Administration Office. Incomplete applications will be automatically screened out. Submit Application/Resume/Criminal Record Check to Faith Whitebear. Email: faith@erminekin.ca



Welcome Back

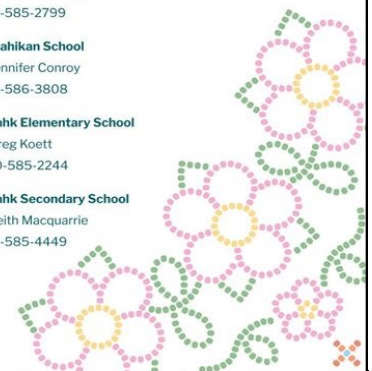
Welcome back MESC Students! We hope you had a fun-filled summer!
We're excited to have the students back in class.

Important Dates:

- New student registration deadline is **Friday, August 30, 2019**
- For Grades 1 to 12, the first day of school will begin on **Tuesday, September 3, 2019**
- For K5, the first day of school will begin on **Wednesday, September 4, 2019**
- For K4, the first day of school will begin on **Monday, September 9, 2019**

School Contacts

- | | |
|--|--|
| Ehpewapahk Alternate School
Principal: Andrew Fulks
Phone: 780-585-2202 | Maskwacis Outreach School
Principal: Sharon Seright
Phone: 780-585-3076 |
| Ermineskin Elementary School
Principal: Debbie Michael
Phone: 780-585-3760 | Meskanahk Ka Nipa Wit School
Principal: Roxanne Harasymchuk
Phone: 780-585-2799 |
| Ermineskin Junior Senior High School
Principal: Joline Wood
Phone: 780-585-3760 | Mimiv-Sakahikan School
Principal: Jennifer Conroy
Phone: 780-586-3808 |
| Ermineskin Kindergarten
Principal: Michael Currie
Phone: 780-585-3788 | Nipisihkopahk Elementary School
Principal: Greg Koett
Phone: 780-585-2244 |
| Grace Marie Swampy Primary School
Principal: Deanna Morin
Phone: 780-585-2075 | Nipisihkopahk Secondary School
Principal: Keith Macquarrie
Phone: 780-585-4449 |
| Kisipatnahk School
Principal: Patricia Johnson
Phone: 780-585-0035 | |



ANNOUNCEMENT OF TREATY DAYS ERMINESKIN TRIBE

DATE: SEPTEMBER 25, 2019
LOCATION: JIM RATTLESNAKE BUILDING
TIME: 9:30AM – 3:30PM

- Provide **PICTURE** identification for Adults (Indian Status Card, Driver's License, Passport, Band Membership Card)
- Parents need identification for children (status card, birth certificate, Health care card or Student ID)
- Notes will not be accepted
- No third party payout
- Money for children in care will not be paid



MASKWACIS HEALTH SERVICES SHAPE PROGRAM



PUBLIC HEALTH CENTRE
REGISTRATION WEEK SEPTEMBER 9th – 13th, 2019

PRIZES WILL BE AWARDED TO THE 1st, 2nd AND 3rd PLACE WINNERS

WEEKLY WEIGH-INS TUESDAYS FROM 9:00am TO 3:00pm FOR 10 WEEKS

FINAL WEIGH-IN DAY TUESDAY NOVEMBER 19th AT 12:00pm

MASKWACIS PUBLIC HEALTH SERVICES FOLLOW US ON FACEBOOK @MaskwacisHealth
MORE INFORMATION CONTACT: Pam 780 585-2151
EXT. 2443



MASKWACIS TRANSPORTATION LTD

2019-2020 Bus Registration now ready for PDF download or autofill. PLEASE fill out ALL areas: parent/guardian name & phone numbers, reserve of residence with House #, legal land location, emergency contact name & phone numbers, student(s) FULL name, Date of Birth, BAND numbers, School attending with Grade, and special notes and/or arrangements. PLEASE PRINT CLEARLY.
email: maskwacis_transport@outlook.com
fax: 403-783-5068
ph: 780-585-2424
OR call our office to register over the phone.



2019 SEPTEMBER

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2 Labor Day Office Closure	3 Closed	4 Open	5 Open	6 Off Friday	7
8		9 Open	10 Open	11 Open	12 Open	13 Open	14
15		16 Open	17 Open	18 Open	19 Open	20 Off Friday	21
22		23 Closed	24 Open	25 Closed Bobtail Day A.I.S.H	26 Open Pension	27 Open	28
29		30 Closed					

HOURS OF OPERATION
10:00 am -12:00pm
And 1:00pm -3:30 pm
PLEASE CALL FOR ELIGIBILITY
(780)585-2377

WE WILL BE CLOSED FIVE DAYS AFTER PAYMENTS SUCH AS NHS ISSUANCE

Slow Down in School Zones

Please Remember School Zones
Maximum Speed Limit 30 km/hr
8:00 am - 4:30 pm

**REMINDER: PARENTS PLEASE DO NOT DROP OFF CHILDREN IN THE SCHOOL BUS LANES. THESE ARE FOR BUSES ONLY

ERMINESKIN RECREATION



**FEMALE
BOOTCAMP 2019**



MONDAYS

6:00PM - 7:00PM

JIM RS BLDG

OPEN TO
EVERYONE

!!FREE!!

TO REGISTER CONTACT
[780]585-3088

**POW WOW
SINGING
PROGRAM**

MONDAYS

6:00PM - 7:00PM

JIM RS BUILDING

TO REGISTER
PLEASE CONTACT

ECN REC AT
(780)585-3088



**ERMINESKIN
RECREATION**



**ERMINESKIN
RECREATION**

*Pow Wow
Cardio Fitness
Program*



MONDAYS

7PM - 8PM

JIM RS BLDG.

EVERYONE WELCOME
YOUTH & ADULT
PROGRAM

FOR MORE INFO CONTACT
ECN REC AT [780]585-3088



SEPTEMBER
10 & 17

GIANT
PAPER
FLOWERS

TIPI
CENTER
PIECES

SEPTEMBER 24

DECORATIVE
DREAM
CATCHERS

OCTOBER 1

CANVAS
WALL ART

OCTOBER 8

SPOOKY
HALLOWEEN
SPELLBOOKS

Youth
and Adults
Welcome!

ERMINESKIN RECREATION

Snacks
Included

Arts & Crafts Program

TUESDAYS

JIM RATTLESNAKE BLDG.

5PM - 7PM

OCTOBER 15

PUMPKIN
PAINTING

OCTOBER 22

HALLOWEEN
FACE
PAINTING

OCTOBER 29

HALLOWEEN
SFX
MAKEUP

NOVEMBER
5 & 12

BEADED
KEY CHAINS

Ermineskin Brighter Futures

**Youth
Group**

Starting Monday, September
16, 2019
@ 7:00-9:00 pm
In the Brighter Futures
Classroom
*For ages 13+

We will learn about coping skills and
cultural teachings

**Snacks and Transportation provided

For more information, please contact
Rebecca or Clarisse at 780-585-2000



ERMINESKIN BRIGHTER FUTURES

**Kiyas Nehiyaw Ohpikinawasowin
(Long Ago Cree Parenting)**

In this 6-session program, you will learn about:

- Rights of Passage
- Womanhood
- Parenting
- Kinship



Starts: On September 12th, 2019

Every Thursday

10 am-12:00 Noon

6 Sessions

Location: Brighter Futures

Classroom

Facilitator: Stella Listener

Funded By FNHI

FOR REGISTRATION OR
INQUIRIES:

Call Rebecca or
Clarisse at:

780.585.2000

Healing from Family Violence

Two Day Workshop



Presented by Vistara Conway, Registered Psychologist & Trauma Specialist

Join us as we explore the roots of violent behaviour, trauma & abuse;
Violence in relational aggression, bullying, control, and disconnection.
How we can return to healthy connections and healthy relationships.

Where: Jim Rattlesnake Building

Dates: Tuesday, September 24 & Wednesday September 25

Time: Registration & Coffee 9:30am and Workshop 10 - 4

Lunch & light snacks provided
Certificate for full attendance

Call Brighter Futures to register: 780-585-2000 or 585-2400

ERMINESKIN RECREATION PROGRAMS

ERMINESKIN BRIGHTER FUTURES

MASKWACIS AFTER SCHOOL YOUTH PROGRAM



**NOVEMBER
12 & 19**

HBMC

5:00PM – 7:30PM

MEDICINE WHEEL TEACHINGS
A HOLISTIC APPROACH
PROGRAM THAT FOSTERS THE
PHYSICAL, MENTAL, EMOTIONAL
AND SPIRITUAL WELL BEING
OF AN INDIVIDUAL.

**SEPTEMBER
17 & 24**

JIM RS BLD.

5:00PM – 7:30PM

**OCTOBER
8 & 22**

LOUIS BULL REC

5:00PM – 7:30PM

TO REGISTER PLEASE CONTACT
YOUR NATIONS REPRESENTATIVE:

ECN REC: 780-585-3088

SCN REC: 780-585-3012

LB REC: 780-585-4075

SAMSON COMMUNITY

WELLNESS: 780-585-3634



SEPTEMBER

23 & 24

ERMINESKIN ELDERS CENTRE

10AM – 3PM

TOPIC: ART CARDS

OCTOBER

23 & 24

ERMINESKIN ELDERS CENTRE

10AM – 3PM

TOPIC: NESTS

NOVEMBER

26 & 27

ERMINESKIN ELDERS CENTRE

10AM – 3PM

TOPIC: INTENTION JOURNALS

CONTACT ERMINESKIN
COMMUNITY WELLNESS AT
(780)585-3741
TO REGISTER

