



Neyâskweyâhk Acimowin ᑎᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᑕᑦᑕᑦ

Ermineskin Newsletter May 7, 2020

Neyâskweyâhk Acimowin Opiniyâwewipîsim Tepakohp Akimaw Anohc

ᑎᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᑕᑦᑕᑦ ᐅᐱᑦᑕᑦᐅᑦᐅᑦᐅᑦ ᐱᑦᑕᑦᑕᑦ ᐱᑦᑕᑦᑕᑦ ᐱᑦᑕᑦᑕᑦ

Chief Makinaw Update

On May 6, 2020, Chief Makinaw gave an update on the current state of affairs in Neyaskweyahk. This is a transcript of his update:

As many of you may have heard in the news there are going to be changes in some of the Provincial Restrictions that had been in place. The provincial government has lifted some restrictions this week regarding provincial parks, medical surgeries, and dental procedures and may continue to transition, by easing the restrictions over the next few months. Ermineskin Cree Nation is currently maintaining their state of local emergency as the Covid-19 pandemic remains to be a threat in the province. Everyone is still expected to be cautious; and people must continue to follow social distancing in order to keep one another safe. We are still not in the clear, as the peak of the virus in the province is estimated to occur in May to June, therefore we must continue to be safe and continue to protect our families and community from the ongoing threat of the virus. Ermineskin Cree Nation Administration operations will continue to be limited, be advised the office building remains closed to the public until further notice, only essential services and staff will be in operation. ECN office hours are from 1pm to 3pm on Mondays and Wednesdays ONLY. If you need to reach staff you may call during those hours on Mondays and Wednesdays, or you can contact them by email, which you can find on the staff listings webpage on the Ermineskin Cree Nation Website.

In relation to safety; Curfew and Security Checkpoints will remain in place. We advise citizens to respect and abide by the security measures that are in place for the health and protection of all our members. Any violators will be fined and actions will be taken to ensure the law is being enforced. We hope all members are aware of the seriousness of the infractions of this law,



and their implications. If you need more detailed information on the bylaw you can read the full law on the Ermineskin Website Tribal Law webpage. We understand the inconvenience the checkpoints bring to those that live in the area and those needing to access the post office. However these security measures are in place to protect everyone and they are deemed necessary at this time. So we ask that you please respect our security staff and have patience when traveling through these checkpoints, and allow yourself ample time to navigate the security procedure. Please know these security measures are in place for the safety of everyone, and we ask that you remember to keep others in mind, as it is in our culture our teachings and it is OUR way, to think of others and to include the well-being of EVERYONE when we act, and not just think of the wellbeing of ourselves. And we thank you for your cooperation. The leadership and the Ermineskin Emergency Response team are doing what we can to aid and assist our citizens during this pandemic; there are supports available for our nation citizens residing on and off reserve, including Pigeon Lake, Buck Lake, and Smallboy Camp. Hamper deliveries will be going out this week when

road conditions allow for the areas of Ermineskin, Pigeon Lake, Buck Lake and Smallboy Camp. And for those in need; Off Reserve members can access the Tribal Support Services. In addition there will also be financial aid issued out to assist Off Reserve members with food and sanitary needs. Maskwacis Health Services wants you to know there is testing available for Covid-19 in Maskwacis. It is important that people get tested if they are having symptoms. We encourage people to get tested even if they are displaying only one of the Covid-19 viral symptoms. This is a trying time. Weeks of self-isolation can take its toll on many individuals, in addition to job loss, family stress, home schooling, and financial strain; there is also those that are feeling the anxiety and fear of the COVID viral threat. We ask our citizens who may be struggling to get the help and seek the support they need. Those that struggle with addictions and depression may find this time difficult, and they may find themselves struggling to cope. Know that there is help out there. Maskwacis Counseling Services and Maskwacis Mobile Mental Health are available supports to help our nation members. Please take care of yourselves in all areas. Yesterday was the National Day of Awareness for Missing and Murdered Indigenous Women, we acknowledge those we have lost and pray for the safety, protection and respect for all women.

We would also like to state our deepest condolences for those that have lost family members during this pandemic. Losing a loved one is difficult, but with the added health and safety restrictions caused by this pandemic at funerals and wakes it is even more trying for families, and we wish to send what prayers of comfort we can offer to those families.

Our nation is doing what they can to help keep our members safe. The Ermineskin Emergency Response team is still operating and monitoring the pandemic situation at the local level. In collaboration with the Maskwacis Health Services Emergency staff, they continue to ensure procedures and facilities are in place should the circumstances arise. With that,

IN CLOSING...I will continue to give regular updates on the nation's response to the pandemic situation. We hope our nation citizens continue to take the safety precautions, and look out for one another. Find alternative ways to connect; keeping in touch with friends and family through social media, and phone calls. We must maintain the safe small numbers at gatherings. As well as continuing to disinfect and wash our hands to prevent the spread. I am happy to announce as of the latest report, there are no positive cases in Maskwacis. Together, if we continue to do our part, we can keep our nation safe. Hai hai.

Notice from Public Works

PLEASE be patient with Ermineskin Public Works. The weather makes spring roads difficult every year.

Please keep in mind rain makes conditions worse and heavy equipment will sink. It has to dry up for graders to be able to work.

Yesterday our team was brought back in to work on the roads, as our department was also CLOSED except for emergencies during this time.

- MAIN ROADS are our first priority.
- NO work orders will be processed until further notice.
- NO black dirt until further notice.
- Tow ban is in effect.

Roadwork takes time if you wish for it to be done properly, so please allow our operators space to give you smoother roads.

If you must be out, please drive to suit the conditions of the road, as speed limits are a suggested highest speed in the best conditions.



Newsletter Editor:
Sara Lee

Next Issue: May
20, 2020
Submission Deadline:
May 19, 2020 @
12:00PM



Phone: 780-585-3741
Ext. 266
Cell: 780-360-3588
Email: sara@ermineskin.ca

ECN I.T. &
Communications
Box 219
Maskwacis
AB T0C 1N0

EETF Notice:

Post Secondary Funding Deadline: June 15, 2020 for the September Intake. This applies to all continuing students and new applicants. Please ensure all required documents are included with your application.

Contact: Elinor Roan, 780-585-4006
elinor@ermineskin.ca

STAY NOTIFIED
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: Snap chat:

@ErmineskinCree @ecnewsletter

Instagram: YouTube Channel

@ermineskincreonation Ermineskin Cree Nation
@ecn_newsletter

Website:
www.ermineskin.ca

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



Volunteers Prepare Hampers for Ermineskin Band Members

Ermineskin Cree Nation has been busy preparing and delivering hampers to our Nation members.

Many hours have been dedicated to this initiative, with many volunteers and workers preparing and delivering hampers.

Team lead: Carol wildcat

Food sourcing committee:
Carol Wildcat, Anne Wildcat, Deanne Lightning, Angel Smallboy, Darlene Coyote, Maureen Wildcat, Clara Wildcat, Tricia Wildcat

Delivery People

Brian Lee, Collin Wildcat, Tyler Makinaw, Jason Makinaw, Dennis Whitebear, Clayton Wildcat, Sheldon Smallboy Lee Wolfe, Wayland Littlechild, Garrett Wildcat, Darlene Whitebear, Chrystal Littlechild-Hill, Paul Ward, Alice Wildcat, Angel Wildcat

Hamper Volunteers

Lydia Piche, Alice Wildcat, Angel Wildcat, Tricia Wildcat, Clara Wildcat, Carol Wildcat, Anne Wildcat, Deanne Lightning, Darlene Coyote, Carla Listener, Shyanne Rattlesnake, Zora Roan, Emiline Roan, Chrystal Littlechild-Hill, Janice Ermineskin, Courtney Roan, Maureen Wildcat, Cheryl Montour

Off Reserve ECN Citizens Registration

Alex Littlechild
Courtney Roan
Carol Wildcat
George Nepoose
Geraldine Hill

Note: ECN is assisting all our citizens living off reserve within the other cities, provinces and states side. We will not forget our people.

(there are now more volunteers as of press time, kudos!)



Left to right: Alice Wildcat, Carol Wildcat, Kylie Wildcat



CREE CORNER

by Janine Wildcat



Akihtâsôna Cree Numbers



One peyak ᐅᐱᐘ

Two nîso ᐅᐱᐘ

Three nisto ᐅᐱᐘ

Four newo ᐅᐱᐘ

Five niyânan ᐅᐱᐘ

Six nikotwâsik ᐅᐱᐘ

Seven tepakohp ᐅᐱᐘ

Eight ayinânnewo ᐅᐱᐘ

Nine kekâ mitâtaht ᐅᐱᐘ

Ten mitâtaht ᐅᐱᐘ

Eleven peyakôsâp ᐅᐱᐘ

Twelve nîsôsâp ᐅᐱᐘ

Thirteen nistôsâp ᐅᐱᐘ

Fourteen newôsâp ᐅᐱᐘ

Fifteen niyânanôsâp ᐅᐱᐘ

Sixteen nikotwâsôsâp ᐅᐱᐘ

Seventeen tepakohposâp ᐅᐱᐘ

Eighteen ayinânnewôsâp ᐅᐱᐘ

Nineteen kekâc nîstanaw ᐅᐱᐘ

Twenty nîstanaw ᐅᐱᐘ



Cree
Provided
by
Betty
Simon

Things You Can Do to Improve Mental Health

1. Value yourself:

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

2. Take care of your body:

Taking care of yourself physically can improve your mental health. Be sure to:

Eat nutritious meals

Avoid cigarettes

Drink plenty of water

Exercise, which helps decrease depression and anxiety and improve moods

Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students.

~Info from University of Michigan Web Page~

Addictions Help

If you find yourself struggling with an addiction, you can get help online at www.connexontario.ca. The site provides treatment service information for people experiencing problems with gambling, drugs, alcohol, and/or mental health.

Helpful, supportive System Navigation Specialists answer all calls, emails or webchat requests 24/7. Their referral service is free and confidential.

Staff Emails for Correspondence

Reminder: the ECN office hours are from 1 pm to 3pm on Mondays and Wednesdays ONLY (subject to change due to holidays falling on Mondays, please keep updated on changes with ECN Communication channels - Facebook, Website, Newsletter).
 At this time the ECN Administration Building is not open to the public and has LIMITED staff due to safety restrictions. To contact staff, please consider sending emails instead of calling the Administration Building. www.ermineskin.ca



Security Checkpoints

SECURITY UPDATE:

There are 2 locations checkpoints of ENTRY in the core area

- 1) Fas Gas/Mall location next to Highway 2A
- 2) School House Rd near Maskwa Park.

The 2 locations of EXITS are now

- 1) Panee Road exiting to Hwy611 West
- 2) School House Rd near Maskwa Park

We ask that you all respect the security staff and measures in place. The security are there to help, to assist, and protect our community in guarding against the threat of the COVID-19 virus.

Our Curfew is an Ermineskin Law in effect. Any violation of the law will be dealt with and fines can be issued. RCMP will be notified of individuals in violation of the law. We hope people understand the regulations at this time, and cooperate with the restrictions in place. It is all in regards to safety, for many of our elders and those at high risk.

These Security Measures and Security questions on a person's travel are being asked; this information can be utilized to assist should there be an outbreak in the community. That travel information can be used for the Health Officials in their investigations in tracking the locations the positive case has travelled. They must trace back over a period of 2 weeks, tracing back on memory for some may find that difficult. The quicker this information is known the quicker they can help stop the spread.

We understand the inconvenience for our members when going through checkpoints, however we ask for your patience as they are there to help the benefit of the nation. It is important to understand these safety measures are in place to help all our neighbours and families.



**ERMINESKIN
CREE NATION**

**PROTECTING OUR
NATION**

**SECURED
ACCESS
ONLY**

UPDATE:

THERE ARE 2 LOCATIONS CHECKPOINTS OF ENTRY IN THE CORE AREA
 1) FAS GAS/MALL LOCATION NEXT TO HIGHWAY 2A
 2) SCHOOL HOUSE RD NEAR MASKWA PARK.
 THE 2 LOCATIONS OF EXITS ARE NOW
 1) PANEE ROAD EXITING TO HWY611 WEST
 2) SCHOOL HOUSE RD NEAR MASKWA PARK

We ask that you all respect the security staff and measures in place. This is an Ermineskin Law in Effect. These Security Measures and Curfew are in place to protect the community, our Elders, our Knowledge-keepers, and our Citizens from the ongoing threat of the COVID-19 virus. Please help us by doing your part.

**Ensuring the health and safety of our community
WE THANK YOU FOR YOUR COOPERATION.**

Please keep your children/teens at home, and warn your family members to not go visiting with family and friends. Our community has been safe so far, but all it takes is one case and a few irresponsible actions. Be safe, stay home so when this is over we will all be there together.

COVID-19 by the Numbers

International: 3,822,951 cases, 265,084 deaths, 1,302,995 recovered

National: 63,496 cases, 4,232 deaths, 28,171 recovered

Provincial: 5,963 cases, 112 deaths, 3,552 recovered

Local: 0 cases in Maskwacis

(as of May 6, 2020)

Text 4 Hope

A new text-based tool to support Albertans dealing with stress and anxiety related to COVID-19

Text "COVID19Hope" to 393939 to get FREE daily texts with encouraging and supportive messages



alberta.ca/COVID19

#COVID19AB

MASKWACIS COUNSELLING & SUPPORT SERVICES



Feeling stressed? Depressed? Have anxiety?

We have Counsellors available for appointments via phone.

This is a difficult time, and our Mental Health team is here for you.

CALL 780-585-2020

You can also message our facebook page @maskwacishealth to reach a Mental Health Counsellor

If someone doesn't live in your house, don't go visit them.

Social Distancing prevents the spread of COVID-19.



Ermineskin Women's Shelter Society - shelter owned and operated by Ermineskin Women's Shelter in Hobbema. Although owned by one First Nation, shelter offers services to all First Nations in the area. Shelter opened in 1992.

(780) 585-4444

Use a **tissue** or the **inside of your arm** when you cough or sneeze



Stop the Spread of Germs



STAY HOME IF YOU'RE UNWELL



WASH HANDS REGULARLY



RESPECT OTHERS AND STAY 2 METRES AWAY FROM THEM



COVER COUGHS & SNEEZES AVOID TOUCHING YOUR FACE, NOSE AND MOUTH

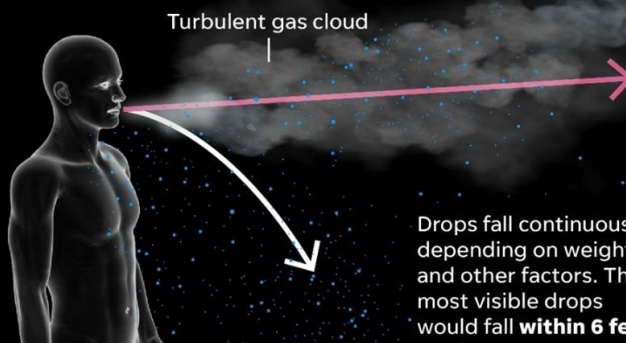


HEALTH CANADA RECOMMENDS CLEANING OFTEN



How cough and sneeze droplets travel

The study suggests that droplets of various sizes are trapped in a turbulent gas cloud allowing them to travel up to **26 feet**.



RESILIENCE MEANS COMMON SENSE

BE A TRUE WARRIOR

TAKE CARE OF YOUR COMMUNITY



**WASH YOUR HANDS
PHYSICAL DISTANCE
PROTECT THE ELDERLY**

Concept by Native Realities - www.native realities.com Artwork by Vanessa Bowen - bowencreative.ca

ERMINESKIN PROPERTY MANAGEMENT UPDATE



Housing service calls will be limited to **ONLY**
 -No heat
 -No water
 -Sewer back up issues.
 Septic Cleaning will continue as usual

THE HOUSING DEPARTMENT WILL BE CLOSED UNTIL FURTHER NOTICE WITH THE EXCEPTION OF EMERGENCY SERVICE
EMERGENCY SERVICE NUMBER:
 SERVICE CLERK JENNIFER LEE (780) 360-2546

FIRE BAN IN EFFECT

In Ermineskin Cree Nation
 NO BURNING!
 NO FIREWORKS!
 NO CAMPFIRES!
 NO OPEN FLAMES!
 NO CONTROLLED BURNS!



ERMINESKIN CREE NATION

ECN EMERGENCY NUMBERS

- Maskwacis RCMP (780) 585-3767
- Ermineskin Fire Hall (780) 312-3145 or (780) 585-4589
- Maskwacis Ambulance (780) 585-4000
- Maskwacis Health Services (780) 585-2266
- Maskwacis Mobile Mental Health (780) 362-2150
- Maskwacis Victims Services (780) 361-9464
- Ermineskin Women's Shelter (780) 585-4444
- Ermineskin Security (780) 585-2004 or (780) 335-3725
- ECN Administrator (780) 361-5930
- Child Services (780) 335-4116
- Food Bank (780) 360-9384
- NEP (780) 335-8174
- NHS (780) 360-9602
- Property Management Service Call:
 Jennifer Lee (780) 360-2546
- Public Works (780) 360-4455
- REA LTD (780) 312-4211
- Tech Services (780) 360-4560 or (780) 340-3672
- Tribal Services (780) 585-3741 OR 1 (866) 585-3941

ERMINESKIN CREE NATION

Maskwacis, Alberta ermineskin.ca



Dial (780) 585-4450
 Listen to the Voicemail and then Press 7 to reach a live person!



Text us @ (780) 360-1045

MEC is working remotely to continue to assist you.
9:30 am - 3:00 pm

Email us!

tricia@maskwacisemployment.ca
nicole@maskwacisemployment.ca
lacey@maskwacisemployment.ca

Ermineskin Cree Nation
TRADITIONAL POW WOW *"Honouring Anawisak"*

JULY 3-5, 2020
MASKWACIS BEAR PARK

Specials, Powwow & Mitta

CANCELLED

Arena Directors:
 Jerry Roasting
 Vince Yildiz
 ...

For Further Information
 Please Contact
 Carla Listener
 (780)312-6099

Pow Wow Information:
 No Competition
 Tipi Payout
 Dancers & Drummers Paid
 Grand Entries:
 Friday 6pm
 Saturday 1pm & 6pm
 Sunday 1pm

Vendor Information:
 Food Booth \$1000
 Arts & Crafts \$350
 Toy/Single Items \$450
 Fundraising \$50
 Contact: Raven or Shyna at ECN Finance Department at (780)585-3741

Ermineskin Cree Nation, Ermineskin Chief and Council, Ermineskin Tribal Enterprises or any affiliated entities and departments, and the Ermineskin Pow Wow Committee are not responsible for any form of loss, theft, injury, forces of nature, vandalism or travel assistance. NO ALCOHOL OR DRUGS ALLOWED.

ERMINESKIN CREE NATION

ECN COVID-19 UPDATES

GET SCREENED

If you have FEVER, COUGH, SORE THROAT or RUNNY NOSE AND live in Maskwacis you should be screened.

ON SATURDAY APRIL 11, 2020 WE WILL HAVE COVID -19 SCREENING AT THE MASKWACIS HEALTH SERVICES PARKING LOT FROM 10:00AM-1:00PM

IF YOU HAVE SYMPTOMS PLEASE CALL 780-585-2020 TO BE ASSESSED FOR TESTING.

IF YOU HAVE SYMPTOMS OUR TEAM WILL BE THERE TO SCREEN AND TEST FOR COVID-19. MHS

Ermineskin Cree Nation

EMERGENCY MEASURES

CURFEW IN EFFECT

10:00 PM - 6:00 AM

7 DAYS A WEEK

THIS DOES NOT APPLY TO ESSENTIAL SERVICE WORKERS AND PEOPLE COMING TO AND FROM WORK.

THE LAW WILL BE IN EFFECT UNTIL THE END OF OCTOBER 2020

THIS APPLIES TO ALL ERMINESKIN RESIDENTS & NON-RESIDENTS WHO RESIDE ON ERMINESKIN RESERVE

READ THE FULL BYLAW ON THE ERMINESKIN CREE NATION WEBSITE AT: WWW.ERMINESKIN.CA

ELDERS CARE

FOLLOW RECOMMENDED PRECAUTIONS BY ALBERTA HEALTH SERVICES

- ✓ KEEP VULNERABLE PERSON AT HOME
- ✓ APPOINT ONE PERSON IN THE HOME TO DO ESSENTIAL TRIPS

IF YOU ARE CONCERNED ABOUT YOUR MENTAL HEALTH OR ELDER ABUSE, YOU CAN CONTACT A COUNSELLOR @ (780) 585-2020

IF ANYONE IS SHOWING ANY SYMPTOMS IN THE HOME, CONTACT MHS @ (780) 585 - 2020

- Practice Social Distancing (2 arm lengths)
- Disinfect commonly touched surfaces with 1part bleach and 9 parts water
- Handwashing for 20 seconds with soap and water
- No visitors in the home
- Call MHS Medical Transportation for perscription pickups @ (780) 585-2223.
- For over the phone appointments with a Physician call MHS Medical at (780) 585-2266.