



Neyâskweyâhk Acimowin ᓂᓴᓐᓴᓐ ᓐᓴᓴᓐ

Ermineskin Newsletter June 18, 2019

Neyâskweyâhk Acimowin Opaskâskwehowipisim Ayinânewosâp Nîstanaw Akimaw Anohc
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Ermineskin Updates

Ermineskin continues to maintain curfew and closures of ECN buildings to maintain safety within the Nation due to the ongoing COVID-19 pandemic.

Please remain patient with all essential workers as they navigate their jobs and maintain health guidelines. NHS, Public Works, and Security are working hard to ensure the safety of our residents.

Hampers were assembled last week with the help of ECN staff members and volunteers, who also delivered hampers even while struggling with road issues caused by heavy rains.

As always, please remember to maintain social distancing when spending time with loved ones. It is difficult when so many of us are feeling lonely and overwhelmed with the news on TV and social media. There are many resources available for mental health and stress issues, as well as many ways we can connect. Physical health is an important part of mental health and taking a walk or taking time to workout will help with stress.

Public Works is working on road repairs and request that anyone passing a grader drive slowly. Many road repairs require a specific moisture level in the soil, so some repairs will need to wait for the proper conditions.

NHS is working to get all those who are on assistance to submit their banking information to lower the number of clients coming in to collect cheques. If you haven't yet set up direct deposit, please contact the office during the posted office hours.

Security working to maintain the curfew and to document incoming and outgoing traffic to the core would like you to be patient with them, as they are spending time away from their homes and families to keep you safe. It is a very stressful job and it is a relatively minor inconvenience put in place for our Nation's safety.

Ermineskin property management is working to help those who are experiencing issues in their home due to flooding. Please email Bev Littlechild



if you have experienced flooding due to the weather at bevl@ermineskin.ca. Please include photos of the flooding, as well as your house number.

As of press time we still have 0 cases of COVID-19 in Ermineskin. Congratulations on your vigilance so far! So many volunteers and local seamstresses came together to make masks to give out to residents of Maskwacis. There are now 237 members in the "Masks 4 Maskwacis" Facebook page, and a lot of cloth masks from the page have been seen on faces in Maskwacis, Ponoka, and Wetaskiwin. Historians of the 1918 pandemic and scientists and doctors today point to the mask as the simplest way to lower the spread of diseases spread via droplets, like COVID-19. It is still suggested that you socially distance, wash your hands, and avoid touching your eyes, nose, and mouth. Together we will make it through the pandemic to a time when we can get together and celebrate each other once again. ~article by Sara Lee~

ERMINESKIN GRADS!

PLEASE SEND IN PHOTOS OF YOU DRESSED IN YOUR GRAD GEAR!

[CAP AND GOWN, FORMAL WEAR, OR YOUR FAVOURITE OUTFIT]

**ERMINESKIN
NEWSLETTER**

OPEN TO:

- KINDERGARTEN GRADUATES
- HIGH SCHOOL GRADUATES
- UNIVERSITY/POST SECONDARY GRADUATES

[HIGH SCHOOL GRADS: CONSIDER SENDING
IN A BABY PHOTO OR KINDERGARTEN
PHOTO WITH YOUR GRAD PHOTO]

DEADLINE: JULY 31ST, 2020

SEND DIGITAL IMAGES TO:
ERMINESKIN NEWSLETTER FACEBOOK PAGE, OR
EMAIL TO SARA@ERMINESKIN.CA
PLEASE INCLUDE: NAME, SCHOOL



Newsletter Editor:
Sara Lee

Next Issue:
July 2, 2020

Submission Deadline:
June 30, 2020 @ 4:30PM

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

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



COVID-19 By the Numbers

International: 8,403,599 cases,
451,383 deaths, 4,415,785 recovered

National: 99,853 cases, 8,254 deaths,
62,017 recovered

Provincial: 7,530 cases, 151 deaths,
6,893 recovered, 486 active cases

Calgary Zone: 224 active

Edmonton Zone: 201 active

Central Zone: 2 active

South Zone: 29 active

North Zone: 29 active

Unknown: 1 active

Local: 0 cases

(as of June 17, 2020)

STAY NOTIFIED WITH ERMINEKIN CREE NATION

FACEBOOK GROUPS/PAGE:

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

Twitter: Snap chat:

@ErminekinCree @ecnnewsletter

Instagram: YouTube Channel

@erminekincrenation Erminekin
@ecn_newsletter Cree
Nation

Website:

www.erminekin.ca

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



The Annual
Aboriginal Day
Celebration
will be
postponed
until further notice.

Contact N.A.L. office for details.

780-585-2970

Alberta Enters Stage 2 of Reopening

Starting June 12

Stage 2 allows additional businesses and services to reopen and resume operations starting June 12 with physical distancing requirements and other public health guidelines in place.

Business operators, sport and recreation services can determine if they are ready to open and ensure all guidance for workplaces is met.

What can open with restrictions

- K-12 schools, for requested diploma exams and summer school, following guidance
- libraries
- more surgeries
- wellness services such as massage, acupuncture and reflexology
- personal services (esthetics, cosmetics skin and body treatments, manicures, pedicures, waxing, facial treatments, artificial tanning)
- movie theatres and theatres
- community halls
- team sports
- indoor recreation, fitness and sports, including gyms and arenas
- pools for leisure swimming
- VLTs in restaurants and bars
- bingo halls and casinos (but not table games)
- instrumental concerts
- provincial campgrounds at full capacity
- Events and gatherings can be larger in stage 2

- 50 people maximum: indoor social gatherings, including wedding and funeral receptions, and birthday parties

- 100 people maximum: outdoor events and indoor seated/audience events, including wedding and funeral ceremonies

No cap on the number of people (with public health measures in place):

- worship gatherings
- restaurant, cafes, lounges and bars
- casinos
- bingo halls
- More flexibility for ‘cohort’ groups – small groups of people whose members do not always keep 2 metres apart:
 - households can increase their close interactions with other households to a maximum of 15 people
 - performers can have a cohort of up to 50 people (cast members or performers)
 - sports teams can play in region-only cohorts of up to 50 players (mini leagues)
 - people can be part of a sports/performing cohort and a household cohort at the same time

Still not approved in stage 2

- social gatherings that exceed



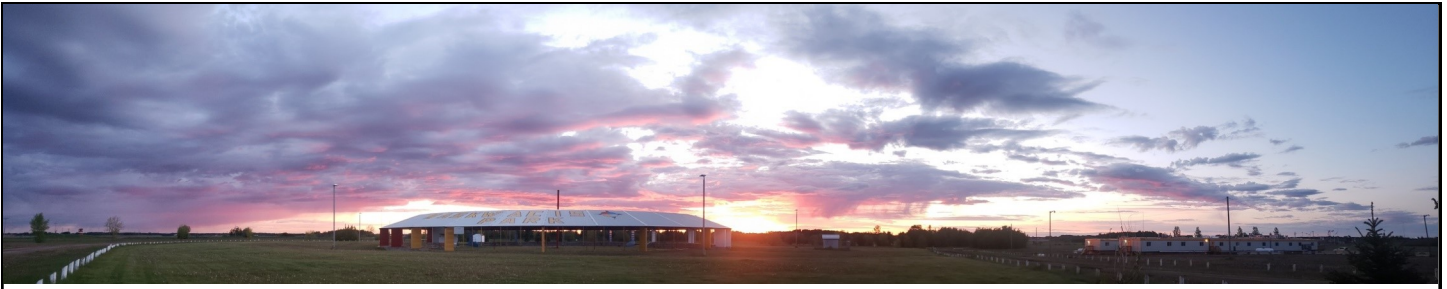
above listed maximums

- regular in-school classes for kindergarten to Grade 12 – classes will resume September 2020
- vocal concerts (as singing carries a higher risk of transmission)
- major festivals and concerts, large conferences, trade shows and events (as these are non-seated social events and/or vocal concerts)
- nightclubs
- amusement parks
- Indoor children’s play places
- hookah lounges (permitted for food and drink only)
- major sporting events and tournaments

Non-essential travel outside the province is not recommended – this won't be lifted until stage 3 of the relaunch strategy

The success of Stage 2 will determine when Alberta progresses to Stage 3. Factors are active cases, health-care system capacity, hospitalization and intensive care unit (ICU) cases, and infection rates.

(from Alberta.ca)



Above: A stunning sunrise photograph submitted by Michelle Small. Miywâsin!

Message from Michael Gottheil, Chief of the Commission and Tribunals, Alberta Human Rights Commission (June 5, 2020)

Raising our voices against anti-Black racism

At this moment, Black people across North America, and their allies, are raising their collective voices to fight against the systemic racism and injustices that continue to marginalize the Black community. This comes in response to the police killing of George Floyd in Minneapolis, Minnesota on May 25, 2020. This act of severe injustice has brought to light, in the most extreme way, the systemic racism that Black people continue to face.

Although this tragedy occurred in the United States, we cannot ignore the anti-Black racism that exists in Canada, nor can we ignore our own history of slavery, indentured servitude, and white supremacy. It's time to address the individual and systemic racism that exists in our legal, health, education, social, economic, and political structures and that hinders full equality for all.

The Commission supports the Black community in Alberta and across the

country in seeking equality and countering racism and discrimination. A number of organizations in Alberta are doing important work to further the #blacklivesmatter movement and prevent and counter the discrimination that Black people face.

Now is the time to listen. Learn. Understand. And to raise your voice.

Educate yourself on the history of slavery and white supremacy in Canada and Alberta. Learn about the #blacklivesmatter movement. Seek to understand the legacy and intergenerational impacts of racism, racial discrimination, inequality, and injustice. Support groups and organizations that are doing crucial anti-racism work here in Alberta. Be an ally by speaking up and speaking out against racism and hate toward Black, Indigenous, and racialized people and communities when you see it.

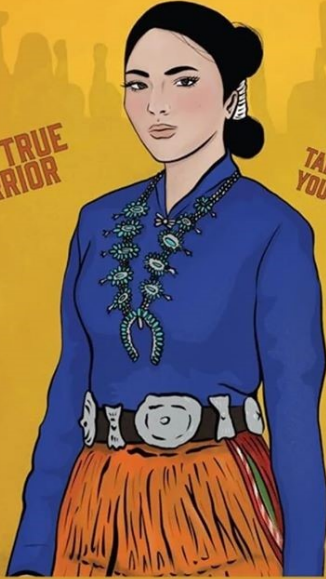
Black rights are human rights. Together, let's use our voices and take action to create change and build a society that is truly equal for all.

(from albertahumanrights.ab.ca)

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.co

Osam Sokipayik âhkosiwin COVID-19 âhkosiwin

(Typical Symptoms of COVID-19 Infection)

Kispin awiyak mâyamahcihow ka pâyakwapiw mitâtahtosap kîsikâwa ahpô kîkwâya ka âstêpayiw

(Anyone who has these symptoms **MUST SELF-ISOLATE** for a minimum 10 days or until symptoms resolve, whichever is longer.)

Tanta kawi sakeyitaman
(Where do you feel the pain?)



Kisowin
(Fever)



Ostostotamowin
(Cough)



Kipatâhtamowin
(Shortness of breath)



Misamiyêhêw
(Difficulty breathing)



Wîsakikohtâkanêw
(Sore throat)



Ohcitawitêyikomêw
(Runny nose)

ahs.ca/covid



Healthy Albertans.
Healthy Communities.
Together.



SCHOOL IMMUNIZATIONS

GRADE 6 & 9

In efforts to complete school immunizations for the 2019-2020 school year, we are booking immunizations on Monday's and Friday's for current grade 6 and 9 students.

Walk-ins are welcome however appointments will take priority.



MASKWACIS
HEALTH SERVICES

To book an Appointment or for more information contact
780-585-2020 Ext: 2459
Danielle - LPN
call/text 780-361-8411
Reese - LPN
call/text 780-362-0697



What can you do to stay safe from COVID-19 while in a public space or work place?



Alberta Health recommends the use of masks, and when used correctly a mask can help protect others especially if physical distancing is not possible.



Regularly disinfect frequently touched surfaces, like shopping cart handles.



Practice physical distancing. Keeping 2 metres (2 arms length) between yourself & others.



Wash your hands regularly, if you do not have access to a handwashing station use hand sanitizer (at least 70% alcohol based).



**KANAWEMAHWASOWIN
KAMIK PRESENTS**

“WE CELEBRATE PRIDE”

◆◆◆ DRIVE IN EVENT

JUNE 24 | 10:00 AM | N.O.K BUILDING

WE WOULD LIKE TO CELEBRATE THE RAINBOW ON JUNE 24TH, 2020!

**GUEST SPEAKERS
GOODIE BAGS, SNACKS & DOOR PRIZES DELIVERED TO EACH VEHICLE
CAR PARADE BY 1:30PM
SAFE SOCIAL DISTANCING RULES WILL APPLY**

Ermineskin Cree Nation

YARD & GARDEN CONTEST

For the Cleanest Yard OR Best Garden in Ermineskin
1st, 2nd, 3rd Prizes Awarded
For Sub-Division & Country Homes

DEADLINE FOR ENTRIES: JUNE 25, 2020

Judging will Take Place on June 30th, 2020

To Enter Please Contact:
Geraldine Hill (geraldine@ermineskin.ca)
Fran Minde (fran@ermineskin.ca)



ALCOHOLICS ANONYMOUS




Starting June 17/20
| 12-1 pm | Wednesdays
BLUE BUILDING

First come first serve. Maximum of 10 participants.
Please arrive early at 11:45 am for screening.
No food/beverages will be provided for precautionary reasons.

ONE DAY AT A TIME.

FOR MORE INFORMATION
CONTACT MARILYN
ROWAN @ (780) 585-2223

Elder abuse has **devastating consequences.**



US study: **victims of elder abuse were twice as likely to die** compared to older people who did not report abuse.

#ElderAbuse



World Health Organization

FIRE BAN

IN EFFECT

In **Ermineskin Cree Nation**

- No Controlled Burns**
- No Open Fires**
- No Fireworks**

Small **ENCLOSED** campfires allowed



Effective: May 12, 2020

Maskwacis Victim Services is still available 8:30 - 4:30 to assist and provide support through a phone call.
(780) 585 - 4640 or (780) 361 - 7494

POLICE LINE DO NOT CROSS

COVID-19 MOBILE TESTING SCHEDULE

Testing is for both symptomatic (symptoms) and asymptomatic (no symptoms) persons. All are welcome, please bring your Alberta Health Care Card with you.



MONDAYS

Montana Band Office
1 - 3:30 PM

TUESDAYS

Pigeon Lake Health Centre
1 - 3:30 PM

WEDNESDAYS

Samson Bingo Hall Lot
11 AM - 3:30 PM

THURSDAYS

Louis Bull Recreation
1 - 3:30 PM

FRIDAYS

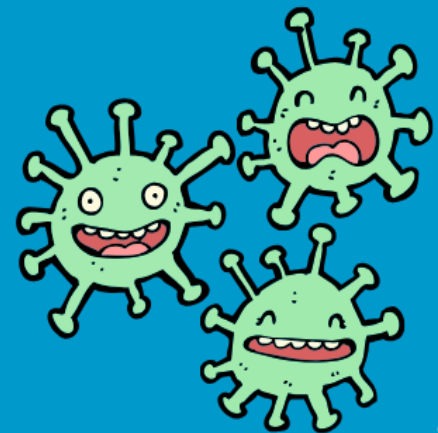
MHS Medical

1 - 3 PM

You can also book an appointment for testing with Home & Community Care by calling 780-585-2020.

The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses. Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a healthcare provider. There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.

FACT:
COVID-19 is caused by a virus, NOT by bacteria



#Coronavirus

#COVID19

9 June 2020



Information as of June 15, 2020

| Maskwacis Confirmed Cases | AB total Confirmed cases | AB total Recovered Cases | Confirmed on Reserve Covid-19 cases | On Reserve Recovered cases | On Reserve Deaths due to Covid-19 |
|--|-------------------------------|------------------------------|-------------------------------------|----------------------------|-----------------------------------|
| 0 | 7,453 | 6,862 | 61 | 37 | 1 |
| Central Zone Confirmed Cases <i>*(we fall into this zone)</i> | Edmonton Zone confirmed cases | Calgary Zone Confirmed cases | North Zone Confirmed Cases | South Zone Confirmed Cases | Unknown Confirmed cases |
| 88 | 714 | 5,097 | 265 | 1,277 | 12 |

Please continue to take all recommended precautions:

Continue with good handwashing:

1. Frequent handwashing. Wash hands for 20 seconds.
2. Physically distance-2 meters/6 feet apart when attending social functions, work, school.
3. Wear mask when leaving the home and ensure you change it when moist and after meals.
4. Continue with good household cleaning; disinfect frequently touched surfaces often.
5. Self-isolate if you feel sick with fever, difficulty breathing, sore throat, runny nose, cough, nausea, vomiting, diarrhea, loss of taste/smell, chills, painful swallowing, stuffy nose, headache, new or unusual muscle or joint aches, feeling unwell or severe exhaustion, pink eye.
6. Arrange for testing at MHS by calling 780-585-2020 if you have any of the above symptoms.
7. Avoid unnecessary travel and outings.



Ermineskin Cree Nation

TRADITIONAL POW WOW

"Honouring Ancestral Traditions"

JULY 3-5, 2020
MASKWACIS BEAR PARK

Specials, Live Music & Entertainment

CANCELLED

Arena Directors:
 Jerry Roasting
 Vince Wild
 M.C.
 I. E. et al.

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.



PUBLIC WORKS NOTICE

Public Works: 780-360-4455

SMALLBOY ROAD 1ST SECTION
 BETWEEN THE TWO INTERSECTIONS
 (STONEY AVE AND SMALL'S)
 THERE IS A WASHOUT...THE ROAD
 IS STILL PASSABLE...JUST LETTING
 THE WATER FLOW FOR NOW
 UNTIL IT CAN BE ADDRESSED.

Thank you, SHELLEY CUTARM MANAGER



**ERMINESKIN
CREE NATION**

ECN COVID-19 UPDATES

Date: June 1, 2020

ECN BUILDINGS
**REMAIN
CLOSED**
TO THE PUBLIC.

- **You must book an appointment in advance to access departments.**
- **Call to book Tuesday, Wednesday and Thursdays 12 noon - 3pm.**

HEALTH AND SAFETY
MEASURES
AND KEEPING
COMMUNITY SAFE

ERMINESKIN CREE NATION
780-585-3741

ERMINESKIN PROPERTY MANAGEMENT NOTICE



**Notice to ECN Homes
Occupants who have
had flooding in their
due to snow melt and
heavy rains only**

Please Email Bev Littlechild your
names and house number as soon
as possible:
bevl@ermineskin.ca
Please include photos of flooded
basements preferably before
cleaned up.
Thank you,
Anne M. Wildcat
Director, Infrastructure & Property
Mgt



ERMINESKIN CREE NATION Dog Food Distribution

DOG FOOD DISTRIBUTION
WILL BE ON:

**WEDNESDAY
JUNE 25TH, 2020**

**FOR
UNEMPLOYED
ERMINESKIN
BAND
MEMBERS
ONLY**

TIME: 1PM - 4PM

LOCATION: SECURITY COMPOUND

FOR MORE INFORMATION PLEASE CONTACT [780]585-2004

Ermineskin Cree Nation

Chief Election

Nomination Date: August 5, 2020 at 12pm – 3pm

Candidates Forum: August 7, 2020

Election Date: August 12, 2020

9am – 9pm. Location TBA



Drug Test Must be in by July 22, 2020

If you have any questions or concerns, please feel free to contact Josh Littlechild at (780)585-3741 ext. 239 or by email: josh@ermineskin.ca

Ermineskin Cree Nation

Council Election

For (4) Councillor Positions

Nomination Date: August 19, 2020 at 12pm – 3pm

Candidates Forum: August 20, 2020

Election Date: August 26, 2020

9am – 9pm. Location TBA



Drug Test Must be in by August 5, 2020

If you have any questions or concerns, please feel free to contact Josh Littlechild at (780)585-3741 ext. 239 or by email: josh@ermineskin.ca