



Neyâskweyâhk Acimowin ᐅᐱᓂᐯᐅ.ᐃ.ᐱᓪᓴᑦ ᓂᐱᑦᑕᐱᐯᐯᐱᑦ

# Ermineskin Newsletter May 21, 2021

Neyâskweyâhk Acimowin Opiniyâwewipîsim Nistanaw Peyakosâp Akimaw Anohc

ᐅᐱᓂᐯᐅ.ᐃ.ᐱᓪᓴᑦ ᓂᐱᑦᑕᐱᐯᐯᐱᑦ ᐅᐱᓂᐯᐅ.ᐃ.ᐱᓪᓴᑦ ᓂᐱᑦᑕᐱᐯᐯᐱᑦ ᐅᐱᓂᐯᐅ.ᐃ.ᐱᓪᓴᑦ ᓂᐱᑦᑕᐱᐯᐯᐱᑦ

## Mental Health Week Hosted by Kanawemahwasowin Kamik Inc., and Maskwacis Health Services

May 10-14, 2021

Article by Sara Lee

KKI and MHS collaborated to host a Mental Health Week for Maskwacis, which was broadcast on Hawk Radio and Ermineskin Cree Nation Facebook Live. Each day had various guests and topics on improving mental health and addressing pressing issues that affect wellness. Elder Richard Lightning was present for the introduction to say a prayer to start the week in a good way. Samson Chief Vernon Saddleback also spoke during the introduction, urging anyone who has mental health concerns to reach out for help. “My own journey... that I’ve put on social media before.... [is that] I [struggle] with chronic depression.... You struggle with that darkness, but there’s help for that... don’t be afraid to find... a doctor, a therapist, or a twelve step group... If you struggle with ADHD, depression, any mental health issue, don’t be afraid to take medication... with this pandemic I’ve struggled with something I never experienced before—that’s anxiety!... This pandemic is stressing our whole society... Our ceremonies have been taken away from us. [That’s] how we [deal] with our grief... [but] there’s help.”

Chrystal Littlechild-Hill of KKI spoke to welcome everyone and talk about KKI’s role in Neyâskweyâhk. She spoke about how KKI “wants to create a safe space for mental health. Nehiyawak, that four spirit part of man, we really want to bring back that mental piece.... To make it a safe space, mentally, for every age category.... And lis-

tening to our Elder and our Chief, mental health [care] is there...if I sprain my ankle, I go to the doctor.... With mental health [our hurts] are hidden.... And we need to bring that forward, we’re not alone.... [we have] Covid fatigue... we’re social creatures...” Chrystal wants to create a kinder discourse around mental illness, to avoid saying words like “crazy” and to have open dialogue surrounding mental health. This makes it easier to reach for help and have better outcomes. Medication has a negative stigma, but it has helped her son, as well as numerous nation members. We have the layered traumas of experiencing attacks and negative commentary on social media, in real life, and intergenerational trauma. This is one of the reasons KKI wanted to bring experts to the people of Maskwacis via Radio, Communications, and social media, to address these issues.

Tenille Mackinaw from KKI also spoke about initiating difficult conversations, such as discussing boundaries and saying no. Nissa Omeasoo of KKI spoke about the importance of self care for children to help them achieve a healthier mindset, which includes a healthy diet and limiting screen time.

Chrystal then spoke about prenatal and postpartum prevention on behalf of Dana Lameman, who was away for the week. Dana, along with Sharon Saddleback took the lead to organize the speakers and topics. KKI is including in their upcoming law sections that pertain to prenatal and postpartum care, to make sure mothers have support and resources within the Nation.

Chase Campeau of Maskwacis spoke on Monday afternoon about his struggle with addiction and his journey to sobriety. Recalling a time when he was acting out in hospital while internally screaming “Help me. I think that was my spirit calling out. Saying ‘Enough is enough.’” Chase has been sober for 3 months.

On Tuesday Patrick Buffalo from Nipisihkopahk spoke about his healing practices, which include the Cree way of healing, hypnotherapy and Reiki. Chrystal Littlechild-Hill and Marilyn Rowan also spoke.

On Wednesday, Jackson Heraid from Maskwacis Ambulance Authority who has worked in the Nation for 14 years, spoke about mental first aid. In the afternoon Noreen Omeasoo spoke about Indian Day Schools, Ordell Saddleback from NNADAP spoke about treatment options, and Sharon Saddleback from MHS discussed Mental Health services.

On Thursday morning Four Nations Leaders spoke about Self Care including Reggie Rabbit, Leroy Bull, Jason Mackinaw, Wayne Moonias and Gail Lightning from Mobile Mental Health.

Friday’s topic was a Laughter Workshop with Brian Lightning and there was a Drive-thru lunch for Friday, May 14, 2021.

Videos of the sessions can be found on the Ermineskin Cree Nation Facebook page in the Videos tab.

## Novel coronavirus (COVID-19):

Bulletin to First Nations in Alberta: May 14, 2021

Office of the Senior Medical Officer of Health

Please email questions about COVID-19 to: [sac.cdemergenciesab-urgencesmtab.isc@canada.ca](mailto:sac.cdemergenciesab-urgencesmtab.isc@canada.ca)

Alberta has recently made some very exciting vaccine announcements, and opened up vaccine eligibility to all individuals 12 years of age and older. The Pfizer vaccine has been approved and deemed safe for children between the ages of 12-17, which will provide children and communities with protection against COVID-19, and bring us all closer to the immunization thresholds required to calm COVID-19 case numbers. As more individuals become vaccinated and the weather warms up, it may be tempting to bend the rules, but it is critical that everyone, including those that are fully vaccinated, continue to remain vigilant and adhere to public health measures until most individuals are fully vaccinated. While fully vaccinated individuals, are less likely to become severely sick with COVID-19, we do not know yet if the vaccine prevents people from spreading the virus. Emerging evidence is continuously being reviewed on asymptomatic and variant transmission and public health guidelines will be adjusted accordingly to reflect the evidence. We will keep you informed when rules for fully vaccinated people are changed.

### Status Update

Number of Cases Reported\* as of May 14, 2021:

\*numbers are changing rapidly and may change after this bulletin is released

Alberta: There are 24,586 Active Cases of COVID-19 in Alberta.

	Canada (Public Health Agency of Canada)	First Nations On Reserve in Canada (Indigenous Services Canada)	Alberta (Alberta Health)
Confirmed Cases	1,312,408	28,319	215,193
Deaths	24,825	328	2,132
Recovered	1,212,108	27,130	188,475

First Nations living on and off reserve (Alberta): There are 16,320 confirmed cases of COVID-19 to date and 142 deaths in First Nations living on and off reserve in Alberta. Confirmed cases are: 2,702 in Calgary Zone; 3,745 in Edmonton Zone; 1,367 in South Zone; 5,452 in North Zone; 3,049 in Central zone and 5 unknown. Aggregate data on COVID-19 First Nations cases in Alberta is available at:

<http://www.afnigc.ca/main/index.php?id=home> and <https://www.alberta.ca/covid-19-alberta-data.aspx>.

Additional First Nations on-reserve data (Alberta) is provided at the end of this document (Appendix A).

### First Nations living on reserve in Alberta:

409 Active Cases	7,710 Recovered	80 Deaths	32 Currently Hospitalized	32 Communities with Active Cases
---------------------	--------------------	--------------	---------------------------------	--

Location (By Zone)	Confirmed Cases	Active Cases	Recovered
North	3594	209	3358
Central	2076	42	2016
Calgary	1300	112	1174
South	801	31	757
Edmonton	428	15	405
TOTAL	8199	409	7710



Indigenous Services  
Canada Services aux  
Autochtones Canada

Canada

## Ermineskin Cree Nation Celebrates Mother’s Day

May 7, 2020

Article by Sara Lee

Mother’s Day 2021 was the second to happen during a global pandemic. With Alberta case numbers on the rise, Community Wellness followed through with a drive-thru event with gifts for ladies at the Neyaskweyahk Okimaw Kamik. Due to a miscommunication, IT & Communications was informed of the cancellation of the event. An area-wide power outage affected the Core area of Neyaskweyahk and surrounding rural homes for several hours.



Newsletter Editor:  
Sara Lee

**NEXT ISSUE:**  
June 3, 2021

**SUBMISSION DEADLINE:**  
June 1, 2021  
@ 4:30PM

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

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



Calming Websites to visit:

Weavesilk.com

<https://29a.ch/sandbox/2011/neonflames/>

## WHAT'S HAPPENING WITH THE ALBERTA TAX EXEMPTION CARD?

Starting October 4th, 2021, the only accepted proof of eligibility for tax-exempt purchases made on reserve in Alberta will be the federal status card



will eventually be **DISCONTINUED**

Retailers will no longer accept the Alberta Indian Tax Exemption card, after Oct. 4th, 2021.



**ALBERTA INDIAN TAX EXEMPTION (AITE) RETAILERS WILL ACCEPT ALL FEDERAL STATUS CARDS INCLUDING THOSE THAT HAVE EXPIRED.**

### How do you get or renew a Status Card?

(1) You can renew your card with ISC (Indigenous Services Canada) at their Edmonton Office. Contact: 780-495-2773

**\*As of May 19, 2021, the Edmonton Indigenous Services Canada office is now closed to the public and are not doing status cards until further notice.**

(2) Book an appointment with the Ermineskin Cree Nation Membership Department to get a new issuance of an Indian Status. Available when ISC is operating.

Administration (Tuesdays) and Pick up (Thursday) will be between 10:00 am to 4:00 P.M at the Ermineskin Arena. Call Ermineskin Cree Nation Membership Department at 780-585-3741 to book an appointment. Priority is given to Ermineskin Cree Nation Members.

## Signs of Burnout

Now that we're over 14 months into a global pandemic, many of us may be feeling significant stress and strain. The signs of burnout are your body's way of letting you know you've been pushing too hard for too long and you need to take a break before your body decides for you, in the form of a possibly debilitating illness, or the following symptoms:

- Insomnia
- Difficulty concentrating
- Forgetting things
- Anxiety
- Stomach aches
- Bowel problems
- Indigestion
- Headaches
- Exhaustion
- Cynicism
- Finding it hard to start tasks
- Lack of life satisfaction
- Reaching for food/drugs/alcohol, and other vices
- Feeling useless

Fortunately, if you become aware of burnout you can take steps to relieve the symptoms. It may be difficult to start eating a proper diet or getting enough sleep, but if you need help, consider talking to your family doctor, a therapist, and/or a trusted friend or Elder.

Other tips:

- Write in a journal
- Take time out of every day to disconnect and relax, for example, you can take a walk or put down your phone and watch a funny movie
- Take a short vacation, if it's possible
- Do something creative, like singing, beading, painting, dancing, or writing poetry
- Call your Best Friend or close family member.

# CREE CORNER

by Sara Lee

## Spring Things—From the MCC Cree Dictionary

Umbrella—akawastehon  
 Bee—amo  
 Bumblebee - mistamow  
 Honey—amowosihchikan/amomey  
 Bee hive—amowachiston  
 A small spade for gardening—aposis  
 Dirt or dust—asiskiy  
 Frog/frogs—ayikis/ayikisak  
 Ant hill—ayiko-wistis

It makes one sneeze—  
 chahchahmosikan  
 It is drizzling rain—ehkaskawanpestak  
 There is a steady rainfall—  
 eh-tapitawipestak  
 Slough—ihkatawaw  
 Raising water/s—iskipew  
 Butterfly—kamakak  
 It is Raining—kimiwan



Rain water—kimiwan-apoy  
 It rains frequently—kimiwaskin  
 Seed it (on a field) - kistikata  
 S/He plants or sows it—kistikatam  
 Sea gull—kiyask  
 Campfire—kotawan  
 Do the cutting—manisike  
 Lamb—mayachihkos  
 That's it, that's the end—ekosi



## Ermineskin Cree Nation

### “COWS AND PLOWS”

Specific Claim pisikikowak  
 ekwa apachichikana) Treaty  
 Agricultural Benefits



### UPDATE OF THE APPLICATION

- By the Inherent right to govern through the sacred pipes, The Ermineskin Cree Nation Chief and Council have the oath of office and duty to protect the Treaty, and as a part of the Vision of Ermineskin Cree Nation Administration's Strategic Planning commitment to maintain and protect the Treaty, and in effort to honour our Ermineskin Cree Nation Ancestor's/Kiyas Iwinowak from the suffering, injustices and hardships endured by an attempt of colonial genocidal acts, and in collaboration with Gowling WLG (Canada) LLP and Public History Inc., The Ermineskin Cree Nation Chief and Council have authorized to file a Specific Claim to the Minister of Crown-Indigenous Relations and Northern Affairs regarding Treaty 6 Agricultural Benefits: otherwise known as “Cows and Plows”(pisikikowak ekwa apachichikana) against the Government Of Canada.

- THIS EFFORT, BY THE ERMINESKIN CREE NATION CHIEF AND COUNCIL, IS TO ADDRESS UNDELIVERED AND UNACCOUNTED AGRICULTURAL BENEFITS THAT WERE OUTLINED IN THE ADHESION TO TREATY# 6 THAT ERMINESKIN HAD ADHERED TO IN FORT PITT IN 1876, TRIFLED BY THE MINISTRY OF INDIAN



### AN OVERVIEW/BRIEF OF THE CLAIM

- The Nature of the claim, based on records and the research from Library Archives Canada and other records (grey Literature) is that Ermineskin Cree Nation did not receive adequate, substandard agricultural benefits (such as tools and implements farming, cattle, etc) from the Crown for Ten years between 1884 and 1894. The Tools and Implements, intended for Ermineskin Citizens to begin farming at the time on the newly formed Ermineskin Indian Reserve #138 never were acquired by the ECN or were, horrendously substandard for the beneficiaries of these particular Treaty Rights, causing undue hardship ad an erroneous attempt at a farming lifestyle for ECN under these circumstances at the time. As a result, this caused undue hardships for Ermineskin Citizens to endure during this time to participate in farming and agriculture.

CON'T



### AN OVERVIEW/BRIEF OF THE CLAIM CON'T

- ERMINESKIN IS REQUESTING THAT THE CROWN PROVIDE EQUITABLE COMPENSATION FOR THE VARIOUS BREACHES OF THE CROWN'S FIDUCIARY OBLIGATION. THE AMOUNT OF COMPENSATION WILL BE AGREED UPON BY THE PARTIES DURING NEGOTIATIONS OR SET BY THE SPECIFIC CLAIMS. TRIBUNAL.

- Furthermore, as a part of the Specific Claim, Ermineskin also is requesting that it receive a Treaty Medal from the Crown, as per the terms of Treaty 6.



### THE ESTIMATED DATE IT IS DUE

- CANADA HAS THREE YEARS FROM THE DATE THAT THE SPECIFIC CLAIM IS FILED TO DETERMINE WHETHER TO ACCEPT IT FOR NEGOTIATION.



### MORE INFORMATION

- More Information on the Claim and the History/Data procured is available for Ermineskin Cree Nation Citizenship to review, study, and to keep a general household record of Ermineskin affairs, Please Contact Josh Littlechild at 780-585-3741 or email Josh@Ermineskin.ca at the Ermineskin Cree Nation Administration Building during regular business hours, at your earliest convenience.

- There will be a video created for the citizenship on the claim, the report and the specific claims process, keep posted for that when it becomes available on www.Ermineskin.ca and all our Ermineskin Cree Nation Communication Department's social media and media platforms.



CONTACT JOSH LITTLECHILD AT  
 780-585-3741 OR EMAIL  
 JOSH@ERMINESKIN.CA  
 DURING REGULAR BUSINESS HOURS

# Chase Operator Training

The Chase Operator Training at NEST was successful, with students training by the Public Works building and working on simulators to get their operator tickets.



“Marcel (above) has amazing attention to detail and the skill set to back it up, with 9 days on the grader he is able to do the work of a finishing grader operator. Marcel has a bright future of ahead of him, best of luck Marcel!!”



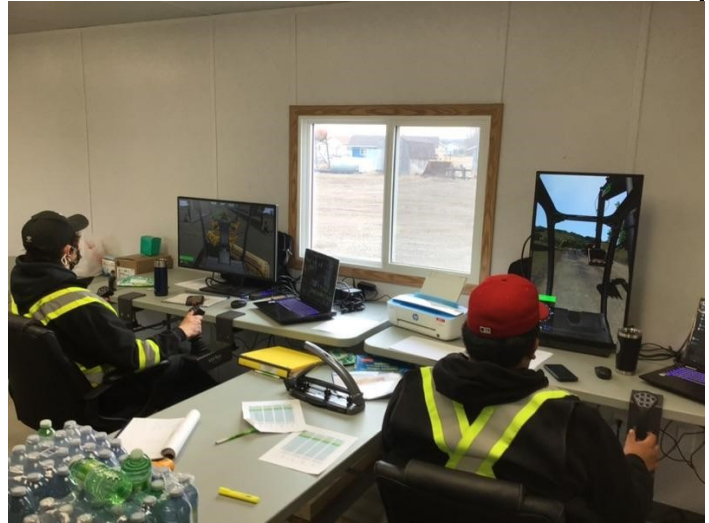
“With 4 days left at Ermineskin Cree Nation, I wanted to take a minute and introduce Aaron Littlechild (above). This operator has done everything he needed to do to successfully complete the program, including coming in early, working through breaks. Best of luck to you in the future!!”

Students in the program also included: Thomas Ward-Cardinal, Stuart Whitebear, Wesley McCar-

thy, Pinto Smallboy, and Louise Saddleback.

“We acknowledge that we are on Treaty 6 territory, a traditional meeting grounds, gathering place, and travelling route to the Cree, Saulteaux, Blackfoot, Métis, Dene and Nakota Sioux. We acknowledge all the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries.”

“We know that seat time in the equipment is



preferred to help a new operator fine tune their skills. However don't underestimate the value of operating a simulator, at Ermineskin Cree Nation we are noticing a huge improvement from our operators learning on the simulator first.”

“Chase Operator Training's priority number one is to make sure our students learn while completing jobs around the community, or jobs that they would be required to do as daily tasks.”

“Check out this grader work by Stuart Whitebear this week, as we continue to focus on drainage and maintaining or establishing a grade. Stuart was able to achieve and understand a 3-5% slope on his fourth day in the machine, half an inch per foot from the crown to the shoulder.”



To see the Chase training in action, go to their Youtube Channel: Chase Operator Training LTD. Congratulations 2021 Grads! (Photos and quotes are from Chase Operator Training Ltd.).

## TD Summer Reading Club 2021: Hybrid Program

The TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program celebrates Canadian authors, illustrators and stories and is designed to inspire kids to explore the fun of reading their way. Join members of the TDSRC team as they provide an overview of the TDSRC website, the resources available to participating libraries, and the various online activities planned for the summer of 2021 including online author and illustrator workshops.

Presenters:

Jessica Roy, Manager, TD Summer Reading Club, Service Development & Innovation at Toronto Public Library:

Lianne Fortin, Program Manager, TD Summer Reading Club, Public Services Branch, Library and Archives Canada.

Cost: Free. Scroll down to register.

You can share this Registration link: <https://forms.gle/xnuQHHAVdrtosZRJ7>

~submitted~

## Hide Tanning Spring Camp in Maskwacis

*Guest article by Rachael Lee/photos by Rachael Lee (hide scraping tools) and Sara Lee (L to R: Peggy Lee, Rachael Lee, and Landis Roan)*

ECN Member and facilitator Peggy Lee of Lee's Tipis and Hides hosted a Spring Hide Tanning Camp May 4-9 in Ermineskin. The attendees started the camp with an opening prayer and smudge before starting the first steps in the hide tanning process.

Along with being instructed on the use of fabricated and natural bone tools, attendees also shared their own stories and experiences taking part in a vital part of our living Nehiyaw history. The camp focused on the first steps of the process, preparing for the braining, smoking and softening of the hide.

"I really enjoyed it, lots of people were first timers, they were excited to learn and want to come back, they are learning to appreciate this art form," said Peggy Lee, "its physical work, its therapeutic and meditative, you have to be thoughtful of everything."



The community and family atmosphere was a welcome change of pace from the last year, social distancing between attendees was easily accommodated outside, and masks, sanitizer and gloves were provided at work stations.

Facilitator Peggy Lee was also joined during the week by a few hide tanning colleagues and mentors who attended to observe and share their enthusiasm for the work, including Brian Bird and Sharon Lee.



Their knowledge and encouragement added to the teachings during the week and helped reinforce the importance of keeping traditional skills alive. Also in attendance with knowledge to share were Landis Roan and Steven Beaverbone.

Lee's Tipi's and Hides will be hosting another Hide Camp in June which has already reached max capacity for participants.

# Native Counselling Services of Alberta released a new "statement to police" card on Wednesday.

(Submitted by Native Counselling Services of Alberta to CBC.ca)

An Edmonton non-profit has created a new wallet-sized card to help Indigenous people know their rights if stopped by police in Alberta.

The statement to police card created by the Native Counselling Services of Alberta (NCSA) provides a list of people's rights and a paragraph that can be read to police. It also lists the organization's contact information.

Staff say the card is to help Indigenous people invoke their rights.

"This is basically to help, especially in interactions with the police where it's potentially a crisis, or you get flustered or caught off guard, to just have what you need to say there, so police also know that there are responsibilities on both sides," said Daena Crosby, director of legal education, media and research with NCSA.

"We tried to make it as easy as possible."

An Edmonton non-profit wants Indigenous people to know their rights if ever stopped by police and to have this card handy. 0:19

The NCSA offered a slightly different version of the card previously, and the

new iteration of the free card was started shortly after the provincial government banned the practice of carding by police last November and imposed new rules on street checks.

"This is an NCSA-specific project so it is focused on Indigenous communities themselves but with Black Lives Matter and the conviction yesterday for George Floyd's murder, this information is paramount to all people, all Canadians. Everyone has the right to know what their legal rights are," said Crosby.

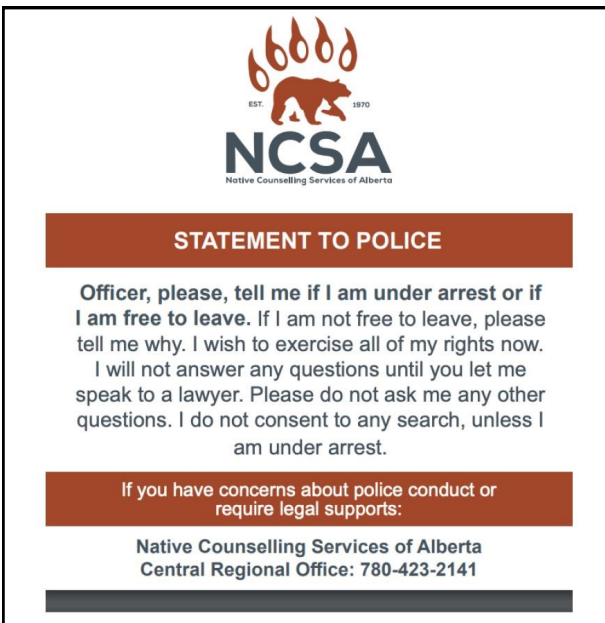
"It's just getting access to that information that's a challenge and having the tools the people need to be able to keep themselves alert to what their rights are and also safe in those interactions as well."

Daena Crosby, director of legal education, media and research with Native Counselling Services of Alberta, holds up the printed card with the statement to police that can be read. (CBC News)

Carding is "disproportionately targeting Indigenous and Black communities in Alberta," NCSA said in a news release.

"NCSA recognizes that the solutions to systemic racism go well beyond this card. However, this is one small step in the right direction."

Carding refers to arbitrary stops by police and asking mem-



**My Rights:** ① Silence (see over). ② I can say "NO" if the police ask permission to search me or my things. Saying "NO" does not mean I have something to hide. ③ I can leave unless I am being detained or arrested. ④ If I am being detained or arrested, I have the right to a lawyer without delay—even if I can't afford to pay. ⑤ I can only be strip-searched in private and by officers of the same sex. ⑥ I have the right to know a police officer's name and badge number. ⑦ I can report a police officer who abuses me, swears at me, or violates my rights.

bers of the public for their personal information, even if there is no suspicion of wrongdoing.

Alberta bans carding, imposes new rules on street checks

Ajay Juneja, a criminal defence lawyer in Edmonton, said the card will help people know their rights.

"This is particularly important for [Indigenous people] and the majority of clients serviced by Native Counselling Services because they're disproportionately targeted by the police, subject to street checks and carding," he said.

"I think this card will go a long way assisting people in knowing when they have the right to not identify themselves and to walk away."

In the first six months of 2020, Edmonton police conducted 3,591 street checks. (CBC)

A 2017 CBC News investigation found that in 2016, Indigenous women were nearly 10 times as likely to be street checked as white women.

The same year, Indigenous people were six times more likely than white people to be stopped by Edmonton police. Black people were almost five times as likely as white people to be stopped, data showed.

Carding was banned by the provincial government last year but street checks, when police say there is a specific reason to stop and question a member of the public, continue.

Critics see no difference between police street checks and now-banned carding

Edmonton Police Service staff worked with NCSA to develop the card, according to the NCSA press release.

"We see the value in this card as an opportunity to provide that knowledge and mutual understanding between individuals and officers regarding their rights and responsibilities ... we hope it removes any feelings of fear or uncertainty while also allowing room to build on relationships with the communities our members serve," EPS Deputy Chief Alan Murphy said in a statement.

Crosby said the goal now is to circulate the free cards, which can be downloaded online, to as many Indigenous communities in Alberta as possible.

"The more people who know, the better."

~from CBC.ca~

## Thank You to the Community Cleanup Volunteers!

In the last edition of the Newsletter, the Food Bank thanked their volunteers for the community clean-up, as there was very little space left the list was left unpublished. So, with great thanks from DeAnne Lightning, she would like to acknowledge these hard working volunteers for their hard work!

Ward, Audrey

Bull, Claudie  
Caisse, Jules  
Deschamps, Elaine  
Ghostkeeper, Jess  
Johnson, Tyson  
Lightning, Richard  
Lightning, Talon  
Lightning-Wolfe, Pierce  
Littlechild, Richlyn  
Longjohn, Ava  
Mackinaw, Isabelle  
Minde, Alex  
Montour, Cheryl  
Montour, Darryl (Chalo)  
Montour, Selena

Montour, Suri  
Nepoose, Christine  
Nicotine, Cindy  
Nicotine, Milton  
Potts, Eldenia  
Potts, Harper  
Potts, Joanne  
Rowan, Elizabeth  
Rowan, Sophie  
Rowan, Stephanie  
Saddleback, Cecelia  
Saddleback, Mason  
Saddleback, Melayna  
Samson-Soosay, Serene  
Ward, Brenda

Ward, James  
Ward-Caisse, Maureen  
Ward-Cardinal, Elias  
White, Chanel  
White, Teresa  
Wolfe, Alfred (Pejo)  
Wolfe, Allister  
Wolfe, Elvin  
Wolfe, Jakota  
Wolfe, Michael  
Wolfe, Tyra  
Yellowbird, Kayelle  
Yellowbird, Mylee

## Relationships: Red Flags vs. Green Flags

Article by Sara Lee  
May 20, 2021

If you've learned about dysfunctional relationships or abusive relationships you've likely encountered the term "red flag." It's important to note that there are also "green flags" to look out for, or signs that you are forging a healthy relationship.

The difference between a healthy or unhealthy relationship can be hard to spot in the beginning of a relationship because each person is trying to put their best face forward, but as it progresses, certain signs will start to show up and it's helpful to know what they mean to your relationship.

### **Red Flags**

*Controlling:* Your partner starts to control aspects of your life, such as who you are allowed to speak to or have as friends on your social media. They may also tell you what clothes you should or shouldn't wear.

*Ignores your boundaries:* If you tell your partner that something makes you uncomfortable and they continue to do it, they are ignoring your boundaries. This shows a lack of respect for you. For example, perhaps they share personal aspects of your relationship loudly in groups, or grab at you in public or in front of family. This disrespect could escalate and lead to dangerous situations.

*They never apologize:* Part of a healthy relationship is realizing when you're wrong and being able to acknowledge the other person's pain, apologize to them sincerely, and make meaningful amends. If your partner always lays the blame on you or plays the victim when they've done wrong, you

need to walk the other way.

### **Green Flags**

*Has their own interests:* Your partner and you may have some common interests that you share, such as watching horror movies or going to hockey games. A healthy relationship also includes time apart for you to each enjoy your own interests, such as playing music, having dinner with your family and friends, or playing sports.

*Supports you:* A healthy relationship will make you feel good most of the time (no relationship is perfect!). If your partner is your biggest fan and cheerleader, that's a good sign that they have a healthy self esteem and want you to feel good, too.

*Makes time for you:* If your significant other makes you a priority and puts energy into your relationship, it demonstrates a commitment to building a connection with you. A good connection and healthy communication are foundations of a healthy relationship.

*Tries to understand you:* When you have a disagreement or misunderstanding, your partner will listen to your side of the story instead of making assumptions. Some things get lost in translation and a healthy way of dealing with that is to explore deeper into the interaction so you understand each other.

Sometimes the toxic person can be yourself. Recognizing and building healthy relationships with other people is a learning process and it's important to be kind to yourself and dig deeper into your own mind and heart as you navigate relationships.



## Fun Activities for Spring Time

May 20, 2021

Article by Sara Lee

The weather is trying to decide if it's summer or winter, but we know that means it's spring time in Neyaskweyahk. After being cooped up in our houses all winter (and honestly, all last year) it's time to get out and do some fun stuff outside.

Plant some seeds. If you have a yard or outdoor space it will be easy to a spot for a garden. For smaller spaces or apartments consider a planter near the window. Seeds can be purchased for a few dollars at the store or you could ask some friends or family if they have any seeds. You can find planting guides and almanacs online, or ask your closest friend or family member with a green thumb. These guides will let you know what kind of care your plants or flowers will need, as well as warn you away from planting incompatible plants (yes, like people, some plants don't like each other).

Get active. Whether you like walking or skipping rope, we now have weather that is more pleasant for these activities. Some dedicated runners will run outside all winter, but some people can't stand the cold.

Have a (safe) fire and make hot dogs or toast marshmallows.

Go to a zoo or garden (while following social distancing guidelines).

Plan a camping trip for later in the year.

Buy a sketchbook and draw things around your home or neighbourhood.

Pick flowers or find rocks with your kids or grandchildren.

Have a picnic outside.

Find bugs outside.

Find out what kinds of wildflowers grow around your home at <https://www.albertawow.com/alberta-wildflowers/>

## Got a Boring Thing to Do? Here's How to Make it Fun

Article by Sara Lee

May 20, 2021

Every person has certain tasks at home, school or work that they find boring, or something they avoid doing due to it being repetitive, or difficult, or just uncomfortable (ex. No one wants to get up close and personal with their toilet bowl). Here are some tips to help you get that job done!

This first one is probably one you already do: Play good music! Playing loud music as you're cleaning the house, or playing soft instrumentals or lo-fi while studying or reading will guide you into a productive state. Our brains love matching our surroundings to what we're doing, so energetic music or your favourite jams (dance music or Pow Wow music) will help you scrub the last of those dishes, while the mellow instrumentals won't interrupt your concentration and thought process with lyrics. Trial and error is important, as you might find yourself pumped to clean by listening to jazz or easy rock.

Make a game out of your task. Like Mary Pop-

pins, you can find the fun in a task if you know how to make a game out of it. Marty and Ron Hale-Evans give examples of games for your household in their "Mindhacker" book. If you or any of your kids loves Dungeons and Dragons you can create chore campaigns online at [ChoreWars.com](http://ChoreWars.com). You can use your gained XP as a possible payout at the end of the month.

Another game from "Mindhacker" is called Metaphorming, which is to "reinterpret your environment in a way that makes you happier and more productive." This just means to play pretend while doing your task. Their first example is to imagine your busy office space as being on the first Mars colony. The first people to go will likely spend a lot of time cooped up inside a small space that creates an environment humans can live in safely. Making it part of an adventure will alleviate dry tasks.

Make a to-do jar. Hale-Evans also suggests putting all your tasks on slips of paper so it adds a bit of variety to your tasks. To make it more fun, add some surprise treats into the mix, "Go watch a funny movie," for example.

# Upcoming Events/Classifieds

**Mon. May 24, 2021**

Victoria Day

**Tue. May 25, 2021**

Ermineskin COVID-19 Moderna Vaccine Clinic—  
9:00AM—4:30PM at NOK building.

**Wed. May 26, 2021**

Ohpikinahawasiwin—MESC Parent/Guardian virtual  
conference 2021. 5:00PM-7:00PM.

**Tue. June 1, 2021**

Newsletter Deadline—4:30PM

**Thu. June 3, 2021**

Ermineskin Newsletter—Printing Day

**Sun. June 6, 2021**

Ermineskin Annual Graveyard Feast at 12:00 Noon.

**Wed. June 9, 2021**

KKI Grandmother's Lodge Event: 10:00AM-2:00PM  
via Virtual WebEx

**Thu. June 10, 2021**

KKI Grandmother's Lodge Event: 10:00AM-2:00PM  
via Virtual WebEx (*please pre-register! Link on post-  
er to right*)

## **Maskwacis RCMP warns against telephone scams**

Maskwacis, Alta. RCMP are warning residents to be cautious of telephone fraud scams. A recent scam involves the STARS lottery. A scammer phones and says that the resident has been randomly selected to win money or a vehicle, but they ask that the "winner" pay fees in advance. This is a scam! STARS Lottery will never ask winners to send money to claim their prize.

If you believe you really are a winner, hang up and call STARS lottery at 1-855-STARS 68 (1-855-782-7768) or check their website at [ab.starslottery.ca](http://ab.starslottery.ca) for the list of official winners.

If you receive any phone calls from someone asking you for money or gift cards, whether it is a lottery, the Canada Revenue Agency, or your bank, you should hang up and call the organization back at their official phone numbers, NOT at the phone number that the person on the phone give you.

If you think you have been scammed, call us at 780-585-3767 for the complaint line and call the Canadian Anti-Fraud Centre at 1-888-495-8501. If you have questions about these scams, we are here to help! You can call our administrative line at 780-585-4600.

**KANAWEMAHWASOWIN KAMIK (KKI): PROGRAM  
FOR CHILDREN AND FAMILIES INVITES YOU TO OUR**



Notikewew Kamik provides spiritual, physical, emotional, and intellectual guidance. This lodge uses traditional knowledge as a foundation to provide support and guidance. The purpose of this lodge is to compliment service delivery that is unique to Ermineskin as we serve our KKI members by utilizing our own dispute resolution mechanisms.

**Dates: June 9th & June 10th 2021**

**Time: 10:00am to 2:00pm**

**DRIVE THRU LUNCH**

**Where: Virtual WebEx**

**Facilitated Event**

**\*Must Pre-Register with Link below:\***

<https://forms.gle/aU2jRALjseHJXN397>



ALL COVID-19 GUIDELINES WILL BE IN PLACE  
EMAIL [KMK.GENERAL@ERMINESKIN.CA](mailto:KMK.GENERAL@ERMINESKIN.CA) FOR ANY QUESTIONS

**PRIZE!**  
**\$500**

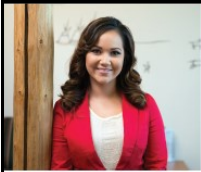
EMAIL SUBMISSIONS TO:  
[FACILITY.OPERATOR@ERMINESKIN.CA](mailto:FACILITY.OPERATOR@ERMINESKIN.CA)  
DEADLINE: JUNE 30, 2021  
FOR QUESTIONS  
CALL TERESA (825)299-0048

**LOGO CONTEST FOR THE (N.O.K.  
BUILDING)  
NEYASKWEYAHK OKIMAW KAMIK**

Open to ERMINESKIN CREE NATION BAND  
MEMBERS only.  
Ages 15 years and up.



# JOB & EDUCATION OPPORTUNITIES



## BUSINESS MANAGEMENT CERTIFICATE PROGRAM

### THE 8 WEEK PROGRAM CONSISTS OF:

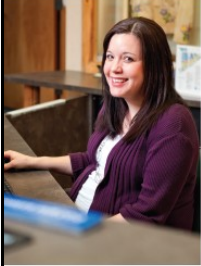
- Creating a Business Model
- Small Business and the Law
- Working with the Canada Revenue Agency
- Designing a Marketing Plan
- Human Resource Planning
- Budget for Your Small Business
- Financing Your New Business Venture
- Doing Your Own Books
- Customer Experience Strategies
- Quality Customer Engagement
- Conflict Management
- Payroll Preparation

Online Program starts June 14, 2021  
Monday - Friday, 8:00 AM - 12:00 PM

To be eligible for the program, you must be a member of Ermineskin Cree Nation. Participants should have an interest in starting their own business, have successfully completed Math 10 and English 10, and be comfortable managing software and hardware. Interviews will be conducted to select participants for the program.

Application Deadline: May 31, 2021

For more information, please contact  
Neyaskweyahk Employment  
& Skills Training at 780.585.0191



## “STREETWISE” CLASS 5 DRIVER’S TRAINING

MONDAY, JUNE 7, 2021

CLASSROOM PORTION IS ONLINE  
STUDENTS CAN LEARN 24/7 & WORK AT IT ON THEIR OWN TIME

ONCE REGISTERED—AND COMPLETED ONLINE PORTION  
STUDENTS CAN BOOK DRIVING PORTION OF THE PROGRAM

15 HRS OF ONLINE THEORY  
10 HRS OF IN CAR LESSONS

PLEASE REGISTER WITH:  
NEYASKWEYAHK EMPLOYMENT SKILLS TRAINING

APPLICATION DEADLINE : MAY 25, 2021



## Norquest.ca - Fall 2021 Programs

Currently, we have several programs with prioritized seats still available to Indigenous students for the Fall 2021 term:

- Arts and Sciences
- Child and Youth Care Worker Diploma
- Community Support Worker Certificate
- Early Learning and Child Care Certificate
- Early Learning and Child Care Diploma
- Health Care Aide Certificate (in-person, downtown Edmonton campus)
- Indigenous Studies Diploma
- Justice Program Diploma
- Open Admissions Pathways to Business (OAPB)

For more information, students are encouraged to contact [indigenous@norquest.ca](mailto:indigenous@norquest.ca) / apply at [norquest.ca](http://norquest.ca)



**Job Opportunities**  
APPLY AT ECN  
PERSONNEL DEPT.  
780-585-3741  
FAITH@ERMINESKIN.CA



Poster created by:



Position	Closing Date	Required documents
MCTC TECHNICIAN (1) WITH THE MASKWACIS CREE TRIBAL COUNCIL	JUNE 1, 2021	APPLICATION/RESUME AND UPDATED CRIMINAL RECORD CHECK
MCTC TECHNICIAN (2) WITH THE MASKWACIS CREE TRIBAL COUNCIL	JUNE 1, 2021	APPLICATION/RESUME AND UPDATED CRIMINAL RECORD CHECK

\*APPLICATIONS AND ACTUAL JOB DESCRIPTIONS MAY BE PICKED UP AT THE PERSONNEL OFFICE LOCATED IN THE ECN ADMINISTRATION OFFICE\*

INCOMPLETE APPLICATIONS WILL AUTOMATICALLY BE SCREENED OUT

EDMONTON DIRECT: (780)420-0008  
RED DEER DIRECT: (780)343-1078  
MA ME O BEACH DIRECT: (780)586-2545  
TOLL FREE: 1-866-585-3941



# JOB & EDUCATION OPPORTUNITIES



## Indigenous Diploma of Social Work

Applications are being accepted now until May 31 or until program is full.

Please apply online at [mccedu.ca](http://mccedu.ca). You will also need to complete the Google form, link is on the website

For more information contact Wilda at [wlistener@mccedu.ca](mailto:wlistener@mccedu.ca) or 780-585-3925



## INDIGENOUS BACHELOR OF SOCIAL WORK

THE DEADLINE HAS BEEN EXTENDED UNTIL MAY 31.  
EMAIL WILDA [wlistener@mccedu.ca](mailto:wlistener@mccedu.ca) Phone: 780-585-3925

For more information on the program is located on the website: [www.mccedu.ca](http://www.mccedu.ca)



## Virtual Post Secondary Summer Student Program 2021

START DATE: JUNE 8 '21  
END DATE: AUGUST 20 '21

**ATTENTION WHO CAN APPLY ?**  
**-FULL-TIME**  
POST-SECONDARY STUDENTS  
-ERMINESKIN BAND MEMBERS ONLY  
**AGES 15-30**

11 WEEK VIRTUAL COOPERATIVE LEARNING

WORK DAYS REQUIRED:  
**TUESDAY'S**  
**WEDNESDAY'S**  
**THURSDAY'S**  
10:00AM - 4:00PM  
UNTIL FURTHER NOTICE

POST-SECONDARY STUDENTS ARE REQUIRED  
**TO ATTEND**  
ALL ZOOM MEETS & GOOGLE MEETS

ONLINE PROGRAM REQUIREMENTS:  
TRANSCRIPTS ARE REQUIRED  
MUST HAVE YOUR OWN INTERNET  
**ACCESS & DEVICE**  
**SUCH AS LAPTOP OR TABLET TO PARTICIPATE**

APPLICATION DEADLINE: JUNE 4 '21

Contact: Coordinator Jaylene Janvier at [jaylene@ermineskin.ca](mailto:jaylene@ermineskin.ca) or Assistant Millie Mackinaw at [millie@ermineskin.ca](mailto:millie@ermineskin.ca)

*Created by: Millie Mackinaw*

# TRAINING OPPORTUNITY

CANADIAN RAIL TRAINING-TO-EMPLOYMENT PROGRAM



PROGRAM START DATE: **MAY 2021**  
DEADLINE TO APPLY: **MAY 21<sup>ST</sup>, 2021**

Don't miss this *one of a kind* initiative brought to you by **Channer Consulting & Training**, **AMIK Inc.**, and top leaders from the Canadian Rail industry. This Indigenous recruitment opportunity involves a unique selection process that will increase your chances of obtaining employment in the rail sector through our innovative partnerships. In addition to receiving a workplace soft-skills

Smart Work Ethics™ (SWE) certification, this program also increases your employability at the national level with other employers **AMIK Inc.** works with to support Indigenous job seekers. Our selection and preparation process includes a Workplace Tour, SWE Training, Cognitive Testing, and Interview preparation.

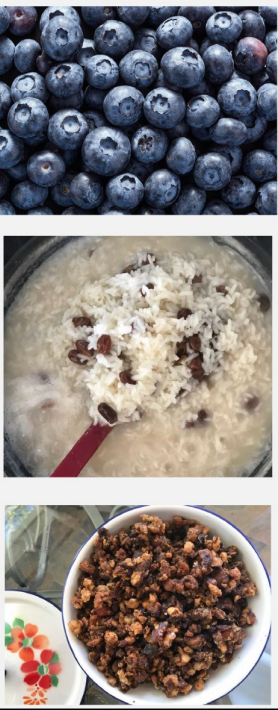
**SIGN UP TODAY** via Maskwacis Employment Center.

**MINIMUM REQUIREMENTS:**

- G12 or GED
- Valid driver's License
- Valid passport (or ability to obtain)
- Proficient in both oral & written communication
- Enjoy working outside
- Drug Testing and Criminal Reference Check will also be conducted

For training inquiries, please contact: [info@maskwacisemployment.ca](mailto:info@maskwacisemployment.ca)





## ERMINESKIN ANNUAL GRAVEYARD FEAST

June 6th  
12:00 noon  
at Ermineskin Graveyard

### ERMINESKIN FAMILY ACTIVITIES



#### BOOK A PRIVATE 1 1/2 HOUR SESSION

**Call to Book  
Appointments:  
780-585-3741  
or 780-361-3584**

- Arts & Crafts
- Physical Activities
- Story Telling

**Tuesday, Wednesday, Thursday  
and Sunday 3:00 PM - 7:00PM**

Categories:

- Elders (65+)
- Sub-Division
- Country/Corporate Lands/Buck Lake & Pigeon Lake
- Best Yard & Garden

**Prizes awarded for 1st, 2nd, 3rd & 4th Place in each category**

Registration:  
Geraldine LittlechildHill at [geraldine@ermineskin.ca](mailto:geraldine@ermineskin.ca) or  
Al Wolfe at [elvin@ermineskin.ca](mailto:elvin@ermineskin.ca)

### Ermineskin Cree Nation Lawn & Garden Contest

JUDGING WILL TAKE PLACE ON THE WEEK OF  
**JULY 19 - JULY 22**

**REGISTER NOW**

**DEADLINE TO REGISTER:  
THURSDAY JULY 8, 2021**



## ERMINESKIN FOOD BANK

The Ermineskin Food Bank is open for regular hamper pick-ups BY APPOINTMENT ONLY.



**780-585-2377**



**FOOD BANK**

### NIWIHCIAW ACCEPTANCE LTD.



WE ARE OPEN

FOR APPOINTMENTS TO ALL OUR CLIENTEL within THE ERMINESKIN ADMINISTRATION AND ECN AFFILIATED ENTITIES

CALL 780-585-2970 to make an appointment

Monday to Friday 9am – 4pm

[collin@niwihcihaw.com](mailto:collin@niwihcihaw.com)

# Ermineskin Grads!

Please send in photos of you dressed in your grad gear!  
(Cap and Gown, formal wear, or your favourite outfit)

## 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: JUNE 15, 2021

SEND DIGITAL IMAGES TO:  
ERMINESKIN NEWSLETTER:  
SARA@ERMINESKIN.CA

PLEASE INCLUDE: NAME AND SCHOOL NAME



Maskwacis Cultural College

# OPEN HOUSE

WED. MAY 26 @ 2-4 PM



Join Us LIVE on Facebook and Hawk Radio 93.5 fm!  
Door Prizes and Q&A available



www.mccedu.ca



KANAWEMAHWASOWIN  
KAMIK(KKI): PROGRAM FOR  
CHILDREN AND FAMILIES INVITES  
YOU TO OUR

## "BAND MEETING"

(Current Program Update and KKI Direction)

DATE: JUNE 14, 2021  
TIME: 10:00AM - 4:00PM  
WHERE: VIRTUAL  
(WEBEX CISCO)

Registration Link:

<https://forms.gle/FLXM3vRZR6rLb5po9>

Cree Translator (interpret English to Cree)  
Sign Language Translator

Live Stream through ECN Communications FB Page

\*\*\*For Ermineskin Cree Nation Membership\*\*\*

For more information email: [kmk.general@ermineskin.ca](mailto:kmk.general@ermineskin.ca)

## POST SECONDARY FUNDING DEADLINE: May 30, 2021 FOR Summer Term (July-August) For 3<sup>rd</sup> & 4<sup>th</sup> Year students

1. A student must take a course requirement that is offered only in spring or summer.
2. Students who would like to finish their degree in April of the following year.
3. Students in situations where prerequisite courses need to be taken for the September start and must have faculty advisor confirmation.

Deadline is June 15/2021 for Fall  
Term (September)

Contact: Elinor at 780-585-4006 or  
[elinor@ermineskin.ca](mailto:elinor@ermineskin.ca) or application can be  
downloaded at the Ermineskin Cree Nation Website  
under the Administration.





# MEMBERSHIP

Ermineskin Cree Nation is opening up Membership services to the Ermineskin Cree Nation Membership for card renewals and issuance.

We are aware of the current pandemic restrictions and wish to comply with all necessary precautions, and will be delivering our continued service with this in practice.

Between 10-4PM

Tuesdays will be **picture day** ( by appointment)

Between 10-4PM

Thursdays will be **pick up day** ( by summons)

Until further notice

**Ermineskin Cree Nation Membership Department will be opening its doors to the public starting June 1, 2021, on a schedule of TUESDAY and THURSDAY.**

**You will be required to bring these documents:**  
**SCIS & CIS Indian Status card Requirements:**  
**SCIS Adult (16yrs & older):**

\*One Valid Government issued I.D.-Passport, Provincial I.D, Drivers Licence

\*Or Two Valid Secondary (One with photo)

I.D-Health Care Card, CIS card, Firearms Licence.

\*And Band Letter/Card if from Other Nation/Band to confirm Treaty Number & Affiliation.

**SCIS for child (15yrs & younger):**

\*One Valid Photo I.D for Applying Parent/Guardian-CIS card, Passport, Drivers Licence, Provincial I.D, Firearms Licence.

\*Child's Birth Certificate is Mandatory. Any Court Orders if necessary.

\*And Band Card/Letter if from Other Nation/Band to confirm Treaty Number & Affiliation.

Please contact [karman@ermineskin.ca](mailto:karman@ermineskin.ca) or [rhea@ermineskin.ca](mailto:rhea@ermineskin.ca) or call 780 585 3741 to book an appointment.



## Is your Child between the ages of 12 and 17?

Booking appointments for June 1 - June 4

\*Locations to be determined.\*

Listen to the HAWK and MHS Social Media's for updates.

**\*Pfizer BioNTech**

# COVID-19

## VACCINATION

Call 780-585-2266

or Text 780-312-4793

Office Hours 9-3pm



\*Individuals born between 2004 - 2009 are only able to receive the Pfizer vaccine  
 Priority will be given to 12-17 year olds as adult have access to Moderna Clinics

## ohpikinahawasiwin

MESC PARENT/GUARDIAN VIRTUAL CONFERENCE 2021

WEDNESDAY, MAY 26, 2021 | 5:00PM - 7:00PM



## Missing a piece of Jewelry?

Necklace found at Ermineskin N.O.K. building, Neyaskweyahk Okimaw Kamik in the women's washroom, last year.

**If it is yours you can contact**  
**Teresa White**  
 email: [facility.operator@ermineskin.ca](mailto:facility.operator@ermineskin.ca)  
 Office phone number:  
 (825)299-0048.

## Have Your Say!

The Ermineskin Cree Nation Community Census 2021

The community census will be available this summer!

Stay tuned for opportunities to have your say!

The results of the community census will help improve and develop programs and services offered by the Nation.



**Your census. Your community. Your future.**

For any questions, please contact Valerie Littlechild  
[Valerie@ermineskin.ca](mailto:Valerie@ermineskin.ca) 780-585-3741 ext 278

KANAWEMAHWASOWIN KAMIK:  
PROGRAM FOR CHILDREN AND  
FAMILIES INVITES YOU TO OUR

## PRIDE EVENT

DATE: JUNE 18, 2021

10:00AM -12:00PM:  
DRIVE THRU LUNCH

12:00PM TO 2:00PM:  
DRIVE-THRU LUNCH THROUGH THE  
TOWNSITE  
(FOLLOW THE KKI FLOAT)  
PARADE TO FOLLOW

LOCATION: NOK BUILDING FOR  
DRIVE-THRU

- Lunch & Goodie bags
- Guest Speakers
- Decorated Vehicle's will be entered to win door prizes!

ALL COVID-19 GUIDLINES WILL BE IN PLACE

PLEASE EMAIL  
KMK.GENERAL@ERMINESKIN.CA FOR ANY  
FURTHER QUESTIONS



KANAWEMAHWASOWIN KAMIK  
INVITES YOU TO OUR NEHIYAW  
ᐅ"ΔᐅNAMING CEREMONY

Where: Ermineskin Cree Nation

When: June/July/August

For Ermineskin Cree Nation &  
potential to be registered children &  
youth in the care of the Director.



Contact First Nation Designate Anissa Omeasoo  
at Anissa@ermineskin.ca

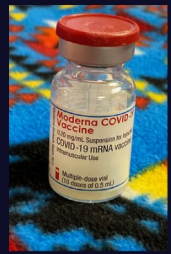
## ERMINESKIN COVID-19 VACCINE



LOCATION:  
N. O. K. BUILDING  
NEYASKWEYAHK  
OKIMAW KAMIK BUILDING

SCHEDULED:  
**TUESDAY**  
MAY 25TH, 2021

CALL TO BOOK  
780-335-0652



WHO: ERMINESKIN  
RESIDENTS AGES 18  
YEARS +

TIME: 9:30 AM - 3:30 PM

# ERMINESKIN FATHER'S DAY GOLF TOURNAMENT

SUNDAY, JUNE 20, 2021  
DORCHESTER RANCH & GOLF COURSE

\$175 Entry Fee Per Person (Includes KP's,  
Long Putt, Meal, Cart)

First 144 Registered and Paid

9:30 Shotgun Start

Cash Prizes for A, B, C

50/50's

Register: contact

Gordon Minde 780-361-3584

Tyrone Ermineskin 780-312-4712

REGISTRATION  
DEADLINE:  
JUNE 18, 2021

COVID RESTRICTIONS WILL BE ENFORCED  
\* PENDING COVID  
RESTRICTIONS - TOURNAMENT  
SUBJECT TO CHANGE \*