

Local Food bank Receives Charitable

Donation

On December 15, 2021 Sanjel Energy Services presented the Ermineskin Food Bank with a donation of \$4,000. Earlier in December, Sanjel made a donation of \$3,900 to the Ermineskin Women’s Shelter. Sanjel wanted to support the Nation’s efforts to enhance the much-needed services that the Nation provides to its members. Sanjel representatives, Sam Okasha and Troy Hoban, met with Chief Randy Ermineskin and Councillor Tyler K. Mackinaw, to present the cheque to Deanne Lightning, Manager of the Ermineskin Food Bank. Accompanying Sanjel Energy Services were Derek Bruno and Lanny Der of SevGen Consulting Inc. Sanjel believes that strong, mutually beneficial relationships with Canada’s Indigenous Peoples is important and recognizes the unique economic and social environment of First Nation Communities. Sanjel strives to support and contribute to the sustainable economic and social well-being aspirations of Indigenous peoples and to provide opportunities to share in the Company’s success. SevGen has been supporting Sanjel in their journey to increasing their awareness and



Thank You to Our Staff!

Ermineskin Security Department would like to thank the following individuals for their support in making our staff Christmas Dinner and activity fun and full of laughter.

Ermineskin Administration for the wonderful dinner.

Events Planner Elvin Wolfe

Ermineskin personnel

Samson Chinese Howie Ng

Burger Baron (Wes)

Lucky Dollar (Jim)

Weinhandlz’

Thanks to Mark and Corbin for driving the security unit at the “2021 The Grinch who stole Christmas Parade” they took second place.

understanding of Indigenous communities, their issues and Treaty Rights.

Our food bank also ran a very successful food and donation drive at the 9th annual charity check stop. The event was awesome to see as the staff were all dressed in a variety of costumes and were extremely positive. They managed to raise 1315 dollars worth of donations and had a blast doing it. Shout out to Ermineskin Counselor Mr. Wildcat for the donation of 300 dollars (worth) of toys plus coffee and donuts for the volunteers!



**Neyaskweyahk
Human
Services**

**NHS Clients who haven’t
submitted their children’s School
CONFIRMATION or ACCEPTANCE
letter, please do so as soon as
possible.**

**You can send them via email or
fax.**

**Phone: (780) 585-3835
Fax: (780) 585-3770**



CREE CORNER

Poster by Janine Wildcat

Kind Month January



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LOGO DESIGN opportunity



The Ermineskin Education Trust Fund is in the process of developing a brand-new identity.

The Ermineskin Education Trust Fund is seeking a creative local freelance graphic designer to partner with EETF to create new, innovative graphic logo consistent with Ermineskin Cree Nation, Education and our vision for success of all ECN students.

In March of 2022, we will celebrate the 40th Anniversary of the Ermineskin Education Trust Fund and hope to launch the website and kick-off our Anniversary with the new logo, promotional and swag items, etc.

The design scope to include:

- High resolution EPS file format layered images of the final approved logos as well as flattened jpeg and pdf formats of the final approved logo.
- To be used in print, web, billboards, banners, and signage.
- To be created in full color, single-color and black & white.
- Preferably a minimum of 2 drafts with a maximum of 4.
- Design must not contain copyrights
- Interested individuals will be paid a budgeted fee upon submission of the documents/drafts.

The Ermineskin Education Trust Fund will work with the selected free-lancer to determine possible logo elements that will complement the Ermineskin Education Trust Fund.



PLEASE SUBMIT YOUR DRAFT DESIGNS BY JANUARY 31, 2022 @ 4:30 PM VIA EMAIL TO INFO@EETFUND.COM

Newsletter
Contact:

NEXT ISSUE:

January 25th, 2022

**SUBMISSION
DEADLINE:**

January 23rd, 2022

Phone: 780-585-3741
Email: tara@erminekin.ca,
isaac@erminekin.ca, or
marleigh@erminekin.ca



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



Erminekin
Cree Nation

SOCIAL SITES



Erminekin Cree Nation



@erminekincreenation



@ErminekinCree



Erminekin Cree Nation



erminekincree

www.erminekin.ca

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IMPORTANT REMINDER

Prior to attending any scheduled JOB INTERVIEW, proof of **VACCINATION** or **NEGATIVE COVID RAPID RESULTS** will be required.

Thank you.

<https://erminekin.ca/job-opportunities/>



Please contact Faith Whitebear:
(780) 585-3741
faith@erminekin.ca





UPDATED ISOLATION REQUIREMENTS

Let's keep each other safe by following public isolation requirements

5 Days

Fully vaccinated (2 or more doses): must isolate for 5 days from start of symptoms or until they resolve (whichever is longer). For the 5 days following isolation, wear a mask at all times around others.

2+ DOSES

1 DOSE OR LESS

Not fully vaccinated (1 dose or less): isolate for 10 days from start of symptoms or until they resolve whichever is longer. If symptoms are not related to a pre-existing condition or illness.

10 Days

Source: <https://www.alberta.ca/isolation.aspx>

IF YOU TEST NEGATIVE AND STILL HAVE SYMPTOMS, PLEASE STAY HOME AND AWAY FROM OTHERS UNTIL YOUR SYMPTOMS RESOLVE.

Winterize your emergency kit



Winter Driving Advisory

Getting stranded on the road in extreme conditions can be dangerous. Be prepared and winterize your vehicle's emergency kit.

Add an ice scraper, blankets, booster cables, sand or gravel, a small shovel, extra clothing & other items to keep you safe if you need to wait for help.

For more information Contact Alberta Highway Operations any where between 8:15 am to 4:30 pm Monday to Friday at 780-644-5520

COVID-19 and Its Effects on Our Mental Health

More people than ever are struggling with mental health issues. But the good news is, more people than ever are reaching out for help.

Julia Payson, with the Vernon branch of the Canadian Mental Health Association, said the number of people seeking help has doubled from pre-COVID days, and 2021 saw more people seeking assistance than 2020.

“Our crisis line saw a very large increase,” said Payson, adding as an example there was 30 per cent increase in people accessing mental health support crisis line in November 2021 over to November 2020 alone.

There has also be a marked increase in the number of people reaching out to the suicide prevention hot-line.

“People just weren't coping as well,” she said of 2021. “What we learned through COVID is if we lose access to our coping mechanisms - we lose access to the gym, to our friends, to our nights out, our coffee dates and our social events even - we learned we actually depend on those things a lot more than we realized to manage our own health.”

Payson said, in many ways 2021 was harder than 2020 because people thought things were going to be better, but COVID concerns and restrictions, continued as they are heading in to 2022.

While the increase in callers is concerning, Payson said it also shows people recognize they need some help and are seeking out that help, which is a good thing.

The increased workload has changed the way CMHA operates some its programs. CMHA has also received funding to help meet the increased demand as well.

Payson said “as hard as it is to say we have seen

such a huge increase in people needing to use the crisis line” it is good so many people are actively working on their mental health.

“It continues to be really important for people to look at how they take care of themselves and the people around them, because that's how we get through this – by taking care of each other.”

There has also been an increase in people volunteering for the crisis line.

All volunteers are not only provided with crisis line training, but they also receive support from the CMHA where they can debrief and talk about how they are feeling.

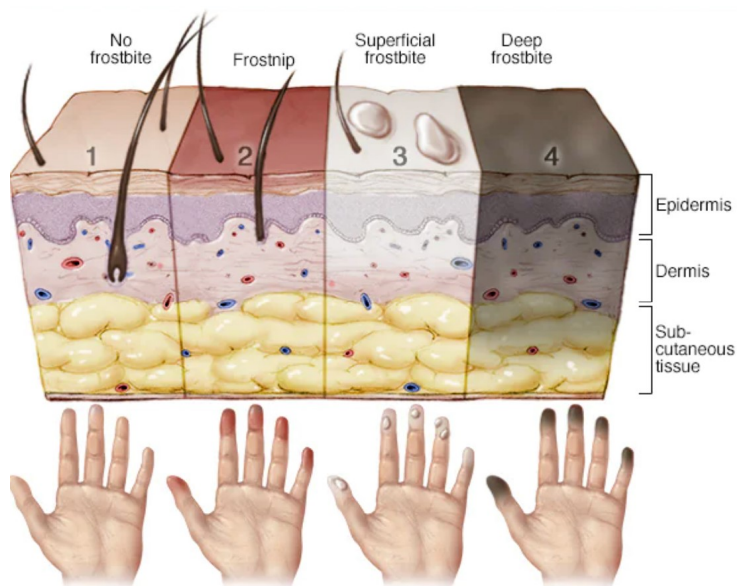
For more information and to access help, Call 1-833-456-4566 –*Article taken from coastreporter.net*



Frostbite Recognition, Prevention and Treatment

With the shockingly cold weather we have been facing, it's critical to recognize the ways we can prevent, identify and treat cases of frostbite. When weather reaches -28°C , skin can freeze in under 30 minutes, and when it reaches -40°C you have under 10 minutes until you can start seeing visible signs of frostbite. In temperatures under -55° , you have a staggeringly low time (under 2 minutes) to cover up any skin that is exposed to the elements. Make sure to check weather forecasts often before heading out and make sure to dress and plan accordingly. When preparing for colder weather make sure to wear multiple layers and try to cover any exposed skin by wearing things such as scarves, toques, earmuffs, and gloves. Heavy winter boots are also recommended. Early signs of frostbite will leave your skin red and cold to the touch, you may start to feel a numbness or prickling sensation. If you are able to get out of the cold and warm up the frostbitten area, there will be little to no long lasting effects. If you stay exposed for a longer period of time you may get second degree frostbite, which is indicated by a paler or blueish coloration, your skin may start to feel warm and in some cases the skin will feel hard or develop ice crystals as it begins to freeze. Once you have hit second degree frostbite, you must seek medical treatment to prevent any further damage being done. Third degree frostbite is the easiest to visually identify and can appear splotchy

or black and feel hard to the touch, and any muscles in the effected area are unlikely to work. Third degree frost bite requires immediate medical attention to prevent a variety of complications such as blood clots, gangrene as well as potentially prevent the need for amputation. For the less severe forms of frostbite its recommended that you warm the affected area with warm (not hot) water then dry it completely and wrap it in gauze while keeping it separated from any other skin. Its important not to touch anything with the effected skin to prevent any further damage.



Deloitte Indian Residential School Day Scholars Class Action Settlement Claim Information

A Federal Court Order has appointed Deloitte to process claims for the Indian Residential Schools Day Scholars Claimants. If you have general questions about the Claim Form, Claim process, or to report an address change after submitting your Claim, **contact the Claims Administrator at 1-877-877-5786 (toll-free)**. If you need help determining if you can apply and are eligible for this Class Action, please contact Class Counsel: dayscholars@waddellphillips.ca or call 1-888-222-6845 (toll free). The claims process to apply for the Indian Residential Schools Day Scholars Compensation has now gone live as of January 4th, 2022. **Eligible claimants have until the Claims Deadline of October 4, 2023 to submit a claim.** To be eligible for compensation, Survivor Class Members must have attended, but not

resided in one of the identified Indian Residential Schools for any part of a "School Year". School Year means September 1 of one calendar year to August 31 of the subsequent calendar year. To access the Claim Form for this settlement, please visit the Claims Administrator's Website to download a copy OR complete and submit an electronic form on: **www.dayscholarsclaims.com** If you do not have access to the internet, you can request a copy to be mailed to your address by calling the Administrator at: 1-877-877-5786. Please be advised that there are hard copies available for Pick-Up at the Ermineskin Administration Office. You can also reach out to our External Affairs Department if you have any other questions or need further information regarding the claim forms at (780) 585-3741.

Covid-19 At Home Care

With cases continuing to rise within the community, it is important to continue to follow the Alberta Health Guidelines and protecting ourselves, as well as the people around us. Most people (about 80%) recover from COVID-19 without special treatment, but it can cause serious illness. Older adults and people with other medical problems are more likely to get very sick. This can include trouble breathing and pneumonia. There is also a risk of death in severe cases of COVID-19.

If you start to show symptoms, you are to stay home and isolate immediately. If your symptoms get worse call Health Link at 811. If you should need medical help right away, call 911.

Most people can manage mild symptoms at home by getting extra rest, drinking plenty of fluids and taking over-the-counter medications (such as Tylenol) to help with body aches, headache or to lower fever, if it's safe for you. Check with your doctor or pharmacist if you're not sure. You do not need to be tested to confirm, but you can use an at-home rapid test if you have access to one.

There are at-home rapid tests available at the We-taskiwin Community Health Centre, or the Ponoka Community Health Centre. If you are unable to pickup an at home test, Maskwacis Ambulance Authority

has DAILY Testing available at the Ambulance Bay Located in Samson. They also provide weekly testing in surrounding areas such as Pigeon Lake, Montana and Louis Bull.



Wash your hands

Use a tissue for coughs



For the direct and qualitative detection of SARS-CoV-2 viral nucleoprotein antigens.
For *in vitro* diagnostic use only.

Need addiction or mental health support?
Call the Alberta Health Services Mental Health Help Line

1-877-303-2642

Provides 24/7:

- confidential, anonymous services
- information about mental health programs and services
- referrals to other agencies if needed

Need to Quarantine?

IF YOU TESTED POSITIVE FOR COVID-19 YOU CAN REQUEST TO STAY IN A MASKWACIS QUARANTINE TRAILER. PENDING AVAILABILITY.

**Contact
780-312-3145**



COVID-19 testing schedule - JAN 2022

MONDAY

MASKWACIS AMBULANCE 10-3:30

HOME TESTING FOR SPECIAL CASES

TUESDAY

MASKWACIS AMBULANCE 10-3:30

LOUIS BULL FIREHALL 10:30-2:30

WEDNESDAY

MASKWACIS AMBULANCE 10-3:30

MONTANA BAND OFFICE 10:30-2:30

THURSDAY

MASKWACIS AMBULANCE 10-3:30

PIGEON LAKE REC 10:30-2:30

FRIDAY

MASKWACIS AMBULANCE 10-3:30

HOME TESTING FOR SPECIAL CASES

SAT/SUN

MASKWACIS AMBULANCE 10-3:30

SPECIAL CASES

If you do not have access to transportation and you are a confirmed close contact showing symptoms or have symptoms and share a home with a vulnerable person.

To reduce the risk of transmission PLEASE SELF ISOLATE after testing. A COVID-19 test result can take 2-10 days.

The COVID-19 tests at Maskwacis Ambulance are not the antigen screening tests needed for travel or at participating businesses/restaurants. Rapid antigen screening tests must be purchased at available pharmacies.





MASKWACIS
ERMINESKIN SERVICES

MCSS PRESENTS

Traditional Cree Rattle Teachings

Tuesday & Wednesday 11/12, 18/19 & 25/26
January | 10-3PM

Come and learn about the rattle. 18+ for these sessions. Limited number of spots available. Call us to register at 780.585.2268.

@MASKWACISCOUNSELLING

Position	Closing Date	Required Documents
Six (6) Month Contract Policy Analyst with the Ermineskin Administration Department*	January 13, 2022	Application/Resume, and updated Criminal Record Check.
Executive Assistant with the Ermineskin Arena, Parks and Recreation department*	January 13, 2022	Please submit your complete application/resume, updated criminal record check, Vulnerable Sector Check and copies of Certificates.
Arena Operator Supervisor with the Ermineskin Arena, Parks and Recreation Department *	January 13, 2022	Please submit your complete application/resume, updated criminal record check, Vulnerable Sector Check and copies of Certificates.
Senior Services Liaison with the Elders Centre Department*	January 13, 2022	Application/Resume, and updated Criminal Record Check.
Programmer with the Ermineskin Arena, Parks and Recreation Department*	January 13, 2022	Application/Resume, updated criminal record check, Vulnerable Sector Check and copies of Certificates.
Director with the Ermineskin Personnel Department*	January 13, 2022	Application/Resume, copies of Certificates and updated Criminal Record Check.
Two Members and One Elder with the Ermineskin Membership Committee	January 27, 2022	Application/Resume, and updated Criminal Record Check.
Receptionist with the Ermineskin Office Administration department*	January 19, 2022	Application/Resume, two (2) letters of Reference and updated Criminal Record Check.
Chartered Accountant with the Finance Department*	Until Suitable Candidate Found	Application/Resume and Updated Criminal Record Check

ERMINESKIN WOMEN'S SHELTER SOCIETY

Ermineskin Women's Shelter would like to say...

Happy New Year 2022

With gratitude we would like to thank all the organizations, companies and individuals that donated to the women's shelter during the year and during the Christmas season.

Best to you in '22

MASKWACIS
ERMINESKIN SERVICES

MCSS Presents

Traditional Drum Making

Youth & Adult Drum Making
 January Classes from 4:30 - 7:30 pm
FACILITATED BY MERLE YELLOWBIRD
 Youth classes: January 10 - 13, 2022
 Adult Classes: January 17 - 20, 2022

To register contact 780.585.2268 or check our program calendar on Facebook @ Maskwaciscounselling

QUARANTINE FOOD HAMPERS



Updated as of JAN.12, 2022

780-335-6048

780-335-0652



WE ARE ASKING
FOR 24 TO 48 HOURS
FOR HAMPER
DELIVERY



Call OR TEXT
Daily 12 noon - 7 pm

ECN EMPLOYEES AND CONTRACTORS ONLY



Those experiencing symptoms are NOT to be tested at the NOK, and are referred to go get tested at Maskwacis Ambulance Authority (MAA).



*** UPDATED AS OF
JAN.12, 2022**



COVID RAPID TESTING FOR ECN EMPLOYEES AND CONTRACTORS

Sunday: 4:00 p.m. to 6:00 p.m. (Priority is Essential Workers, Contractors)
Monday: 4:00 p.m. to 6:00 p.m. (Non-essential departments staff)
Wednesday: 4:00 p.m. to 6:00 p.m. (Open for all staff and contractors)

• Please note the testing is strictly for ECN Employees and Contractors, and is only work purposes within ECN.

Friendly reminder for ECN employees that it is mandatory to provide weekly negative tests. Once result is provided, immediately notify your respective Director and Manager.

Feeling Overwhelmed?



YOU ARE NOT ALONE

CONNECT • REACH OUT • DON'T WAIT • RECHARGE

There are people and places close by to turn to for help

Mental Health

Maskwacis Mobile Mental Health Available 24 Hours 780-362-2150
Wetaskiwin Mental Health 780-361-1245
Suicidal Crisis Line 1-800-273-TALK (8255)

Emergency

Maskwacis RCMP 780-585-3767
Maskwacis Ambulance 780-585-4000
Wetaskiwin ER 780-361-7100
Ponoka ER 403-783-3341
Ermineskin Fire Hall 780-312-3145
Samson Fire Hall 780-585-2911



Other Services

Ermineskin Women Shelter 780-585-4444
Camrose Women Shelter 780-672-1035
Maskwacis Victim Services 780-361-9464

TOOLS FOR STRENGTH, HOPE AND COURAGE

**4 DAYS
VIA ZOOM
JAN 17 - 21**

Building Courage

Navigating life through a time of fear and uncertainty

OFFERING SUPPORT AND UNDERSTANDING

To build a strong community and family we need to exercise our own courage when feeling vulnerable. The pandemic experience is a massive experience in collective vulnerability. Our usual response to vulnerability is to shrink away from it. This is a time when we can be our worst selves or our very best bravest selves. In the fear and vulnerability our default is self-protection. We don't have to be scary when we are scared. Our thinking can be distorted by fear. This workshop will teach tools for building courage within and grant participants a sense of security in life, with the tools gained through Nonviolent Communication skills.

In this workshop you will learn:

- Tools to navigate feelings of vulnerability
- To feel in charge of your process
- How to practice self-compassion
- Insightful tools to expressing authentic feelings
- How to view life events and conversations through the lens of empathy
- To offer opportunity to grieve in a supportive environment

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BRIGHTER FUTURES
CONTACT: CLARISSE
(780) 585-2900

Facilitated by
Certified NVC Trainer
Leslie Williamson
of Vuntut Gwitch'in
First Nation



nvctraining.ca

