



Neyâskweyâhk Acimowin ᑏᑕᑎᑎᑎᑎᑎᑎ ᑎᑎᑎᑎᑎᑎᑎᑎ

# Ermineskin Newsletter February 9th, 2022

Neyâskweyâhk Acimowin Mikisowipîsim Kekâymitâht Akimaw Anohc

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## Maskwacis Counselling and Support Services Youth Talent Show Winners!

On January 28th, 2022 Maskwacis Counselling and Support Services announced the winners of their Youth Talent show! Throughout the month of December, they have been collecting youth entries of various talents in categories such as Traditional Arts, Visual Arts, Singing/Music and Dancing. Each category had 3 winners, and were awarded with amazing prizes! The winners are as follows;

### Traditional Arts Winners:

- Third: Hand-drum by Evan Johnson - 10 years
- Second: Painting of a tipi camp by Jaunita Cabry - 13 years old
- First: Persasis Omeasoo for her Beaded delicatula brooch pin

**Visual Arts Winners:** Third: Painting by Aliyah Brown-Roan - 14 Years

Second: Scenic painting of a mountain by Tyra Lightning - 22 Years old

First: Ethan Smallboy for his acrylic painting of Chief Bobtail

### Singing/Music Winners:

Third: Beatboxing Performance by Sage Bull - 15 years old

Second: Lourdes Dennehy Playing the violin

First: Ryland Mendoza for her guitar perfor-

mance of Hotel California!

### Dancing Winners:

Third: Tik-Tok Dance by Jessa Wolfe - Daniels - 8 years

Second: Father and Daughter Dance Battle by Jaelynn &

Kurt Lighting

First: Stephan Rattlesnake for his

Pictured:  
Ryland Mendoza



pow wow dancing performance!

“Thank you to everybody that has participated and congratulations to the winners! Our community has a lot of talented Youth and it has been an absolute honour seeing, and sharing all your talented skills!” says MCSS. We’ve assembled a collage of all the talent show winners on the following pages:

Article by: Marleigh Cutarm

# Youth Talent Show Winners!

## Visual Arts Winners:

**First: Ethan Smallboy for his acrylic painting of Chief Bobtail**



**Second: Scenic painting of a mountain by Tyra Lightning - 22**

**Third: Painting by Aliyah Brown-Roan - 14 Years**



## Traditional Arts Winners:



**First: Persasis Omeasoo for her Beaded delicata tulip broach pin**

**Second: Painting of a tipi camp by Jaunita Cabry - 13 years old**



**Third: Hand-drum by Evan Johnson - 10 years**

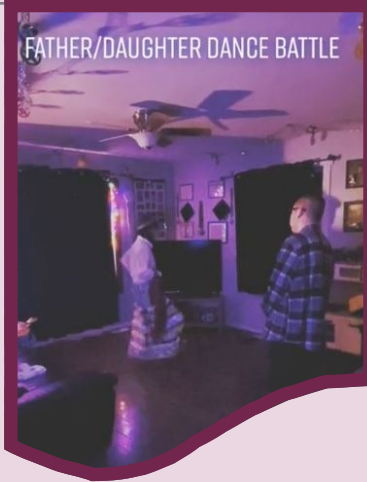




## Dancing Category Winners:



**First: Stephan Rattlesnake for**



**Second: Father and Daughter Dance**

**Third: Tik-Tok Dance by Jessa Wolfe - Daniels - 8 years**



## Singing/Music Winners:



**First: Ryland Mendoza for her guitar performance of Hotel California!**

**Second: Lourdes Dennehy Playing the**



**Third: Beatboxing Performance by Sage Bull - 15 years old**

# NEWSLETTER CONTACT:

**NEXT ISSUE: FEBRUARY 23RD, 2022**



**Submission Deadline:  
February 22nd, 2022**

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Maskwacis, AB  
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## In This Issue

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## Agape Gives Back!

*20% Discount*

**First Nations Customer Appreciation Program**

Agape Thrift Store & Community Outreach  
4704 50th st  
Westaskiwin, AB  
780-312-2118



respect for operating as an organization on Treaty 6 and Metis Region 4" says owner Jessica S. With their new ownership of the store, they took the initiative in November of 2021 to always offer 20%

Local Wetaskiwin thrift store and Community Outreach, Agape, is giving back to First Nations customers. "We would like to make a small gesture to show our

Off to those who hold a Treaty/Status card and can show upon final purchase. Agape Thrift store is located on the corner of 47Ave and 50<sup>th</sup> Street, Wetaskiwin.



# Ermineskin Cree Nation

SOCIAL SITES



Ermineskin Cree Nation



@ermineskincreenation



@ErmineskinCree



Ermineskin Cree Nation



ermineskin Cree

[www.ermineskin.ca](http://www.ermineskin.ca)







## Pink Shirt Day and Anti-Bullying Awareness

With Pink Shirt day approaching we wanted to share the harrowing experience of a mother who lost her child to bullying.

Last September, on a warm autumn day, I joined Angelo Kon and Bernateta Dak, in their backyard, after tragedy struck their family. Surrounded by leaders from the south Sudanese community, we sat in lawn chairs, in a semi-circle and collectively mourned the loss of their daughter, Abeg, who died by suicide. Their grief was palpable as they spoke, heavy with loss and tears, lamenting the health and wellbeing of their community’s children and youth.

As Angelo shared Abeg’s struggles with bullying, several other fathers in the semi-circle nodded and shared their own stories of how the bright lights within their own children were being dimmed by experiences of bullying and racism. These stories are not new to me, and that is why I made a promise to these families, that I would do everything in my power to prevent bullying and promote anti-bullying policies and practices in our province.

That is why today, on Pink Shirt Day, in addition to wearing my pink shirt, I want to have an honest conversation with Albertans about bullying. This conversation begins with awareness of bullying behavior, an understanding of the insidious impacts of bullying, and an awareness of resources to help those who are victims of bullying.

Bullying is described as intentionally hurtful, mean behavior inflicted on another by someone with more power. Bullying can take many forms, including verbal, physical, cyber-bullying, and social exclusion. Bullying can also happen to anyone - children and adults alike. Current statistics show that almost one-third of all Canadian



adults have experienced bullying in some form. The impacts of bullying can be devastating. Victims can feel pain, humiliation and depression, and may have suicidal thoughts. Behavioural changes can take place, including increased dependence on alcohol and drugs. Children experiencing bullying may be fearful to attend school and have trouble concentrating. These impacts can linger for a long time, leaving physical and or psychological scars.

It is also important to highlight that bullying can harm bystanders. Whether bystanders choose to be silent or feel powerless and fearful that they could be the next victim, the dread of feeling unable to speak up or intervene can manifest itself in feelings of shame, anxiety and helplessness. These are the corrosive and widespread repercussions of bullying.

Bullying behaviour has also appeared to increase in the context of the COVID-19 pandemic. Over the past year, I have spoken with many people from different ethno-cultural communities who have been on the receiving end of racial discrimination and bullying. In addition to the uncertainty and anxiety associated with the pandemic, the additional burden felt by Albertans subjected to bullying behavior highlights the disproportionate impacts of COVID-19 on certain communities. It is important to acknowledge and address this issue.

So what can we collectively do to combat bullying? It begins with awareness. We must recognize different forms of bullying, and identify the warning signs and impacts. We must understand the role of the bystander, and know what resources are available to help. There are resources available on the Government of Alberta’s website that can assist. Please visit [alberta.ca/Bullying](https://www.alberta.ca/Bullying). **Article taken from: Alberta.ca**

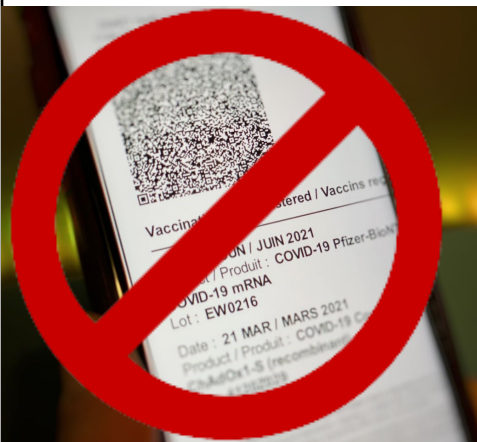




## Important Covid Mandate Update

Alberta's highly-controversial proof-of-vaccination system expires as the clock strikes midnight Wednesday, Premier Jason Kenney announced Tuesday amid accusations that he was playing politics with public health measures.

Rules that require students to wear masks in Alberta schools will end on Monday, and children under 12 won't have to wear masks anywhere starting then.



Kenney said his "careful and prudent" plan, which was approved by Alberta's COVID cabinet committee, lays out a path to "move on from a wide-spread pandemic response, to get our lives back to normal."

Restrictions have done the job of getting more people vaccinated, but Kenney said those increases have now stopped.

The premier also talked about how pandemic rules have "inflamed" disputes amongst Albertans and "disrupted and even destroyed livelihoods."

"We'll never be able to do a full accounting of the extent of the pain and hardship that restrictions have caused," Kenney said.

The premier added that many countries, states, and provinces are also removing restrictions as Omicron case numbers fade.

"We cannot remain at a heightened state of emergency forever. We have to begin to heal, and so Alberta will move on. But we'll do so carefully, we'll do so prudently, we will do so only if it does not threaten the capacity of our healthcare system," Kenney said.

Entertainment venues, like Rogers Place and Scotiabank Saddledome, will be able to start selling food and drinks again, as long as customers consume those items while seated.

Rules on closing times, alcohol service times, table capacity in restaurants, and interactive activities remain in

place.

Capacity limits on many venues expire at midnight except for facilities with a capacity of 500-1,000, which will be capped at 500. Larger facilities with a capacity of more than 1,000 will still be limited to 50 per cent.

A provincial work-from-home order will expire on March 1, along with the provincial mask mandate and capacity limits for all venues. All limits on social gatherings and cohorting rules in schools will be removed at the same time.

The province still has not determined a date for removing COVID-19 rules in continuing care homes, and it's still not decided when mandatory isolation requirements will become recommendations only.

The premier recently said that a plan to remove restrictions would likely come "by the end of March." Five days later, he changed the timeline when he said he hoped to relax measures this month.

Last Thursday, a United Conservative Party statement said the premier will begin lifting restrictions "within days."

"We will continue to closely monitor the healthcare system and we will take action when necessary to alleviate pressure in future waves or spikes," Copping said.

### MHS Mandates To Remain in Place

The Ermineskin Director of Emergency Management along with the Ermineskin Emergency Operations committee and the Ermineskin leadership will be assessing the recent provincial changes to restrictions. All health measures in Ermineskin will stay in place until further notice.

The current Ermineskin covid-19 active case status will be considered in assessing Ermineskin's restrictions along with what the impact the province's plan to phase out public health measures—including the immediate removal of the Restrictions Exemption Program will be—look for future announcements when those decisions are determined. Currently there are 317 active cases within Maskwacis with 12 hospitalized. We hope to see these case numbers go down soon.

## Chief Wilton Littlechild Presents Team Canada With Maskwacis Cree Nation Drum

CALGARY (February 2, 2022) – Team Canada’s Chef de Mission Catriona Le May Doan was presented with a Maskwacis Cree Nation drum prior to departing for the Beijing 2022 Olympic Winter Games.

The drum was presented by Chief Wilton Littlechild, International Chief on Treaties Six, Seven, and Eight, during a private ceremony held outdoors at WinSport in Calgary, Alta. on January 15. Elder Patrick Lightening from Treaty Six Territory performed a travelling song during the ceremony.

“It is our great honour to transfer this sacred drum from Maskwacis Cree Nation to Team Canada and to Chef de Mission Catriona Le May Doan,” said Chief Littlechild. “As a former Winter Olympics Ambassador, I am so proud of all of you on Team Canada and wish you all the best and are behind you, in full support in the joy of effort and success. The drum beat is the heartbeat of Mother Earth and it always brings us together much like the power of sport and the Olympic Games. Let the heartbeat of Mother Earth inspire all of Team Kakanatak. May our Creator, Great Spirit, watch, bless and guide you as you lead our country and thank you for acknowledging this is an act of Reconciliation.”

Treaty Six Elder Patrick Lightening sung a travelling prayer song in the four directions during the ceremony, symbolizing how the Olympics call people together from all points of Mother Earth.

This past summer, Tewanee Joseph and his family, conducted a special Coast Salish witness ceremony to present a custom made drum for Team Canada’s Tokyo 2020 Chef de Mission Marnie McBean. The drum was created to celebrate the athletes competing in Tokyo.

“We were all so inspired by Marnie’s initiative last year

and I had hoped to have been presented the honour as well,” said Le May Doan. “I am so thankful to Chief Littlechild and Elder Patrick Lightening for the emotional ceremony that was conducted. This drum will be coming with me everywhere in Beijing and will be an inspiration to the athletes as it symbolizes our connection to Indigenous communities.. It will truly be the heartbeat of Team Canada and connect us all.”

Some features of the drum as described by Chief Littlechild:

The four pegs we chose that usually close the teepee are significant in two ways. The colours represent the elements of life: blue for the waters, green for the medicine grasses, gold represents the sun and red is for the fire. Secondly they also symbolize the principles of leadership: honesty, kindness, sharing and strength. I believe these are appropriate for athletes, and leaders, and especially the Chef de Mission of Team Canada.

The four teachings are: honesty, kindness, sharing and strength. The Maskwa (bear) spirit tells us about family (team), courage, strength, trust and faith. These are what is embedded in the World Indigenous Nations Sport logo on the drum.

Credit to Wade and Melanie Okeymaw of the Samson Cree Nation for the drum and drum bag.







Wildland Firefighters  
Fallers / Buckers Re-certification



Must have current  
or expired ticket

Call / Text 780 312 6124 to Register

## COVID-19

### If you have had COVID-19

Some of your symptoms can last for weeks and months. This is called long COVID.

We can help, if you have:

- |   |   |   |   |   |
|---|---|---|---|---|
|  |  |  |  |  |
| Trouble thinking, remembering or concentrating                                    | Loss of taste or smell  | Fast or irregular heartbeat   | Weakness and fatigue all the time   | Shortness of breath or a cough that won't go away                                   |
|  |  |  |  |  |
| Stress, anxiety or depression   | Trouble walking or moving   | Been unable to go back to work  | Joint or muscle pain  | Problems swallowing   |

**Contact us:**



Visit: [ahs.ca/healthyaftercovid](https://ahs.ca/healthyaftercovid)  
or [ahs.ca/RAL](https://ahs.ca/RAL)

Call: 1-833-379-0563

SCAN ME

We're in this together.  
We'll get through it together.



Date: October 4, 2021





## Weekend Vaccine Clinic

Saturday, February 12, 2022  
11:00am - 4:00pm  
MHS Medical Department

**Call: 780-585-2266 to  
book your appointment.**

Walk-in's are welcome, but be prepared  
to wait.





**KANAWEMAHWASOWIN KAMIK CELEBRATES**  
**PINK SHIRT DAY!**

*Wednesday February 23, 2022*  
*\* drive-thru event \**  
**3-6 PM @ BEAR PARK**


**FIRST 100 VEHICLES RECEIVE A GIFT (1 PER VEHICLE) & CANDY BAGS!**

**EACH VEHICLE WILL BE ENTERED FOR 1 OF 5 RANDOM GIFT BASKET DRAWS**



If you have any questions please call (780) 585-3721 or email andrea.m@kkamik.com  
 PLEASE ADHERE TO COVID-19 RESTRICTION - STAY HOME IF YOU ARE UNWELL

Position	Closing Date	Required Documents
Newsletter Editor with the Ermineskin I.T. and Communications Department	February 23rd, 2022	Application/Resume, and updated Criminal Record Check.
Temporary ECN Website Coordinator with the Ermineskin I.T. and Communications Department	February 23rd, 2022	Application/Resume, and updated Criminal Record Check.
Two Members and One Elder with the Ermineskin Membership Committee	February 23rd, 2022	Application/Resume, and updated Criminal Record Check.
Senior Services Liaison with the Elders Centre Department	February 23rd, 2022	Application/Resume, and updated Criminal Record Check.
Six (6) Month Contract Policy Analyst with the Ermineskin Administration Department	February 23rd, 2022	Application/Resume, and updated Criminal Record Check.
Chartered Accountant with the Finance Department	Until Suitable Candidate Found	Application/Resume and Updated Criminal Record Check



**ERMINESKIN CREE NATION**

**VACCINATE**  
 FOR OUR CHILDREN  
 FOR OUR ELDERLY  
 FOR OUR FUTURE

#VaccinateNeyaskweyahk

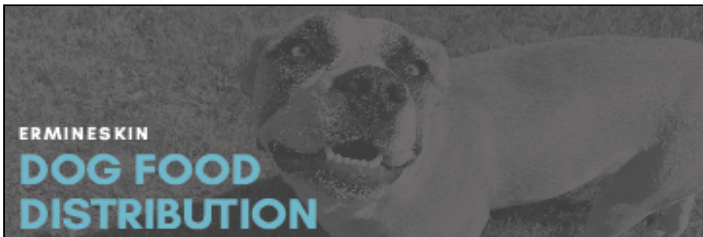
**POST SECONDARY FUNDING DEADLINE:**  
**March 15, 2022 FOR SPRING Term (May-June)**  
**For 3<sup>rd</sup> & 4<sup>th</sup> Year students**

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.

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.







ERMINESKIN  
**DOG FOOD DISTRIBUTION**

**ECN SECURITY COMPOUND**  
**FEBRUARY, 16TH, 2022**  
1PM - 4PM

**PIGEON LAKE REC CENTRE**  
**FEBRUARY, 17TH, 2022**  
1PM - 4PM

Please be advised that there have been a few updates in regards to the ECN Dog Food Distribution Program:

- There will be **NO DELIVERIES**
- If you missed the distribution, you will have to wait until the next distribution date
- No picking up for others
- If you have tested positive for COVID-19 and need dog food during distribution, you will have to **CALL AHEAD OF TIME** and must give a **WRITTEN NOTE WITH YOUR BAND NUMBER, HOUSE NUMBER AND PHONE NUMBER**

Dog food is given to the band by donation and will only be handed out on set dates. Due to shortage of donations, **maximum of 2 bags** of dog food or cat food per household

Leslie Saddleback  
Dog Care and Control Program  
780-585-2004



MCS PROUDLY PRESENTS

# NAPEWAK

# YOUTH WELLNESS

# CAMP

VILLAGE CREEK INN, PIGEON LAKE

FRIDAY, FEBRUARY 18TH - SUNDAY, FEBRUARY 20TH

OPEN TO BOYS 16 YEARS & UP. LEARN TRADITIONAL CREE TEACHINGS INCLUDING PIPE, RATTLE, DRUM & RATTLE MAKING, OUTDOOR SURVIVAL SKILLS. CONTACT MASKWACIS COUNSELLING @ 780.585.2288 FOR MORE INFORMATION OR TO REGISTER  
Minde Ave & Wolfe St, Maskwacis | @MASKWACISCOUNSELLING ON FB

# LET'S END BULLYING TOGETHER

February 23rd, 2022

Sâkîhitók mina wîchîhitók  
"LOVE ONE ANOTHER AND HELP ONE ANOTHER"



## DEADLY DADS WEEKLY CHECK-IN

Come meet up at our weekly meetings on zoom. Right now we are planning for the spring.

Tuesdays, 5pm  
Zoom ID: 966 5115 9204  
Passcode/Link: Contact @DeadlyDadsMaskwacis on Facebook  
Or (403) 878-3186



*Ermineskin Women's Shelter  
presents*

# *Valentine's Day Gift Basket Raffle*

**Draw: February 14**

**Tickets: \$5**

**E-Transfer:**

**johansensheila8@gmail.com**

**Contact: 780-585-4470**



**NEYASKWEYAHK HUMAN SERVICES**

## **Mid-Month:**

Neyaskweyahk Human Services will be distributing **Mid-Month Cheques:**

**February 10TH, 2022**

Remember to bring in MONTHLY UTILITIES and 30 Day Bank Statements. You can also email: [crystal@ermineskin.ca](mailto:crystal@ermineskin.ca)



**(780) 585-3835**

Reminder that COVID-19 precautions are to be followed (social distancing, masks are mandatory).