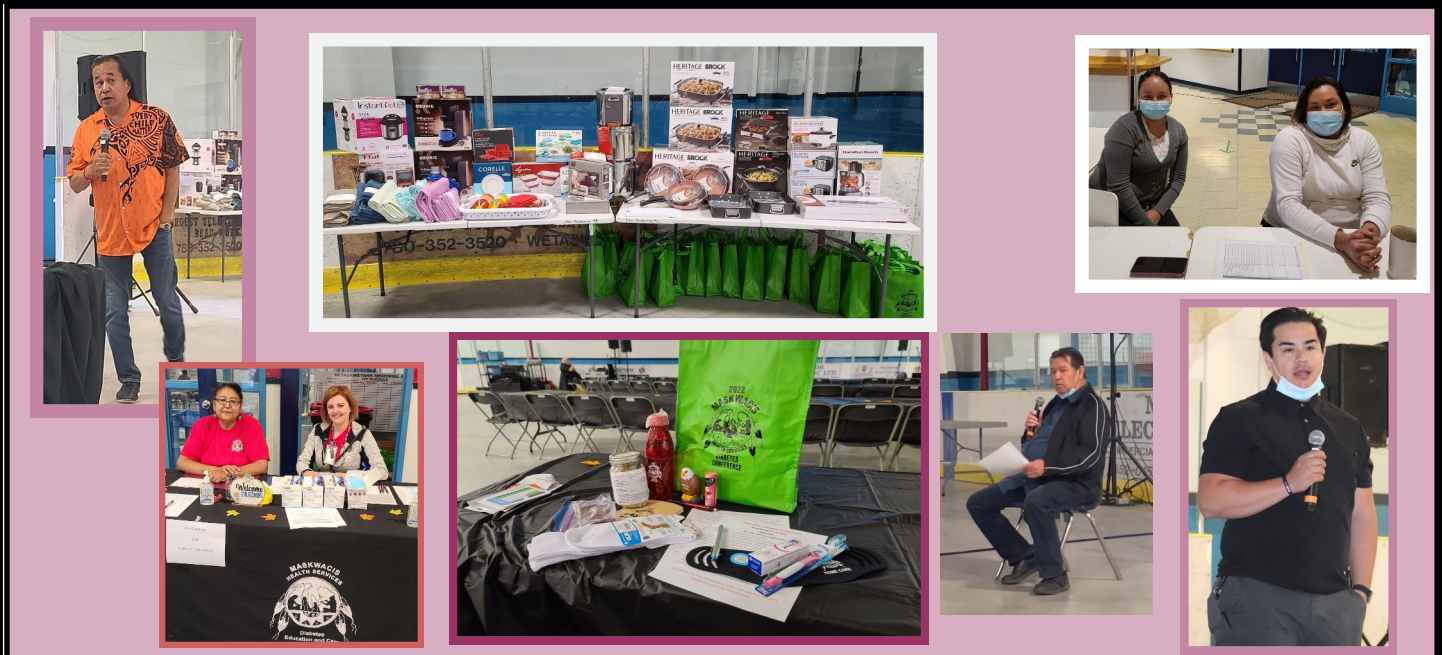




Ermineskin Newsletter September 22nd, 2022

Neyâskweyâhk Acimowin Onôcihitowipîsim Nîstanaw Nistosâp Akimaw Anohc

MHS Holds Annual Diabetes Conference



On September 15th Maskwacis held its annual diabetes conference. The conference featured multiple speakers each providing their own unique perspective on the challenges our community faces with diabetes. The speakers came from various backgrounds such as a dietician, doctor, people with both type 1 and type 2 diabetes etc. Don Burnstick was also the keynote speaker at the event and we will post his speech on our website. There was also a giveaway featuring many high end cooking products such as sets of pots and pans, insta-pots, and rice cookers. The con-

ference highlighted the importance of both healthy eating and maintaining a healthy lifestyle. Also highlighted were the early signs of diabetes such as constantly being thirsty or needing to use the washroom, blurry vision, extreme fatigue, and dramatic changes in terms of weight. If you suspect you may be experiencing the onset of diabetes please contact your physician or Maskwacis Health Services at 780-585-3830 so you can be evaluated. We would like to thank the staff and guest speakers who came together to make this event happen.

The Different forms of Diabetes

Type 1 and type 2 diabetes both occur when the body cannot properly store and use glucose, which is essential for energy. This glucose then collects in the blood and does not reach the cells that need it, leading to serious complications. Type 1 diabetes usually appears first in children and adolescents, but it can also occur in adults. In type 1 diabetes the immune system attacks pancreatic beta cells so that they can no longer produce insulin.

There is no way to prevent type 1 diabetes and it is often hereditary. Around 5-10% of people with diabetes have type 1. Type 2 diabetes is more likely to appear as people age, but children may still develop it. In this type, the pancreas produces insulin, but the body cannot use it effectively. Lifestyle factors appear to play a role in its development.

The majority of people with diabetes have type 2 diabetes. Both types of diabetes can lead to complications such as cardiovascular disease, kidney disease, vision loss, neurological conditions, and damage to blood vessels and organs.

The CDC estimates that more than 34 million people in the United States may have diabetes, and almost 25% of them may not know they have it. This article will look at the similarities and differences between type 1 and type 2 diabetes. A person with diabetes may experience adverse symptoms due to poorly-regulated blood sugar.

Other aspects of metabolic syndrome also occur alongside type 2 diabetes, including obesity, high blood pressure, and cardiovascular disease. If a person's blood sugar is too high, they may experience the signs and symptoms of hyperglycemia, including frequent urination and increased thirst. This can lead to ketoacidosis, a potentially life-threatening condition that needs urgent medical attention. Symptoms of ketoacidosis include: difficulty

breathing, a fruity smell on the breath, nausea and vomiting, a dry mouth, and potentially a coma. Hypoglycemia is when blood sugar levels are too low.

Symptoms typically appear when blood sugar levels fall below 70 milligrams per deciliter (mg/dL). Early symptoms include: sweating, chills, and a pale face, feeling shaky, nervous, and anxious, rapid heartbeat, feeling dizzy and lightheaded, nausea, feeling weak and tired, headaches, and tingling. A person should consume a high-glucose food or drink to relieve the symptoms and prevent the problem from getting worse. Ideally, a person should follow this with protein-rich food. Without treatment, the person may experience: seizures, loss of consciousness, coma. This condition can be life-threatening and needs immediate medical attention. A person with diabetes should carry a medical ID so that others will know what to do if a problem occurs. The ADA recommends regular screening for type 2 diabetes in people aged 45 years and above. Younger people who may be more at risk of diabetes, such as those with a family history of the condition, should also regularly screen for type 2 diabetes. People can check their own blood glucose levels at home. A person without known diabetes who has concerns about values taken with a home meter should visit their doctor for evaluation. -Article taken from medicalnewstoday.com



Maskwacis Youth Drum Group Wins in California

A drum group composed of Maskwacis youth recently won 1st place at the Sam Manuel Pow Wow in California. The Sam Manuel Powwow started in 1996 and the massive 3 day event has been growing in terms of support and popularity since. The group was able to compete due to local



The "Mustangz" Nathan Littlechild Jr., Ryan Des-champs-Cross, Nathaneal Greene, Jerome Montour,

fundraising efforts including a thousand dollar donation from spirit winds.

The group A.K.A. "The Mustangz" won the grand prize of 5 thousand dollars.

We'd like to highlight some of the quotes

from parents of the drum group. "As we were on our way home, Jacob telling me how proud he is of me and the mamas for all stuff we did, fundraising, sponsorship, saving money. That we pulled this off. Yes in the beginning of the trip it was stressful and we all had our moments. But we did it for our boys. They did such amazing job. Shout-out to

the very nice hospitality of Shamaray Littlechild. Meeting new people, new culture. Watching pow wow. Can't believe I actually got bring my boys to USA. My body is sore but totally worth every moment.

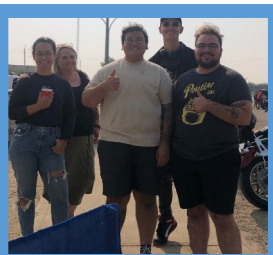


Thank you to those who checked on us. Prayed for travels. Nothing but good laughs I got to hug a palm tree. See red river, glad we had our elder musom Solomon come with us. So cute, he enjoyed every moment even shed a tear when boys won. Said he was so glad he got to see his papans sing. No one would believe him he was 82 years young so very thankful."

"So can't help but grin ear to ear for our youth they make our Nations proud... good job Martha Des-champs, Shamaray Littlechild n Nathan Littlechild, Evangeline Bull for making this happen for them... safe travels n enjoy Disneyland"- Cheryl Montour

2nd Annual Show and Shine!

Samson just held its second annual Show and Shine! The event is meant to highlight local car and motorcycle enthusiasts who put pride into their vehicles. Participants were asked to bring a small donation for the food bank. This year had an even bigger turnout then last year with a significant increase in motorcycle entries. Prizes were awarded for best in



show across various categories including 4x4 which was won by Angie Roan with her 2014 Ford Superduty, Rezziest Ride won by Kiarra Johnson with her 2007 Ford Focus,

Best in



Show car won by Michael Okeymow for his 1966 Pontiac Parisienne, Bike which had a 3 way tie for second and third was



won by Ronald Crane (second and third were Harper pots, Jody Small-boy, and Jimmy Ward), and finally Best overall was



won by Ronald Crane with his 2009 rocker. Overall it was a great showing and we hope to see even more participants and awesome cars next year!

-Pictures taken by Lisa Smallboy



CREE CORNER



Cree Provided
by Betty Simon

GO TO THE BATHROOM

NITAWI-WAYAWÎSTAMÂSO

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BATHROOM
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BRUSH TEETH

KISÎHPEKINÂPITEHO ρ̇ṙ||ν̇ρ̇◁̇Λ̇U̇||▷̇



CREE PROVIDED
BY BETTY SIMON

KITCHEN - PIMINÂWASOKAMIK

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DISH RAG

KASIYAKANAN

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CUPBOARD

WÎYAKANIKAMIK

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SINK - KASIHYAKANWIYAKAN ḃṙ||↳ḃσ̇·↳̇ḃ▷̇

TELEPHONE - PÎWÂPISKOS Λ̇◁̇·Λ̇ⁿḋⁿ

Ermineskin Waste Transfer Station

NOTICE TO THE PUBLIC

The Ermineskin Cree Nation (ECN) project team has been working with GHD Limited (GHD) to upgrade and modernize the existing waste transfer station to improve solid waste management within the community.

Preparations of the Phase 1 upgrades will begin on July 29, 2022 and an estimate for completion date is March/April 2023

During the construction period, a temporary drop-off area will be made available to the



These upgrades will improve the level of service of the ECN transfer station and increase the capacity for waste diversion in the community. Please use caution at all times and follow site attendant instructions for accessing the temporary drop off area. We thank you for your patience during the construction period and look forward to the grand opening of the new facility

Sr. Technician
Ermineskin Technical Services
and Capital Management
(780) 585 0255
SrTechnician@ermineskin.ca



New York Indigenous Fashion Week!

September 10th was the start of the prestigious New York Fashion Week and this year they invited several Indigenous designers and models to the stage of the internationally recognized event. The New York Fashion Week (NYFW) typically lasts 7-9 days and was initially started in 1993. NYFW is based on an event that was previously held as far back as 1943 and is currently one of if not the largest event in terms of North American fashion.

This year was the first time Indigenous members of the fashion community have received an official invite to NYFW and the first opportunity the indigenous community has had to represent their own styles on a global scale. Our very own community member Faye Wolfe was among the lucky invitees and we asked her to share some of her thoughts on the experience with us.

“Hello my name is Faye Dillon-Wolfe, I live in Maskwacis Alberta, I am from Ermineskin Cree Nation. I am a proud nehiyew iskwew to 4 beautiful children. I work full time as an administrative assistant on our reservation. I have my class 1 license with a Q & S endorsement. I enjoy learning new things, being outside. Finding waterfalls, I'm athletic and I enjoy laughing. I started modeling last year July 2021. My resume to date: Red Berry Woman Osamuskwasis Acahkos Designs Brouchier Designs Apsáalooke Designs By Della Brocade ACONAV C.Lysias Designs Luxx Ready To Wear Choke Cherry Creek Doneese Bull-Bufferalo Designs Lauren Good Day I love traveling, is been one of my many dreams.

Modeling in my hometown Maskwacis Ab-Indigenous

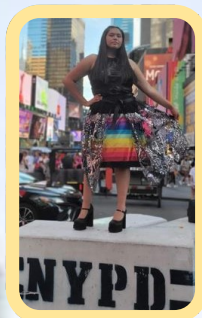
Yth Conference , Edmonton Ab-Heart of the City Event, WCFW/18+ shows. Lake Minnewanka Ab-Photoshoot, Whitecap Sk-Model Competition Fund-raiser, Canada. Billings MT-Big Sky Indigifest, Las Vegas NV-Indgenious Innovators FashionShow, R.E.S Conference Be The Change F.S, Santa Fe NM, Indigenous Market. United States of America.

This has taken me places my heart can only dream of. I model cause I'm in love with indigenous fashion. I collect earrings, hats, clothes & dresses. I'm obsessed, and I been obsessed since I was very young. I feel so blessed to have met and walked with so many beautiful indigenous models. To have met so many prestigious peers. I hope to continue and encourage and inspire others to follow their hearts & desires. Rez Kids, can do anything!! I just wanna encourage others and continue to wear as many hats as possible. I'm not only a model, but I am me & I am proud to represent my people Mistahi ninanaskomon pimatisowin emikosiyan”



-Faye Wolfe

NEW YORK INDIGENOUS FASHION WEEK



PUBLIC STATEMENT ON MONKEY POX

Indigenous Services Canada recently released a statement on the new and rapidly spreading monkeypox and its current status across Alberta as well as Canada as a whole. They wrote the following: On July 23, 2022 the World Health Organization (WHO) declared monkeypox a public health emergency of international concern. As of August 19th, there have been 1,168 confirmed cases in Canada, of which 19 cases have been reported in Alberta.

Monkeypox is a viral disease that can spread through: prolonged exposure with respiratory droplets; direct contact with monkeypox sores or bodily fluids; sexual contact; sharing objects contaminated by sores or fluid. Most infections are mild but, in rare cases, severe disease and death can occur.



There is a higher risk of severe disease for immunocompromised persons, pregnant persons, or children if they are infected.

It is important to note that monkeypox can be spread to anyone and is not limited to any particular group. The ISC-AB medical Offices of Health (*MOH) team recognizes the stigma around sexual health and orientation may be a barrier for individuals to seek testing or vaccination. At this time, the WHO is looking into renaming the monkeypox virus recognizing the potentially harmful misconceptions from the current name. The ISC-AB MOH team respectfully asks for your assistance in raising awareness of monkeypox, testing, vaccination, as well as addressing stigma.

The Government of Alberta is using a measured containment strategy for monkeypox. The current approach to prevent the spread includes contact tracing and post-exposure vaccination.

When a case is diagnosed on reserve, community nurses will do contact tracing. Close contacts are asked to monitor for symptoms and monkey pox vaccine will be offered to them when it is indicated/

Individuals with monkeypox are advised to abstain from activities that may transmit the disease such as avoiding physical and sexual contact with others and wearing a mask around others.

Individuals with monkeypox should also isolate until they are

no longer contagious. Unlike Covid-19, some activities, e.g. going to work may be allowed during isolation depending on type of symptoms and severity. This will be assessed by health staff on a case-by-case basis.

Of note, the privacy and disclosure of personal health information is protected and governed under the provincial Health Information Act. This Act identifies the very specific parameters under which health information is protected. It prevents disclosure of personal health information outside the circle of care. Therefore, I cannot emphasize enough that only health care providers within the circle of care team have access to the personal information of cases and contacts of monkeypox.

As general preventative measures, individuals can minimize their sexual partners and they can avoid physical or face-to-face contact with someone who has symptoms of monkeypox.

Monkeypox vaccination is available at most community health centres. Vaccination appointments are also available off reserve at Alberta Health Services (AHS) facilities in Calgary, Edmonton, Edson, Fort McMurray, Grand Prairie, Lethbridge, Medicine Hat, Red Deer and St. Paul. For individuals eligible for Non-Insured Health Benefits (NIHB), transportation for monkeypox immunization at an AHS site is covered by NIHB.

Some individuals who are at higher risk of exposure to monkeypox are eligible for pre-exposure vaccination. For current eligibility criteria, please visit the Government of Alberta Monkeypox Virus webpage.

Individuals who are eligible for pre-exposure vaccination can call their local health centre or the dedicated AHS health Link line at 1-866-301-2668 to book an appointment. Due to the limited supply of monkeypox vaccine, pre-booked appointments are required for all AHS sites. On-reserve vaccination will also require pre-booked appointments as the vaccine needs to be special ordered by the health centre.

In addition to those who meet the eligibility criteria, close contacts of an individual with monkeypox may also be offered vaccination. When calling to notify someone that they are a close contact, nursing staff will offer post-exposure vaccination when it is indicated.

As we have seen with Covid-19 and other vaccine preventable diseases, immunization is one of the most important measures to stop the spread of viral diseases in First Nations communities and for the protection of the most vulnerable members of the community.

Upcoming Events/Classifieds



The Ermineskin Membership Department will be closed on Friday September 23rd, 2022

We will be assisting Indigenous Services Canada for Treaty Day Annuity Payments. It will be given out on Friday, September 23rd, 2022 at Neyaskweyahk Okimaw Kamik (N.O.K) building from 9:30 am-3:00 pm.

Thank you. TO ANYONE WHO IS ABUSIVE IN ERMINESKIN MEMBERSHIP AND ALL DEPARTMENT TO BE UNDER THE INFLUENCE OF ANY SUBSTANCE.

Ermineskin Cree Nation



YOUTH MENTOR PROGRAM 2022-2023

PURPOSE: FNIYES- Youth Mentored Program goal is to provide work placement including support with activities and training that will assist youth in acquiring the essential skills that will help gain employment, function well in the workplace, and learn about job and career options.

PROGRAM REQUIREMENTS:

- * Must have a SIN number
- * Youth can be a previous participant
- * Willing to learn and take direction
- * Interested in gaining skills to aide in future employability
- * Updated Criminal Record Check
- * Unemployed/ Underemployed
- * Cannot be in school
- * Must have reliable transportation to work
- * Completed application

PROGRAM OPERATION:

Involves in person: 5 Month Program will operate through the dates provided:

Start date:
October 25, 2022

End date:
End of March 2023

WHO CAN APPLY:

- * Youth between 15-30 years of age
- * Must be an Ermineskin band member
- * Youth that are not in school
- * Must be Underemployed or either Unemployed
- * Youth willing to work

Work days required: Monday to Friday
Work hours operate: 8:30AM-4:30PM

Applications available at Ermineskin Cree Nation Band Office & P&R Building (Building West of ECN Band Office)

APPLICATION DEADLINE:
WEDNESDAY, OCTOBER 19, 2022

Contact: Youth Mentor Program Coordinator - Millie Mackinaw
Tel: 780-585-4006 or Email: millie@ermineskin.ca

Created By: Millie Mackinaw

ERMINESKIN RECREATION
Lacombe Kraay Family Farm
Corn Maze

Saturday October 8th, 2022

AGES 7-17

FIRST 10 SPOTS

Van leaves at 11:30 am from the Jim RS BLDG.

SEE: 20 PER CHILD

For more information or to register your child please contact the Rec at (780) 685-3088

CHIEF DAN MINDE RESEARCH CENTRE

LANDS & RESOURCES DEPT. • ERMINESKIN REA LTD.
ERMINESKIN EDUCATION POST SECONDARY

780-585-4006

NOTICE
Please be advised the internet connection is currently down for these departments at the P&R Building until October 11/22 If you need to contact the departments please call 780-585-4006/4007.
Thank you.

**Neyaskweyahk
Human
Services**

NHS Clients who haven't submitted their children's school letter, please do so as soon as possible.

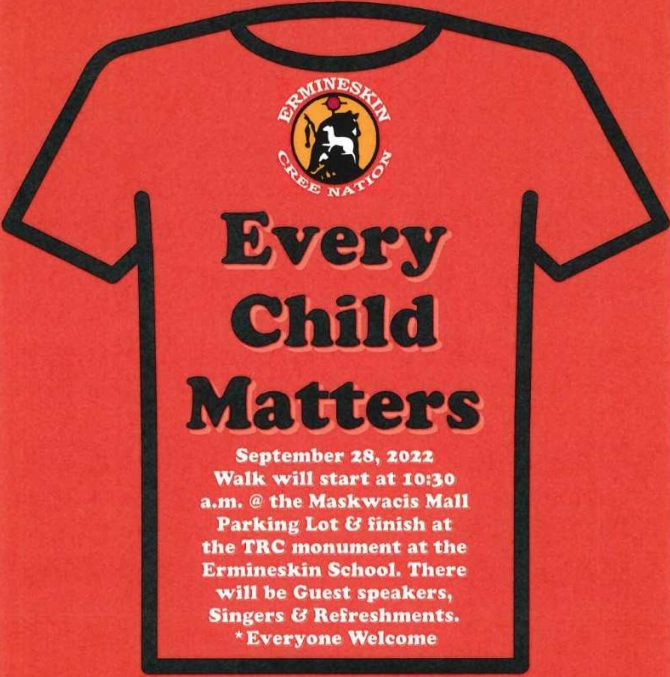
You can send them via email or fax.

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



Orange Shirt Day 2022

In honor of residential school survivors and in memory of those who did not



Every Child Matters

September 28, 2022
Walk will start at 10:30 a.m. @ the Maskwacis Mall Parking Lot & finish at the TRC monument at the Ermineskin School. There will be Guest speakers, Singers & Refreshments.
* Everyone Welcome

For more information please contact (780) 585 3741 ext# 310

Ermineskin Cree Nation or any affiliated entities and departments are not responsible for any form of loss, injury, forces of nature, vandalism. Please keep in mind that COVID Safety Precautions are mandatory. Please stay home if you are experiencing symptoms.

Ermineskin Recreation & Ermineskin Community Wellness

Beginner Yoga

for the month of October 2022


MONDAY'S AT 5:00PM - 6:00PM

Jim Rattlesnake Building

***Only 10 Participants Per Class**

Benefits of Yoga:
Well-being
Flexibility
Help you focus
Alleviate Stress
Reduces Anxiety
Boost your mood
Increased Productivity
Helps with Knee & Back Pain

To Register Please Contact 780-585-3088



Ermineskin Community Wellness

Grief



Understanding the Inner Journey to Wellness

SEPT. 27 & 28	Wayside Inn, Wetaskiwin	10am to 3pm	NO COST INCENTIVES OFFERED
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Neurological Processes
Anxiety
Depression

Connection/Compassion
Love/Healing
Range of Emotions

To Register Please Contact: 780-585-3741

Ermineskin Education Trust Fund will be hosting their Annual Awards Night

October 15, 2022

ELIGIBLE STUDENTS:
ERMINESKIN CREE NATION MEMBERS ENROLLED IN KINDERGARTEN - GRADE 12

ATTENDANCE: KINDERGARTEN - GRADE 2 50%
GR 3 -6 70%
GR 7-12 90%

ACADEMIC ACHIEVEMENT - students in Grades 9 - 12 are eligible who receive an average overall grade of 80% or higher in their academic year

GENERAL INTEREST AWARD - eligible students are those who have completed or participated in an extracurricular activity that promotes physical, spiritual, intellectual, and mental development:

PLEASE SUBMIT NO LATER THAN SEPTEMBER 1, 2022:

- 2020-2021 Report cards for Academic and Attendance Awards
- 2021-2022 Report cards for Academic and Attendance Awards
- Supporting documents for General Interest Awards

PARENTS CAN DROP OFF REQUIRED DOCUMENTS AT THE EETF OFFICE OR SUBMIT VIA EMAIL COORDINATOR@EETFUND.COM

FOR MORE INFORMATION CONTACT EETF COORDINATOR LISA LITTLECHILD: MONDAY-FRIDAY 8:30-4:30 AT (780) 585-2135 OR COORDINATOR@EETFUND.COM

EETF celebrates 40 years of Educational Excellence

INDIAN STATUS CARDS



SCIS cards (Indian Status Cards)

at NO CHARGE

Friday, September

23rd, 2022 Neyaskweyahk

Okimaw Kamik

(N.O.K) building

9:30am-3pm



ERMINESKIN TREATY DAY ANNUITY PAYMENTS

Treaty Day Annuity Payments
Friday, September 23rd,
2022 at Neyaskweyahk Okimaw
Kamik (N.O.K) building
9:30 am-3:00 pm.

Thank you.
ERMINESKIN MEMBERSHIP DEPARTMENT



DRIVING TO SUCCESS CLASS 5

REQUIREMENTS:

- Must have access to internet.
- Must complete online modules prior to driving.
- Must have valid identification (Birth Certificate, Indian Status, etc).
- Must have valid class 7 and no fines.

LIMITED SPOTS
AVAILABLE
DEADLINE :
SEPTEMBER 26, 2022

TO REGISTER CONTACT
Kim@maskwacisemployment.ca
(780)- 585-4450

Made with PosterMyWall.com



CELEBRATING

146

YEARS

Of Treaty Signing

1876-2022

JOIN US FOR OUR DRIVE-THRU EVENT FOR A BAGGED LUNCH,
FIRST 400 PARTICIPANTS WILL RECEIVE A FREE T-SHIRT

SEPTEMBER 25TH, 2022

STARTING AT 1:00PM
UNTIL SUPPLIES LASTS

LOCATION: MASKWACIS BEAR PARK

FIRST COME FIRST SERVE