



Neyâskweyâhk Acimowin ᓂᓴᓐᓴᓐᓴᓐ ᓴᓴᓴᓴᓴᓴ

# Ermineskin Newsletter October 24th 2022

Neyâskweyâhk Acimowin Kaskatinôpîsim Nîkotwâsik Akimaw Anohc

## Big Turnout for Youth Derby!



Ermineskin recently held a youth derby on October 9th. The derby featured multiple young jockeys competing and other side events such as stick horse races and pony rides. The stick horse races were a notable success and prizes were given out to the winners. Food and door prizes were also given out to anyone who came to the

event and council members May Ermineskin and Clayton Wildcat assisted in distributing both of the above. The event was put on by the Flying Cross Youth Jockey group. We would like to thank the many participants, spectators, and volunteers for making this event happen and we hope to see an even larger turn out next year.

## Safe Halloween practices

With Halloween rapidly approaching its important to adhere to safe Halloween practices, here are some general guidelines for young children's Halloween costumes

- Costumes with flowing skirts, capes or baggy sleeves, costumes that are over-sized, and costume accessories such as beards, wigs, wings and tails, can all be hazardous around candles or other ignition sources.
- Choose costumes and accessories that are less likely to catch on fire, such as those made of nylon or heavyweight polyester.
- Some costumes may be labelled flame-resistant, but remember, flame-resistant does not mean fire-proof.
- Pick brightly coloured costumes that can be clearly seen by motorists. Add reflective tape to the costume to increase visibility.
- Use make-up or face paint instead of masks - improperly fitted masks can interfere with your child's vision or breathing.
- Before using face paint or make-up, do a patch test to see if your child is sensitive or allergic to something in the cosmetic. Even products labelled as "hypoallergenic" can still cause allergic reactions.
- If you do choose a mask, make sure it fits properly and allows them to see and breathe easily.
- Do not use contact lenses that change eye colour or create special effects because they can cause injury to a child's eyes.
- Avoid costumes that are too big or have long dangling pieces that children can trip over.
- Ensure that toy weapons and similar accessories are made of soft or flexible material. Hard or rigid costume accessories can cause accidents.

Choose costumes that fit well and can be worn over warm clothing to protect your

child against cold and wet weather.

Additionally its important to stay vigilant for fire hazards and prevent injuries while getting into the spirit of Halloween.

- To avoid injuries, let children draw a face or design on the pumpkin and then have an adult carve it.
- Candles, jack-o-lanterns, lighters and matches are all fire hazards. Place lighted candles and jack-o-lanterns away from curtains and other flammable objects, and do not leave them unattended. Instead of candles, consider using a small flashlight or battery candle to light your jack-o-lantern.
- Keep candles, matches, lighters and other fire hazards in a place that children cannot reach.
- Avoid using Halloween candles with multiple wicks. They can produce a large flame with intense heat that can ignite nearby materials like curtains and window sills.
- Check indoor and outdoor decorative lights for broken or cracked sockets, frayed or bare wires or loose connections. Do not overload extension cords.

Make sure the lights are certified by a recognized organization like the Canadian Standards Association (CSA) or the Underwriters' Laboratory of Canada (ULC).





# CREE CORNER

**Moon**

**Moon Light**

**Tipiskaw Pîsim**

**Nîpâyâstew**

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**Full Moon**

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**Kîsâpiskisiw**

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**New Moon ôskakôcin**

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**Quarter Moon**

**Pahkwesiw Pîsim**

**The Moon is**

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**A light from the**

**coming up Pêtastew**

**Moon Nîpâyâstew**

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Cree Provided by Betty Simon

**Sunday**  
**âyamiheh**  
**Kîsikaw**

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**Saturday**  
**Nikotwaso**  
**Kîsikaw**

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**Monday**  
**Ponayamiheh**  
**Kîsikaw**

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**One Week Pêyak**  
**âyamiheh Kîsikaw**

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**Friday Nîyano**  
**Kîsikaw**

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**Tuesday**  
**Nîso Kîsikaw**

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**Wednesday**  
**Nisto Kîsikaw**

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**Thursday**  
**Nêwo Kîsikaw**

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Cree Provided by Betty Simon

## Winter Preparedness

Winter is right around the corner and as things begin to get colder its important to keep in mind what we can do to prepare for the incoming cold weather. Its recommended to keep a kit ready for your house in the event of a power outage. Such a kit should include a set of flashlights, a powerbank for your mobile devices, heavy blankets, water bottles, and if possible firewood. Equally important is having a kit ready for your vehicle in the event of a snow storm or blizzard. Ideally an emergency kit for you vehicle would have road flares, an emergency blanket and or spare winter jacket, winter gloves, jumper cables, a first aid kit, a spare tire, and some emergency snacks and water bottles. Another thing to consider around this time of year is changing

your furnace filters as we will be using them much more often in the coming months. An old furnace filter can cause significant airflow issues that will impede or even potentially stop your furnace from properly heating your home and may cause the furnace to overheat, which would cause it to shut down. Hopefully this upcoming Winter is kind to us but its best to plan for the worst!



## Ermineskin's Annual Turkey Trot!



This year's Turkey Trot was a HUGE Success thanks to the beautiful

weather we were having. Many elders came prepared to walk and run the feat, even Chief Wilton came to show his support with the community of Neyaskweyâhk. This event is to promote healthiness as well as wellness and to encourage staying active in all stages of our lives. We've dedicated the following page to some of the key moments and winners of the event!

weather we were having. Elders, babies and everyone in between came to show their support for the community and try win themselves a turkey, ham, and other Thanksgiving treats such as pies, stuffing and even neckbones! Each participant could either run 4km or walk 2kms around Ermineskin. Water, juice and snacks were provided for all participants, encouraging others to stay hy-



# 2022 Turkey Trot



## Brian Lightning

The following article was submitted on behalf of Brian Lightning and the Wildcat family; we would like to take this time to thank everyone for their contributions during our time of loss and thank you to those that helped us prepare & honour our beloved Mother, Daughter, Wife, Grandmother, Sister, and Friend, Alice Wildcat.

Writing this thank you note is incredibly important to us, we struggle to find the right words; because thank you just doesn't feel like enough. Your condolences, hugs, and words of encouragement were greatly appreciated. The fact that you stopped to think of us and offer your support fills our hearts with hope and gratitude. The compassion of our friends and family helped and will continue to help us navigate through this difficult time. Thank you!

We would like to thank the following:

- Ermineskin Cree Nation

- Baker's Funeral Home
- MESC's Nanatohk Miciwin department
- Anne and Maureen Wildcat
- Firekeepers
- Cooks
- Friends of Alice
- Extended Family members
- Those that dropped off food and refreshments
- Those that left flowers and cards of sympathy
- And all who supported and expressed their sympathies during this time.

Our sincerest apologies if we may have missed anyone, it was not our intention.

**Hai-hai, And Ninanaskoman.  
Brian Lightning and The Wildcat Family**

## Referee Makes The Big Leagues

Caycee Littlechild has been making a strong impression within the Maskwacis area with his stellar refereeing. He is currently refereeing in the Alberta Junior Hockey League (AJHL) and is aiming to referee in even higher leagues in the future. Caycee is a strong proponent for youth sports and attributes a good portion of his recent success to his early experiences and relationships he had through youth hockey programs. He has also emphasized building relationships outside of the rink and more so in the community in general. To anyone looking into becoming a referee themselves he advises they sign up through their local hometown assignor through minor hockey,

and for more information to look at the Officials segment of the Alberta Hockey website. He said that there's always a shortage of referees and its good to get in early to start building experience and meeting people as soon as possible.



# EETF Celebrates Past 2 Years Graduates

Recently EETF was finally able to celebrate the achievements of their students after 2 long years of following Covid-19 guidelines. During covid many were frustrated that they hadn't been able to cele-

brate their ac-

complishments with their classmates, friends, and family as is the norm, but unfortunately the celebrations were one of many social events that had to be postponed. The day started with an event at the N.O.K. building celebrating youth education and success specifically children in kindergarten through to grade 11, the event featured various activities such as a photo booth with various props, a magician, and face painting station. Bagged lunches and cotton candy were also given out. The second

event of the day was focused more so on Post Secondary education and or Certifi-

cate programs. The event a huge success and had many students from the past 2 years as well as their families, there were also previous EETF committee members as well as chief Randy Ermineskin and various leadership. We would like to congratulate the many graduates and people who have earned their certificates as well as thank the many EETF employees and volunteers and additionally Bob Ronnie's for catering the event. We've included some key moments and highlights from both events in this article and even more pictures have been uploaded to the official Ermineskin Facebook page as well.



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## FAMILY VIOLENCE PREVENTION MONTH


October was first declared as National Domestic Violence Awareness Month in 1989. Since then, October has been a time to acknowledge domestic violence survivors and be a voice for its victims. Domestic violence is prevalent in every community, and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and even death. The devastating consequences of domestic violence can cross generations and last a lifetime.

Although there has been substantial progress in reducing domestic violence, an average of 20 people are physically abused by intimate partners every minute. This equates to more than 10 million abuse victims annually. 1 in 3 women and 1 in 4 men have been physically abused by an intimate partner, and 1 in 5 women and 1 in 7 men have been severely physically abused by an intimate partner. Millions of Americans live in daily, silent fear within their own homes. In addition, every year millions of children are exposed to domestic violence. Domestic violence incidents affect every person within a home and can have long-lasting negative effects on children's emotional well-

being, and social and academic functioning. The National Child Traumatic Stress Network (NCTSN) has compiled a list of helpful resources for parents and caregivers, children and teens, mental health providers, child welfare workers, law enforcement professionals, educators and school staff, and policy makers.


-article taken from <https://www.nctsn.org/>

The Ermineskin Women's Shelter is also inviting 4 special guests onto Hawk Radio on October 25th to share their personal experiences and advice for those who are experiencing domestic violence. For more information please call 780-585-4470




OCTOBER IS  
**DOMESTIC VIOLENCE**  
AWARENESS MONTH

**October 25th Tuesday 10:15 am**



*HAWK RADIO will feature 4 Special  
Guests sharing their personal experiences  
how domestic violence changed them  
and their healing journey.*



**Info: Ermineskin Women's Shelter  
780-585-4470**



# Upcoming Events/Classifieds

**MESC**  
MASKWACIS EDUCATION  
SCHOOLS COMMISSION

9am- 4:30pm  
MESC Main  
Admin Building  
October 31st,  
2022

**COSTUMES REQUIRED HALLOWEEN TRICK OR TREATING**

**IMPORTANT DEADLINE FOR SMALL BUSINESS PROPOSAL:**

For Ermineskin Members who are interested in starting their own business!

Please be advised that the Deadline to submit your Business Proposal will be:  
**OCTOBER 31ST, 2022**

-Your proposal MUST be in "Business Plan Format" Should you need assistance, please pick up an EEDD Guideline at the Economic Development Office.

**ERMINESKIN**  
Economic Development

Alex Littlechild  
(780) 585-3779

## HOW OUR VIRTUAL CLINIC WORKS

- 1** Call **1-888-342-4822** and a Medical Office Assistant will register you and **book your appointment.**
- 2** **Speak to a Doctor** by telephone or video using your preferred device.
- 3** After your appointment, **our office will fax prescriptions, requisitions** and more where you would like them to go.

## HOURS OF OPERATION

Mon - Tue 8:30am - 4:30pm  
Wed 8:30am - 8:30pm  
Thu - Fri 8:30am - 4:30pm  
Sat - Sun 12:30pm - 4:30pm



All visits are 100% covered by Alberta Health



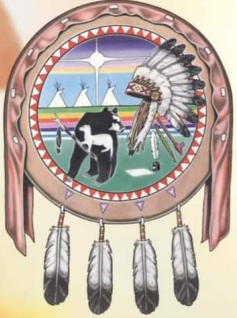
**1.888.342.4822**  
**AIVCC.ca**

**MASKWACIS EMPLOYMENT CENTER**

# FALL JOB FAIR

**THURSDAY, OCTOBER 27, 2022**

**HOWARD BUFFALO MEMORIAL CENTER  
MASKWACIS, ALBERTA  
10AM-3PM**




- ✓ Be Prepared
- ✓ Bring Your Resume
- ✓ Dress to Impress

**EVERYONE WELCOME!**

**INDUSTRY REGISTRATION**  
[www.maskwacisemployment.ca](http://www.maskwacisemployment.ca)

For more information, contact 780-585-4450 or email [iana@maskwacisemployment.ca](mailto:iana@maskwacisemployment.ca)

Canada 

Maskwacis Health Services

# COVID Vaccine Clinics

**OCT 2022**

For Children 6 months+ to Adults

**October 12** Maskwacis Health Center  
1:00 pm - 4:00 pm

**October 26** Maskwacis Health Center  
11:00 am - 3:30 pm

**COVID Vaccines To Be Offered:**

- > Moderna is available for 6 months to 4 years of age
- > Pfizer is available for 5-11 years old

> **BIVALENT Moderna is available for ages 18+ as a BOOSTER dose to protect against OMICRON and the original Virus Strain.**

 **Book an appointment by calling 780-585-2266**  
**Walk-ins are welcome.**

Call Community Health 780-585-2266 for Questions  
Visit <https://www.alberta.ca/covid19-vaccine.aspx> for up to date COVID vaccine information and eligibility.  
Contact your local pharmacy for COVID vaccines for ages 12 and up.

## DEADLY TECHSKILL 2022 ACT II Halloween Edition

October 30th, 2022, Sunday 11:00AM  
@ Jim Rattlesnake Building in Maskwacis Halloween Costumes are welcomed!  
\$10 Venue Fee (\$5 off venue fee when you bring your own setup)  
\$5 per event  
Free Mario Kart tournament!

**BRING YOUR OWN CONTROLLER!!**



# WE ARE HIRING



Join our team

- Full-Time Medical Transportation Drivers (Class 1 or 4 drivers license)
- Part-Time Office Clerks
- Full-Time Registered Nurses
- Full-Time Communications Officer
- Full-Time Health Care Aid
- Full-Time Medical Office Assistant

**APPLY NOW**

All applicants must have:

- Clear driving record w/ reliable transportation
- Clear child intervention check
- Clear criminal record check
- Double vaccinated against COVID-19

Send your Resume & Supporting documents to:  
[j.piche@mymhs.ca](mailto:j.piche@mymhs.ca)



NHS WOULD LIKE TO WISH EVERYONE A HAPPY

# HALLOWEEN

OCTOBER 31ST, 2022. BEST DRESSED CLIENT AND CHILD COSTUME CONTEST.

CANDY BAGS FOR TRICK OR TREATERS.



MASKWACIS EDUCATION SCHOOLS COMMISSION

# Petôhtek Tâtâwou

OPEN HOUSE  VÔ"U` CÇD.°

**OCTOBER 17**  
6PM-7PM  
MIMIW  
SAKAHIKAN  
SCHOOL GYM  
PIGEON LAKE

**OCTOBER 25**  
6PM-7PM  
KISIPATINAHK  
SCHOOL  
GYM  
LOUIS BULL

**NOVEMBER 1**  
6PM-7PM  
MESKANAHK  
KA NIPA WIT  
SCHOOL GYM  
MONTANA

**NOVEMBER 8**  
6PM-7PM  
MASKWACIS  
CREE SENIOR  
HIGH SCHOOL  
SAMSON

**NOVEMBER 21**  
6PM-7PM  
MASKWACIS  
CREE JUNIOR  
HIGH SCHOOL  
ERMINESKIN



**NHS NOVEMBER ISSUANCE:  
OCTOBER 31ST, 2022 PICK UP ONLY.  
9:30 AM-4:00PM.**

**PLEASE ENSURE THAT YOUR UTILITY BILLS  
ARE DROPPED OFF 'EVERY' MONTH TO AVOID  
DISCONNECTIONS AS WINTER MONTHS AND  
TEMPERATURE DROPS ARE FAST APPROACHING.**

**NHS OFFICE HOURS: 8:30AM-4:30PM.  
NHS: (780) 585-3835. FAX: (780) 585-3770.**



**Ermineskin Community Wellness**

# 2022 HALLOWEEN DRIVE THRU AGENDA



**HOT DOGS**

**PRIZES**

**FANEE MEMORIAL AGRIFLEX** First 500 will receive a candy bag

**SATURDAY, OCTOBER 29, 2022**

6:30pm - 8:30pm Drive Thru

**SUNDAY, OCTOBER 30, 2022**

6:00 pm: Zombie Walk & Costume Contest

\*Prizes awarded for: Best Dressed & Best Zombie Walking

6:30pm - 8:30pm Drive Thru

6:30pm - 8:30 pm: Haunted Vehicle Contest Photos  
at the end of the drive thru

**CANDY BAGS**