



# Letting Go

January 18, 2023

Interview with Pat Buffalo from the Horse Therapy program sponsored by MCSS.

Guide: Who is your helper today Mason Buffalo?

Pat: Yes.

Guide: How long has Mason been helping you out for?

Pat: Years.

Guide: What are your horses names?

Pat: Dakota and Captain.

Guide: What are the horse rules? You were saying don't walk behind the horse.

Pat: In the work we do we emphasize physical and emotional safety. That's huge because a lot of people in this community need healing but it does not mean they want it. A lot of times they are scared to deal with their past. They feel like they have to re-live it but in the work we do, we say emotional safety because a person has to feel safe. So here we do not tell stories. People do not share their past. The work we do is on energy healing and horses. I say that energy is a language.

When we are communicating there are vibes or vibration. It's that vibration that the horses feel. The horses feel when a person is scared, they can feel a person's grief and they can feel a person's hurt.

It is the energy that needs to change. A lot of people are stuck in the past and we cannot change the past. The stories people have are memories and sometimes people get stuck in those. So creating pre-memories of the future, things that have not happened yet, you are using the future as a reference point instead of the past. This is done so you do not relive the past

every day. That is what needs to change. That is the exercise we do and we ask the horse spirit to help heal us. In other horse therapy programs they do not connect to the horse spirit.

My cousin Todd came here yesterday and sang his sacred horse bundle songs. That is the beginning of the connection to the horse spirit and we offered tobacco. Next we asked the horse spirit to take away that heaviness that we are carrying. After that you feel light. It is the horse spirit that does that in a non-judgmental way.

Guide: It is almost like praying.

Pat: It is. Prayer is project-

ing your energy.

Guide: Who should come to this?

Pat: Anybody who wants healing. It is for people who feel weighed down and for anybody who feels stuck in a rut and they don't know how to get out of it. It is for people who have been traumatized.

Guide: I have heard Elders say we are horse people. Is this a traditional way of healing?

Pat: Our people have always had a relationship with nature. A horse is part of nature. Like my cousin said, "The Spanish people did not bring the horse here. Horses were already here." We already had that relationship and not just with the horse but also with the tree and the earth. That is who we are as a people. We know we are a part of nature and not above it. Nature is the true government. Horses are healers and this has always been with our people. The horse ceremony that is done honours the horse spirit but also requests for healing. So the answer is yes but the way I do it is a little bit different. I was led by my heart to do this. It's not like someone taught me. I am a certified hypnotherapist and Reiki master. So I have been introduced to



Samsung Triple Camera  
Shot with my Galaxy A03s

energy and consciousness. I have always known that our ancestors were healers. They knew life is measured by how we feel because we say Tansi, "How are you?"

They also knew that the key to wellness is letting go. In our ceremonies we have prints (said in Cree by Pat) that people offer. Some people don't know what the prints represent. What my Uncle told me that long time ago they used willow sticks. Before we had prints. They would tie the willows together and make a mat. Let's say they are grieving. They put that grief into that mat with the intention of what they want to let go of.

The schedule is 10 AM to 3 PM here at the Panee Memorial Agriplex. It all depends on the size of the group. In the morning we share information. We talk about healing and the definition of healing. We talk about energy and trauma itself. People do not have to tell their stories but when they leave from here they feel light. That's because the energy changes. I also teach some Cree words and definitions in my program.

Guide: Any last words before we end the interview?

Pat: Just contact me if you want to learn more. I usually advertise on Facebook. The program I am doing here today is sponsored by Maskwacis Counselling and Support Services. I thank them and they pay for 10 people. Today we had 4 people and tomorrow I am expecting 30. I just want to make a difference in peoples lives and to demonstrate it is not always about money. Yes I need money to pay my bills but at the same time I do not turn anybody away.

Before Christmas, for about three months, I was running the program every day.

Guide: That's how much healing needs to be done in the community?

Pat: Maskwacis is not the only place. I was all over the place. I was up north in High Level. I went to Little Pine, Saskatchewan. I went to Canoe Lake, Saskatchewan, Elk Point, Kehewin and Frog Lake. If I have to go someplace really far all I request is that they have a horse for me. I don't like hauling my horses that far because there is too much uncertainty. Of course I do the magic on the horse first before I bring them in.

Not all horses are willing and able to do this kind of work so I work with them before we bring them in. Horses are like humans, they have been traumatized too. Usually the program's process stays the same but the content can change and that's because a question can be asked which steers it in that direction. Maybe the question is about spirit attachments and then we will talk about that. Sometimes a topic will not be discussed until someone brings it up, that is how the content can change.

Guide: Thank you Pat.

If your interested in joining a session contact Pat Buffalo

Facebook: Manaciso: Healing with Horses.

Email: pbuffalo@daywalker.ca

Cell: 780-312-0114



MCSS PRESENTS

# HORSE THERAPY

Feb 14 & 15  
Feb 16 & 17  
PANEE IN ERMINESKIN

*Facilitation by Pat Buffalo*

SPACE IS LIMITED. REGISTER NOW BY CALLING MCSS @ 780.585.2268

# Home Owners

**Ermineskin Home Owners:** Please be advised that there is a Cold Weather coming within the next week (January 30 to February 3, 2023) and that the people need to make sure that they are to replace their furnace filters immediately. Please note that unchanged filters can cause damage to the furnace. Please change your furnace filter once a month during the Winter months.

Ermineskin Property Mangement.

Ph: 780-585-3886.

*Ermineskin Property Management:*

**Emergencies After Hours Phone Numbers**  
780-335-6161. Sewer back ups, no water, no heat, board up windows/doors.

# Food Bank Donations



Want to donate to the Local Food Bank? Don't know what you can donate? Here is a list of items that the ECN Foodbank will Accept! Please make sure to check the expiry dates and that the items are UN-OPENED.

### CANNED / JAR ITEMS:

- Soups
- Peanut Butter / Jam / Honey
- Pasta Sauces
- Canned Fruit
- Beans

### OTHER ITEMS:

- Toilet Paper
- Toothbrushes / Toothpaste
- Shampoo + Conditioner
- Bodywash / Soap Bars (his or hers)
- Diapers (Preferably Size 6)

### DRY / PANTRY ITEMS:

- Flour
- Un-Opened Cooking Oil
- Quick Oats
- Juice Crystals
- Granola Bars / Un-Opened Cookies
- Pancake/ Cake Mix
- Rice
- Noodles
- Cereal
- Pastas (KD, maccaroni, spaghetti, penne, shells, etc.)

\* Unfortunately, we do not take ANY clothing donations.



# Mocassin Making with Carolyn

January 19, 2023

The Ermineskin Brighter Futures program had Carolyn Omeasoo teach participants how to make mocassins. There is a lot of conversation and laughter and it is for all ages. Carolyn talked about needle safety, the types of hide and the different types of scissors to use. Carolyn supplied the materials so all you have to do is show up and learn some skills.

If your interested in these skills contact Carolyn Omeasoo at omeasocarolyn@gmail.com

Text or call 780-312-9971.



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Shot with my Galaxy A03s

# Retirement Ceremony



## **Ermineskin Celebrates Contribution of Neyaskweyahk Trustee David “Kim” Kertland in Retirement Ceremony**

On November 30, 2022, in Calgary, a special ceremony was held for Neyaskweyahk Trust Trustee Kim Kertland. Mr. Kertland was an original member of the Board of Trustees serving nearly 12 years (since the establishment of the Trust Fund by Ermineskin in 2011).

Chief Randy Ermineskin, Councillors Nina Makinaw, Joel Mykat and Jason Makinaw attended the ceremony and gave heartfelt remarks. Daniel Roan provided a beautiful honour song for Mr. Kertland. He was

also gifted a framed eagle feather.

The Ermineskin Nation wishes to thank Kim Kertland for all his hard work and dedication over the years as a Trustee to make the Neyaskweyahk Trust the great success story that it is. Hiy Hiy



**Maskwacis Gaming** January 19, 2023

Jim Rattlesnake Sports Building: Mason Saddleback and his team set up for a gaming tournament at the recreation center. You can see Mason Saddleback on Facebook: Maskwacis Smash Bros. Community. If you want to contact Mason to set up in your community email him at:

saddlebackmason@gmail.com

Or call/text him at: 780-335-9423.

Mason is always looking for sponsors in the community to help him set up so give him a call if your interested.

Photo bottom left: Mason Saddleback.



Samsung Triple Camera  
Shot with my Galaxy A03s



**The Maskwacis Hawks U11** had a game Saturday January 21, 2023, at the Four Nations Arena in Maskwacis. After the 1st the score for the Hawks was 7 to 1. The team they were playing were from Ponoka which had a lot of players from Maskwacis. The game was mixed with both male and female players. The games are exciting to watch and there is a lot of talent on the ice. In the end the Hawks won the game. Good job to both teams.

**Support our youth, catch a game and cheer on our athletes!**



# 2022 Staff Christmas Party

On the evening of December 23, 2022, Ermineskin Cree Nation held its annual staff Christmas party at the Renaissance Airport Hotel. Due to covid we were unable to have a staff party for 2 years, so it was nice to finally come together to celebrate with staff & their guests.

For this year we had a Las Vegas theme and it was filled with fun, good food and prizes. On behalf of the 2022 Staff Christmas Committee we want to thank everyone that attended and also to our suppliers and local businesses for their generous donations. The following is a list of our suppliers & donators:

- Adams Chevrolet Buick GMC
- Baker Funeral Chapel
- Best Western Denham Inn
- Boson Pizza
- Canadian Tire
- Central Refrigeration & Heating
- Co-op Country Junction

- Wetaskiwin Town Florist
- Doctors Eye Care
- Fountain Tire
- How Sweet it is By James
- Kal-Tire
- MNP LLP
- OK Tire
- Ralcomm
- Stitch’N Magician
- Universal Travel
- Wetaskiwin Cinema
- Wild West Gallery
- Wana Sign Wetaskiwin
- Wetaskiwin Town and Country
- Brighter Futures
- Blaze Works
- Burger Baron
- Ermineskin Daycare
- Lands Department
- Ermineskin EIRD
- IT & Communications
- Personnel Department
- Ermineskin Cree Nation CNC
- Terry Bear Littlechild



Hai Hai to everyone, Have a great work year!

**ERMINESKIN RECREATION**

**AFTER SCHOOL MOVIE PROGRAM**

**JANUARY 2023**

**\*UPDATED\***

**FIRST 40 PARTICIPANTS TO REGISTER TO REGISTER POPCORN & DRINK INCLUDED**

**MONDAYS | 6pm | @WETASKIWINCINEMAS**

**Bi-Weekly**

**CONTACT:**  
**(780) 585-3088**  
**river@ermineskin.ca**

**UPCOMING DATES:**  
**January 16th**  
**January 30th**

Join us!

# MASKWACIS A.S.L. CLASSES

Every **Mondays** **5 - 7pm**

starting January 23, 2023

Location: **HBMC Upper Level**

Free Class for Maskwacis Community

No Classes Holiday Mondays

Hosted By: INTEGRATED FAMILY SERVICES

**REGISTER**

**CALL 780\*585\*2254**



## ERMINESKIN DAYCARE CENTRE

HOURS OF OPERATIONS: 8:15 AM TO 4:45 PM

MONDAY TO FRIDAY EXCLUDING EVERY SECOND FRIDAY'S

AGES OF CHILDREN SERVED: 13 MONTHS TO 6 YEARS OF AGE

RATES: \$20/PER CHILD & 1/2 DAY RATES UNDER 4/HRS OF \$10.00



ON PRE-PAYMENT BASIS  
REGISTRATION FORMS ARE AVAILABLE AT THE FRONT RECEPTION AREA



FOR MORE INFORMATION

CONTACT  
MARCELLA CHILD-PAUL  
PO BOX 219  
MASWACIS, AB

PHONE: 780-585-3866

FAX: 780-585-3892

E-MAIL:

SPACE AVAILABLE WITH THE CURRENT AGES:

INFANTS AGES 13-24 MONTHS: (6) SPACES AVAILABLE

TODDLERS AGES 2-3 YEARS: (6) SPOTS AVAILABLE

PRE-SCHOOL 3-4 1/2 AGES: (10) SPOTS AVAILABLE

KINDERGARTEN 4 1/2- 6 YEAR AGES: PLENTY OF ROOM

ROOM

PROVIDING QUALITY CARE



# NEP RAFFLE 4 X 8 TOOL SHED



Buy a ticket and get a chance to win a 4 x 8 Tool Shed !!

\$20/ ticket

Tickets can be purchased at N.E.P Shop!

Draw will be made once all tickets are sold.



ERMINESKIN BRIGHTER FUTURES PRESENTS:

# TRAUMA INFORMED YOGA

Location: Brighter Futures Classroom @ Jim Rattlesnake Building

JOIN NOW

To Register:

Call office @ 780-585-2000 or email [futuresbrighter@yahoo.com](mailto:futuresbrighter@yahoo.com)

Transportation & Snack provided

4 WEEKS TOTAL  
7PM-9PM

- FEB 7TH & FEB 8TH
- FEB 14TH & FEB 15TH
- FEB 21ST & FEB 22ND
- MARCH 7TH & MARCH 8TH

# Family Day

2023

Sunday, February 19th, 2023

3:00pm - 7:30pm



Sponsored by :

ECN Community Wellness

ECN Recreation

ECN Headstart



Samson Youth & Sports Development

SCN Community Wellness

SCN Headstart



## Skating / Outdoor Activities

ECN Arena

3:00 PM

## Wagon Rides

NOK Building

4:00 PM

## Family Magic Show (First 75 Registered)

N.O.K. Building

5:00 PM

## Drive-Thru Lunch (Taco In a Bag, First 400)

N.O.K. Building

6:00 PM

## Family Magic Show (First 75 Registered)

Jim RS Sports Building

7:30 PM

## Drive-In Movie

N.O.K. Building

**Fire Works To Follow**



\*Maskwacis Cultural College: **Social Media 101 Continuing Education Program**. Cost \$450. 4 live sessions, asynchronous, write your story exercise, total 13 hours of learning time. Contact: Manisha Khetarpal. Email: mkhetarpal@mccedu.ca or Laskeisha Buffalo labuffalo@mccedu.ca

**\*ECN Elders Center New Phone Number: 780-585-3741**

Due to renovations, Elders staff have temporarily moved to the ECN Administration Office. To contact the Elders Staff please call or visit the ECN Administration Office.

**\*Game Design & Digital Media:** MCC in partnership with Toronto Metropolitan University. Design games and digital content. Contact MCC 780-585-3925.

# Iskwew in Space



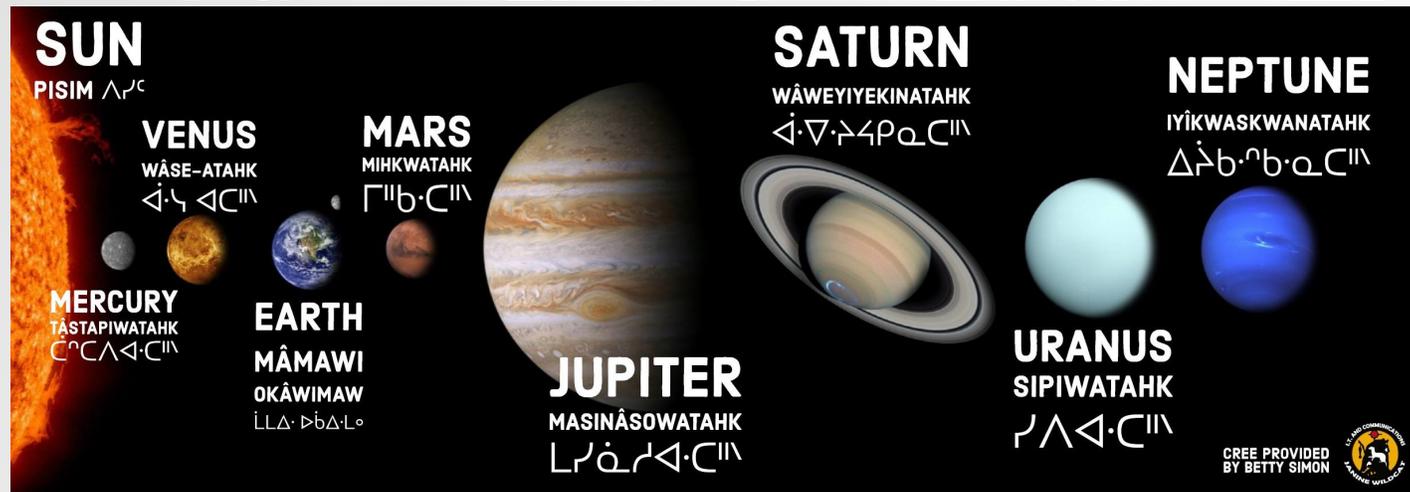
The first Native American woman in space ventured out on a spacewalk today (Friday, 1/20/23) to prep the International Space Station for more solar panels.

NASA astronaut Nicole Mann emerged alongside Japan's Koichi Wakata, lugging an equipment bag. Their job was to install support struts and brackets for new solar panels launching this summer, part of a continuing effort by NASA to expand the space station's power grid.

Mann, a Marine colonel and test pilot, rocketed into orbit last fall with SpaceX, becoming the first Native American woman in space. She is a member of the Wailacki of the Round Valley Indian Tribes in Northern California.

We created this design back in 2015 to pay tribute to John Herrington (the first Native American to fly in space in 2002)

NTVS x SPJ @stevenpauljudd



# Upcoming Events/Classifieds

## January 2023

\*January 30: **After School Movie Program** 6 PM in Wetaskiwin. Meet at the JRSB. Contact 780-585-3088. Ermineskin Recreation.

\*January 30 to February 1: **Traditional Knowledge & Inherent Rights conference** in Samson at the HBMC.

## February 2023

\*February 2: Calling all Alberta Indigenous Games (AIG) 2022 Participants. Invite to a **Group Photo with the Ermineskin AIG Trophy**. Jim Rattlesnake building 5 PM.

\*February 8: **Ermineskin Dog Food Distribution**. 1 PM to 4 PM Ermineskin Security Compound.

\*February 9: Pigeon Lake Recreation Centre. 1:30 PM to 3:30 PM.

\*In order to get dog food, dog's need to be registered with ECN. Owners have until 4 PM of the day before the Distribution (February 7) to apply for dog food. If your dog is not registered with both ECN and the Pet Food Program you will not be

eligible for pick up. If you live in the Pigeon Lake area and need to apply please call 780-585-2004. Residents in Ermineskin will have to go to the Ermineskin Security Compound to apply.

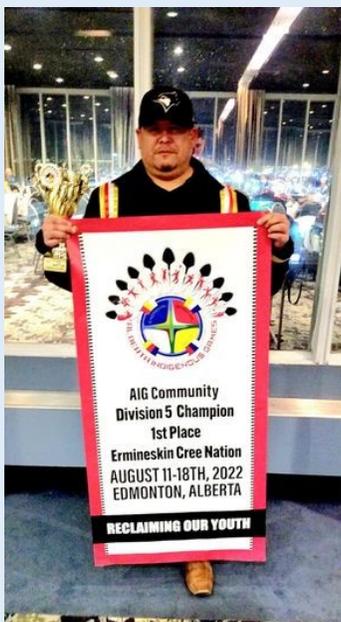
\*February 7-8: **Ermineskin Community Wellness: Sound Therapy and Breath Work Sessions**. Location: BW Wayside Inn. To Register: 780-585-3741.

\*February 8: **Ermineskin Community Wellness: Sound Therapy Evening Sessions**. For ages 10+, families are welcome to join. February 8 Time 5:30 PM to 7:30 PM. Doors open at 5:30 PM and lock at 6 PM to stop the disruption. To Register: Community Wellness 780-585-3741.

\*February 11-12, 2023: **Ermineskin Brighter Futures Presents Coping With Loss**. 10 AM to 3 PM Daily. Location: Wayside Inn, Wetaskiwin. Limit of 10 Participants. Register: 780-585200

Email: [futuresbrighter@yahoo.com](mailto:futuresbrighter@yahoo.com)

\*February 13: Neyaskweyahk Gas Bar-Fas Gas Plus We will be extending our Hours to 8 AM to 12 AM. Thank you for your continued business.



## CALLING ALL ERMINESKIN ATHLETES THAT PARTICIPATED IN THE AIG 2022 GAMES

Take a group photo with the Ermineskin AIG trophy!  
Jim Rattlesnake building  
Feb. 2nd. 5 pm



**WEAR YOUR MEDALS AND JERSEYS!  
SEE YOU THERE!**

# ERMINESKIN PROPERTY MANGEMENT



**EMERGENCIES**

**AFTER HOURS NUMBER**

**Call 780-335-6161**



PLEASE CALL EVENINGS AND WEEKENDS FOR **EMERGENCY ONLY** SERVICES

EMERGENCY ONLY SERVICES

- Sewer Backups
- No water
- No heat
- Board up windows/doors

*Ermineskin Community Wellness*

## **Sound Therapy & Breathwork Sessions**

**February 7th - 8th, 2023**

**9:30am - 3:30pm**

**Location: BW Wayside Inn,  
Wetaskiwin**



Benefits:  
Helps with ANXIETY,  
DEPRESSION & STRESS.  
How breath and movement  
can support GRIEF.

**To Register: Community Wellness  
(780) 585-3741**

### Ermineskin Communications Department

Manager: Tara Cutarm. Email: [tara@ermineskin.ca](mailto:tara@ermineskin.ca)

Website Coordinator: Marleigh Cutarm.

Email: [marleigh@ermineskin.ca](mailto:marleigh@ermineskin.ca)

Newsletter: Guide Fleury. Email: [guide@ermineskin.ca](mailto:guide@ermineskin.ca)

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

