



Ermineskin Newsletter October 6, 2023

Neyâskweyâhk Acimowin Kaskatinowipîsim Nikotwâsik

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Swearing in Ceremony for New Leadership



In essence, leadership is the glue that holds the nation together, providing purpose, guidance, and inspiration. It's not just a position; it's a responsibility to nurture growth and success within Ermineskin. The Leadership sets the vision for our nations future. The teamwork that comes with Chief and Council is a dynamic and evolving process. When these views are embraced and practiced, we can achieve remarkable results and enjoy a productive and successful nation. Our new Chief and Council have officially been sworn in as of October 1st,

2023. We would like to welcome our new Chief Joel Mykat and Council members Trudy Whitebear, Cheryl Littlechild (Montour), Jason Makinaw and Nina Makinaw. Over the next week, Chief and Council will be attending orientation to be familiarized with the purpose of their role as our nations leaders. To familiarize themselves with each departments operation and their policies/principals. With new leadership comes new opportunities and creating opportunity for our nation to grow. Welcome our new Leadership!

Pimiy Ôcenas Nâtawîhowin Askiy (Devon Healing Medicine Grounds) GRAND OPENING



September 30th was the grand opening of Devon's Pimiy Ôcenas Nâtawîhowin Askiy (Devon Healing Medicine Grounds) for National Day for Truth and Reconciliation 2023.

"It's a day of learning, a day of action, and it's really nice that we can do it here at these healing grounds." says Mitch Wincentaylo.

"We are gathered here today to remember those children that didn't get to make it home from those school systems. So we can have that change in this community. To ensure that we are educating one another, educating ourselves, just being good people. Working with our neighbors, our relatives in the Treaty Six (6) Nations and Metis homeland. We are all people, we are all one. We have to remember that, so it's possible to get rid of this division. A division that should have never existed in the first place. All of us here today are change makers. Whether it be on working on a beautiful healing space or even just meeting new friendly faces and making new friends. Having these good relationships in our lives. We all have to walk together and start somewhere." Mitch adds.

Late elder, Larry Cutarm, provided knowledge and resources to help curate the medicine that will be provided in the park. He also expressed the importance of healing and traditional medicine.

Passing on teachings that everyone will be able to access through the medicine garden. Elder Lorraine Cutarm spoke about his passion for this project, and how she is excited for the public to be able to see the work that The Town of Devon and her late husband have done to successfully open the grounds.

"Larry was really passionate about the work he did. I saw it in him and he always stressed the importance of "manâtcihiwewin" respect. He always said to never to forget that. It's a principal that we sometimes forget when we are so busy in our lives. We forget to practice that in our work and even with our own family. We forget, because it's just a word. But to practice it.. is something else. It hits every part of your life. It is a huge principal in our culture. I really want to thank everyone for being here today. Thank you so much everybody and I want to thank my children and grandchildren for being here. Hai Hai." says Lorraine Cutarm.

This park was created for those seeking traditional healing, or needing spiritual guidance. There will be cultural medicines available to community members as well as general public. There is also information on these medicines, harvesting, practicing proper protocol and much more in regards to the healing garden, written in English, Nehiyawewin and Michif. The grounds will be fully operational by Spring of 2024.



CREE CORNER



PUMPKIN
osâwipak
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HARVEST
manisikewin
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CORN
mahtâminak
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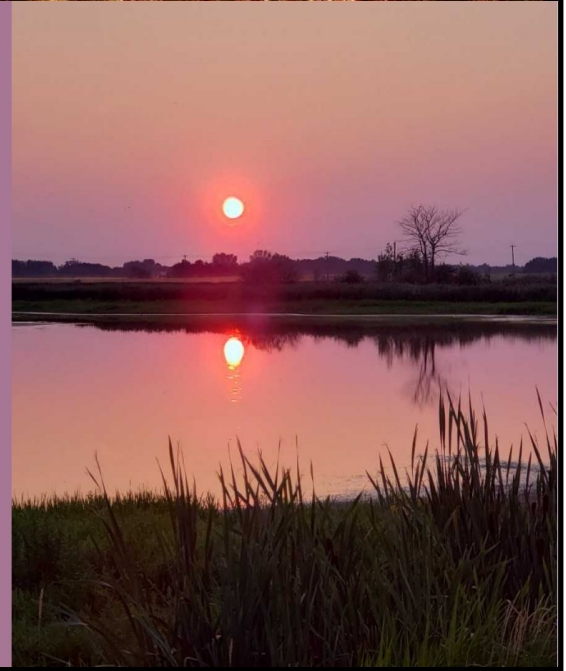
AUTUMN/FALL
Takwâkin Pîsimwak
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PHOTO OF THE WEEK



SUBMITTED BY:
LEAH CUTARM

End of Summer Sunset



M.H.S DIABETES CONFERENCE 2023

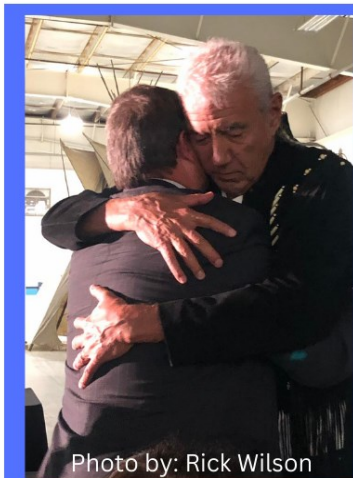


Photo by: Rick Wilson



Maskwacis Health Services provides treatment and resources to many Ermineskin elders and families with diabetes. The number of those who are being diagnosed with diabetes keeps growing in the community, and they are getting younger and younger. We, as Nehiyawewin, have had to drastically adjust our traditional diets over the past 100 years to be able to digest these sugars and other additives in the foods that are readily available to us today. But, what if we went back to eating our traditional foods? Going back to hunting and fishing, smoking and drying meat, growing and harvesting our own fruits and vegetables? Would there be as many individuals with diabetes? Think of all the exercise we got before there were cars or even wagons for that matter. All from hunting and harvesting and just living traditionally. Now, we have multiple fast-food restaurants at our grasp, which can make dinner that much easier, but not necessarily better. It's fine to treat yourself or your family every once in a while, but when it starts becoming an everyday decision, maybe it's time to start cooking meals at home again. Try making traditional foods in your home, even just making small, healthy adjustments to your meals puts you on the right track.

Living with diabetes isn't just about adjusting the way you eat, it's also about getting the exercise our bodies need. You don't have to run a marathon, but just walking in your community is a start, or playing with your children or grandchildren in the backyard.

Maybe try something new like swimming, going for a bike ride, yoga or even just simple exercises you can do around the house. Something to keep you mobile, keep you feeling energetic throughout the day.

Maskwacis Health Services hosted its annual Diabetes Conference, where they had many information booths, sharing updates on the latest technology to make living with diabetes that much easier. They also had many celebrity guests speak and perform for our community of Maskwacis such as Shane Chartrand, Tom Jackson and a musical performance by Amber Williams Band.

Shane Chartrand (Author of the cookbook "TAWAW", TV and documentary Chef, and International Indigenous Culinary advocate) spoke about his struggle in adjusting his mindset and overall lifestyle when he was diagnosed with diabetes. He also spoke about his love for food, and how it brought him back to a healthy mental state to continue doing what he loves and what he was most passionate about, cooking and creating with food.

There are many support programs and specialists in the Nation of Ermineskin to help those living with diabetes. You do not have to go through it alone, there are people who want to help. You can talk to MHS's Registered Dietician, Joanne Siemens if you have any questions, or if you would just like to educate yourself further on the disease. She is located in the Northwest wing of MHS (North of the blue building) same as Public Health. You can also call (780) 585-2020 for more information.

First Nations premier to lead a Canadian province after historic election win in Manitoba



“WINNIPEG, Manitoba (AP) — The Canadian province of Manitoba has elected the first First Nations premier of a province in Canada. Manitobans elected an NDP government led by Wab Kinew, who was raised as a young boy on the Onigaming First Nation in northwestern Ontario, later moving with his family to Winnipeg. His late father wasn’t allowed to vote as a young man under Canadian law at the time. During his victory speech late Tuesday, Kinew said that young Indigenous people and those of all backgrounds who are struggling can change their lives for the better.

“But here’s the thing. You have to want it,” he said. “If you want to leave the party lifestyle behind, it has to be you to make the decision. If you want to join the workforce, get a new career, it has to be you to take the first step. And if you’re dealing with some kind of illness and you want to find healing, it has to be you to decide to move forward. I can’t do that for you. A government can’t do that for you.”

Kinew, 41, is a former rapper, broadcaster and university administrator. Kinew studied economics in university, and then became a radio host on Canadian Broadcasting Corporation.

He was later hired by the University of Winnipeg as it’s first director of Indigenous inclusion. He decided to run for the Manitoba New Democrats in 2016 and was elected in the NDP stronghold of Fort Rouge in Winnipeg.

John Norquay was the first Indigenous person to serve as Manitoba’s premier. Norquay, who was Métis, became the province’s fifth premier in 1878. Métis are people of mixed European and Indigenous ancestry. While other Métis people in Manitoba have served in elected office, the province’s history with First Nations people holding elected office only goes back a few decades. It wasn’t until the 1950s and ’60s that First Nations people were allowed to vote without conditions in provincial and federal elections in Canada. The Assembly of Manitoba Chiefs said that Kinew’s win signifies a huge accomplishment.

“It’s a new chapter for First Nations in this province,” Grand Chief Cathy Merrick said in a statement. “I look forward to collaborating with the premier to address the needs of our member Nations.”

Article Provided by: The Associated Press

ORANGE SHIRT DAY 2023

Ermineskin Residential School was one of the largest residential schools in Canada. The school operated in, what was then known as Hobbema, from July 7th, 1895 to June 27th, 1975. While it may be true that the physical structure of the residential school has been torn down, the effects of the trauma that it caused are deeply embedded in the hearts and minds of the community. The scars of such a painful history do not fade with the demolition of a building; they persist through generations, creating ongoing challenges and obstacles to our well-being. As we collectively navigate the path towards healing, it is crucial to acknowledge and honor the pain and suffering endured by the survivors and their families. Recognizing the intergenerational impacts of this trauma is essential in order to foster understanding, empathy, and unity within the community.



By acknowledging these wounds, we can work together towards a shared goal of healing and create a supportive environment for those affected to find solace and strength.

In Fall 2021, the Four Nations of Maskwacis began searching for unmarked graves at the school site using ground-penetrating radar following the discovery of unmarked graves of hundreds of Indigenous children across Canada. The findings for these unmarked graves have not been released.

“Even though we went through this hardship, we still come out on the other side. We are still here. We know who we are, we know where we have to go from this era of forced assimilation and colonization. Our human rights being derogated as indigenous people through these schools. Hearing stories of our people protesting and demanding better standards of life really showed the spirit and hearts of our people. Together we can all get through this and heal. Together we can all make a difference for the future. Together we can commemorate the travesties and glories that did happen here.” says Josh Littlechild.



Ermineskin Residential School

Truth and Reconciliation Day is a day to acknowledge the horrendous Indigenous history of the residential school systems. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. It is also a day to embark on change and stand with our people. To make it a point to embrace that we are still here. WE ARE STILL HERE. No matter how the government and catholic churches continuously tried to “kill the Indian” in us, tried to eliminate our culture and traditions, WE ARE STILL HERE. The power of our people and the strength our spirits have brought us here today. Let’s make change.

On September 28, 2023 Ermineskin Cree Nation in collaboration with Kanawemahwasowin Kamik hosted the Annual Orange Shirt Day Walk. This allowed for our community members to come support each other and as well as remember those who survived residential schools, as well as those that didn’t make it home. People wrote who they were walking in honour of on little orange rocks, which were later placed at the Memorial Monument.



We heard powerful speeches given from Survivor; Mrs. Cheryl Baptiste, KKI CEO; Ms. Marcy Large, and 2nd Generation Survivor; Ms. Sofia Eagle Head Baptiste. They talked about the importance of acknowledging where we came from, healing from it and embracing what tomorrow brings, embracing what the future holds for generations to come. Thank you to the coordinators, participants, speakers, Drum Group 611, Maskwacis RCMP and all of the volunteers who attended this years Orange Shirt Day Walk.

Anyone seeking support can contact the following:

Indian Residential School Survivors Society Crisis Line:

24-hour crisis line for survivors and family of survivors.

Toll-Free: [1-866-925-4419](tel:1-866-925-4419)

Maskwacis Counselling & Support Services:

Call: 780-585-2268

Maskwacis Mobile Mental Health:

24/7 Hotline: 780-362-2150

THE RENAISSANCE OF TRADITIONAL HAND GAMES AT POWWOWS AND CULTURAL GATHERINGS

Traditional hand games are often part of Powwows and other gatherings held in Cree communities. This summer Alberta Native News reporter Chevi Rabbit embarked on a journey into the enduring significance of Cree hand games through interviews with two esteemed elders: Cecil Crier of the Samson Cree Nation and Mariah Rabbit of the Montana Cree Nation.

Cecil Crier's discussion occurred on-site last month at the Samson Cree Nation Powwow, while Mariah Rabbit's conversation occurred in her home with her daughter, our Cree interpreter. With deep cultural significance, these traditional hand games have transcended time and are celebrated today. Cecil Crier, a member of the Samson Cree Nation, shares the legendary origins of the Cree Hand Games and their contemporary role in events like the Samson Cree Nation Powwow and tournaments. Cecil Crier, a revered elder of the Samson Cree Nation, is a passionate advocate for Indigenous culture. In his eyes, Cree hand games are far more than mere entertainment – they were initially about “healing.”

Through his captivating narratives, Crier transports his audience into the Cree legends of the origin of the Hand game, as he recounts, “The story goes, in the past Cree hunters ventured into the wilderness, and the Cree hunters were ambushed by another Indigenous group, resulting in the injury of a Cree man.” He explained, that in the depths of his pain, the injured hunter experiences a surreal encounter with “little men.” The legend goes that these enigmatic beings engaged in an enthralling hand game with song and dance for the injured Cree man. After listening to the music and dance of the little people, he was “healed.” Crier says, “Hand games, are originally about healing and coming together as a community; it's fun. Nowadays, we add it to our Powwows, and it's done as a tournament.” At the Samson Cree Nation Powwow, the Cree hand games were a prominent feature, taking place just off to the side of the arbor and often continuing late into the night.

At 95 years old, Mariah Rabbit, an honorary doctorate recipient from Maskwacis Cultural College, remains as sharp as ever, frequently sharing her stories with her adult children.



Elder Cecil Crier & Mariah Rabbit
(Photo provided by Chevi Rabbit)

She resides with her daughter, Lavinia Schug (Rabbit), an Elder herself and Cree cultural advisor. Mariah Rabbit (Cabry) warmly reminisces about her childhood when her father, John Cabry of Samson Cree Nation, played the traditional Indigenous game known as Cree Hand Games with other Plains Cree Farmers. For her, hand games were a leisurely activity intricately woven into the fabric of changing seasons, with particular significance during the harvest season and the warm summer months.

“In Maskwacis, we were a farming community,” explained Elder Mariah. “My ancestors have roamed this area and have been part of Ponoka, a fairly new community that has grown in recent years. But our family has been here since time immemorial, deeply rooted in this land.”

Mariah offers insights into the gameplay of Hand Games, with her daughter Lavinia translating. The objective is to guess the location of hidden bones or sticks, employing a combination of strategy, bluffing, and traditional songs. Players sing and visualize while the opposing team attempts to mislead through gestures. The interviews with Cecil Crier and Mariah Rabbit present a multifaceted portrait of Cree hand games. These conversations underscore that these games are not just a source of entertainment; they are potent tools for preserving cultural heritage, forging tight-knit community bonds through traditional games.

*Article Provided by: Chevi Rabbit,
Local Journalism Initiative Reporter*

UPCOMING EVENTS/CLASSIFIEDS

KKI GIFT CARD NOTICE:

IF YOU ARE INQUIRING ABOUT THE KKI HAMPER GIFT CARDS, PLEASE REACH OUT TO THE KANAWEHMAWASOWIN KAMIK BUILDING.

DO NOT CALL ERMINESKIN ADMINISTRATION, AS THESE GIFT CARDS ARE BEING PROVIDED BY KANAWEHMAWASOWIN KAMIK.

CONTACT:
STEPHANIE LITTLECHILD

780-585-3721



Ermineskin Cree Nation

WE ARE HIRING!

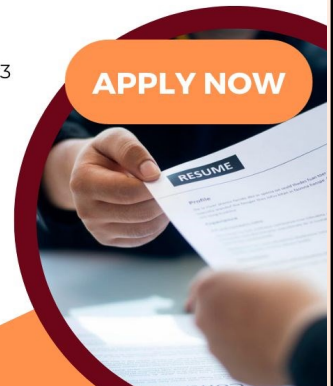
October 5th, 2023

OPEN POSITIONS:

- ✓ Administrative Assistant with the Ermineskin Elders Centre
Department by: October 17, 2023
- ✓ HR & Projects Administrative Assistant with the Ermineskin Property Management
Department by: October 19, 2023
- ✓ Financial Analyst with the Ermineskin Finance department by: October 20, 2023

Please submit applications, resume and criminal record check to:
faith@ermineskin.ca

APPLY NOW



Maskwacis
Employment
Center

EMPLOYMENT READINESS PROGRAM

October 16 - 27, 2023

APPLICATION CRITERIA

- Unemployed or Underemployed
- 18 Years or older
- Needs assistance finding employment
- MUST have own working email address
- MUST Attend classes in-person at MEC
- MUST be motivated to work

DEADLINE TO APPLY:

Friday October 13, 2023
1:00 PM

LIMITED SPACE AVAILBLE

WHAT YOU WILL LEARN:

- Personal Development
- Professional Development
- Safety Tickets
- Career Development
- Interview Preparation

APPLY NOW

To apply or for further information please contact:



Email
shannon@maskwacisemployment.ca



Office Phone
780-585-4450



Visit Our Website
www.maskwacisemployment.ca

KKI SKATEBOARD MAKING!

LIGHT SUPPER PROVIDED!

Come out and make your own skateboard from scratch to finish, we are offering FOUR (4) EVENING classes.

**Classes will be held at the KKI Prevention Building

OCTOBER 2023 FROM 5 PM-8PM

Open to all ECN children/youth and residents
Ages (8-17) **must be accompanied by an adult*

DATES:

OCT 4TH
OCT 11TH
OCT 18TH
OCT 25TH

ALL MATERIAL PROVIDED!



JOIN FOR FREE MAX OF 12 PARTICIPANTS!

REGISTER WITH QR CODE



More info: call (780) 585-3721 ask for Andrea or email andrea.m@kkamik.com



FOREVER IN OUR HEARTS



Pregnancy & Infant Loss
Healing Walk

Monday October 16/23
Pipe ceremony 9am & Walk 12:00 pm
Ermineskin Mall - Bear Park

For more information please contact
Kisewatisiwin Support Group: (780)839-8050








● ECN Industrial Relations

YOUTH ENGAGEMENT

FOR ECN GENERAL YOUTH
AGES 16 - 25

OCTOBER 30TH, 2023
10:00AM - 2:00PM

ZOOM LINK AVAILABLE



TOPICS:

- AQUATIC HABITAT RESTORATION FUND: LAND AND RESOURCES PRESERVATION
- CUMULATIVE EFFECTS INITIATIVE: SOCIAL AND ECONOMIC VALUES

SEEKING SELECTIVE YOUTH TO BE PART OF THE CUMULATIVE EFFECTS SUB COMMITTEE

5 CHANCES TO WIN \$250

LOCATION: NOK BUILDING, MASKWACIS AB

REGISTER NOW!

MARIANNE WARD
(780) 585-3779



● ECN Industrial Relations

YOUTH ENGAGEMENT

FOR ECN HIGHSCHOOL STUDENTS
AGES 16 - 21

OCTOBER 28TH, 2023
10:00AM - 2:00PM

ZOOM LINK AVAILABLE



TOPICS:

- AQUATIC HABITAT RESTORATION FUND: LAND AND RESOURCES PRESERVATION
- CUMULATIVE EFFECTS INITIATIVE: SOCIAL AND ECONOMIC VALUES

SEEKING SELECTIVE YOUTH TO BE PART OF THE CUMULATIVE EFFECTS SUB COMMITTEE

5 CHANCES TO WIN \$500

LOCATION: NOK BUILDING, MASKWACIS AB

REGISTER NOW!

MARIANNE WARD
(780) 585-3779



ECN ELDERS DEPT. PRESENTS

THANKS GIVING

Dinner

FOR ERMINESKIN ELDERS 60+



OCTOBER 10TH, 2023
TUESDAY | 11AM - 2PM

Ermineskin Elders Centre

For More Informtion: (780) 585-3435

MASKWACIS EMPLOYMENT CENTER

FALL JOB FAIR

THURSDAY, OCTOBER 19, 2023

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



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

EVERYONE WELCOME!

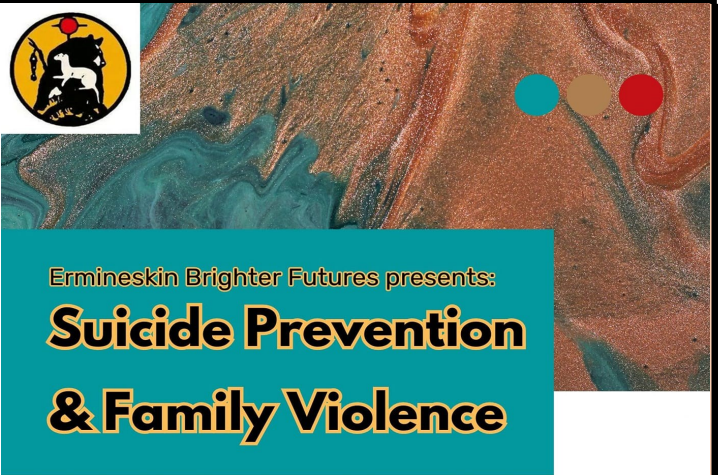
INDUSTRY REGISTRATION
www.maskwacisemployment.ca

ATB Financial | TC Energy | CBS

Scotiabank | careers in energy | Sanjel ENERGY SERVICES

For more information, contact 780-585-4450 or email iana@maskwacisemployment.ca

Canada Alberta



Ermineskin Brighter Futures presents:

Suicide Prevention & Family Violence

For Adults 18-35


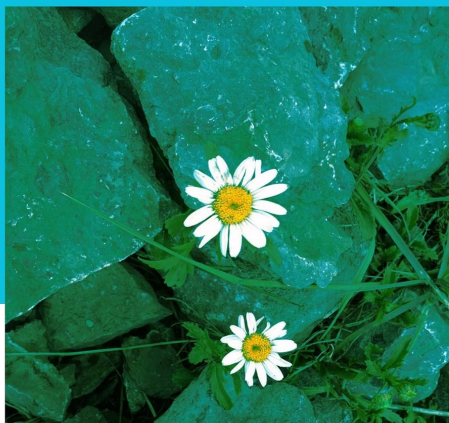
October 17th - 19th 2023

Courtyard Marriot, Edmonton, AB

Max 14 participants

Register now!

futuresbrighter@yahoo.com
780-585-2000

Ermineskin Brighter Futures presents:

Coping With Loss for Youth

Ages 18-25
October 20th - 22nd
Courtyard Marriot, Edmonton, AB
Max 10 participants

780-585-2000
futuresbrighter@yahoo.com

Ermineskin Property Management

ERMINESKIN TRADES CENTRE

IMPORTANT UPDATE

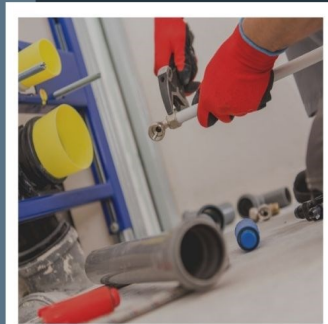
PLUMBING CONSTRUCTION DEPARTMENT

Attention ECN Home Occupants:

Please keep the area around your septic tank clear from garbage and other obstacles. EPM Septic Trucks need clear and unobstructed access to the septic tank cover for pumping and inspection. Having a clutter-free area makes it easier and quicker for the Septic Truck Operators to do their job.

Tips:

- Keep grass around the septic tank cut
- Keep area clear of garbage or other debris
- In the wintertime, keep the area clear from snow.



jewel@ermineskin.ca
ermineskin.ca/property-management

For more info!

780-585-3886

Thank you
Ermineskin Property Management

Youth Categories:

4 - 6

7 - 9

10 - 12

13 - 15

16 - 18

Prizes:



TURKEY, HAM, POTATOES,
STUFFING AND PIE!



Adult Categories:

19 - 24

25 - 35

36 - 45

46 - 49

50 - 59

60+

Ermineskin Community Wellness, Recreation and Samson Youth Sports Development Present:

2023 Turkey Trot

**2KM WALK
5KM RUN**

Monday, October 9th, 2023

ELDERS ROUTE

MASKWACIS BEAR PARK, 9:30AM - 12:30PM

***SUBJECT TO CHANGE**



RACE WILL BEGIN AT
9:30AM

**For more information, OR TO
PRE-REGISTER please contact
Ermineskin Recreation:
(780) 585-3088**

REGISTRATION:

REGISTRATION WILL BE **9:00AM - 9:30AM**
@ MASKWACIS BEAR PARK

MUST BE IN PERSON

***COVID-19
PROTOCOLS
IN EFFECT.
PEASE
STAY HOME
IF SICK.***



**DEADMONTON
HAUNTED HOUSE**

**DEADMONTON
HAUNTED HOUSE
FIELD TRIP**



**VAN LEAVE AT 6:30PM
FROM JIM RS SPORTS BUILDING**

\$25 / CHILD

PLEASE NOTE- FEE IS TO SECURE SPOT AND WILL BE
USED TO FEED THE CHILDREN ON THE DAY OF THE EVENT

**OCTOBER
Friday the 13th, 2023**

AGES 12+

**FIRST 12 TO PAY FEE AND REGISTER
TO REGISTER:
(780) 585-3088**