



Neyâskweyâhk Acimowin ᓆᓴᓐᑦᓴᓐ ᐱᓐᑦᑦᑦᑦᑦᑦ

Ermineskin Newsletter November 3, 2023
Neyâskweyâhk Acimowin Iyikopiwîpîsim Nisto
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E.C.N Halloween Drive-Thru



Gather 'round, ghouls and ghosts! The Community Wellness brewed up a cauldron of excitement this year. The Panee Agriplex transformed their barns into eerie graveyards, and the stalls are adorned with jack-o'-lanterns flickering in the moonlight. Families crafted creative costumes, from classic monsters to pop culture icons, ready to showcase their spooky spirit on October 28th and 29th at the annual Halloween Drive-Thru.

The community gathered to attend the complete haunted drive-thru maze, a wickedly good zombie walk,

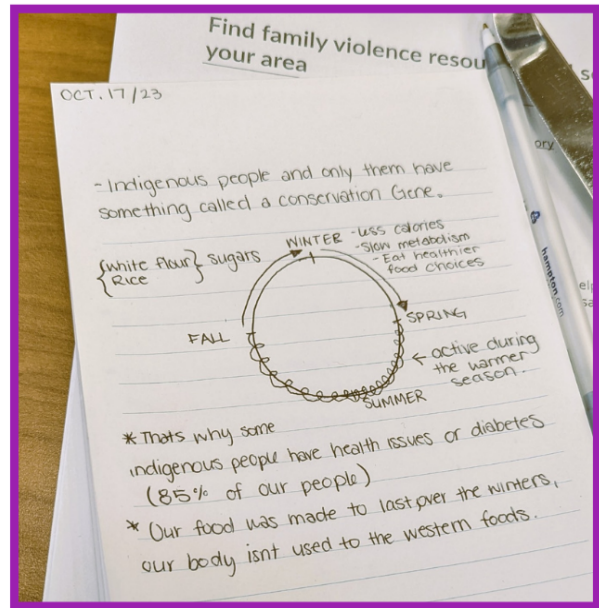
costume contest and best decorated car contest. It was a great couple of nights where the whole community came alive with laughter, screams, and the enchanting magic of Halloween, creating memories that will linger like ghostly echoes in the hearts of all who attend. Happy Halloween from Ermineskin Cree Nation! "Thank you to Ermineskin Cree Nation for the Halloween Drive Thru my family sure enjoyed themselves. A candy bag and hotdog for all families who came through!" said Paula Johnson-Jefferson.

“THE FIRST STEP”

Due to generational trauma and other adverse life experiences, our mental health isn't as strong as it could be. As we grow older, we focus less on ourselves and more on our surroundings, never fully processing our depression, anxiety or other mental health stressors. We need to start taking care of ourselves again. Life is always moving and we are just trying to keep up with it. We need to start living in the small happy moments in between, taking care of ourselves in spiritual and cultural ways, and returning to ceremonies and our elders' teachings. October 17th-19th Ermineskin Brighter Futures hosted a three (3) day workshop that covered adverse topics such as Family Violence and Suicide Prevention at the Courtyard Marriot in Edmonton, Alberta.

The facilitator pointed out our bodies don't just get us from Point A to Point B, they hold a lot of memories and so many emotions. So, it only makes sense to take care of it by giving it the proper food, rest and exercise that it needs. Several Nation members participated in group sessions, discussing how their lives have been impacted by disruptions within the home, and within their lives. They also identified areas in their health they could improve and strengthen, by living and eating healthier.

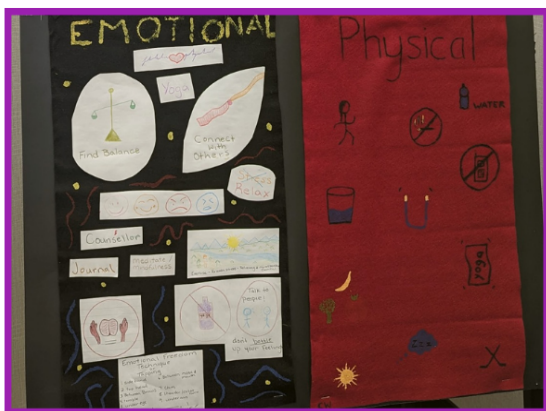
The facilitator spoke about how they can replace bad habits with good habits. By adjusting small things in our daily routine, we are actively making better choices by reaching for healthier alternatives. It takes time to see results, but making an effort to live better is the first step. There was also a discussion on how Western foods and ways of living affected our traditional ways.



Our bodies were not made to process their foods and medicines, so we should return to more holistic healing with traditional medicines. Attending those healing ceremonies, and believing that Creator will protect you.

By the end of the workshop, participants worked together on a project. They were split up into smaller groups where they were each assigned a section of the medicine wheel. In their sections, they were to give examples of how we can practice healing in physical, spiritual, mental and emotional ways. Some examples they gave were; spending more time in nature, attending ceremonies, sitting and speaking with elders, picking medicines, smudging daily, exercising and drinking water, seeking counselling, and so many more. They spoke about how education is also important for the mind. How we are always continuously learning and re-learning and teaching as we grow older. Participants promised that they would make one healthy change, and slowly build those changes and goals as time goes on.

“When you feel like quitting, remember why you started,” - unknown.



Article Provided by: Marleigh Cutarm,
E.C.N Website Coordinator



CREE CORNER

In Flanders Fields

Nayihñokanih

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Wahpikwanisah opikinwa

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Piyesisak kitohwak ekwa keyapich
paskisikana mamatwewewa

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Emikwa pimatisiyahk nikîwapatikôsi-
nan kapakisimôhk

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Ekwa ekîpesakîkwiyahk

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Anôch ekwa nitaywepinan ôtah
nayihñokanih kahpimisiniyahk

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Ispîhk kiskisôtôtawiyahki
kahkîsimôhk ita kahpimisiniyahk
niyanân samâkansihkanak

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In Flanders fields the poppies blow

Between the crosses, row on row,

That mark our place; and in the sky

The larks, still bravely singing, fly

Scarce heard amid the guns below

We are the Dead. Short days ago

We lived, felt dawn, saw sunset
glow,

Loved and were loved, and now we
lie

In Flanders fields

Take up our quarrel with the foe:

To you from failing hands we throw

The torch; be yours to hold it high.

If ye break faith with us who die

We shall not sleep, though poppies
grow

In Flanders fields.



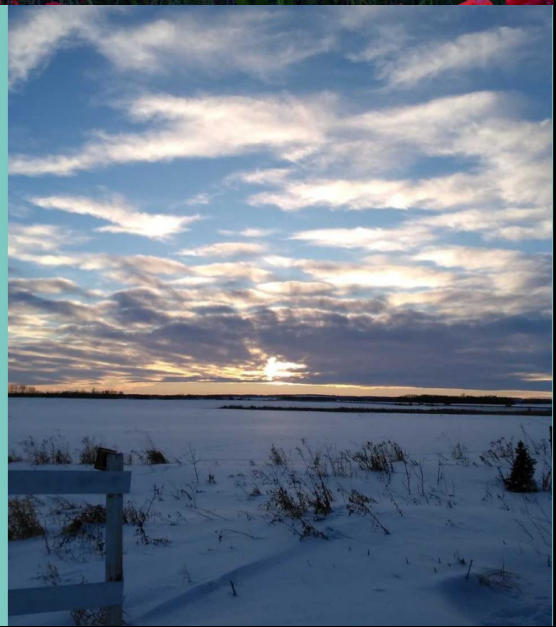
**Indigenous Veteran's Day is observed
each year on November 8th**



PHOTO OF THE WEEK

**SUBMITTED BY:
JESSICA RATTLESNAKE**

" Peaceful Prairies "



CUMULATIVE EFFECTS ENGAGEMENT

The cumulative effects on First Nations land are a complex tapestry woven by the interplay of various factors, each contributing to the overall impact on our indigenous territories. Over time, these effects have manifested in a multitude of ways, from environmental degradation to cultural erosion. The encroachment of industrial activities, such as mining, logging, and energy extraction, has taken a toll on the delicate balance that our traditional communities maintain with their surroundings. Pollution, habitat destruction, and resource depletion have become unwelcome companions on the history of our First Nations peoples. Moreover, the cumulative weight of historical injustices, dispossession, and systemic marginalization further worsens the challenges faced by the communities. Recognizing and addressing these cumulative effects necessitates a rounded approach that respects indigenous sovereignty, incorporates traditional knowledge, and creates sustainable practices to preserve both the land and the rich cultural heritage it carries.



Elder Bruce Lee

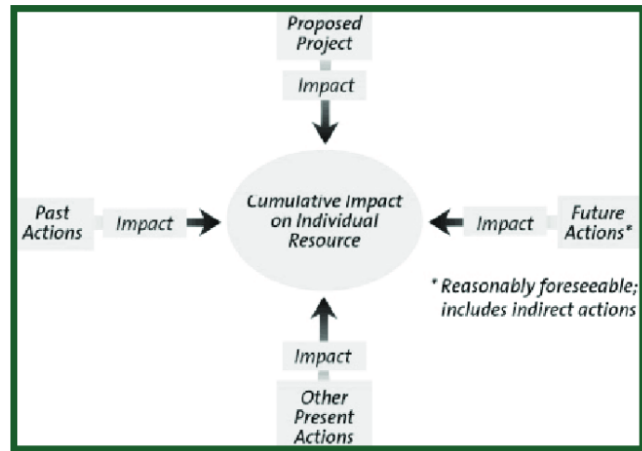
Taking care of the land is not merely a responsibility but a profound commitment to nurturing the very essence of our existence. It involves a continuous lesson with nature, where each step is taken with the understanding that the land is not just a resource but a living, breathing being deserving of respect. Conservation practices, sustainable agriculture, and responsible resource management form the core of this caretaking endeavor.

It also entails preserving biodiversity, respecting ecosystems, and modifying the impact of human activities. Our Indigenous knowledge often plays a crucial role in this situation, as it summarizes generations of knowledge on living in relationship with the environment. Taking care of the land extends beyond physical conservation; it involves advocating for policies that prioritize environmental protection, raising awareness about the interconnectedness of all living things, and fostering a collective sense of responsibility for the well-being of our land. It's a commitment that transcends individual actions and embraces a shared vision of a sustainable and flourishing Nation.

“Its really important, us as a people the cumulative effects that the industries and European culture has done to affect our people, land, animals, and our medicines. It has been a struggle for us from day one as a people to deal with Government and Indian Affairs. It is still a struggle to this day to claim what was rightfully ours, rightfully yours. Seeing what the industry is doing to the land, plants, animals, and even the water; they are destroying it. At some point the land will not be enough to support us all. That is why this is so important and I thank each and everyone of you for attending.” said elder Bruce Lee.

Ermineskin Industrial Relations are currently in the planning phases to create a census for all our nations members whether be on and off reserve to collect hard data on our current ways of living. It is with great importance that we collect such data so we are able to present it to our Chief and Council as well as the Government of Alberta to show defined statistics on our Nations people and the conditions and effects we face when it comes to our ways of living.

For many of us, the land is seen as a living entity, with its own spirit and energy. It's a source of sustenance, providing not just physical resources but also spiritual nourishment. Traditional practices, ceremonies, and teachings are often tied to specific landscapes, emphasizing the interconnectedness of all living things.

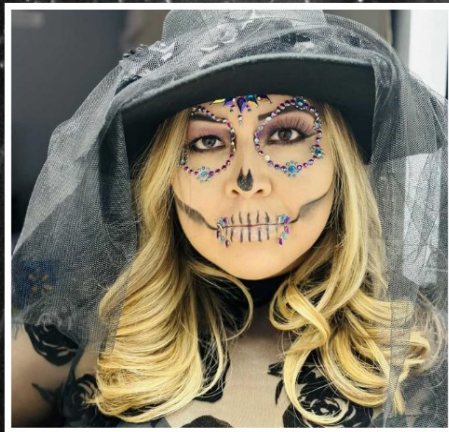
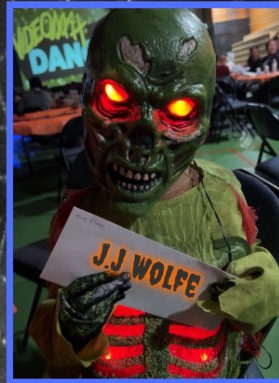
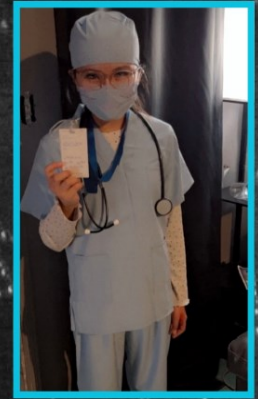


Historically, First Nations people have faced the impacts of colonization, which often involved dispossession from their traditional lands. Today, land rights and reconciliation are key issues, as a lot of our indigenous communities are seeking to reclaim, protect, and manage their ancestral grounds. Understanding the significance of land to First Nations people is crucial in fostering respect, cooperation, and meaningful dialogue between different communities and cultures. It's about recognizing the value of diverse perspectives and histories in shaping our collective understanding of the land.

“ Our elders are not going to be here forever. It’s our turn to really make a difference in what’s happening. It’s not just for us but its for our kids, our grandkids. Our mosums and kokoms had to face this without any laws in place to protect them. We have these laws now, to our advantages. That is why this census that is coming is so important.” says Marleigh Cutarm.

If you want to learn more or educated yourself further in cumulative effects on Ermineskin land, you can contact Danny Bellrose (E.C.N Consultation Coordinator) or Carol Wildcat (E.C.N Consultation Director) at Industrial Relations 780-585-3779.

ERMINESKIN CELEBRATES



HALLOWEEN!



WALK A MILE IN A RIBBON SKIRT



Saturday was the first Ribbon Skirt Day in Edmonton. Dozens of people came together at City Hall to celebrate the proclamation by Mayor Amarjeet Sohi and share what it means to wear a ribbon skirt. "We have more in common than we do in difference," said Lannie Houle, Miss Universe Canada 2023 finalist and MC for the event. "It represents [that] the ribbon skirt is very unique and when we share all of our ideas together, they come together as one beautiful masterpiece." The official proclamation by Mayor Amarjeet Sohi marked the fourth annual Walk a Mile in a Ribbon Skirt event.

It was created by Chevi Rabbit for non-Indigenous people to learn more about the history of the ribbon skirt, as well as the discrimination and prejudice that wearers can face in public spaces. "The public can come in here and learn and take what they want from it, and then walk a mile with us," Rabbit said. "When they're wearing a ribbon skirt that they've bought here and supported the local non-profits, they can actually say, 'I did my work. I actually earned my ribbon skirt.'"

Maureen Callihoo Ligtoet, of the Esquao Institute for the Advancement of Aboriginal Women said each ribbon skirt is different, with colours and patterns that represent the wearer.

"These dresses, these ribbon skirts, they are a big part of who we are," said Callihoo Ligtoet, who wore her Métis ribbon skirt Saturday. "It represents our own inner home fire, our own journey and our own medicine."

The event was also a space for Indigenous people to connect and learn more about their own history, something Rabbit said is especially important for anyone who has lost connection with their culture due to the Canadian residential school system. "This is an opportunity to come and learn about your culture from matriarchal women who are all here Knowledge Keepers," Rabbit said. "There's so much wealth of knowledge here right now, so I think it's a blessing for the city." "These events are really important for Indigenous women to feel empowered," Callihoo Ligtoet said.

"When you have the opportunity to teach other people and when you have the opportunity to be with your own community, you do feel empowered." This year's event was led by Hate to Hope and the Stolen Sister and Brothers Action Movement, in partnership with the John Humphrey Centre for Peace and Human Rights.

Article by: Jessica Robb- CTV NEWS EDMONTON

UPCOMING EVENTS/CLASSIFIEDS



Prenatal/Parent Program



HEALTH PROMOTION TRAILER
Host Nurse Jaden & Tanya
Nov 9, 2023
9am-4pm

Complete the Prenatal education by 34 wks gestation and you can qualify for a car seat provided by your band Brighter Futures or Intergrated Family Services Program!

Call Tanya or Jaden @ 780-585-2266 to register as spots are limited

CLASS 5 LICENSE Course.

Are you intrested in acquiring your class 5 Licence?



GET STARTED

Requirements:

- Must Have Class 7 (Learners)
- No Fines.
- An ETW-A Client with Neyaskweyahk Human Services (Ermineskin)

For More Information Call: NHS Office (780)585-3835

*It's the 1st...
Elder's receive a
10% discount every
1st & 15th of the
month*



pihwâhew
ᐱᑦᑦᑦᑦᑦᑦ GIFT SHOP



HOME MAINTENANCE WORKSHOP

Traditional Past and Present, Why Home Maintenance?
Reactive vs. Proactive, Grade/Slope, Roof & Exterior Elements, Doors & Windows, Interior Elements, Minor Plumbing, Mechanical Components, Mold & Identifying Moisture Causes, and Workshop Safety.

Light Lunch will be provided
11:00 AM – 6:00 PM
(Limited Seating)
(Call to register)

Attention: Home Occupants
Saturday November 18, 2023

FOR MORE INFORMATION, PLEASE CONTACT
Bruce Littlechild – EPM (780) 585-3886 Ext. 237 / Cell (780) 360-1557

Presented by Nicholas Kootenahayoo

WAXASE 2023

Certificate upon Completion

*COVID-19 PROTOCOLS IN PLACE,
PLEASE STAY HOME IF SICK

ART THERAPY WORKSHOP

*"In Celebration of Families"
with Dave Buffalo*

**NOVEMBER
14TH, 2023**

10 AM - 3 PM

N.O.K. BUILDING
Ermineskin,
Maskwacis, AB



**FOR MORE
INFORMATION:**

Community Wellness
(780) 585-3741



25 PARTICIPANTS MAX

Iskwewak Youth & Wellness CAMP

Ages 14-17

Nov. 9-11, 2023

Village Creek Inn, Pigeon Lake

Learn some Traditional Cree Teachings, Women's Wellness, Physical Fitness and other fun activities including traditional arts & crafts.

**Limited Space | Call to register
MCSS @ 780-585-2268**



MASKWACIS
MOBILE MENTAL HEALTH
L'abîon

**WEAR YOUR MOCCOSIANS
DURING THWE WEEK OF
NOVEMBER 12th-18th, 2023!**

Wellbriety

**Recovery/ Sobriety
Support Talking Circle**

EVERY FRIDAY

TIME: 5 P.M. – 6 P.M.

**Location: Mobile Mental Health
Building**


PHONE: 780-585-0048

20 ROCK YOUR MOCS 23



NOVEMBER 12-18

CONGRATULATIONS!
YOU WON!



CONGRATS

The winners of our
Mobile App Draw are:

**TIANN R.
&
SIMONE B.**




Theresa C. Wildcat Early Learning Centre

Grand Opening

Friday, December 8, 2023 - 12:00pm

You're invited to join us for the grand opening of the new **Theresa C. Wildcat Early Learning Centre** on the Ermineskin Cree Nation.

Grand opening ceremony will begin at 12:00pm and will be followed with refreshments and a public viewing of the new school. Everyone is welcome.




Ermineskin Cree Nation

WE ARE HIRING!

November 1st, 2023

OPEN POSITIONS:

- ✓ Manager with the Ermineskin Elders Centre Department by November 3, 2023
- ✓ Supervisor Childcare Worker (ECD Level 1,2 &3) with the Ermineskin Daycare Department by November 16, 2023



APPLY NOW

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



30
ANNIVERSARY

Indigenous Pre-Cadet Training Program



The Indigenous Pre-Cadet Training Program (IPTP) offers Canadian Indigenous people, between the ages of 19 and 29, an opportunity to experience a modified three-week Depot training experience within the RCMP at the RCMP Training Academy in Regina, Saskatchewan.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work could entail," says Cpl. Maureen Greyeyes-Brant, who was a graduate of the program and is now the National Coordinator.

You'll learn:

- An introduction to the Criminal Code and RCMP policy
- Physical fitness and drill
- Skills to help prepare you to apply to be a police officer

Basic Requirements

- Be between 19 - 29 years of age
- Be of First Nation, Inuit or Métis descent
- Be a Canadian citizen
- Be able to pass an enhanced reliability security check
- Be in good physical condition
- Possess a Canadian high school diploma or equivalent

Now accepting applications for the spring session!

Deadline:

For more information contact:

“
I'm excited to be able to one day become an RCMP officer and inspire more to join to show that we can make a difference in society.
”

Phoebe Niviasiq, Nunavut



NOTICE OF CLOSURE

**of the Maskwacis Banking Centre effective
Thursday, November 16, 2023 at 3:00 p.m.**

Our CIBC Maskwacis Banking Centre will close on Thursday, November 16, to merge with our Wetaskiwin Banking Centre at 5213 – 50th Avenue, Wetaskiwin, Alberta.

If you have any questions or concerns about the closure, please don't hesitate to ask for information at the banking centre or call us at 1-888-780-8416.

At CIBC we are focused on meeting your financial needs. For your convenience, you can continue to bank with us using your mobile device, online, or by phone, 24 hours a day, 7 days a week. We would be pleased to show you how to use these services to make your day-to-day banking easier.

Thank you for being a valued client and trusting us with your banking needs. We are committed to making this transition seamless and convenient for you.


The Financial Consumer Agency of Canada (FCAC)

The Financial Consumer Agency of Canada (FCAC) has the authority to ask CIBC to hold a formal meeting between the bank, representatives of the FCAC and interested parties near the Banking Centre to exchange views about the change in daily banking transaction services. The FCAC may require the bank to hold such a meeting if the bank has not consulted the community in the area affected by the change, or an individual or community representative(s) from the area has submitted a written request for a meeting to the FCAC and that request is not frivolous or vexatious.

For more information, you can contact the FCAC at **1-866-461-FCAC** (3222) or visit fcac-acfc.gc.ca. Letters to the Commissioner can be sent to: Commissioner, Financial Consumer Agency of Canada, 427 Laurier Avenue West, 6th Floor, Ottawa, ON, K1R 1B9.

Ermineskin General Meeting

**Topic: Fiscal Audit
2021-2022 Presentation**

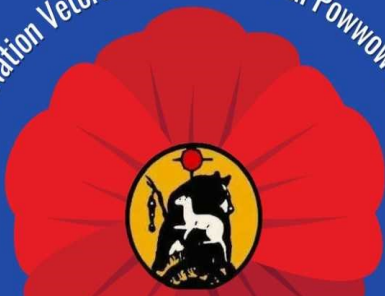
 **Wednesday, November
15th, 2023
Starting at 10AM- 12PM**

**Light refreshments and
lunch will be provided**

Location: N.O.K. Building



Ermineskin Cree Nation Veterans Day Traditional Powwow Celebrations 2023.



SAVE THE DATE:

**November 11th, 2023. Panee Agriplex.
Maskwacis, AB**



~More Information to follow~

NATIONAL INDIGENOUS WAR VETERANS DAY CEREMONY

Date: November 8th 2023
Time: 10:30 am - 12:00 pm
Location: Maskwacis Veterans Memorial
(located in front of Peace Hills Bank)

Join us for Maskwacis Cree Veterans Day
Ceremony. Please ensure you dress
appropriately for the weather.

