



Ermineskin Newsletter December 1, 2023

Neyâskweyâhk Pawâcakinâsis Pîsim Peyak

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R.C.M.P. PUBLIC MEETING



On November 21st the Maskwacis RCMP Detachment held a public event to share information with the community and to answer any questions the community may have for them. The chairman started by acknowledging they are on Treaty Six land, and history by explaining the detachment’s organizational structure. Essentially, there are 9 public servant employees 5 of which are indigenous officers and one commissioner. Currently they run four (4) watches working twelve (12) hour shifts for 24 -hour coverage. They presented data that shows that Maskwacis has a significantly higher crime severity index than the provincial average. The provincial average for estimated crime severity index puts it at around 120, while the Maskwacis average has seen a sharp spike from around 550 in

2016-2019 to nearly 800 in 2022. The main causes of these inflated numbers are due too assault, mischief to property, and five (5) homicides.

They highlighted that their response time for high priority calls in non-rural areas was on average around 25-30% faster then the provincial average. The RCMP detachment then laid out their policing priorities going forward; crime reduction, by focusing on education and restorative practices particularly in cases of repeat offenders. They want to reduce firearm violence by reducing the number of illegal firearms in Maskwacis and focusing on firearm education. They also seek to build up their relationship with indigenous communities by taking part in cultural awareness and education opportunities.

YOUTH EMPLOYMENT SELF-ESTEEM & STRATEGIC LIFE PLAN WORKSHOP



others.

3. Mental Health: Self-esteem is closely tied to mental well-being. High self-esteem acts as a protective shield against stress, anxiety, and depression. It provides the resilience needed to cope with life's inevitable challenges.

4. Physical Health: Believe it or not, self-esteem can impact your physical health. People with positive self-esteem are more likely to engage in healthy behaviors, such as regular exercise and a balanced diet. Taking care of your body is a way of expressing self-worth.

November 20th-21st, 2023 the Youth Mentorship Program attended a Self-Esteem and Strategic Life Plan Workshop facilitated by Tamara Wildcat and Gordon Minde. This two-day workshop allowed the youth to learn about personal growth and setting future goals. They participated in many group activities and created life plans as well as personalized vision boards!

others.

5. Decision-Making: Your self-esteem influences the decisions you make. Those with high self-esteem are more likely to make choices that align with their values and long-term goals. On the other hand, low self-esteem may lead to decisions based on fear or a desire to please others.

Facilitator Gordon Minde explains when facing challenges, strong self-esteem acts as a safeguard. Instead of seeing failures as a reflection of your worth, you're more likely to view them as opportunities to learn and grow. This resilience is crucial for navigating life's ups and downs. He also states that you must want to help yourself in order to have a positive change in your life. "Its 'one day' or 'day one'," quotes Gordon. Self-esteem is a powerful force that shapes the quality of your life in numerous ways. Cultivating and maintaining a positive self-image is like investing in the success and well-being of your future self. Here's are a few examples on how self-esteem affects your life:

6. Happiness and Fulfillment: Ultimately, a healthy self-esteem contributes to overall life satisfaction. When you believe in your worth and capabilities, you're more likely to pursue activities and relationships that bring joy and fulfillment.

1. Career Success: High self-esteem boosts your confidence at work. You're more likely to take on challenges, assert your ideas, and pursue career advancements. This can lead to a more fulfilling and successful professional life.

2. Relationships: Healthy self-esteem forms the basis of strong, positive relationships. It allows you to set boundaries, express your needs, and engage in open communication. When you value yourself, you're better equipped to form meaningful connections with

Overall, self-esteem is like a personal cheerleader, encouraging you to pursue goals, maintain positive relationships, and bounce back from adversity. It's the foundation for a fulfilling and confident life journey.

"The youth employees were introduced to the importance of Self-Esteem. During the workshop all youth employees engaged with each other by sharing their experiences and feelings in oneself of how they felt about themselves. It brought them to a positive perspective and reminded them to love themselves more, stay focused and take care of themselves. Because it is important for our confidence with how we value and perceive ourselves. Self-Esteem is important in our lives, workplace and health. Providing these workshops boosted the youth employees self-esteem and gave them confidence and motivation to better themselves" says Millie Mackinaw— Youth Employment Coordinator.

CREE CORNER



SNOWFLAKE
PEYAK PÎWÂKONIS
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STAR
ACAHKOS
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DECEMBER
PAWÂCAKINASÎS
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CHRISTMAS TREE
NÎPÂYAMIHEWISIHTA
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ORNAMENT
WAWISIHCIKAN
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PHOTO OF THE WEEK

**SUBMITTED BY:
MARLEIGH CUTARM**

“As the years come, she will fill the space that he left behind. Although she is small, I know she is capable of bringing that amount of love back into our lives.”

Photo: Elder Lorraine Cutarm, and great-granddaughter Valerie.



DOMESTIC VIOLENCE AWARENESS WORKSHOP

November 28th-29th, 2023 Samson Community Wellness in collaboration with Ermineskin Women's Shelter, Brighter Futures, Maskwacis Health Services, and Maskwacis R.C.M.P. hosted a domestic violence conference. The conference aims to educate people about the realities of domestic violence and how to prevent it. They had a variety of speakers who shared key information as well as their personal experiences.

One of the first things they covered was the many different forms domestic abuse as spousal, parental, or elder abuse and that domestic abusers come in all shapes and sizes. Just because someone appears to be less physically intimidating than the people they live with does not mean they are incapable of abusing them. The long term impacts of suffering domestic abuse was touched on, how it can warp a persons sense of normalcy and safety.

Studies have shown that long term domestic abuse towards children can result in permanent changes to how their brains function. One of the speakers said the following on healing from the trauma caused by domestic abuse. "When you go through violence you need to mourn, and you need to remember. Most people, they want to run. They want to forget, and so we do all kinds of things to do that. We numb ourselves with gambling, with drinking, with drugs, with relationships, with working. We numb ourselves that way. But what we need to do is not be afraid of trauma. Not be afraid of mourning and griev-



Priscilla Swampy
(Chair of S.C.N. Women's Advisory)

Elder- Rita Cutknife

ing, and to make it normal." They discussed the difficulties facing those trying to leave abusive situations "There's a lot of misinformation around why someone stays, and I just give simple facts. Sometimes people feel like there's no way out. When I was living in that state I literally had zero support. I was isolated. One person stayed and that was my sister and she would show up anytime, anywhere and put her self in danger to make sure I was okay. So sometimes people just feel like there's no way out and they need to be treated for that. They need to heal and come back to life."

Article by: Issac Ginter- Communications Research Assistant

**IF YOU ARE SUFFERING FROM DOMESTIC ABUSE,
THE FOLLOWING ARE LOCAL SUPPORTS:**

Ermineskin Womens Shelter: 780 585-4444

Maskwacis Mobile Mental Health: 780-362-2150

Maskwacis R.C.M.P. Detachment: 780-585-3767

N.H.L. FACES BACKLASH!



Marc-Andre Fleury wore a custom mask for the Minnesota Wild's Native American Heritage night Friday after being told by the NHL it was not allowed. Fleury took the ice for the team's game against the Colorado Avalanche wearing the specially designed mask. Agent Allan Walsh confirmed earlier in the day the league informed his client he couldn't wear the mask, even for warmups.

"The NHL prohibits players from wearing specialty jerseys, masks, stickers, decals or tape for theme nights. The league initially banned players from using rainbow-coloured tape on Pride nights before reversing that decision after receiving backlash from around the hockey community. Teams are not allowed to dress players in themed jerseys for warmups this season after a handful of players decided last season to opt out of Pride Night warmups that included specialty jerseys. With the Wild celebrating Native American Heritage night Friday against Colorado, Fleury wanted to honour his wife, Veronique, who is of Abenaki and Mi'kmaq descent, with a specially designed mask. Walsh said Fleury offered to pay whatever fine he'd receive and the NHL threatened to levy the organization with an "additional significant fine."

Stephen Whyno -The Associated Press

M.E.S.C. YOUTH LEADERSHIP PRESENT AT ANNUAL SUMMIT

We are honored to have our Student Leadership, (a young representative from all Four Nations) present at our 2023, Annual Summit.

Where they spoke on their personal reflection of Cree Values as Young Leaders in our Nation.

They emphasized on their learnings of Îyinîw Mâmitonehickikan, Nehiyawewin, Nehiyaw Pimâtisôwin, and Wâhkôhtowin from a students point of view.

Councilor Holly Johnson-Rattlesnake gives advice to our Student Leadership, translating the wise words from Elder Late Louis P. Crier: "Kîspin kikiskehiten kinehiyâwin, wâhyaw ôma ewako katakohtahikon."

"Know who you are, where you come from, be proud of being Nehiyaw and connect all of creators creations, and that will give you hope here on Mother Earth."

Ay-Hay again to our Students Leadership. We are grateful to hear from our young leaders.



INTERANTIONAL INDIGENOUS ARTS & FASHION AWARDS 2023

During the evening of November 19, 2023, we had some amazing representatives for Maskwacis at the International Indigenous Arts and Fashion Awards 2023! With models Krista Cutarm (Ermineskin Cree Nation), Janine Peigan (Montana First Nation) and Designer Doneese Bull-Buffalo Designs (Louis Bull Tribe) taking the runway. This event is a milestone for Indigenous artists across Turtle Island, ensuring that it is all-inclusive and non-discriminatory, including models and designers from all walks of life.

The Indigenous Model Industry is gaining more recognition as there's a growing push for diversity and inclusion in various areas, including fashion. Indigenous models bring unique perspectives and cultural richness to the industry. Many Indigenous models use their platforms not only to showcase fashion but also to advocate for Indigenous rights and issues. This year's makeup artist Jacey-Rae Lambert, used "M.M.I.W" as her inspiration for her make-up. This an on-going epidemic within all communities across Canada. Organizations like the Indigenous Fashion Week in different countries highlight and celebrate the talent of Indigenous designers and models. This not only provides a platform for these individuals but also challenges the traditional beauty standards preva-



Krista Cutarm



Janine Peigan

lent in the mainstream fashion world. There's still work to be done in terms of ensuring fair representation, avoiding cultural appropriation, and creating an inclusive environment within the industry. But steps are being taken, and the Indigenous Model Industry is making strides toward a more diverse and respectful future.

"For me, the I.I.F.W. gave me a safe space to follow my dreams with people that supported you no matter your background or experience level. If it wasn't for them, I wouldn't have had the opportunities to become an international model abroad, being able to walk the stages in Cannes and Paris. But I also couldn't have done it without the support of my mom, my family, and my community. I didn't know how much support I had until I did the fundraising photo contest, knowing I had all these beautiful people supporting my dream to was heartwarming. All that hard work has finally paid off that the Edmonton Fashion Show opened a new door for me, last night I was scouted by Chan International Model and Talent Agency. I'm hoping this will be my big break and I will never forget all the obstacles I had to concur to achieve this goal and the dedication it took to get here. Because if one makes it, we all make it." said model Krista Cutarm.



Doneese Bull-Buffalo

ERMINESKIN ELITE ATHELE PERSUES DEGREE

Hockey, Education, Life Skills. This is the core philosophy of the Ontario Jr. Reign organization and Reign forward, Kaedin Larocque-Wolfe is the perfect example of the kind of player and person that represents the team. When Larocque-Wolfe isn't busy as the leading goal scorer and points producer for the Jr. Reign, he is working on completing his social work degree through Maskwacis Cultural College. As part of completing his degree, he is leading a hygiene pack project for those in San Bernardino who will need help in the upcoming winter season.

Larocque-Wolfe, the son of parents who are both social workers, has always believed that helping others is his calling. "I am from Maskwacis Reserve back home in Alberta, it has always been my goal to help on and off the ice. My parents are both social workers so I have come from a social work background and it has helped me gain an understanding of how they help our community and people," Larocque-Wolfe said. "I see how my parents help the youth and people they serve which makes me want to do the same."

In an incredible twist of fate, this Canadian-born son of social workers traveled over 2,000 miles to play hockey in Ontario, California, and was matched with local Billet Mom, Zazette Scott. Scott, herself, is a social worker who has dedicated her professional life to helping others in the Inland Empire area. It is a perfect pairing, as Scott is helping Larocque-Wolfe by serving as his field monitor in charge of guiding and monitoring his progress. Larocque-Wolfe said that his favorite part of his work in the inland empire thus far was the visit he took with Scott to San Bernardino and having the opportunity to interact with all of the people from all walks of life that he encountered.

It was on that trip to San Bernardino that Larocque-Wolfe really impressed Scott. "I watched him and saw that he was not afraid and there was no judgment, he wanted to help and I really appreciate that," Scott said.

He is so easy to talk to, to get to know and he is not afraid of anything." Scott said that he interacted easily with the kids and clients. She said that the boys especially wanted him to visit again and asked when Larocque-Wolfe would be back. "They were all tickled by his accent and that he was a hockey player," Scott joked.

Larocque-Wolfe expressed that he is having a very posi-



tive experience as a member of the Jr. Reign. "Being a part of the Jr Reign organization, it is a really great thing they have created here, I've grown closer to these guys than any other team I've been a part of." Larocque-Wolfe said. "It's a positive place to be on and off the ice." Larocque-Wolfe explained that his opportunity to be a role model for his community is the crossover he sees between hockey and his social work.

Larocque-Wolfe is from the Ermineskin Cree Nation which is one of the four bands in Maskwacis. He said it's great that people back home can see that he is not only playing junior hockey, but also pursuing his education. "I just want to help where I can, do what I can. For me, that is on the ice and getting my education," Larocque-Wolfe said. "A lot of people view me as a hockey player, but only a certain amount of people know that I am going for my social work diploma as well."

"It does not really matter what education you get, as long as you are doing something, that is a big step for our community," Larocque-Wolfe said. "In the community back home, it is so huge."

The Ontario Jr. Reign will be collecting hygiene pack supplies for Kaedin's project for those in need at our home games until the winter break. See the attached flyer for additional information. Purchase your tickets today and don't miss out on a great battle between the top two teams in the Pacific and an opportunity to help out a great cause and one of the Jr Reign's very own!

Article by: Sebastian Abdon Ibarra



Christmas Crossword



ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle _____"
10. Christmas tree
11. O. Henry's "The Gift of the ____"
12. What carolers do
15. French Christmas.
16. Snow glider

ANSWERS:

ACROSS
1. PIE 3. SLEIGH 6. PARTY 8. BABY 9. ELVES 13. ALLELUIA 14. GREETINGS 17. GIFT

DOWN
1. PRESENT 2. EGGNOG 4. HAM 5. XMAS 7. YULELOG 8. BELLS 10. PINE 11. MAGI 12. SING 15. NOEL 16. SLED

UPCOMING EVENTS/CLASSIFIEDS

ERMINESKIN ELDERS DEPT

Christmas Dinner

December 4, 2023

Time: 10am-3pm

Location N.O.K



The Ermineskin Elders Centre Staff, Assisted Living Program and volunteers invite all Ermineskin Cree Nation Elders sixty (60) plus years of age (spouses welcome) to celebrate Christmas Dinner.

For more information please call 780-585-3435

Merry Christmas



FAS GAS

CHRISTMAS DRAW

**ENTER TO WIN A
NINTENDO SWITCH +
MARIO KART 8 DELUXE**

TICKETS \$10 EACH

**DRAW DATE
DECEMBER 21ST**



INDIGENOUS SMASH LEAGUE (ISL) JANUARY 20th 2024

**MASKWACIS
ERMINESKIN CREE NATION
AB, CANADA
N.O.K. COMMUNITY HALL**

Venue Fee: \$10 (waived if you bring your own setup)
ISL bracket Fee: \$10 (waived if you bring your own setup)
Open bracket fee: \$10
Youth bracket fee: FREE
REGISTRATION & DOOR OPENS: 11AM

PLAYERS MUST FILL OUT THE ISL FORM ONLINE TO REGISTER OR IN-PERSON
TOP 4 PLAYERS FROM THE ISL BRACKET QUALIFY FOR THE CHAMPIONSHIP EVERY
TOURNAMENT THROUGHOUT THE YEAR TO PLAY IN THE CHAMPIONSHIP BRACKET
IN DECEMBER.

TOURNAMENT DATES:

ISL QUALIFIER 1: JANUARY 20, 2024

ISL QUALIFIER 2: APRIL 20, 2024

ISL QUALIFIER 3: JULY 20, 2024

ISL QUALIFIER 4: OCTOBER 19, 2024

ISL CHAMPIONSHIP FINALS: DECEMBER 14, 2024

**TOURNAMENT INFO PAGE
AND ONLINE REGISTRATION**

**ISL FORM FILLOUT
FOR ISL REGISTRATION**



Ermineskin Cree Nation

WE ARE HIRING!

November 28th, 2023

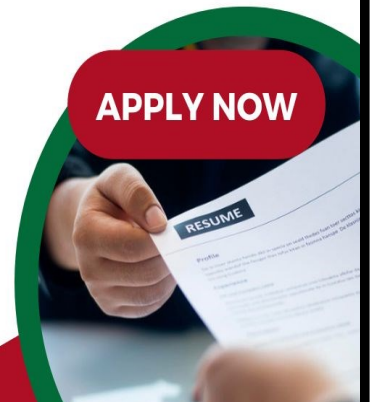
OPEN POSITIONS:

- ✓ Administrative Assistant with the Ermineskin CMHC Section 95/Property Management Department by December 12, 2023
- ✓ Director **Three Year Term** with the Ermineskin Personnel Department by December 12, 2023
- ✓ One Committee Member **Three Year Term** with the Ermineskin Pow Wow Committee by December 12, 2023

APPLY NOW

Please submit applications, resume and criminal record check to:

faith@ermineskin.ca





ERMINESKIN
Christmas
HAMPERS

@ PANEÉ MEMORIAL AGRIPLEX
MONDAY - FRIDAY
1:00PM - 6:00PM
STARTING DECEMBER 5, 2023
**** WILL NOT BE DISTRIBUTED ON WEEKENDS**

Smallboy Camp/Pigeon Lake and Bucklake will be delivered that same week to the usual drop-off points as every year.

1 PER HOUSEHOLD. Those who live on other reserves can also pick theirs up as long as you bring in a bill with your name on it. For those living in the Wetaskiwin and Ponoka regions can also bring bills or a lease stating that you're homeowners/renters.

Please be advised: for those who had applied for the gift cards, your names are cross-referenced off the hamper pick-up list.

****Lateral violence will not be tolerated.****



ERMINESKIN CREE NATION
Community
Christmas
Dinner

COME OUT BRING
 FAMILY AND FRIENDS

THURSDAY 6:00 PM
DECEMBER 21
2023
@ N.O.K. Building

MITT AND HAT DRIVE!
 BRING IN NEW MITTS AND TOQUES
 FOR KOKOMS CLOSET!

We are asking for donations of brand-new mitts or toques!

The classroom with the most items donated by **December 8th** will receive a DQ cake! The class with the most money donated will receive a popcorn party!





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.





ECN DECEMBER 2023 DISTRIBUTION

ERMINESKIN BAND MEMBERS, PLEASE BE ADVISED

ECN MEMBERSHIP AND FINANCE STAFF WILL BE HANDING OUT PCD DISTRIBUTION CHEQUES:

**DECEMBER 6TH, 2023
10:00AM - 3:00PM**

LOCATION: TO BE ANNOUNCED

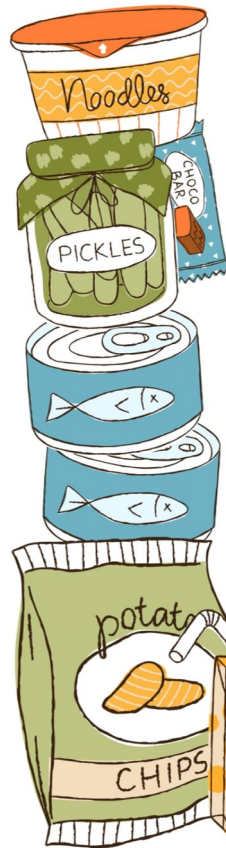
\$150 Per Person

DIRECT DEPOSIT WILL ALSO BE SENT OUT ON DECEMBER 6TH, 2023

AY HIY

ECN FINANCE
(780) 585-3741
TOLL-FREE:
1(866) 585-3941

MEMBERSHIP &
FINANCE



EES Food Drive

Please bring in non-parishable food donations for our food drive before December 20.

All items will be delivered to the Ermineskin Food Bank



Family Photos By
Appointment Only

Ermineskin Community Wellness and Recreation present:

Meet & Greet

with special guests :

SANTA CLAUS and The GRINCH

**10 MIN
TIME SLOTS**

COVID-19 PROTOCOLS
IN EFFECT, PLEASE
STAY HOME IF SICK.

****SUBJECT TO CHANGE**

**December 12th & 13th 2023
4:00pm - 9:00pm
Jim RS. Sports Building**

**Book Appointment with ECN Recreation:
(780) 585-3088**



GINGERBREAD PARADE

5:00pm on December 19th, 2023

ON-SITE
REGISTRATION:
4:00PM
JUDGING WILL
BEGIN AT
4:30PM

CATEGORIES:

1. Individual Vehicles
2. Commercial Vehicles
3. First Nation Departments

Prizes awarded to 1st, 2nd and 3rd

PARADE ROUTE:

Samson Bingo Hall Parking Lot to
Panee Memorial Agriplex

For more information,
contact:

Ermineskin Events:
(780) 585-3741

Ermineskin Recreation:
(780) 585-3088
SYSD: (780) 585-3012



Reindeer Lane

Holiday Lights Drive-thru

December 19 & 20, 2023
Panee Memorial Agriplex
6:00pm - 8:00pm

HOLIDAY LIGHTS, FIREWORKS, HOT CHOCOLATE AND CANDY BAGS!

ECN COMMUNITY WELLNESS, RECREATION AND SAMSON YOUTH & SPORTS DEVELOPMENT PRESENTS:

*SUBJECT TO CHANGE, COVID PROTOCOLS IN PLACE