



Neyâskweyâhk Acimowin ᓂᓴᓐᓴᓐ ᐱᓴᓴᓐᓴᓐ



Ermineskin Newsletter February 6, 2024

Neyâskweyâhk Acimowin Mikisiw Pîsim Nikotwâsik

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OUR TRADITIONAL TEACHINGS



and happiness. Get yourself educated, build something for yourself and share what you learn with others.”

She also highlights the importance of forgiveness on the path of healing. “We have to be able to forgive one another. There is no word for hate in our language because it’s not our way, that is not our word. Forgiveness is so important for yourself, and those around you. Your spirit

needs to let go of the hurt to heal and grow.”

To ensure our family teachings and history are being passed on, we must embrace the dynamic cycle of continuous learning and teaching. Each generation becomes both the student and a teacher, planning for our future generations like our ancestors wanted. Our people are to protect each other, learn from each other and pass down our stories of family and culture to the youth, so they can aslo know our history of where we came from.

Lilian Gladue started off the Traditional Family Parenting and Kinship presentation by making the point about how we need to take care of ourselves to be able to take care of others, “You have to reach out; what’s doable, what’s workable, and what’s going to make you happy. First and foremost, you have to be happy within. No matter what you do, do it with love

Jackie Makinaw led the afternoon session, advising how to perform proper protocol, ceremonies and smudging, and how they play an important role in our everyday lives. These traditional teaching sessions are for those who are looking to educate themselves with the guidance of an elder with the opportunity to ask questions about our culture, ceremonies and how they can be exercised in the home. We are constantly learning, and essentially learning to teach our children and grandchildren our traditional practices.

Thank you to Lilian and Jackie, Allan Morin and the E.C.N Elders Centre for hosting this Traditional Teaching Session for the parents of our Nation.

M.C.S.S HOST S.A.D PRESENTATION (SEASONAL AFFECTIVE DISORDER)



- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like “hibernating”)

On **Bell Let’s Talk Day** (January 24th, 2024), Maskwacîs Counselling and Support Services hosted a presentation on S.A.D., where they spoke about the symptoms, how to seek professional help and all the mental health resources that M.C.S.S. provides to the 4-Nation communities. Each participant received Bell Let’s Talk swag items, as well as their very own Light Therapy Lamp. After the presentation, those who attended got to participate in a sharing circle and art therapy, creating beautiful pieces they could take home.

If you need to talk to someone, Maskwacîs Counselling and Support Services is here to listen and can direct you to the proper channels on the road to mental wellness. There is also Mobile Mental Health, available 24/7.

Seasonal Affective Disorder is a type of depression that some people get during the short days of fall and winter. Many people go through short periods when they feel sad or unlike their usual selves. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring and summer when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. You may feel less motivated, sluggish, grouchy, restless or anxious. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (S.A.D.). Doctors think that having less natural light may cause S.A.D.

Your doctor may recommend **light therapy**. With light therapy, you are near artificial bright lights for a set time period each winter day. Most people do this in the morning to start the day. You should feel better soon after the start of light therapy and might have to do it continuously until the winter months pass. Your doctor may also suggest participating in more exercise or physical activities or possibly counselling and prescribed anti-depressants.

S.A.D. is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms.

- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities

DEPRESSION TREATMENT

SWEAT, SAUNA	TRAVEL	DOCTOR	VITAMINS	COMMUNICATION
PRAYER, SMUDGE	POSITIVE THOUGHTS	NATURE	MUSIC	SCHEDULE
DRUM, SING, DANCE	HERB SUPPLEMENTS, TEA	SLEEP MIN 8H	YOGA	BATH



CREE CORNER

Happy Valentine's Day Miyo Miteh Kîsikâw ᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦ



Marriage Wîkihtowin

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My Spouse Niwîkimâkan

ᑭᑦᑭᑦᑭᑦ

Lover

My Wife Nîwa ᑭᑦᑭᑦ

Sâkihakan

My Friend

His Wife Wîwa ᑭᑦᑭᑦ

ᑭᑦᑭᑦᑭᑦ

Nitôttem ᑭᑦᑭᑦᑭᑦ

I love you Kisâkihitan ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ

Roses

Okinîwâpikwânîsa

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Do you have a husband? Kitonâpemin cî ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ

My Husband Ninâpem ᑭᑦᑭᑦᑭᑦ

Heart

Miteh ᑦᑭᑦᑭᑦᑭᑦ

Her Husband Onâpemiw ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ

Are you married? Kiwîkihton cî ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ

Flowers Wâpikwanisa

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Candy Maskihkîsak

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Cree Provided by Betty Simon



PHOTO OF THE WEEK

SUBMITTED BY:
BRAYDEN OMEASOO-STEINHAUER

Brayden received two awards at the Celebration of Excellence hosted at the University of Alberta. Which recognized qualities such as learning, leadership and professionalism among pre-service teachers.

WAY TO GO!



CBC NEWS SEEKS FEEDBACK

January 26th, 2024 CBC NEWS Team members hosted a small event at the H.B.M.C. with swag items, a meal and refreshments. This event was hosted for the purpose of talking with some of the CBC media representatives about our community and what kind of coverage we would like for the 4-Nations of Maskwacîs to have in the mainstream media (radio, television, news articles, etc.). This allowed all Four Nations to give their input on certain ideas and stories they'd like to see shared.

Our Nations have many success stories of artists, musicians, educators, and so much more, as well as many historical events that are not highlighted by major news sources that deserve more recognition. A majority of media coverage highlights the negative aspects in Maskwacîs. What about the positives? We need a sense of balance when it comes to media coverage. With this event, it allowed residents of Maskwacîs to



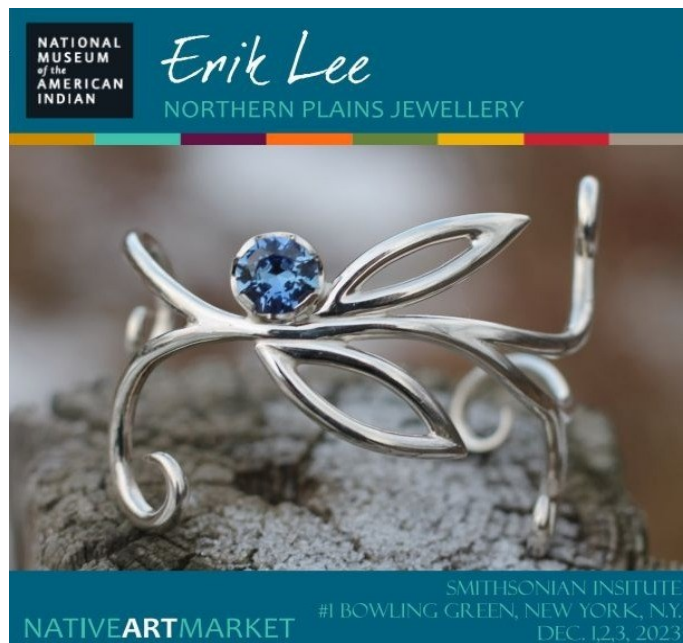
tell our own successes from our own perspectives. We have a lot of rich history and plans for a brighter future. We hope with this engagement, our success stories will finally be told from our point of view, from our own leadership and from our own knowledge keepers to share with the public.

LOCAL JEWELER RECOGNIZED IN N.Y.C

Erik Lee, a local jeweler, debuts his new collection of fine jewelry at the National Museum in New York City in December 2023. "I am excited and grateful to be attending the National Museum of the American Indian Native Art Market at the Smithsonian in Manhattan N.Y! I have new designs and am honored to be presenting with the Smithsonian again!" says Erik.

"My work is informed by the visual language and design sensibilities of the Plains Cree. Growing up in awe of my mother's beadwork and the designs, patterns and motifs in my family and Nation's art and regalia is the strongest influence on my work. Plains art and adornment are very individual forms of expression. Every piece is a statement piece, the statement being, "here I am!". While paying tribute to historical form, I also strive to innovate and bring new directions to Indigenous design. It is a living art form, just as Indigenous

cultures are living and evolving entities. I like to do my part to further the art, bring it to new audiences and share the gift I have been given."



Feedback Prompts Alberta Government to Move A.I.S.H and Income-Support Payments to Earlier Dates

The Alberta government is changing the payment schedule for people in the province who receive payments through the Assured Income for the Severely Handicapped (AISH) program and other income supports.

The change will mean that those who rely on the supports will receive their payment four business days prior to the first of the month. In a news release Friday, the province said the change is based on feedback from a recent survey of Albertans who receive AISH and income support payments. The survey results showed those Albertans wanted more time to pay their bills and to avoid any unnecessary late charges.

The province said the new payment date will begin with the March 2024 payment cycle.

“This move aims to provide people with additional time to pay rent, manage their financial obligations and avoid incurring any unnecessary late charges,” said Seniors, Community and Social Services Minister Jason Nixon.

“This is a welcome and positive change for AISH and income support recipients who are working with a fixed income,” said Joy Bowen-Eyre, chief executive officer



with the Alex Community Health Centre.

“This change means individuals who rely on these benefits can worry less about having their fixed income reduced, by avoiding and preventing any possible late payment fees.”

The province said clients will receive a notice to update any automatic bill payments when they receive their February 2024 payment. The government said this ensures that they will have the time necessary to change any automatic payments from their accounts

By Jennifer Ivanov -Global News

EETF

FOR STUDENTS WHO RESIDE OFF RESERVE AND ATTEND PROVINCIAL SCHOOLS

DID YOU KNOW EETF ASSISTS WITH THE FOLLOWING?

- ✿ SCHOOL SUPPLIES
- ✿ SCHOOL FEES
- ✿ TUTORING
- ✿ FIELD TRIPS
- ✿ BUS FEE/BUS PASS
- ✿ STUDENT TOURS
- ✿ AND MORE!

coordinator@eetfund.com
780-585-2135

In School Services and Programs

ELIGIBILITY

EETF provides funding for programs and services to beneficiaries of the Trust. Beneficiaries of the Trust are persons whose names appear or are entitled to appear on the Ermineskin Cree Nation band list (Ermineskin Tribal Citizens).

Eligibility for a program or service is limited to individuals that are not covered for the same or similar programs or services, specifically, a program or service that receives funding through other agreements. And must be living off reserve and attending provincial schools.

All EETF Programs and Services are subject to the availability of funds and the discretion of EETF in a given fiscal year.

Call or email the EETF coordinator today for more information, we are here to assist and would love to hear from you.



HOW TO COPE WITH

Grief is a natural and complex emotional response to loss. It is a universal experience that can be triggered by various situations, such as the death of a loved one, the end of a significant relationship, the loss of a job, a decline in health, or any other major life change. Grief includes a range of emotions, thoughts, and behaviors that individuals may go through as they try to come to terms with and adjust to the reality of their loss. Grief is not a linear process; it is dynamic and unique to each individual. The stages of grief, as described by the Kübler-Ross model, include denial, anger, bargaining, depression, and acceptance. However, it's important to note that people may not experience these stages in a fixed order, and some may not go through all of them.

Grieving is a personal journey, and individuals may find different coping mechanisms that work for them. It's crucial to allow oneself the time and space to grieve and

Remember, everyone copes with loss differently, and it's essential to find what works best for you. If you're struggling, don't hesitate to reach out to friends, family, or a mental health professional for support.

seek support from friends, family, elders or professionals when needed.

Coping with loss is a challenging and individualized process that varies from person to person. Whether you're dealing with the death of a loved one, the end of a relationship, or any other type of loss, it's important to give yourself time and space to grieve. Here are some general strategies that may help you cope with loss:

1) Allow Yourself to Grieve:

- Understand that grief is a natural response to loss, and there is no right or wrong way to grieve.
- Give yourself permission to feel a range of emotions, including sadness, anger, guilt, and confusion.

2) Seek Support:

- Share your feelings with friends, family, or an elder. Talking about your emotions can be therapeutic.
- Don't hesitate to seek professional help from a therapist or counselor if needed.
- If you find it challenging to cope with the loss on your own, consider seeking the help of a mental health professional. They can provide guidance and support tailored to your specific situation.

GRIEF AND LOSS

3) Take Care of Yourself :

- Pay attention to your physical and emotional well-being. Get enough sleep, eat healthily, and engage in regular physical activity.
- Avoid unhealthy coping mechanisms such as excessive alcohol or substance use.

4) Express Your Feelings:

- Write in a journal, create art, or find other ways to express your emotions. Creative outlets can be powerful tools for processing grief.

5) Give Yourself Time:

- Grieving is a gradual process, and healing takes time. Be patient with yourself and don't rush the recovery process.

6) Join a Support Group:

- Connecting with others who have experienced similar losses can provide a sense of understanding and community. Support groups offer a space to share experiences and coping strategies.



Local Grief/Loss Supports

Maskwacis Counselling & Support Services:

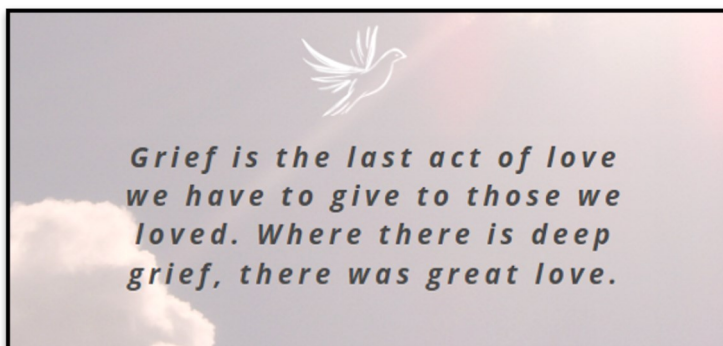
Our Therapists/Counsellors provide short term crisis intervention counselling services for 4 Nations members who are experiencing personal or family problems. In addition we provide group counselling services for family and extended families. We also offer and facilitate self help groups for Anger Management, Grief Recovery, Domestic Violence, etc... Our team is also available to provide lectures to interested community and school groups on a variety of healthy lifestyle related issues.

Call: 780-585-2268

Maskwacis Mobile Mental Health:

Maskwacis Mobile Mental Health is a registered charitable foundation! Their dedicated team provides mobile mental health crisis response through our 24/7 crisis line, serving members of Samson Cree Nation, Louis Bull Tribe, Ermineskin Cree Nation, Montana Cree Nation and Pigeon Lake First Nations.

24/7 Hotline: 780-362-2150



SPARKLE SWEETHEART COOKIES

Prep Time: 1 hour

Cook Time: 12 minutes

Total Time: 1 hour, 45 minutes

Yield: 32 cookies

These sparkle sweetheart cookies are dressed up in Valentine's Day sprinkles and a chocolate heart on top! This is a simple cream cheese drop-style sugar cookie that only requires 30-60 minutes of cookie dough chilling.

Ingredients

3 cups (375g) all-purpose flour (spooned & leveled)
1 and 1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup (16 Tbsp; 226g) unsalted butter, softened to room temperature
2 ounces (57g) full-fat brick cream cheese, softened to room temperature
1 cup (200g) granulated sugar
1 large egg, at room temperature
2 teaspoons pure vanilla extract
1/2 teaspoon almond extract*
3/4 cup (150g) sanding sugar, pink and red or assorted colors*
32 chocolate hearts, unwrapped.



Instructions

- 1) Whisk the flour, baking powder, and salt together until combined. Set aside.
- 2) In a large bowl using a hand-held or stand mixer fitted with a paddle attachment, beat the butter and cream cheese together on high speed until relatively smooth, about 2 minutes. Add the granulated sugar and beat until combined and creamy. Add the egg, vanilla extract, and almond extract and beat on high speed until combined, about 1 minute. Scrape down the sides and bottom of the bowl as needed to combine.
- 3) Add the dry ingredients to the wet ingredients and mix on low speed until combined. The dough will be thick. Cover dough tightly with aluminum foil or plastic wrap and chill for at least 30-60 minutes and up to 3-4 days. If chilling for longer than 2-3 hours, allow the dough to sit at room temperature for at least 30 minutes before rolling and baking because the dough will be quite hard and the cookies may not spread.
- 4) Preheat oven to 350°F (177°C). Line two large baking sheets with parchment paper or silicone baking mats. Set aside.
- 5) Pour sanding sugar in a bowl or, if using multiple colors, a few separate bowls.
- 6) Roll balls of cookie dough, about 1 Tablespoon of dough per cookie, then roll each ball in the sanding sugar to coat. Place each dough ball 2 inches apart on the baking sheets. Using the back of a measuring cup or drinking glass, gently press down on each dough ball to slightly flatten. Bake the cookies for 12-13 minutes or until very lightly browned on the edges.
- 7) Remove from the oven and allow to cool on the baking sheets for 5 minutes. Press a chocolate heart into each cookie and quickly stick the baking sheet in the freezer or fridge so the warm cookie does not completely melt the chocolate heart. Let the chocolate set (about 15 minutes) on the cookies in the freezer/refrigerator.
- 8) Cookies will stay fresh covered at room temperature for 1 week.

UPCOMING EVENTS/CLASSIFIEDS



COMMUNITY CALLOUT

3 YOUTH COMMITTEE MEMBERS

DEADLINE TO APPLY: FEBRUARY 15, 2024

NGCI is seeking 3 Youth who are interested in applying for the 2024 NGCI Youth Planning Committee. The purpose of this Planning Committee is to execute NGCI's 1st annual Youth & Elder Exchange and the 3rd annual Youth Business Forum. Interested **youth**, who are within the **ages 16 to 30** and are from Ermineskin Cree Nation, or live within Maskwacis, are encouraged to apply.

For general inquires or to nominate outstanding youth, contact
Brayden@ngcinc.ca



MASKWACIS PARENTS PLACE

A.S.L. AUTISM SUPPORT

Sensory Friendly

Valentine's PARTY

Feb 14th, 2024

5 - 7 pm

N.O.H. Building

Games

Refreshments

Talks

Transportation Provided
 *Please call by Feb. 12/24

INFO: CARMELLA 780-585-2254

PIGEON LAKE RECREATION CENTRE

CULTURAL TEACHINGS: STORYTELLING WITH ELDER LESTER BROWN

STARTING FEBRUARY 5TH EVERY MONDAY 5PM TO 7PM

4 NATIONS BAND MEMBERS OF PIGEON LAKE. JOIN US FOR AN EVENING OF CULTURAL TEACHINGS. FOOD PROVIDED

Maskwacis Counselling & Support Services

Let's Connect

We are here to Help - ᓄᓐᓂᓐᓂᓐ ᓂᓐᓂᓐ

PSYCHOLOGISTS AVAILABLE

Our Services

- ✓ Individual Counselling
- ✓ Indigenous Residential School & Dayscholar Support Services
- ✓ NAYOSKAN Detox & Treatment Facility
- ✓ NNADAP Support Services
- ✓ Child & Youth Counselling
- ✓ Youth Programs & Events
- ✓ Mending Broken Hearts - Grief
- ✓ Recovery Program
- ✓ Equine Therapy

FULLY CERTIFIED STAFF

Management Team
 Peyasu Wuttunee | Manager
 Janine Peigan | Administrative Assistant
 Rebecca Reindeer | Youth Program Coordinator

Mental Health Team
 C Lorne Green, MSW, RSW | Counsellor
 Olivia Buffalo, BA Psy., CYCAA | Counsellor
 Charmaine Soosay, IMSW, RSW | Counsellor
 Tina Johnson, IBSW | Counsellor

Nayoskan Team
 Gilda Soosay, IMSW, RSW, CAC2 | Team Lead
 Craig Dion | NNADAP Worker
 Brailon English | Addictions & Intake
 Leo V Bruno | NNADAP Worker

IRS Team
 Noreen Omeasoo | RHSW

CONFIDENTIAL

PROUDLY SERVING MASKWACIS FOR OVER 25 YEARS

CONTACT US
 Call us at 780.585.2268
 Text us at 780.312.5268
 @MASKWACIS COUNSELLING



TRAINING OPPORTUNITY!

WILDLAND FIREFIGHTERS

NEYASKWEYAHK WILDLAND FIRE FIGHTING GP LTD

CONTACT:

TRICIA WILDCAT (780) 585-3000 EXT. 234

EMAIL: TRICIA@NGCINC.CA

We are seeking trainees for 2024!
Driver's License
Must Be Physically Fit

Date:

April 1 - 7, 2024



NEYASKWEYAHK ART & CRAFT CLUB



LIMITED SPOTS AVAILABLE

WEDNESDAYS, 5PM-7PM

✓ Painting

✓ Crafting

✓ Drawing

Ages

6-13

REGISTER NOW

(780) 585-3088

river@erminekin.ca



MASKWACIS EMPLOYMENT CENTER

SPRING JOB FAIR

MARCH 21, 2024 THURSDAY

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



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

EVERYONE
WELCOME!

INDUSTRY REGISTRATION
www.maskwacisemployment.ca

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



Apprenticeship Prep Program: Electrician

Designed for the success of First Nations, Métis, and Inuit people, our program offers participants the opportunity to:

- Develop hands-on skills to confidently start an apprenticeship.
- Prepare for and write Alberta's apprenticeship entrance exam.
- Gain career skills, referrals to apprenticeship opportunities, and ongoing support throughout the apprenticeship journey.

No tuition required, however, accepted applicants must obtain living allowance funding from their communities or other referrals.

Program Dates (Edmonton): April 2, 2024 to July 5, 2024

Application Deadline: February 15, 2024

To apply, please call (877) 362-4771 to book and attend an info session.

The electrical component of this program is facilitated in partnership with the Electrical Industry Education Trust Fund of Alberta.

PARTNERS:



INDIGENOUS FRIENDS ASSOCIATION

INDIGITECH

MENTORSHIP PROGRAM

Technical Skills Development for Indigenous Peoples.

Full-Time 28 week Remote Learning Program in Tech and Indigenous Learning! Explore a variety of courses, including UX Design, Web Development, Digital Art and more with our comprehensive remote learning experience.

PROGRAM BEGINS MARCH 11 2024

DEADLINE TO REGISTER IS FEB 01 2024!

FREE Laptops & Digital Art Pads & more provided to program participants!

REGISTER TODAY FOR ONE OF OUR INFO SESSIONS AND JOIN OUR NEXT COHORT!

✉ mentorship@indigenousfriends.org
 🌐 www.indigenousfriends.org





NOTICE: DATE CHANGE

Ermineskin Cree Nation & Kanawemahwasowin Kamik, Inc.

INVITE ALL ECN CITIZENS TO ATTEND:

ECN/KKI Law-Making Information Session

WITH ANDRE BEAR, INDIGENOUS NATION REBUILDING INC.




POSTPONED UNTIL FURTHER NOTICE


Kanawemahwasowin Kamik (NOK)
 Ermineskin Cree Nation - Maskwacis

AN EDUCATIONAL SESSION ON BILL C-92 AND THE PRACTICE OF TRADITIONAL LAW-MAKING BASED ON OUR INHERENT RIGHT TO SELF GOVERN

Contact: Michelle at 780-585-3721
 Lunch will be provided at 12:00PM

Please be aware that this session will be recorded to preserve all information





ELEMENTS






FIRETACK INC.

FIRETACK MEMBER TRAINING

April 1st - 7th, 2024 Pioneer Ranch Rocky Mountain House

- Physically fit and a hard worker
- Team player and can take direction well
- Class 5 is an asset

Send your resume to elementsfiretack@gmail.com
 Call or Text 780.312.6124
 Open to until March 15th, 2024



GOOD FOOD BAGS

FRESH FRUIT & VEGETABLES

\$20.00 / BAG

Deadline to order: February 13, 2024
Pick - Up: February 22, 2024

CONTACT KAYLA @ MASKWACIS HEALTH PROMOTION TO ORDER!
 780-585-2266




NEVER MISS AN UPDATE

News & Events | Documents | Job Postings

DOWNLOAD NOW





GET IT ON 

Download on the 

- 1 Scan the QR code above or visit the App Store or Google Play Store and Search 'Ermineskin Cree Nation'
- 2 Tap 'Register' under 'Member Login'
- 3 Fill out your information and press 'Register'
- 4 Click the verification link sent to your email inbox



ERMINESKIN CREE NATION

FAMILY DAY CELEBRATION

FEB. 19TH, 2024

COME OUT AND ENJOY THE FESTIVITIES WITH YOUR FAMILY!

This event is about creating lasting memories with your loved ones. Join us for a fun-filled day with movies, skating and even FIREWORKS!

Food and refreshments will be provided as well

PLEASE DRESS FOR THE WEATHER

CONTACT:
(780) 585-3088

- ✓ **MOVIE @ NOK Building**
1:30pm - 3:00pm & 4:00pm - 6:00pm
- ✓ **PUBLIC SKATE @ EGN ARENA**
1:00pm - 3:00pm
- ✓ **WAGON RIDES @ JIM RS BLDG.**
1:00pm - 6:00pm
- ✓ **INDOOR ACTIVITIES @ JIM RS BLDG.**
1:00pm - 6:00pm
- ✓ **FIREWORKS @ NOK Building**
7:00pm Start

TRAINING OPPORTUNITY

FRONTLINE & ADMINISTRATIVE SUPPORT TRAINING

PROGRAM STARTS: February 26, 2024
Deadline to Apply: February 16, 2024

This program will introduce learners to the foundational skills required to excel in their frontline administrative and/or support roles, and to provide outstanding service to internal and external clients alike. Key learnings of this training program include:

- Professional communications
- Customer service
- Interpersonal skills
- Being an Administrative Rock Star
- The Power of Being Proactive
- Working Remotely and Virtually
- Records and Information Management
- Event Support and Management
- Productivity
- Processes
- Project Management
- Resume Writing & Interview Skills™
- Innovative Job Search techniques
- Computers 101
- **And more!**

15 SPOTS AVAILABLE!

For training inquiries, please call:
N.E.S.T
780-585-0191

ERMINESKIN CREE NATION
CHANNER
CONSULTING & TRAINING



Ermineskin Public Works

DO NOT DUMP YOUR GARBAGE!

ATTENTION ECN CITIZENS:

Please REFRAIN from throwing your trash on the sides of the road or in the ditches. Our operators have been finding bags of trash and have noticed an increase in littering within the community.

We know the names of the culprits, as they have pieces of mail with their full names on it in the trash bags.

STOP LITTERING IN THE COMMUNITY. LET'S PROTECT MOTHER NATURE.



MASKWACIS ANONYMOUS ANIMAL CONTROL SURVEY

Open to Band Members from Samson Cree Nation, Ermineskin Cree Nation, Montana First Nation & Louis Bull Tribe on & off reserve

Maskwacis Cree Tribal Council (MCTC) has launched a survey to gather opinions from nation members on safety and animal bylaws within the 4 nations. The feedback received will be instrumental in making informed decisions about animal care services in the 4 nations of Maskwacis. Your participation in this survey will help shape the future of animal welfare in the area, and your valuable insights are greatly appreciated.

TO COMPLETE SURVEY

SCAN ME

[HTTPS://FORM.JOTFORM.COM/233236378056257](https://form.jotform.com/233236378056257)

CLICK HERE

INQUIRIES?

Contact Us
780-585-0016

Visit Our Facebook
Maskwacis Cree Tribal Council