



ERMINESKIN WELLNESS WEEK



Ermineskin Brighter Futures hosted a Wellness week open to everyone which included services such as Massage, Reflexology, Acupuncture, Facials and Ear Candling. The event was hosted to promote self-care and personal wellness. Huge thank you to brighter futures for providing these amazing wellness practices to our community!



Take the time today to love yourself. You deserve it.

AVINA CELESTE

Shutterstock

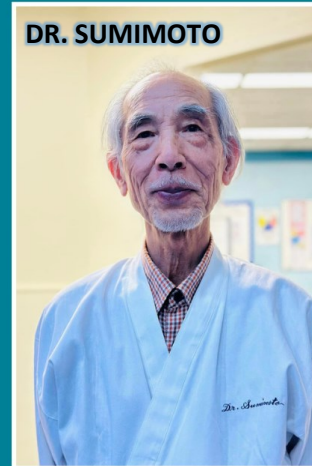
TAMMY CACHO COYOTE



KRYSTAL GLADUE



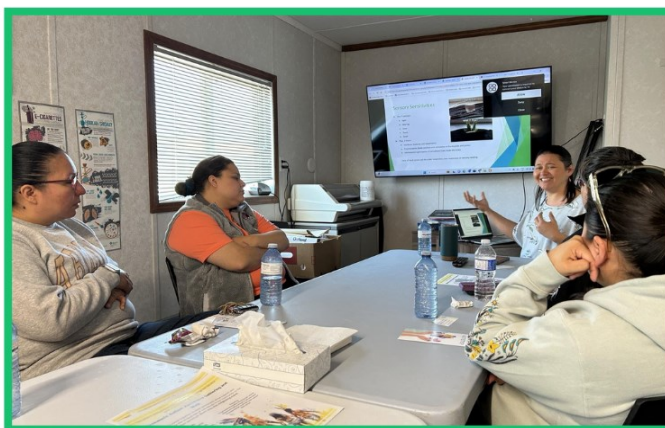
DR. SUMIMOTO



WORLD AUTISM AWARENESS

Maskwacis Health Services hosted an event on April 23, 2024 to promote awareness of Autism. Autism Awareness refers to efforts aimed at increasing public understanding, acceptance, and support for individuals with autism spectrum disorder (ASD). These awareness initiatives seek to promote empathy, inclusion, and support for the diverse needs and experiences of individuals on the autism spectrum.

Morine Rossi a Program Manager at Autism Edmonton provided a presentation on the different sections of the Autism Spectrum and the different ways one can be affected by it. She explains that autism deeply affects the five (5) senses. Depending on which sense and how much it affects you will determine what part of the spectrum a person is associated with. The presentation went more in depth with other topics such as early detection, sensory sensitivities and support services available.



Overall, Autism Awareness is essential for building a more inclusive and supportive world where individuals with autism can thrive, participate fully in society, and reach their full potential. By increasing awareness, understanding, and acceptance, we can create a more compassionate and inclusive society for individuals with autism.

Maskwacis Autism Awareness Gathering and Walk will be on Tuesday May 7, 2024 at the Neyaskweyâhk Okimaw Kamik (N.O.K Building). Open to all Four Nations. Please **Email: tierney1@ualbert.ca to register!**

LOCAL HOCKEY PLAYER ON HER WAY TO NATIONAL CHAMPIONSHIPS!

Miika Cutknife is an elite athlete that is participating in this year's National Aboriginal Hockey Championship. Miika started her hockey journey as early as the age of two (2) to learn how to skate. Although it was not her favorite activity at that such a young age she continued to skate and began playing organized co-ed hockey at the age of four (4) years old. Miika explains that her mother (Christa Ermineskin) and father (Tyler Cutknife) have always had a family background of hockey. She was unsure at the beginning of her journey if she was going to be serious about hockey. The more she played throughout the years she made the decision this was what she wanted. Especially looking up to a role model like Brigette Laquette who is a Pro Hockey Player from Cote First Nation Saskatchewan who was the first Indigenous Women to make the National Team.

Miika adds, *"I've also looked up to my friend, Tatem Starlight-Yellowfly, she made her way into the female AA/AAA stream when she was 13 years old down in Calgary and will be making her way down to play NCAA Division 1 for Linden University next fall. I've had the chance to train with her the last off-season and she pushed me to work harder, stay disciplined with my training all summer so that I would earn my spot on the U18AA roster."*

Some of the hardships she had faced throughout her hockey journey were living up to such high expectations and demanding schedules. *"Team/Coach rules and expectations are very strict, and they must be followed, it's taught me to be accountable. We have 3 practices per week with workouts before, 2-3 games on weekends so it was a big adjustment and a lot of time in the vehicle the last two seasons. The higher level you get to, the less you see First Nations on your teams. I grew up playing with the boys, there was always just myself or 1-2 other girls on the team, so just learning to be respected and accepted is one thing to overcome. At the end of the day, you're like a little family. The girls/boys and parents become close knit and I've developed close friends through it all and parents always check in to see how I'm doing and come watch when they can."*

The athlete also speaks about her most memorable moments in her career, *"After I got denied when I was 13, my mom would take me to different skills camps throughout the season and my dad got me working with a personal fitness trainer that specialized in hockey athletes, he pushed me hard all sum-*

mer. Before the tryouts my mom and I talked about moving up to play forward, so she signed me up as a forward. My mom encouraged me to write down my goals and keep working at them, I still have the paper in my room, 'I want to make U15AA and play for the North Central Impact', it was a month-long tryout but worth it, because I GOT IT!"

Miika gave some words of encouragement for those who are wanting to start their hockey journey as well, *"What I've learned in my journey is that 'It's not easy - you have to work for it'. My Mom Randy (Ermineskin) always encouraged my mom and her siblings, 'to write down your goals - short term, long term and keep working at them'. Last summer on a piece of paper I wrote down 'I am going to make the NCI U18AA team and make Team Alberta.' It was on my wall all summer to remind me why I'm working hard. It's a lot of sacrifice from hanging out with friends or going on vacations, but you have stay disciplined and it'll pay off. When I'm not training for hockey, I am busy doing my schoolwork - I hope to one day get an opportunity for a college/university scholarship and continue playing. Surround yourself with people that are going to encourage and support you to reach your goals."*



AGING WELL BOOKLET COMMUNITY LAUNCH (Maskwacis)

In 2018, The Sohkitehew (Strong Heart) Group held Aging Wellness sharing circles in the communities of Pigeon Lake and Maskwacis. The wisdom, knowledge and strategies in this booklet came from the women who attended those events.

They came to Ermineskin to share their booklet today with the public. The community Research Assistant Luwana Listener gave the presentation along with many of the Elder women that were involved in the creation of the booklet.

Those Elders from the Sohkitehew Research group that were present were Rose Makinaw, Lynda Omeasoo, Phyllis Potts, Rosie Roan, and Mary Moonias.

There are many quotes, lessons and advice for women on aging gracefully in the booklet, it is full of knowledge to help guide a woman through that stage in their lives, and through out their life. One exercise that they gave to the participants was a Medicine Wheel Check In: Live in Balance worksheet to think about and fill out. Asking them to think about those four areas of their lives, Spiritual Health, Mental Health, Emotional Health, and Physical Health. To gage how they were doing in each area, think of where they have balance and what they need to put more focus on .

Rose Makinaw commented on working with the other ladies for the booklet, "It was good for all us old ladies, we got to talk to each other. It was such a learning experience to hear all the ladies, on how they approach aging".

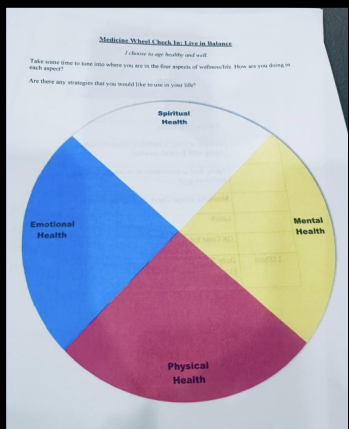
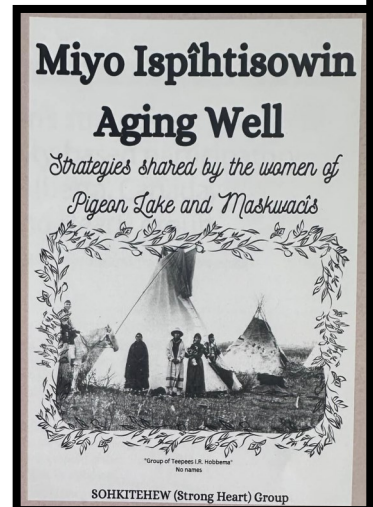
Feed back from those attending the presentation was Janine Wildcat, she shared " **I just have to commend you all for doing this work and this research, it took you guys a lot of time; and it is something that is going to benefit a lot of women like myself.** One thing that I learned is finding our own cultural ways to move forward as we age. I was going



through all these avenues to health and wellness, but it was not our practices, and it wasn't working and I kept falling off my path, and so, I think, a way to make it more meaningful for me was to connect it to my indigeneity. And, this is exactly what it does, and so I am so grateful for this, because it was made by Maskwacis women for Maskwacis women; and that is something that is really needed for a women like me". **The booklet is available at the Maskwacis Health Center, and you can get your own a digital copy by scanning the QR Code below.**

Their next presentation will be in PIGEON LAKE MAY 2ND, 2024

Scan me to get digital copy



Elder: Rosie Roan



Elders: Lynda Omeasoo, and Rose Makinaw



Elder: Mary Moonias

Red Dress Day 2024

Red Dress Day is an event observed on May 5th of every year to raise awareness about missing and murdered Indigenous women, girls, and Two-Spirit people (MMIWG2S). The red dress has become a symbol of remembrance and solidarity, representing the lives of those who have been lost or gone missing. Red Dress Day aims to draw attention to the disproportionate rates of violence, disappearance, and homicide experienced by Indigenous women, girls, and Two-Spirit people in Canada. It seeks to honor the memory of those who have been lost and advocate for justice, accountability, and systemic change. It also serves as a platform for raising awareness about the root causes of violence against Indigenous women, including colonialism, systemic racism, poverty, misogyny, and intergenerational trauma. It amplifies the voices of Indigenous communities and advocates for systemic change to address these issues.

The red dress serves as a powerful symbol of remembrance, resilience, and solidarity. It represents the bloodshed, resilience, and



strength of Indigenous women and serves as a visual reminder of the ongoing struggle for justice and healing.

Calls for action at individual, community, and institutional levels to address the root causes of violence against Indigenous people. This includes calls for justice for victims and their families, improved support services, culturally appropriate programming, and meaningful engagement with Indigenous communities in policy development and decision-making processes. Red Dress Day advocates for policy changes and legislative reforms to address gaps in the justice system, law enforcement practices, child welfare systems, and other institutions that contribute to the vulnerability of Indigenous women and girls to violence and exploitation.

This day is not only a one-day event but part of a broader movement for social justice and human rights. It calls for sustained action, advocacy, and allyship throughout the year to address the systemic issues that perpetuate violence against Indigenous women, girls, and Two-Spirit people. Red Dress Day is a emotional reminder of the ongoing crisis of missing and murdered peoples and the urgent need for collective action to address this injustice and honor the lives of those who have been lost.

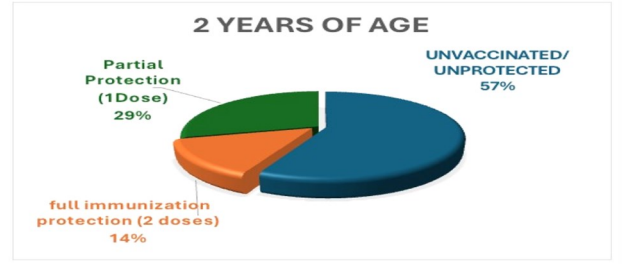
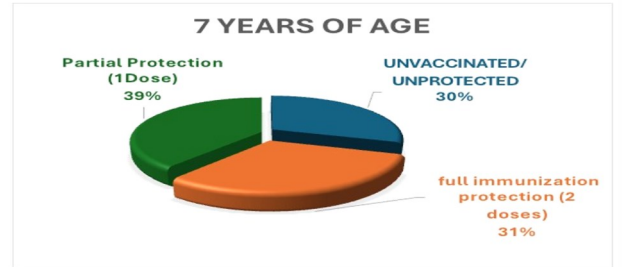
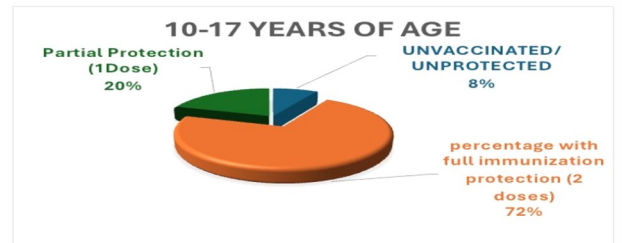
**WEAR RED
ON MAY
5TH**

**National Day of
Awareness for
Missing and Murdered
Indigenous Women
and Girls**

2023 Stats Info for Measles Vaccination

2023 Statistical Information for the Measles Vaccination Rates of the Community of Maskwacis.

Measles is highly contagious, it spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, up to 9 out of 10 people around him or her will also become infected if they are not protected. It's important to get Immunized against Measles, so you can protect yourselves and others around you. Please Call Community Health (780-585-2266 to book an immunization appointment or ask to speak to the Immunization Nurses to find out if you or any of your children are due for immunizations.



Local Artists Perform at Gathering of Nations 2024

Gathering of Nations is one of the biggest Powwows, where tribes from all over the world come together to celebrate. This year, Nathaniel Mykat and Ian Ermineskin had the amazing opportunity to perform to a crowd of all different Nations. "It was an amazing experience being able to take part in one of the biggest aboriginal hip-hop/rap shows out in New Mexico. I got the opportunity to meet many of indigenous artists from different tribes all around North and South America and some from as far as Poland. The energy being around many inspired artists who are also out there trying to make a name for themselves and show the world their talent is very uplifting and is also boosting my motivation to continue doing what I love doing the most." It is always a

huge win for our Ermineskin Youth when we see each other succeeding. It is so important

for us to support one another as well, whether you are an artist, a musician, an athlete or even just making it to graduation, a win is a win!



Administrative Professional Day!

April 24 is National Administrative Professional Day! Ermineskin Cree Nation celebrated all our amazing staff that are in the field. Staff members received a gift box with various items as well as a meal, courtesy of E.C.N Finance Department

On behalf of Ermineskin Cree Nation, you are appreciated!



LANA PICHE



PHILLIP COYOTE



CRYSTAL CUTARM

UPCOMING EVENTS/CLASSIFIEDS



Ermineskin Cree Nation

WE ARE HIRING!

April 29th, 2024
OPEN POSITIONS:

- ✓ Director *Three Year Contract* with the Ermineskin Personnel Department
Closing Date: April 29th 2024
- ✓ Office Clerk with the Ermineskin CMHC/ Property Management Department
Closing Date: May 1st, 2024
- ✓ Case Management Worker with the Ermineskin Neyaskweyâhk Human Services (NHS) department
Closing date: May 10th, 2024
- ✓ Two (2) Crisis Intervention Workers – One Permanent/One Casual with the Women's Shelter (EWSS)
Closing Date: May 13th, 2024
- ✓ Executive Assistant with the Ermineskin Parks and Recreation Department
Closing Date: May 13thth 2024
- ✓ Program Aide/Driver with the Ermineskin Parks and Recreation Department
Closing Date: May 13th 2024
- ✓ Custodian/Janitor with the Ermineskin Parks and Recreation department
Closing Date: May 13th 2024
- ✓ Grader Operator with the Ermineskin Public Works department
Closing Date: May 13th 2024

APPLY NOW

Please submit applications, resume and criminal record check to:

faith@erminekin.ca



You're Invited!

EWSS Annual General Meeting May 9th, 2024

NOK Building
10 am to 12 pm

Let's welcome all new beginnings



SAFETY FIRST.



A REMINDER TO PARENTS PLEASE SUPERVISE YOUR CHILDREN AT THE SKATE PARK AND ENSURE THEY HAVE PROPER PROTECTIVE GEAR (HELMETS, PADDING, PROPER SHOES, ETC.)

HAVE FUN, BE SAFE.

ERMINESKIN IS NOT RESPONSIBLE FOR ANY ACCIDENTS THAT HAPPEN AT THE SKATE PARK.



Volunteer Call-Out

ECN Elders Department is looking for dedicated and compassionate individuals interested in volunteering with us!

JOIN OUR TEAM TODAY!
FILL OUT OUR VOLUNTEER FORM
or call the ECN Elders Centre



Areas of Volunteer Work:

- ✓ Fundraising
- ✓ Kitchen Meal Prep
- ✓ Arts and Crafts
- ✓ Medicine/ Berry Picking
- ✓ Exercise (Yoga, etc.)
- ✓ Field Trip Chaperone
- ✓ Hair Dressing
- ✓ Cultural Practices (Smudge, Sweats)

For the qualification & more information :

(780) 585-3435

(Allan Morin)

SEE FULL LIST ON THE ECN WEBSITE!

www.erminekin.ca/elders

150 PARTICIPANT CAPACITY

SUBJECT TO CHANGE. COVID PROTOCOLS.

ERMINESKIN MOTHER'S DAY CELEBRATION

**LIVE ENTERTAINMENT
PHOTO BOOTH · MESSAGES
AND GAMES**

**May 9th, 2024
10:30am - 2:00pm
Location: Ermineskin Arena**

**THIS EVENT IS FOR MOTHERS ONLY.
NO CHILDREN OR SPOUSES PLEASE.**

**REGISTRATION ON SITE
For more information contact Community Wellness:
(780) 585-3741**

In collaboration with Ermineskin Recreation,
Community Wellness, Brighter Futures and Events Dept.



Ermineskin Cree Nation is not responsible for any loss, theft, accidents, injury, forces of nature or vandalism.

**MAY 24 -26 2024
WORKING
THROUGH
ADVERSE
CHILDHOOD
EXPERIENCES
(ACE)**

**Location: TBA
Transportation Provided Upon Request**



**3 DAY
WORKSHOP
TRAUMA
INFORMED
FACILITATION**



Register Today

**LIMITED SEATING
12 PARTICIPANTS
18 + AGE**

**ERMINESKIN BRIGHTER FUTURES
futuresbrighter@yahoo.com
780.585.2000 780.585.2900**

WORKSHOP DAILY 9AM TO 3PM

Maskwacis Cree Tribal Council



YOUNG WARRIORS PROGRAM

ACTIVITIES

- Motivational Speakers
- Cultural Teachings
 - Build Sweats, Build Tips
- Regalia Making
- Drum Making, Rattle Making
- Singing
 - Sweet Songs, Tea dance Songs, Sundance Songs, Pow wow Songs, Wake Songs, Hand game Songs
- Cultural Awareness
 - Attend: Sweats, Sundance, Feasts, Pow wows, Wakes, Rights of Passage
- Mentorship
- Medicine Harvesting
- Story Telling

OBJECTIVES

- To teach through the guidance of Natural Law
- Building a strong foundation to live the Nehiyaw way
- Reconnecting to our old teachings to instill stronger belief through the lense of a youth coordinator

TARGET AUDIENCE

- Boys Ages 10-17 Years Old

BARRIERS TO OVERCOME

- Parental/ Guardian Support
- Community Support

CULTURAL YOUTH FACILITATOR

DYLAN LIGHTNING 1-780-860-8359

www.info@mctc.ca



**SPRING CLOTHING
DONATION
FOR HOPE MISSION**



DROP-OFF LOCATION -SHELTER

Hope Mission is looking for clothing donations such as: T shirts, shorts, sandals, running shoes, hats, sunscreen, bug spray, backpacks, socks, underwear, personal hygiene products (tooth brushes, tooth paste, hair brushes or combs, hair ties, etc.), colouring books, and art supplies

You can drop donations off anytime at the shelter. We have staff on sight 24 hours a day, 7 days a week.

POST-SECONDARY
SUMMER
Work Experience
PROGRAM

2024

S.W.E.P. is for Full-Time, Post-Secondary Ermineskin Students who are in college or university. INAC Summer Work Experience Program's goal is to support activities and training that will assist students in acquiring the essential skills that will help them gain employment, function well in the workplace and learn about job/career options.

MAY 21ST - AUGUST 26TH
2024

REQUIREMENTS:

- Ermineskin Band Member
- **Ages: 18-30 Years**
- Full-time Post-Secondary Student
- **Must work Monday to Friday, 8:30am - 4:30pm**
(14 Week In-Person Work Placement)
- MUST HAVE RELIABLE TRANSPORTATION
- Must Provide SIN #
- Provide unofficial transcripts

APPLY NOW

- ☎ (780) 585-4006
- ✉ millie@ermineskin.ca
- 📍 Ermineskin P&R Building
(Across the Admin Building)

DEADLINE TO APPLY: MAY 16TH, 2024

ONLY 6 SPOTS AVAILABLE
(3 MALE & 3 FEMALE)



IMPORTANT NOTE:

1. Applications are **ONLY AVAILABLE AS A HARD COPY.**
2. Applications can **ONLY BE SUBMITTED AS A HARD COPY.**

SOHKITEHEW (STRONG HEART)
RESEARCH GROUP

Presents

AGING WELL
BOOKLET
COMMUNITY LAUNCH
CELEBRATION

In 2018, The Sohkitehew (Strong Heart) Group held Aging Wellness sharing circles in the communities of Pigeon Lake and Maskwacis. The wisdom, knowledge and strategies in this booklet came from the women who attended those events.

DATE

THURSDAY
MAY 2, 2024



LOCATION: PIGEON LAKE RECREATION CENTER

10.00 AM - 1.00 PM

Lunch and refreshments provided

YOU ARE INVITED!

Miyo Ispîhtisowin
Aging Well

Strategies shared by the women of Pigeon Lake and Maskwacis



This community-led booklet is a part of a research study, Increasing Mature Women's Wellness in an Indigenous Community. The Sohkitehew (Strong Heart Group) in collaboration with the University of Alberta and the University of Calgary.



Ermineskin
Property Management

ERMINESKIN TRADES CENTRE
TENANT AGREEMENT
UPDATE

Attention Sub Division Occupants:
MAY 6TH - 9TH, 2024

EPM NSD & Rural Band Unit Coordinator will be going house to house in the NSD to get the Tenant Agreements updated and signed by the occupants.

Occupants that do not return the Tenant Agreements completed and signed will have service calls suspended until the Tenant Agreements are completed, signed and returned.

Thank you,
Ermineskin Property Management



ermineskin.ca/property-management

For more info!
☎ **780-585-3886**

Mother's Day
Poker Walk

Ladies, join us for a day of walking fun in the sun & learn about healthy living.

May 11, 2024

Education 10:00 – 2:00 pm Barbecue

MHS Health Center
Green space area

First 150 ladies
accepted

For more info? **780-585-2266 Ext. 2442**

Walking Fun



Prizes



Ermineskin Pow-Wow Committee



VENDOR APPLICATIONS

MAY 31ST TO JUNE 2ND, 2024

ermineskinpowwowcommittee@gmail.com

Ermineskin Pow-Wow Committee is now accepting vendor applications for our summer competition pow-wow. Only vendors who complete the application process will be contacted.

Committee Members: Andrea Mackinaw, Teresa White, Shinea Small, Kaylene Bruno & Eugene Coyote

Ermineskin Community Wellness Presents:



GRIEF WORKSHOP

Understanding Healthy Grief

May 29th - 30th, 2024

9:30am - 3:00pm

Location: Huckleberry Ranch Room

Wetaskiwin

Topics of Discussion:

- | | |
|------------------------|-----------------------|
| Neurological Processes | Connection/Compassion |
| Anxiety | Love/Healing |
| Depression | Range of Emotions |

**INCENTIVES
OFFERED TO
FIRST 30
PARTICIPANTS**

To Register, contact:

Community Wellness (780) 585-3741