

Local Artisan Presented Gift to Royal Family

Local artisan Deidre Makinaw, from the Ermineskin Cree Nation, has had the incredible opportunity to create multiple treaty medallions for various nations across Canada over the past few years. Deidre learned to bead at a young age from her late mother. Although she was taught the craft when she was just ten years old, she began beading again in 2010. ***“I picked up a needle in 2010 and haven’t stopped since. I’m self-taught in everything I do,”*** Deidre shares. She explains how she prepares mentally and spiritually to create such significant pieces and discusses the discipline required to complete them. ***“I usually time myself with the first piece to see how long it takes me, and then I set a goal time for subsequent pieces.”*** When she faces burnout or lack of inspiration, she typically takes a two-day break, cleans her workspace with smudge, and returns to her creations. ***“Talking with my other beading friends helps; they know exactly what to say when I need encouragement.”***

In August 2021, a significant opportunity arose when Deidre's name was presented to M.K.O. (Manitoba Keewatinowi Okimakanak Inc.) Grand Chief Settee. MKO is a non-profit, political advocacy organization that provides a collective voice on issues of inherent, Treaty, Aboriginal and human rights for the citizens of the sovereign First Nations we represent. The MKO First Nations are signatory to Treaties 4, 5, 6 and 10. This introduction has since led to numerous opportunities for her.

A friend of Deidre had beaded a medallion for Grand Chief Settee and was approached to create 27 more. However, she declined due to her studies and rec-

ommended Deidre. By that time, a public post had been made, and many people expressed interest in the project. Deidre was asked to complete one medallion and send it as soon as possible. After successfully sending the first piece, she was selected to create the remaining 26 medallions, giving her 7-8 months to complete them.



DEIDRE MAKINAW

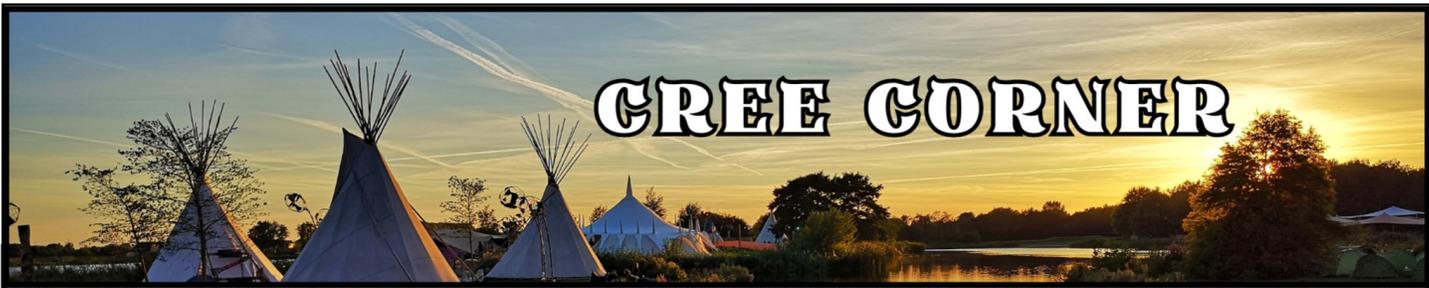
About a year later, Deidre was commissioned to create additional pieces for MKO, including a special medallion for Prince Charles. Her work is now recognized by His Majesty King Charles III. It holds deep cultural and artistic significance for the communities associated with Treaties 4, 5, 6, and 10. This significance goes beyond mere decoration; it encompasses identity, history, and spirituality.

The Treaty Symbol Medallion serves as a powerful emblem of Indigenous sovereignty and history, symbolizing the ongoing relationship between Indigenous peoples and settler governments. It is often used to represent the commitments made through treaties, which are agreements between Indigenous nations and colonial or settler governments regarding land, rights, and mutual responsibilities.

Deidre embraces her passion for beadwork every day, and she wishes to encourage others to keep creating as well. The work we do through beadwork is a powerful reflection of our identity as Indigenous peoples. It’s a beautiful way to express our culture, community, tradition, and who we are. Remember, time and patience are vital elements of this craft, and every bead tells a story. We truly need more beaders in our community, so keep beading and never feel discouraged. Your creativity matters, and you can inspire others along the way.

Photo’s provided by: Deidre Makinaw





CREE CORNER

PIG-KOHKÔS

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SHEEP-MAYATHK

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FARM ANIMALS



HORSE-MISATIM

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COW-MOSTOS

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ALZHEIMER'S

Awareness Month

JANUARY 2025

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EMOHCOKIHKAT



Attention

NEXT ISSUE

February 5, 2025

Submission Deadline:

January 31, 2025

kayla@erminekin.ca

NATIONAL RIBBION SKIRT DAY



"Three Generations Ribbon Skirt" sewn by Melody Cardinal and photographed by Darlene Hildebrant. (File photo)

National Ribbon Skirt Day, observed annually on January 4th in Canada, celebrates the ribbon skirt—a traditional garment symbolizing the strength, resilience, and cultural identity of Indigenous women. The first initial celebration took place in 2023. The day was inspired by Isabella Kulak. Kulak is a young girl from Cote First Nation in Saskatchewan, whose story became a symbol of Indigenous pride, resilience, and cultural awareness. She gained national attention in December 2020 when she wore a traditional ribbon skirt to her school's formal event. Isabella's handmade ribbon skirt, a apparel rich in cultural and spiritual significance, was criticized by a staff member at the event, who deemed it inappropriate compared to the more formal attire of others. Isabella Kulak's courage in proudly wearing her ribbon skirt and her family's advocacy have led to greater awareness of the significance of cultural expression.

The incident brought attention to the lack of understanding and respect for Indigenous cultures within educational institutions and other public spaces. Isabella's story sparked widespread support for recognizing and honoring Indigenous cultural traditions. In 2023, Canada officially declared January 4th as **National Ribbon Skirt Day**, a day to celebrate Indigenous culture and the significance of ribbon skirts. She became a symbol of resilience, inspiring others to embrace their herit-

age and stand against discrimination. Her story continues to raise awareness about the importance of respecting and valuing Indigenous traditions.

Minister Wilson: Ribbon skirts are 'powerful symbols of strength, identity and survival'

Jan. 4, 2025 was the third annual National Ribbon Skirt Day in Canada.

"Today, we acknowledge National Ribbon Skirt Day, a day that honours the strength, resiliency and identity of Indigenous women, girls and two spirit plus (2S+) people," said Minister of Indigenous Relations Rick Wilson in a

press release.

"This day was inspired by the courageous story of Isabella Kulak, a young girl who faced discrimination for wearing her ribbon skirt to school. Her story has become a symbol of pride and a call to action for everyone to recognize and respect Indigenous practices," said Wilson, who is also the MLA for Maskwacis-Wetaskiwin.

"Ribbon skirts are not only beautiful, they are also powerful symbols of strength, identity and survival. They represent a direct connection to Mother Earth and its sacred medicines, embodying the deep spiritual and cultural ties Indigenous women, girls and 2S+ people have with their heritage.

Wilson stated the province remains committed to supporting Indigenous women, girls and 2S+ people through various funding programs, including the Indigenous Reconciliation Initiative and the Community Support Fund.

"I am proud to share Isabella's story in a call to stop the racism and inequality that many Indigenous people continue to face, and to encourage everyone to walk along the path of meaningful reconciliation together."

- Quotes from *The Pipestone Flyer*

Art Gallery of Alberta Appoints New TD Curator of Indigenous Creativity

Edmonton, AB – The Art Gallery of Alberta (AGA) has announced Alaynee Goodwill-Littlechild as the new TD Curator of Indigenous Creativity. This role strengthens Indigenous voices in the arts, fosters belonging, and celebrates the past, present, and future of Indigenous creativity.



Alaynee Goodwill-Littlechild is the newly appointed TD Curator of Indigenous Creativity at the Art Gallery of Alberta.

Supported by TD’s Ready Commitment, this position enhances exhibition development, collections acquisitions, public programming, and community engagement with artists and organizations across Canada. It underscores TD’s dedication to arts and culture that reflects diverse voices.

“This initiative amplifies Indigenous knowledge as both rooted in history and essential to our future,” says Catherine Crowston, AGA Executive Director and Chief Curator. “TD’s multi-year funding demonstrates leadership in the sustained support of our country’s art organizations as they strive to make transformative change.”

With over 20 years of experience, Alaynee Goodwill-Littlechild is celebrated for integrating Indigenous perspectives in community outreach, arts programming, and collaborations with artists and cultural groups both in and around

Edmonton. Her creative practice spans beadwork, quillwork, parfleche painting, and ledger art, with her work featured in national and international exhibitions and special events.

“I’m honoured to step into this role,” says Alaynee. “I am committed to sharing, preserving, and uplifting Indigenous creativity in collaboration with TD and the AGA. Together, we advance this vital work.”

In her new role, Alaynee will develop exhibitions and programs that spotlight Indigenous, First Nations, Inuit, and Métis artists, forging connections with local and national audiences. As a member of the AGA Equity Committee, she will further inclusion, access and engagement in the arts. Her leadership will shape how we support contemporary Indigenous creativity and knowledge, and nurture future generations of artists and curators. - *Alberta Native News*

ALZHEIMER'S DISEASE

Alzheimer's disease is a progressive neurological disorder and the most common cause of dementia. Raising awareness about Alzheimer's is essential for early detection, better care, and advancing research toward prevention and treatment. This month is Alzheimer's Awareness Month.

Indigenous people across the country face significant barriers to dementia diagnosis and treatment. A recent report from the Alzheimer Society of Canada estimates that in 2020, there were approximately 10,800 individuals of Indigenous ancestry living with dementia in Canada.

By 2050, this number is expected to increase by 273%, reaching around 40,300.

We stand in support of every individual and family affected by this condition.

Researchers are studying how to detect Alzheimer's disease (AD) early, the genetic links to it, lifestyle changes that can help, and advanced treatments. They used data from Statistics Canada and the First Nations Regional Health Survey to figure out the risk of AD linked to modifiable factors like low education and vascular health among Indigenous and non-Indigenous people in Canada. Physical inactivity had the highest risk linked to AD, with 32.5% for Indigenous people and 30.5% for non-Indigenous people. Indigenous communities, especially those on reserves, faced higher risks for most factors, particularly low education and smoking, which were about 10% higher than for non-Indigenous individuals.

Overall, the combined risk for AD from all six modifiable factors was 79.6% for on-reserve Indigenous people, 74.9% for off-reserve Indigenous people, and 67.1% for non-Indigenous people. All differences were significant at $p < .001$. Efforts to prevent AD focus on promoting brain health through a healthy diet, exercise, mental activities, and managing chronic health conditions.

What is Alzheimer's Disease?

Definition: Alzheimer's is a brain disorder that slowly destroys memory, thinking skills, and the ability to perform daily tasks.

Progression: It typically begins with mild memory loss and advances to severe cognitive and functional impairments.

Causes: The exact cause is not fully understood, but it involves abnormal deposits of proteins in the brain (amyloid plaques and tau tangles) that disrupt communication between neurons.

AWARENESS MONTH

KEY FACTS ABOUT ALZHEIMER'S DISEASE

Prevalence: Alzheimer's disease affects millions of individuals globally, impacting not only those diagnosed but also their families and caregivers. As the population ages, the incidence of this debilitating condition is projected to grow significantly, highlighting an urgent need for awareness and support.

Symptoms: In the early stages of Alzheimer's, individuals may begin to notice subtle signs, such as occasional forgetfulness or becoming disoriented in familiar surroundings. They may struggle with problem-solving tasks that were once easy for them and experience fluctuations in mood, which can be perplexing to both them and their loved ones. As the disease progresses into its more advanced stages, these challenges intensify. People may lose their ability to perform everyday activities, face difficulties in communicating, struggle to recognize familiar faces, and experience a decline in mobility, ultimately leading to a significant loss of independence.

Risk Factors: The most prominent risk factor for developing Alzheimer's is age, with older adults being most susceptible. However, the disease is influenced by a combination of factors, including genetic predisposition and lifestyle choices. Conditions such as diabetes and heart disease may further elevate an individual's

risk of Alzheimer's, emphasizing the importance of a healthy lifestyle in potentially mitigating these factors. Awareness of these risks can empower individuals to make informed choices about their health.

Raising awareness about Alzheimer's disease is crucial for addressing its medical, social, and economic challenges. It helps improve the lives of those affected and supports progress toward a cure. Alzheimer's not only impacts patients but also places a significant responsibility on caregivers. Attending awareness campaigns will promote available resources, coping strategies, and lifestyle changes that may reduce the risk of the disease, such as a healthy diet and regular exercise. Increased understanding encourages more inclusive communities/nations and creates a kindness and patience toward individuals with Alzheimer's.



STARTING OFF 2025 RIGHT AND CREATING HEALTHY HABITS

Developing healthy habits is essential for maintaining physical, mental, and emotional well-being. Small, consistent changes in daily routines can lead to long-term benefits, helping individuals lead healthier and more fulfilling lives.

Why are healthy habits important? There are many reasons why healthy habits can positively impact your daily life. One key reason is that they improve your physical health. Regular exercise, a balanced diet, and sufficient sleep can help reduce the risk of chronic illnesses, such as heart disease, diabetes, and obesity. Healthy habits also enhance mental health. Practices like mindfulness, stress management, and social connection promote emotional resilience and mental clarity. As a result, these habits can lead to increased personal productivity. Maintaining healthy routines boosts energy levels, focus, and overall effectiveness. Ultimately, adopting healthy habits can contribute to a longer, higher-quality life.

Examples of Healthy Habits

Physical Health:

- ◇ Exercise regularly (e.g., 30 minutes of moderate activity most days).
- ◇ Eat a balanced diet rich in fruits, vegetables, lean proteins, and whole grains.
- ◇ Stay hydrated by drinking plenty of water.
- ◇ Prioritize sleep by establishing a bedtime routine and aiming for 7–9 hours of rest.

Mental Health:

- ◇ Practice mindfulness through meditation, deep breathing, or yoga.
- ◇ Limit screen time and engage in activities that promote relaxation.
- ◇ Seek social connections and engage with supportive communities.

Emotional Well-Being:

- ◇ Express gratitude daily by reflecting on things you're thankful for.
- ◇ Keep a journal to process thoughts and emotions.
- ◇ Engage in hobbies that bring joy and fulfillment.

Environmental Health:

- ◇ Declutter living spaces to create a calm, organized environment.
- ◇ Incorporate eco-friendly habits, like recycling and

using reusable items.

- ◇ Spend time outdoors to connect with nature.

Forming habits is a fascinating psychological and behavioral process. Understanding the science behind habit formation can help you establish positive routines and break unhealthy patterns. Here are some key facts about creating habits:

Research suggests that it takes an average of **66 days** for a new behavior to become a habit. Small, incremental changes are easier for the brain to adopt than large, sudden changes. It's best to focus on one habit at a time. Start with a manageable goal, like walking for 10 minutes daily, before gradually increasing the intensity. However, the time it takes to form a habit can vary based on the complexity of the behavior and the individual.

Once a habit is established, the brain uses less effort to carry out the behavior, which frees mental energy for other tasks. Be sure to invest effort into creating habits that contribute to your long-term goals.

Creating habits can feel like both an art and a science, and it's completely normal to find it challenging at times. By understanding how habits form and using helpful strategies like repetition, triggers, and rewards, you can establish routines that truly enhance your life and lead you toward long-term success. Remember, it's the small, consistent actions that can make a big difference over time. Be kind to yourself; patience and persistence are key. Focus on the progress you're making, not the pursuit of perfection. You've got this!



JOB OPPORTUNITIES/COMMUNITY EVENTS




WE ARE HIRING!

JOIN OUR TEAM

- **EXECUTIVE ASSISTANT**
Deadline: January 20, 2025
- **ASSISTANT MANAGER: GAS BAR**
Deadline: January 21, 2025
- **RETAIL CLERK: BEAR PAW**
Deadline: January 21, 2025
- **YOUTH ADVISORY MEMBER**
Deadline: January 31, 2025

TO APPLY:
SUBMIT COVER LETTER, RESUME, 3 REFERENCE LETTERS, AND CRIMINAL RECORD.
to HR Manager via Email: jewel@ngcinc.ca

NGCI Office Telephone: 780-585-3000
NGCI Office Hours: 8:30a.m. - 4:30p.m.




Ermineskin Cree Nation

WE ARE HIRING!

January 15th, 2025

OPEN POSITIONS:

- ✔ **Commercial Truck Operator with the Ermineskin Technical Services department**
Closing date: January 29th, 2025
- ✔ **Two (2) Committee Members with the Ermineskin Pow Wow Committee**
Closing date: January 27th, 2025
- ✔ **Two (2) Laborers with the Ermineskin Neyaskweyâhk Employment Program (NEP)**
Closing date: January 28th, 2025
- ✔ **Ecn Social Media Coordinator with the Ermineskin Communications department**
Closing date: January 28th, 2025
- ✔ **Receptionist with the Ermineskin Neyaskweyâhk Employment Skills Training (NEST) department**
Closing date: January 23rd, 2025

APPLY NOW



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

KKI is providing

FOOD HAMPERS



Hampers are first come first serve. You must provide ID showing you're an Ermineskin Band member and state the number of dependants the hamper is for.

| | |
|--------------------------------------|-------------------|
| Jan 20th | 12:00pm - 6:00 PM |
| Jan 21st-24th or until supplies last | 10:00am - 6:00 PM |

Distribution will be taking place at the Panee Agriplex



ECN MEMBERSHIP NOTICE

Please be advised that due to the influx of individuals needing to renew or replace their status cards this month,

LAMINATE CARDS ARE OUT OF STOCK UNTIL FURTHER NOTICE.

(APPROXIMATELY TWO WEEKS)



We apologize for the inconvenience this may cause, and appreciate your continued cooperation.

Thank you, ECN Membership Dept.

TRAINING OPPORTUNITY

WORKFORCE DEVELOPMENT
TRAINING-TO-EMPLOYMENT PROGRAM

PROGRAM DATES: February 10 - March 7

Deadline to Apply: January 31, 2025 | Location: Maskwacis, AB

This training-to-employment program, provides learners with both the soft and practical skills to be successful in the energy sector. This wrap around, customized program includes a number of industry required and recognized courses, including:

- Smart Work Ethics™
- Workplace Hazardous Materials Information System - WHIMIS
- Resume Writing & Interview Skills™
- Standard First Aid / CPR (Level C) / AED
- Innovative Job Search techniques
- Confined Space
- Construction Safety Training System (CSTS)
- H2S Alive
- Fall Protection
- Common Safety Orientation
- Work placement support and facilitation
- And more!

For training inquiries, please call:

N.E.S.T
780 585 0191



MASKWACIS WAHKOHTOWIN RESEARCH GROUP

MOMS PARENTING SUPPORT AND HEALING CIRCLE

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OKĀWĪMĀW PĪKISKWEW (MOTHER SPEAKS)

Looking for a circle of support?

An open invitation for Maskwacis moms to a safe space to connect with Elders, ceremony, culture and language. This will also be a space to connect with other moms for support.

You are invited to join us for our okāwīmāw pīkiskwew (Mother Speaks) Talking Circles.

This is a chance for Maskwacis moms to come together, be with community, and support one another. Come join us, share stories and experiences in a safe and respectful space.

Nothing's lost when you share.

Upcoming sessions:

Monday January 27, 2025
4:30pm - 7pm
Location: MHS Transportation (Blue) Building

Monday February 24, 2025
4:30pm - 7pm
Location: MHS Transportation (Blue) Building



Dinner and snacks provided

As we are creating a safe space for discussion, we ask that you kindly do not bring children.

Support Uplift Empower Heal Connect

This Support and Healing Circle is a part of a research study, Restoring healthy family systems in Indigenous communities (everything is one, everything is connected) in collaboration with the Maskwacis Wahkohtowin Research Group, University of Alberta, and other partners.



For more information, please contact:
Luwana Listener 780-839-8516
luwana@ualberta.ca

Ethics ID: PRO 00145419

PHYSICAL FITNESS TEST

April 12, 2025



MASKWA BEAR PARK - ERMINESKIN

11:30 AM - 12:30 PM



ERMINESKIN BRIGHTER
FUTURES PRESENTS:

ALTERNATIVE

WELLNESS

WEEK

JANUARY 20-24 2025

9AM - 3PM @ JIM R.S

BUILDING

When booking your appointment, please leave your Name, Phone #, Ermineskin Band #, and which treatment you wish to book for.

We have either:
Massage or Acupuncture

Please arrive at your appointment 5 minutes early.
Failure to show up will result in your spot going to the next person in line

CALL BRIGHTER FUTURES OFFICE @ 780-585-2000

Ermineskin Community Wellness Presents:



GRIEF WORKSHOP

Part 2: Emotional Strength Through Healing

February 11th - 12th, 2025

March 4-5th

9:30am - 3:30pm

Location: Maskwacis Ambulance Authority

SUBJECT TO CHANGE

Topics of Discussion:

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

**15 PARTICIPANTS
CAPACITY**

To Register, contact:

Community Wellness (780) 585-3741

**ALBERTA
2025
TREATY HOCKEY**

APRIL 10-13, 2025
Calgary, Alberta

**RAMP
Player/Coach Registration
Process is now open!**

Link to Register:

<http://albertatreatyhockey.rampregistrations.com/>

Players /Coaches must be on their respective Community Rosters before registering, please check with your

Community Representative. Registration Fee applies: \$25.00 Player/Coach