



Neyâskweyâhk Acimowin ᓂᓴᓐᓴᓐ ᐱᓴᓂᓂᓂᓂ

Ermineskin Newsletter February 5, 2025

Neyâskweyâhk Acimowin Mikisiw Pîsim Niyânan

ᓂᓴᓐᓴᓐ ᐱᓴᓂᓂᓂᓂ

ELDERS SHOW TEAM SPIRIT!



On January 25th a group of elders from Ermineskin Cree Nation had the opportunity to attend an Edmonton Oilers hockey game, creating an unforgettable experience. The elders were welcomed into Rogers Place with a private booth and various accompaniments truly making it a night to remember.

The game itself was relatively close between the Edmonton Oilers and the Buffalo Sabers ending with a narrow 2-3 win for the Oilers. The elders were filled with energy as they cheered on each goal the Oilers made and booed each penalty they received.

The Edmonton Oilers have long recognized the

importance of engaging with Indigenous communities and fostering positive relationships. In recent years, the team has implemented several initiatives designed to uplift and celebrate First Nations cultures. These efforts include special recognition such as a land recognition video featuring Wilton Littlechild, collaborating with indigenous artists to create merchandise, and dedicated partnerships with Indigenous youth groups.

We would like to thank Chief MyKat for extending the invitation to the game to the group of elders as well as to the Hillcorp Group for their donation which in part paid for the unforgettable event.

Notice From Ermineskin Education Trust Fund

Good day everyone, this post is to inform the community of the difference between Ermineskin Education Trust Fund and Ermineskin Education-Post Secondary. EETF has been receiving calls in regard to Ermineskin Education - Post Secondary inquiries. Both departments are separate from each other and the following is a description for each.

Ermineskin Education Trust Fund:

Between the ages of 5-19 years of age, assists with school supplies, school fees, bus fees, field trips, student Tours etc. Eligibility are students who reside outside of Maskwacis and attend public schools.

EETF does assist all students, no matter where they reside with; the Chief Dan Minde Incentive, Graduation support, High School Credit Incentive, youth workshops/conferences, student tours, tutoring and more. All parents/caregiver must apply with supporting documents. And can contact the office manager for further assistance and information.

EETF offers a monthly supplement for self funded post secondary students attending an accredited institution. This supplement is only for the months they are enrolled in their program. Supporting documents must be submitted with the application.

EETF only offers incentives for post secondary stu-

dents who complete their program and must apply with a copy of their certificate/diploma/degree/ journeyman ticket/red seal certificate.

Contact info is as follows:

Abby Kaquitts, Office Manager

Phone: 790-585-2135

Email: coordinator@eetfund.com

Post Secondary Student Support Program (PSSSP):

Assists Ermineskin Cree Nation citizens with funding and living allowance for post secondary students. All students must apply according to the semester deadlines outline with the application package. Applications are available for pick up at the Chief Dan Minde Research Centre, also known as the P&R Building. And available on the Ermineskin Cree Nation Website under Post Secondary. For all matters pertaining to post secondary funding, you must contact the office manager for this department.

Contact info is as follows:

Elinor Roan, Office Manager

Phone: 780-585-4006

Email: elinor@erminekskin.ca

ATTENTION
IMPORTANT INFORMATION

Office Manager : Abby Kaquitts
Phone: 780-585-2135
Email: coordinator@eetfund.com

The Ermineskin Education Trust Fund
 Established on March 25, 1982, 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 between the ages of 5 to 19 that are not covered for the same or similar program or service, specifically, a program or service that receives funding through other agreements.
 Off reserve student eligibility means those students who are registered at an educational institution off reserve regardless of their residency.
 An on-reserve student's eligibility means those students who are registered at an educational institution on reserve regardless of their residency.

For more information on what EETF offers please call or email the Office Manager, Abby Kaquitts.



coordinator@eetfund.com

ATTENTION
IMPORTANT INFORMATION


Office Manager : Elinor Roan
Phone: 780-585-4006
Email: elinor@erminekskin.ca

The Ermineskin Post Secondary Program
 is to promote and encourage post secondary education to Ermineskin Tribal Citizens with Funding for programs at an accredited post secondary institutions and living allowances. This program is designed to facilitate Ermineskin student's access to educational assistances.

Sponsorship Deadlines are the following:

Fall (September) June 1st
Winter (January) Nov 1st
Spring (May-June) March 1st
Summer (July - Aug) May 1st

For more information please call or email the Office Manager, Elinor Roan.



elinor@erminekskin.ca

CREE CORNER



FLOWERS- WÂPIKWANÎSA
ᐱᐅᐅᐅ



SWEETHEART- NÎCIMOS
ᐅᐅᐅ

VALENTINES DAY MIYO MITEH KÎSIKÂW



LOVE-SÂKIHITOWIN
ᐅᐅᐅᐅ



HEART-MITÊH
ᐅᐅ

Attention
NEXT ISSUE
February 18, 2025
Submission Deadline:
February 13th, 2025
kayla@erminekin.ca

ki·sâk·ihitin

ᐅᐅᐅᐅᐅᐅ

"i love you"

Basic Home Upkeep Guide

Recent cold snaps, high winds, and extreme weather make regular home maintenance essential for preserving your home's condition, extending its lifespan, and preventing costly repairs. Just as regular health check-ups are important, having a home maintenance checklist and schedule is vital for the upkeep of any house. Regularly inspecting your home's exterior, appliances, heating and cooling systems, plumbing, security, and electrical systems can help prevent breakdowns, save you money, and keep your home looking its best. Focus on these key areas for routine maintenance:

1. HVAC Systems (Heating, Ventilation, and Air Conditioning)

-Change filters regularly, every 1 to 3 months, to ensure air quality and efficiency. Schedule annual professional inspections to confirm that everything is functioning properly.

2. Roofing & Gutters

- Inspect the roof for missing or damaged shingles at least once a year.
 - Clean gutters and downspouts to prevent water damage, especially in the fall after leaves have fallen.
 - Check for leaks, moss, or other damage.

3. Plumbing

- Check for leaks under sinks, around toilets, and at water supply lines.
 - Inspect water heater for signs of wear or corrosion and flush the tank to prevent sediment buildup.
 - Winterize outdoor faucets to prevent freezing during cold weather.

4. Electrical System

- Inspect outlets and switches for wear and tear, and test smoke detectors.
 - Ensure circuit breakers are labeled and working properly.
 - Replace light bulbs and check exterior lighting for function.

5. Appliances

- Clean out the dryer vents to prevent fire hazards.
 - Maintain the refrigerator coils and ensure appliances are functioning efficiently.
 - For dishwashers, ensure that drain filters are clean to maintain performance.

6. Windows & Doors

- Seal any gaps or drafts around windows and doors to improve energy efficiency.
 - Lubricate hinges and locks to prevent rusting or sticking.
 - Clean window tracks and ensure they open/close properly.

7. Exterior Maintenance

- Inspect siding for damage, especially after storms.

- Power wash exterior surfaces annually to prevent mold or mildew buildup.
 - Check the foundation for cracks or signs of water damage.

8. Landscaping

- Trim trees and bushes to keep them from touching the house and potentially causing damage.
 - Inspect the lawn irrigation system to ensure everything is working properly and efficiently.
 - Keep your space clean; take larger items to the waste facility, avoiding piling large garbage on the lawn and causing possible fire hazards.

9. Pest Control

- Seal any entry points for pests such as insects or rodents.
 - Schedule pest control treatments if necessary to avoid infestations.

10. Safety Features

- Check fire extinguishers to ensure they are charged and accessible.
 - Ensure carbon monoxide detectors are working and have fresh batteries.
 - Review your home insurance regularly to ensure adequate coverage for damages or theft.

Over time, everything in your home naturally experiences wear and tear; however, regular upkeep can help prevent major damage. For example, periodically painting or sealing outdoor surfaces protects them from environmental elements like sun, rain, and wind, which can lead to deterioration. By performing consistent maintenance, you can avoid significant issues down the line and maintain both the value and comfort of your home. Additionally, it allows you to identify small problems before they evolve into costly repairs. Regular maintenance also ensures that safety features, such as smoke detectors, carbon monoxide alarms, and electrical systems, function properly. As a homeowner, you can feel assured knowing you've taken the necessary steps to protect your home and keep it in good condition. This proactive approach helps you avoid unexpected issues that could disrupt your life.

1. CHANGE FURNACE FILTERS MONTHLY during the winter months.





HOME OCCUPANTS RESPONSIBILITY



3. NO FLUSHING OF PAPERTOWELS, PERSONAL WIPES OR BABY WIPES down toilets.



2. DO NOT spill grease down the sinks or toilets, instead pour it into jars for disposal.



Maskwacis Employment Centre Programs/Services

The Maskwacis Employment Center is committed to supporting the professional development and economic well-being of Maskwacis. It offers a variety of services designed to help individuals enhance their skills, find meaningful employment, and achieve their career goals.

Services and programs such as:

- **Employer Connections**
- **Job Fairs**
- **Employment Readiness Sessions**
- **Job Referral**
- **Resume & Cover Letter Preparation**
- **Interview Preparation & Mock interviews**
- **Budgeting, life skills**
- **Labour Market Information**
- **Client Skills Database**
- **Career & Employment Workshops/ Planning**
- **Exposure Courses (Safety tickets)**
- **Client Computers, Fax**

Whether you are searching for a new job or looking to improve your career opportunities, the center is here to provide you with the tools you need to find the job that best suits you.

The Employment Center offers personalized job search assistance to help individuals find local and regional job opportunities. They provide support in crafting professional resumes, practicing interview techniques, and exploring job listings that match clients' skills and interests. Additionally, the center provides access to various training programs, workshops, and certifications designed to enhance employability. These programs span a wide range of industries, including construction, healthcare, retail, and more, equipping clients with the tools and qualifications needed to succeed in competitive job markets.

To help clients be fully prepared for the workplace, the center offers job readiness workshops. These workshops cover essential skills

such as resume writing, job interview preparation, and effective workplace communication. This ensures that participants feel confident and capable as they enter the workforce.

Maskwacis Employment Center is excited to announce a Job Fair that will connect local businesses with job seekers in a vibrant, one-day event. This Job Fair is scheduled for March 20th, 2025, at the Howard Buffalo Memorial Center. Don't miss this opportunity to explore employment options and meet potential employers! The Job Fair will showcase a wide variety of employers who are actively looking for candidates in different fields, including healthcare, construction, retail, and trades. Attendees will have the opportunity to meet with employers directly, learn about available positions, and apply on the spot. This event is an excellent opportunity for job seekers to network, build valuable connections, and explore new career paths.

The facility remains an essential resource for community members, offering vital services to help individuals advance their careers and enhance their quality of life. Whether you are just entering the workforce or looking for new opportunities, the center's programs and services are here to support you.

SCN International Seminar On

On January 23rd and 24th, the Samson Cree Nation, in collaboration with the International Organization of Indigenous Resource Development (IOIRD), hosted an International Seminar on Treaties and Indigenous Law. The seminar gathered leaders from various regions, including England, Africa, and China, among others. This event provided an opportunity for leaders, educators, and knowledge keepers to connect and share perspectives on the significance and meanings of our treaties and Indigenous laws.



“Our treaties and laws are constantly evolving; they will never be a fixed agreement. As the world changes, so do our rights and laws.” - says Dr. Leroy Little Bear.

Despite many challenges, the movement for Indigenous rights and the revitalization of Indigenous law continues to grow. Indigenous nations and legal experts are advocating for the full recognition of their rights, cultural practices, and governance systems. The evolution of treaties and Indigenous law is a complex narrative that transitions from initial interactions based on trade and diplomacy to a modern framework that acknowledges the legal rights and sovereignty of Indigenous peoples, along with the restoration of their cultural practices. This process is ongoing, and the future of Indigenous law will be shaped by efforts toward justice, reconciliation, and the strengthening of Indigenous legal traditions.

International treaties and Indigenous laws often intersect in complex ways, particularly concerning the rights and sovereignty of Indigenous peoples globally. These relationships vary by region, but common themes include self-determination, land rights, cultural preservation, and legal pluralism. Below are key perspectives and examples from presentations given during the two-day seminar on the connections and conflicts between treaties and Indigenous laws:

1. International Recognition of Indigenous Rights

United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP): Adopted in 2007, this document is the most comprehensive international standard regarding the rights of Indigenous peoples. While not legally binding, it has been endorsed by over 140 countries and provides a foundation for interpreting the relationship between national law, Indigenous law, and international human rights standards.

Key principles include:

Self-determination: The right for Indigenous peoples to freely determine their political status and pursue their economic, social, and cultural development.

Free, Prior, and Informed Consent (FPIC): Requires states to consult and obtain consent from Indigenous peoples before implementing projects that affect their lands and

resources.

Cultural rights: Protects Indigenous languages, traditions, and practices.

International Labour Organization Convention No. 169 (ILO 169): This convention specifically addresses Indigenous and tribal peoples’ rights to self-determination, land, and participation in decisions affecting their lives. It is the only international treaty focused entirely on the rights of Indigenous peoples.

2. Treaties between Indigenous Peoples and States

Numerous Indigenous groups have negotiated treaties with “colonial powers” or states to acknowledge land rights, hunting and fishing rights, and certain forms of self-governance. However, these treaties were often misinterpreted or disregarded over time.

Example: Canada: The treaties signed between First Nations and the Crown in the 18th and 19th centuries are central to land rights in Canada. The **Treaty of Waitangi (1840)** in New Zealand is another key example of a treaty between the Crown and Māori tribes, though disputes around the implementation of the treaty persist.

Treaty implementation: In many countries, the original intent of these treaties has not been upheld, resulting in ongoing legal challenges. Today, Indigenous groups often strive to honor the original agreements or renegotiate their terms, particularly when governments or corporations encroach upon their lands and resources.

3. Indigenous Legal Systems vs. National Legal Systems

Indigenous laws are primarily based on oral traditions and surround various social, economic, and environmental aspects of Indigenous peoples’ lives. These legal systems emphasize collective decision-making, relationships with the environment, and the transfer of knowledge across generations. However, they often come into conflict with national legal systems, which rely on written laws and state sovereignty.



Treaties and Indigenous Laws

Examples of Legal Pluralism: Some countries, such as **Bolivia** and **Ecuador**, have recognized Indigenous legal systems in their national constitutions, creating legal pluralism where both state laws and Indigenous laws are given space.

Bolivia: The **Bolivian Constitution (2009)** recognizes Indigenous peoples as collective entities with the right to self-governance and cultural autonomy. It also affirms the "Plurinational State" concept, which allows for the coexistence of Indigenous legal systems alongside national laws.

Ecuador: Ecuador's Constitution (2008) also recognizes the **plurinational** character of the state and provides for the official recognition of Indigenous justice systems, as long as they don't contradict human rights protections.

4. Conflicts and Tensions

Despite these recognitions, there are frequent tensions between international and national legal systems and Indigenous legal traditions:

Land rights: As international legal frameworks evolve, Indigenous peoples often struggle with legal encroachment on their ancestral territories. Conflicts can arise when economic interests (such as mining, logging, or agriculture) collide with Indigenous people's land stewardship and cultural practices.

In **Australia**, the **Native Title Act (1993)** recognizes that Indigenous people can claim rights to land they have traditionally owned or occupied, but proving such a claim can be legally and bureaucratically challenging.

Cultural preservation: Indigenous laws often govern cultural practices that may conflict with national laws or international human rights frameworks, especially regarding issues such as the protection of sacred sites, ceremonies, and languages.

5. Global Examples of International Treaties and Indigenous Laws in Action

New Zealand: The **Treaty of Waitangi** is central to Māori rights and land claims. Over the last few decades, the Treaty has been used as a foundation for legal disputes and settlements, particularly related to land compensation and recognition of Māori governance structures.

United States: Indigenous tribes in the U.S. operate with a unique system of federal recognition. Treaties made between Native American tribes and the U.S. government during the 19th century were often broken or ignored. However, ongoing legal battles continue to seek enforcement of these treaties or compensation for violations.

Tribes like the **Navajo Nation** and **Cherokee Nation** have their own legal systems and governments, but they often face tensions with U.S. federal law.



Australia: The **Aboriginal Land Rights Act (1976)** and the **Native Title Act** are key pieces of legislation that aim to address Indigenous land rights in Australia. However, these laws are still far from offering full recognition and compensation for land loss. The fight for **sovereignty** and recognition of Indigenous law continues.

International perspectives on treaties and Indigenous laws reveal a complex and ongoing struggle for recognition, justice, and self-determination among Indigenous communities. In various countries, there have been notable advancements in the acknowledgment of Indigenous legal frameworks and land rights, reflecting a growing awareness of historical injustices. For instance, some nations have begun incorporating Indigenous perspectives into their legal systems through formal recognition of treaties and land claims. However, significant tensions persist between national legislation and Indigenous laws, often stemming from differing principles and priorities. National governments may enact laws that conflict with Indigenous rights, leading to disputes over land, resources, and self-governance. The challenge of reconciling these divergent legal systems highlights the need for continued dialogue and cooperation.

Furthermore, Indigenous communities around the world are actively engaging in advocacy and legal initiatives to assert their rights and sovereignty. These efforts include lobbying for the implementation of international standards, such as the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), which calls for the recognition and protection of Indigenous rights globally. As Indigenous peoples strive for justice and equality, the ongoing development of treaties and the revitalization of Indigenous legal traditions are expected to play a crucial role in shaping global discussions regarding Indigenous rights, governance, and the pursuit of meaningful self-determination. This dynamic interplay underscores the importance of recognizing and integrating Indigenous perspectives into broader conversations about legal and social justice.

"Hai Hai / Thank you for your support and participation at the International Seminar on Treaties and Indigenous Laws! On behalf of SCN, IOIRD, and the entire organizing team."- Laurie Buffalo

ABOUT YOUNG SPIRIT WINDS

The inception of Maskwacis Young Spirit Winds Society (MYSWS) began April 1, 2006. The program started as a co-ed day treatment program to help the youth of Maskwacis ages 12 to 17 in dealing with addictions and other challenging behaviours they may be faced with. The program has since become all female and all male program in alternate rotations. MYSWS is part of a national entity of the Youth Solvent Addictions Committee (YSAC). MYSWS is one of ten other treatment programs across the country.

MYSWS is a stand-alone program operating under the authority of the Four Nations Chiefs and Council since April 1, 2006. Board of Directors are appointed by the Chiefs of each of the respective communities, Ermineskin, Samson, Louis Bull and Montana. The program has been funded by agreements with First Nations Health and Innuit Branch (FNHIB). The funding agreements have been signed by the Chiefs of the Maskwacis community.

Did You Know?

Young Spirit Winds isn't just about empowering individuals through our programs... we also bring our services directly to YOU!

Introducing the Maskwacis Mobile Program! We offer a wide range of engaging and impactful sessions within the 4 Nations and surrounding areas. Whether it's community outreach, personal growth, or support, we've got you covered with expert facilitation.

Here's a glimpse of what we offer:

- ◆ Drug & Alcohol Awareness
- ◆ Grief & Loss Support
- ◆ Suicide Awareness
- ◆ Mental Health Awareness
- ◆ Relapse Prevention
- ◆ Communication Skills
- ◆ Self-Esteem Building
- ◆ Peer Pressure Resistance

- ◆ Anger Management
- ◆ The Matrix Program
- ◆ And SO much more!

Our goal is to create safe, supportive environments where individuals can heal, grow, and thrive. Interested in booking a session or learning more? Contact us today and let's bring the support to YOU!

Susan Lenzin

Outreach Coordinator

slenzin@youngspiritwinds.com

780-585-2219

Karen Longmuir

Treatment Supervisor

klongmuir@youngspiritwinds.com

780-585-2219

What We Offer



<p>Young Spirit Winds</p> <ul style="list-style-type: none"> Who is YSW?/about the program <ul style="list-style-type: none"> Vision Statement Mission Statement Programs & Services Schedule/ Outings Holistic Model 	<p>Drug and Alcohol Awareness</p> <ul style="list-style-type: none"> Different types of Drugs Effects of Drugs and Alcohol Warning signs of Addictions Community Resources
<p>Grief and Loss</p> <ul style="list-style-type: none"> Stages of Greif Types of losses Signs and Symptoms Ways of Coping with Greif 	<p>Suicide Awareness</p> <ul style="list-style-type: none"> Warning signs Suicidal behavior Risk factors Getting help
<p>Mental Health Awareness</p> <ul style="list-style-type: none"> What is mental health? Contributing factors Ways to improve mental health 	<p>Relapse Prevention</p> <ul style="list-style-type: none"> Stress in my life Relapse warning signs Recovery plan
<p>Communication</p> <ul style="list-style-type: none"> Ways of communicating Communication styles Communication model 	<p>Self-esteem and Pure pressure</p> <ul style="list-style-type: none"> Ways to develop a healthy self-esteem <ul style="list-style-type: none"> What is Self-esteem
<p>Anger Management</p> <ul style="list-style-type: none"> Defining Anger Signs and Symptoms Managing Anger <ul style="list-style-type: none"> Bullying 	<p>And much more...</p> <p>Delivery methods available: Power point presentations, Talking circles, Worksheets and Energizers....</p>

For more information feel free to contact us: 780-585-2219

Outreach Coordinator: Susan Lenzin slenzin@youngspiritwinds.com

Treatment Supervisor: Karen Longmuir klongmuir@youngspiritwinds.com

JOB OPPORTUNITIES/COMMUNITY EVENTS






Ermineskin Cree Nation

WE ARE HIRING!

February 3, 2025

OPEN POSITIONS:

- 
Council Administrative Assistant with the Ermineskin Administration Department
 CLOSING: February 6, 2025
- 
Two (2) Program Aide/Drivers with the Ermineskin Parks and Recreation Department
 CLOSING: February 10, 2025
- 
Receptionist with the Ermineskin Lands & Resources Department
 CLOSING: February 10, 2025

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

APPLY NOW



MASKWACIS CULTURAL COLLEGE

2 Saddleback ROAD. N., Box 960, Maskwacis, Alberta T0C 1N0
 Phone: 780-585-3925 Fax: 780-585-2080 www.mccedu.ca

Maskwacis Cultural College Job Opportunity Bookkeeper

Summary

Maskwacis Cultural College is currently seeking a detail-oriented and highly organized Bookkeeper. This position will manage a range of financial activities including accounts payable, payroll processing, accounts receivable, and reporting. The ideal candidate will possess a strong understanding of bookkeeping practices and a proven ability to manage multiple financial tasks with high accuracy.

Key Responsibilities:

- Manage all day-to-day accounting operations including payroll, cheques and direct deposits for employees and suppliers.
- Handle accounts payable ensuring timely and accurate processing.
- Work closely with the registrar to monitor and manage student accounts receivable.
- Maintain accurate financial records and statements.
- Ensure compliance with internal financial and accounting policies and procedures.
- Prepare for regular financial reports and statements for board review.
- Perform month and year-end close processes including reconciling bank and credit cards.

Qualifications:

- Proven experience as a bookkeeper or similar role.
- Strong experience in payroll processing and managing direct deposits.
- Proficient with accounting software, with a preference for QuickBooks Desktop experience.
- Excellent organizational skills and attention to detail.
- Strong communication and interpersonal skills, proven ability to work closely with diverse team members
- Diploma in Accounting, Finance, or relevant field.

Preferred Skills:

- Knowledge of educational or non-profit organization financial procedures.
- Ability to handle sensitive information with integrity and confidentiality.

Benefits:

- Competitive salary and benefits package.
- Opportunities for professional development and training.
- Supportive and inclusive work environment.

Required Applicant Documents:

- Cover letter
- Current résumé or vita
- The names and contact information of three professional references

Please forward your cover letter and resume to:

Elaine Lightning, Executive Assistant
 Maskwacis Cultural College
 Box 960
 Maskwacis, AB T0C 1N0
 Fax: (780) 585-2080
 Email: elainelightning@mccedu.ca

Closing date: February 11, 2025 at 4:30 p.m.



fitness program



**TUESDAYS @6PM
 JIM RATTLESMNAKE
 BUILDING**

**Please bring your own indoor shoes and workout attire

AGES 14+



**FOR MORE INFORMATION CALL
 RECREATION:
 780-585-3088**

Ermineskin Arena

Public skate times

MONDAY, WEDNESDAY, FRIDAY-
 3:30PM-6:00PM WITH HOCKEY STICKS



THURSDAY- 3:30PM-6:00PM WITHOUT
 HOCKEY STICKS

**FREE
 ENTRY**



**HELMETS ARE MANDATORY
 FOR SAFETY PURPOSES**

**FOR MORE INFORMATION PLEASE CALL 780-
 585-2273**

CREE YOUTH EXCHANGE INFO SESSION




AGES 18-30

Ermineskin Members Only

ALBERTA
X
QUEBEC



COME LEARN ABOUT OPPORTUNITIES TO MAKE NEW FRIENDS, EXPERIENCE NEW CULTURES AND BE ONE OF THE FIRST PEOPLE TO PARTICIPATE IN THIS EXCITING EXCHANGE!

VIA ZOOM
FEBRUARY 5, 2025
STARTING AT 6:30PM

ZOOM LINK AVAILABLE

MEETING ID: 256 578 355 456 PASSCODE: 2GF2HU2E

MASKWACÍS WAHKOHTOWIN RESEARCH GROUP

MOMS PARENTING SUPPORT AND HEALING CIRCLE

ᑭᑭᑲᑦᑲᑦᑲᑦ ᑭᑲᑲᑦᑲᑦᑲᑦ
KEHTE'SKWEW OPIKISKEWIN (ELDERS KNOWLEDGE)

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.

Upcoming Sessions:

Make your own cahkipehkanak (syllabics) chart
Monday January 20, 2025
4pm - 7pm
Location: MHS Transportation (Blue) Building
Please bring a glue gun if you have one. As we will be using scissors and glue guns, we ask that you kindly do not bring children.

Prayer in Cree (Beginner)
Monday February 10, 2025
4pm - 7pm
Location: MHS Transportation (Blue) Building



Dinner and snacks provided

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.





Ethics ID: PRO 00145419  UNIVERSITY OF ALBERTA



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

Ermineskin Parks and Recreation
Presents

Valentine's Dance

ALL AGES WELCOME

Door Prizes
Awards for Top 3 "Best Dressed" Participants
Valentine's Card Making
****Snacks/Drinks Provided**

FEBRUARY 14, 2025
5:00-8:00PM
The Jim Rattlesnake Building
Details are subject to change

Let's Celebrate
Gal-entine's Day!

Bring a partner or a friend to receive STI testing at MHS from February 3rd - February 13th and be entered to win one of six date-night prizes!

FEB 3RD -13TH



WALK - IN

Draw will be made Thursday, February 13th 2025 at the end of day.

3 Date night out packages!





3 Date night in packages!



QUESTIONS?
CALL/TEXT SWEETGRASS: 780-335-7877

CALLING ALL HUNTERS AND BERRY-PICKERS!

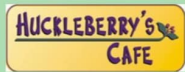
GET TESTED AT MHS FROM FEBRUARY 3RD - FEBRUARY 13TH AND BE ENTERED TO WIN ONE OF SIX DATE-NIGHT PRIZES!

3 Date night out packages!



3 Date night in packages!

Impress your keemootch!



DRAW WILL BE MADE THURSDAY, FEBRUARY 13TH 2025 AT THE END OF DAY.



QUESTIONS? CALL/TEXT SWEETGRASS: 780-335-7877

MASKWACIS WAHKOHTOWIN RESEARCH GROUP

MOMS PARENTING SUPPORT AND HEALING CIRCLE

ᑭᑭᑭᑭᑭ ᑭᑭᑭᑭᑭ
OKÂWÎMÂW PÎKISKWEW (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 okâwîmâw pikiskwew (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.



Ethics ID: PRO 00145419 UNIVERSITY OF ALBERTA

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

IN COLLABORATION WITH:



FAMILY DAY COMMUNITY EVENT

FEBRUARY 16

1PM - 4PM

NOK BUILDING - ERMINESKIN

~Photo Booth ~Balloon Twisting
~Face Painting ~Wagon Rides
~Outdoor Games *Light Refreshments

1PM - 4PM

HOWARD BUFFALO MEMORIAL - SAMSON

~Character Photo Booth *Light Refreshments
~Bouncy Castles ~Wagon Rides

1PM - 4PM

TRANSPORTATION LOCATION POINTS

Jim Rattlesnake → NOK & HBMC
HBMC → NOK Building

7PM - 9:30PM

NOK BUILDING - ERMINESKIN

~Drive-In Movie
~Fire Works to Follow
*Popcorn & Drink Provided

SUBJECT TO CHANGE
DRESS FOR WEATHER
COVID PROTOCOLS

PHYSICAL FITNESS TEST

April 12, 2025



MASKWA BEAR PARK - ERMINESKIN

11:30 AM - 12:30 PM



Ermineskin Community Wellness Presents:

UPDATED

GRIEF WORKSHOP

Part 2: Emotional Strength Through Healing

February 10th-12th, 2025

9:30am - 3:30pm

Location: Maskwacis Ambulance Authority.

'SUBJECT TO CHANGE'

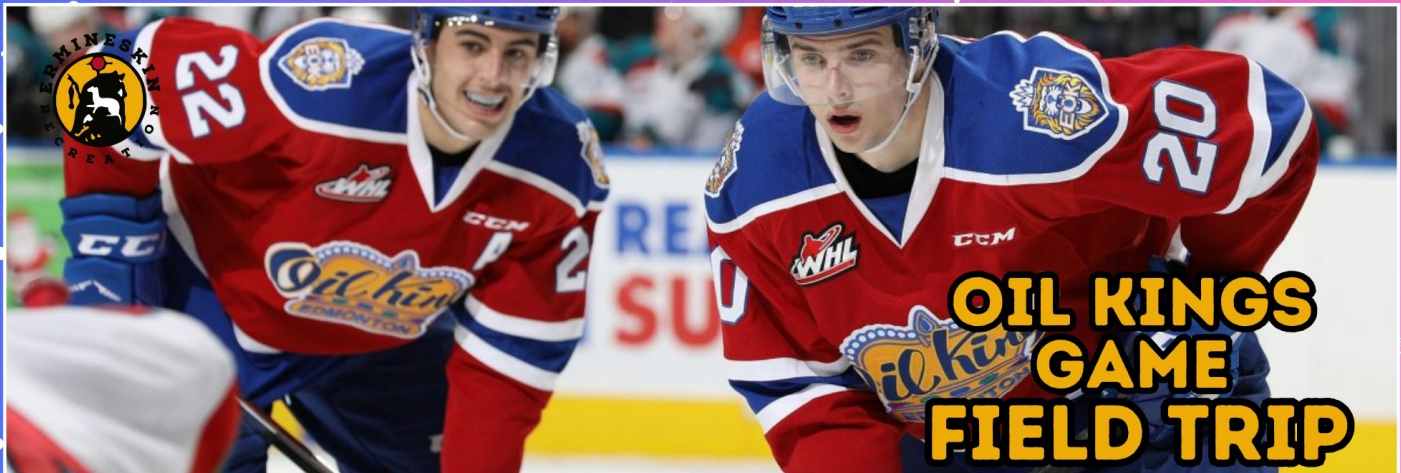
Topics of Discussion:

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

**15 PARTICIPANTS
CAPACITY**

To Register, contact:

Community Wellness (780) 585-3741



**VAN LEAVES AT 5:00PM
FROM JIMRS SPORTS BUILDING**



FEBRUARY 8TH 2025

**ONLY 12 SLOTS
AVAILABLE**

**TO REGISTER:
EMAIL RIVER@ERMINESKIN.CA**