

M DÀ HÍ



MOCCASIN TELEGRAPH



ORIGINS OF THE SEASONS

In the first times, there was never any summer but always unbroken winter. Now it happened that Old Man, in his wanderings, entered a camp and seeing a little boy, told him to cry without ceasing. The boy cried, and when the people asked him what was the matter, he refused to answer them. Finally they said, "We

had better send for Old Man." Old Man then came and lifting him up in his arms asked, "My son, why are you crying?" At once, the boy ceased crying and said, "I am tired of this cold weather." Then Old Man answered him, "Very well, you shall have your wish." Old Man now summoned the birds and the animals, which

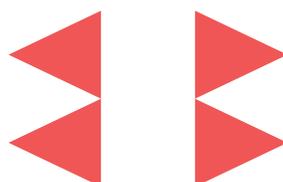
[Continue to page 2](#)

Tsuut'ina Traditional Stories 1921

English Version by Diamond Jenness

in those days possessed the power of speech. He led them all to war, but the birds and animals that live in the water soon became exhausted, and he had to send them back. Lighting on a teepee, Old Man said to Lynx, "Go over to that teepee." Lynx found flowers of every kind hanging inside it and a woman lying on the ground sick. She said to him, "Where have you come from? A cold air blows from you; the country you come from must be very cold." Lynx went back and reported to the Old Man where the flowers were hanging. Old Man, after changing himself into a moose, swam down the river towards the teepee. When the people in the camp went out to chase what seemed to be a moose, Lynx stole up to the teepee unseen, closed the

woman's mouth with a handful of burrs, and carried away the leaves and glowers. The people ran after him, but just as they were overtaking him, he passed the leaves and flowers to another animal, who passed them to a third. Finally, they came into the hands of Old Man, whose pursuers almost overtook him before he reached his own country and scattered his trophies broadcast(= far and wide). Then the winter changed to spring, spring gave place to summer and summer to autumn. The birds and animals that remain with us all winter are those that became exhausted on the trail and were sent home. The real warriors go south at the approach of winter, for they are unable to endure the cold.



COVID-19 UPDATES



TSUUT'INA XAKUAGHA TSUUT'INA NATION CHIEF & COUNCIL

403-281-4455
9911 CHIILA BLVD.,
TSUUT'INA NATION, AB
T3T 0E1

April 25, 2020

PUBLIC STATEMENT

STATEMENT FROM TSUUT'INA NATION CHIEF AND COUNCIL: SPRINGBANK OFF-STREAM RESERVOIR (SR-1)

The Tsuut'ina Nation has been able to negotiate a grant for \$32 million from the Province of Alberta for, among other things, flood mitigation, restoration and prevention. In return for this grant, we have removed our opposition to the Springbank Off-Stream Reservoir (SR-1). While we have removed our opposition, our concerns about SR-1 remain on the record and that the project still requires environmental approval. With this being said, our grant is not conditional upon the approval.

We have not given up our inherent and Treaty rights and have not given up our rights to water. While Chief and Council had intended to discuss this matter at a Community Citizen Meeting, because of COVID-19, we were not able to have this discussion. On this note, we wish to thank all Citizens for their continued diligence in taking precautions to avoid the spread of COVID-19.

Siyisgaas,

TSUUT'INA XAKUAGHA
Tsuut'ina Nation Chief and Council





**TSUUT'INA XAKUAGHA
TSUUT'INA NATION CHIEF & COUNCIL**

403-281-4455
9911 CHIILA BLVD.,
TSUUT'INA NATION, AB
T3T 0E1



**MEMORANDUM TO CITIZENS OF THE TSUUT'INA NATION:
FINANCIAL IMPACTS IN RELATION TO COVID-19 PANDEMIC**

April 27, 2020

**To: All Tsuut'ina Nation Citizens
From: Tsuut'ina Nation Chief and Council
Re: Financial Impacts in Relation to COVID-19 Pandemic**

On March 17th, 2020 the Grey Eagle Casino ceased all gaming operations along with every other casino within Alberta in response to the COVID-19 Pandemic and as directed by AGLC. The Grey Eagle Casino accounts for over 60% of the Nation's annual budget each year, so the impacts of the casino closure are very significant. The full impacts are not yet known.

We must all navigate these times together in the best way possible as a collective. However, we will be forced to make some proactive yet tough financial decisions that will be felt both individually and collectively until the time that our casino begins operations again. We understand the impacts these very difficult decisions carry and would like to assure all citizens that Chief and Council and senior staff members will not be immune to the impacts as well. These are unprecedented times and we must all do our part.

We have been assessing the impacts over the past few weeks and have already made a number of tough decisions. Moving forward in the upcoming weeks and months, we will be required to make even more difficult decisions. A working group comprised of members of Chief and Council and Senior Staff will be working to determine a plan and direction moving forward. We will do our best in maintaining communication and engagement with citizens and staff during this time, and we humbly ask for your patience and understanding as we navigate these uncharted territories in the best and most principled way possible.





TSUUT'INA XAKUAGHA TSUUT'INA NATION CHIEF & COUNCIL

403-281-4455
9911 CHIILA BLVD.,
TSUUT'INA NATION, AB
T3T 0E1

OUR SPENDING DECISIONS DURING THESE UNCERTAIN TIMES WILL BE BASED ON THE FOLLOWING PRINCIPLES:

1. Ensuring the safety and well-being of all Tsuut'ina Citizens by continuing the delivery of essential services and programs especially to our elders, families, and most vulnerable
2. Keeping Tsuut'ina Citizen employees who are funded by charity and/or FNDF funds employed for as long as possible
3. Hoping and praying for the best but remaining realistic, adaptive, equitable, and proactive in our financial decision-making
4. Ensuring the long-term financial viability of the Nation by making a conscious effort to preserve our financial safety nets (such as settlements and/or capital trust) for our children and future generations while still addressing current needs
5. Certain funds such as grant funding and funding governed by agreements must be spent in accordance with their agreements and Chief and Council have little to no say in how they are allocated; we also have various financial commitments that are non-negotiable
6. We must remain strategically positioned to continue operations and the implementation of plans and mandates once casino revenue begins flowing again and our financial position stabilizes

Our priority as a Chief and Council is ensuring the well-being of our elders, children, families, and citizens. Please continue following all the updates and information provided by emergency staff and watch for more updates on financial decisions. We will try our best to keep the people informed and engaged in decision-making to the best of our ability as we navigate through these unprecedented times. We ask for your prayers and patience during this time and we wish all families and citizens well. As Tsuut'ina, we have survived many hardships throughout our history and we will make it through these times as well. We are resilient. We are strong. We are Tsuut'ina.

Siyisgaas,

TSUUT'INA XAKUAGHA
Tsuut'ina Nation Chief and Council



TSUUT'INA NATION
EMERGENCY MANAGEMENT RESPONSE
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



PUBLIC NOTICE TSUUT'INA NATION

CURFEW IN EFFECT

EFFECTIVE APRIL 9TH 2020

CURFEW FROM 10PM-6AM DAILY

Effective 9:59 pm on Thursday, April 9, 2020 a curfew will be put in place. From 10 pm to 6 am, individuals will not be permitted to be on Reserve lands, including roadways, other than in, at or around their homes. This curfew does not apply to those individuals that may be returning from or going to work or those individuals providing essential services. We ask that you abide by this curfew.

Chief and Council understand that this may cause an inconvenience to some. However, we must take all steps to prevent COVID 19 from being brought in from the high-risk zone of Calgary. This is a first approach on protecting our borders.

While we have considered closing our borders, at this time we have decided not to do so. However, this will be reviewed on a regular basis as part of our preventative strategies.

We are doing our best to keep Nation citizens informed of decisions being made, and will continue to do so. As a Nation, we are all in this together and truly appreciate the support from our People.

TSUUT'INA NATION



COMING INTO FORCE NOTICE



THE FOLLOWING DOCUMENT WAS RATIFIED ON APRIL 25, 2020 THROUGH A TSUUT'INA CHIEF AND COUNCIL EMERGENCY LEGISLATIVE SESSION AND IS ENFORCEABLE WITHIN THE JURISDICTION OF TSUUTINA NATION.

Title: EMERGENCY CURFEW LAW
Coming into Force: April 25, 2020
Number: EL.04.2020.01

Copies of this legislation may be obtained through the following sources to be available for public on April 27, 2020 through pdf soft copy only:

William Big Crow, Governance Records and Administration/Technical Writer - Email: william.bigcrow@tsuutina.com or
 Sunshine Mistakenchief, Governance Records and Administration Clerk - Email: S.Mistakenchief@tsuutina.com

For further information please contact:
 Vanessa Eagletail, Executive Director - Governance and Administration
vanessa.eagletail@tsuutina.com – Email contact only

Alison Heavenfire, Director - LPTS
alisonheavenfire@tsuutina.com – Email contact only



EMERGENCY CURFEW LAW – GENERAL INFORMATION SHEET



WHAT IS THE EMERGENCY CURFEW LAW? TITLE-PURPOSE-SCOPE

1. This law may be Cited as the “Emergency Curfew Law”.
2. The purpose of this Law is to govern curfew enforcement during a Tsut’ina Nation State of Local Emergency wherein the Tsut’ina Nation is threatened by an emergency, and in order to ensure safety and security during such an emergency, must enact temporary measures to preserve the health and safety of the Tsut’ina Nation Citizens, residents, and visitors.
3. This Law is applicable within the Tsut’ina Nation Lands.

PROHIBITION – WHAT IS NOT ALLOWED?

4. During a State of Local Emergency, no person shall be in a Public Place within Tsut’ina Lands during the Curfew Period.
5. During a State of Local Emergency, no Adult shall allow or permit a Child who is under his or her custody, care or control, to be in a Public Place within Tsut’ina Lands during the Curfew Period.

EXCEPTIONS – DESCRIPTION OF ALLOWABLE ACTIVITIES EXEMPT

6. Notwithstanding anything contained herein, during a State of Local Emergency, it is not an offence under this Law for a person to be in a Public Place during the Curfew Period in the event of:
 - a. An emergency, requiring a trip to or from a hospital or health care facility; or
 - b. Travelling to or from their place of employment.
 - c. A person shall not be in Breach of this Law during a State of Local Emergency, if they are within their Residence during the Curfew Period.

APPREHENSION – WHAT IS THE PROCESS IF A PERSON IS OUT PAST CURFEW?

7. Where an Offender has committed a Breach of this Law during a State of Local Emergency, a Peace Officer or Law Enforcement Officer may:
 - a. Order the Offender to return to their Residence immediately;
 - b. Apprehend the Offender without warrant;
 - c. Issue a notice of appearance requiring the Offender to appear before a Court;
or
 - d. Use all reasonable measures, including restraint, physical force or powers of arrest to return the Offender to their Residence or remove them from Nation Lands.

OFFENSE – WHAT IS THE CONSEQUENCE FOR A PERSON OUT PAST CURFEW?

8. The Peace Officer or Law Enforcement Officer may issue a violation ticket.
9. Any person who violates this Law during a State of Local Emergency, shall be guilty of an offence, and shall be liable on summary conviction to a fine not exceeding one thousand (\$1,000) dollars or imprisonment for a term not exceeding thirty (30) days, or to a fine and imprisonment.
10. The minimum penalty which may be imposed for:
 - a. A first offence in respect of a violation of any provision of this Law shall be a fine of one hundred and fifty (\$150) dollars;
 - b. A second offence in respect of a violation of any provision of this Law shall be a fine of three hundred (\$300) dollars;
 - c. A third offence in respect of a violation of any provision of this Law shall be a fine of five hundred (\$500) dollars.
11. Nothing this Law shall limit the authority of a Peace Officer or a Law Enforcement Officer from taking steps to ensure compliance with this Law during a State of Local Emergency.
12. No action lies against the Tsuut'ina Nation, or a Peace Officer or Law Enforcement Officer, or any other person acting under the direction of Tsuut'ina Nation Chief and Council for anything done or omitted to be done in good faith in the administration or discharge of any powers or duties, which under this Law are intended or authorized to be executed or performed, during a State of Local Emergency.
13. The Tsuut'ina Nation shall have the authority to deduct from a Per Capita Distribution, or any other distribution to a Citizen, an amount to pay for any fine imposed pursuant to this Law.

This general information sheet is a brief overview of the Law.

The full document may be obtained through the Legislative Procedures Technical Services – see *Coming Into Force notice*

Enacted on April 25, 2020 in Tsuut'ina Nation
Coming Into Force: April 25, 2020



TSÚŪT'ÍNÀ NÁNĪSCHŪSH-NÁ TSUUT'INA NATION EMERGENCY MANAGEMENT

(403) 251-9335
9911 CHILA BLVD.,
TSUUT'INA, AB
T3T 0E1



April 23rd, 2020

EMERGENCY MANAGMENT RESPONSE UPDATE FOR APRIL 23RD, 2020

COVID-19

- NO confirmed cases of COVID-19 on Tsuut'ina Nation
- The team continue to work on an Isolation Centre, business continuity and food supply for Tsuut'ina nation.
- The Health Centre has drive through testing set up. Appointments can be made by calling 403.258.4830.
- Appointment days are Tuesdays, Wednesdays and Thursdays and may be given through an assessment process via telephone call with nurse. If you display any of the following symptoms of COVID-19 including, cough, fever, sore throat, runny nose or shortness of breath please call 403.258.4830.
- We ask for your cooperation in keeping an appointment and being on time and that you minimize the car passengers to yourself and driver if you cannot drive.

In all efforts to accommodate ongoing information on all emergency management as we approach flood and wildfire season, please follow our Tsuut'ina Emergency Social Media sites:

Facebook Page: Tsuut'ina Emergency Management
Follow Instagram Page: ttnemergencymanagement
Follow Twitter Page : @TTNEmergency

Siyisgaas Tsuut'ina Nation

Sincerely,

Tsuut'ina Nation Emergency Management



TSUUT'INA NATION
EMERGENCY MANAGEMENT RESPONSE
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



SUBSCRIBE TO

TSUUT'INA NATION'S

EMERGENCY TEXT

MESSAGE UPDATES

TEXT "TTN" TO

+18444947936



SUBSCRIBE TODAY!!

TSUUT'INA NATION NÁNĪSCHŪSH-NÁ

PLEASE FOLLOW EMERGENCY MANAGMENT ON OUR SOCIAL MEDIA ACCOUNTS

 @TTNEMERGENCYMANAGEMENT

 @TSUUT'INA EMERGENCY MANAGEMENT

 @TTNEMERGENCY

NÁNĪSCHŪSH-NÁ
TSUUT'INA NATION EMERGENCY MANAGEMENT

TSUUT'INA NATION
EMERGENCY MANAGEMENT RESPONSE
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



SYMPTOMS OF COVID-19



FEVER



RUNNY NOSE



SHORTNESS OF BREATH

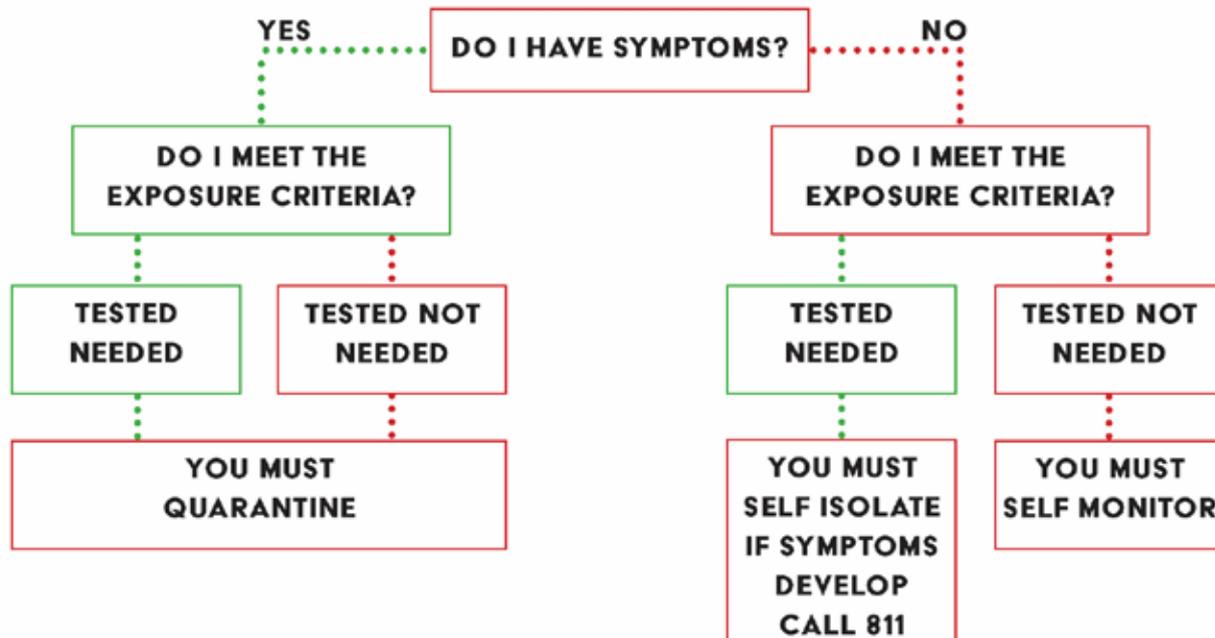


SORE THROAT



DRY COUGH

IF YOU HAVE ANY SYMPTOMS YOU MUST QUARANTINE FOR A MINIMUM OF 10 DAYS OR UNTIL SYMPTOMS RESOLVE, WHICHEVER IS LONGER



TSUUT'INA NATION
EMERGENCY MANAGEMENT RESPONSE
 9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



MONITORING SYMPTOMS

QUARANTINE:

1: I NEED TO QUARANTINE IF:



I HAVE SYMPTOMS **OR** I HAVE BEEN DIAGNOSED WITH COVID-19 **OR** I AM WAITING FOR MY TEST RESULTS **OR** I HAVE BEEN TOLD TO STAY HOME BY A HEALTH PROFESSIONAL



- I MUST STAY AT HOME UNTIL I AM ADVISED BY A HEALTH PROFESSIONAL THAT I AM NO LONGER AT RISK
 - I MUST AVOID CONTACT WITH OTHER PEOPLE



IF SYMPTOMS GET WORSE, CONTACT YOUR HEALTH CARE PROVIDER OR 811 IMMEDIATELY AND FOLLOW THEIR INSTRUCTIONS.

SELF-MONITORING:

2: I NEED TO SELF-MONITOR IF:



I HAVE REASON TO BELIEVE I HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19 **OR** I AM IN CLOSE CONTACT WITH OLDER ADULTS OR MEDICALLY VULNERABLE INDIVIDUALS **OR** I HAVE BEEN ADVISED BY A HEALTH PROFESSIONAL TO SELF MONITOR



- I MUST MONITOR MYSELF FOR ANY SYMPTOMS FOR 14 DAYS
 - I MUST PRACTICE SOCIAL DISTANCING



IF SYMPTOMS DEVELOP (EVEN MILD)-STAY HOME AND AVOID CONTACT WITH OTHERS. CONTACT YOUR HEALTH CARE PROVIDER OR 811 IMMEDIATELY AND FOLLOW THEIR INSTRUCTIONS.

SELF-ISOLATION

3: I NEED TO SELF ISOLATE IF:



I HAVE RECENTLY TRAVELLED INTERNATIONALLY IN THE PAST 14 DAYS **OR** A HEALTH PROFESSIONAL HAS IDENTIFIED ME AS HAVING CLOSE CONTACT WITH SOMEONE DIAGNOSED WITH COVID-19



I MUST STAY AT HOME FOR 14 DAYS AND MONITOR FOR SYMPTOMS IF SYMPTOMS DEVELOP, CALL 811 I MUST AVOID CONTACT WITH OTHER PEOPLE



IF SYMPTOMS DEVELOP (EVEN MILD)-STAY HOME AND AVOID CONTACT WITH OTHERS. CONTACT YOUR HEALTH CARE PROVIDER OR 811 IMMEDIATELY AND FOLLOW THEIR INSTRUCTIONS.

COVID-19 EXPOSURE CRITERIA:



IN THE LAST 14 DAYS BEFORE I GOT SICK I TRAVELLED OUTSIDE OF CANADA

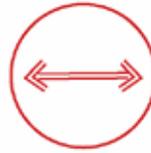


IN THE LAST 14 DAYS BEFORE I GOT SICK I HAD CLOSE CONTACT WITH SOMEONE WHO WAS SICK AND HAD TRAVELED INTERNATIONALLY WITHIN 14 DAYS BEFORE THEY GOT SICK

CLOSE CONTACT MEANS:



I HAVE PROVIDED CARE TO SOMEONE WHO WAS SICK WITHOUT PROPERLY PROTECTING MYSELF



I WAS WITHIN 2 METERS FOR A LONG PERIOD OF TIME WITH SOMEONE WHO WAS SICK.



I HAVE BEEN COUGHED ON OR SNEEZED ON BY SOMEONE SICK



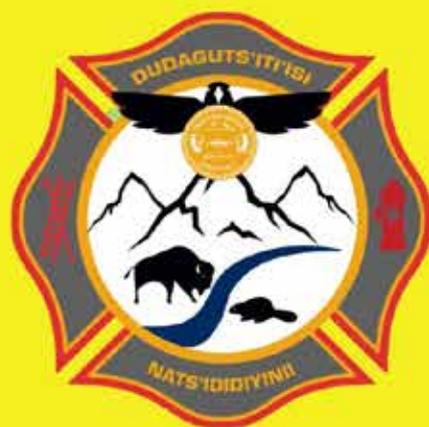
HAPPY BIRTHDAY



DRIVE-BY



IS YOUR BIRTHDAY BETWEEN NOW AND JUNE 2020?
ARE YOU UNDER 14 OR OVER 65?
ARRANGE A SPECIAL BIRTHDAY TREAT AND HAVE
TOSGUNA AND TSUUT'INA FIRE DRIVE BY AND GIVE
A BIRTHDAY SIREN TREAT!



SIGN UP BY EMAIL
BRITTANY.OUELLETTE@TSUUTINAPOLICE.COM
OR
BY PHONE 587-583-4562

** WE WILL DO OUR BEST TO ACCOMMODATE ALL REQUESTS
CALL DEPENDING**



CONSTRUCTION ZONE SAFETY IS IN YOUR HANDS!

If you see something unsafe report it
to the Tsuut'ina Nation Police Service
at 403-271-3777 or in case of
emergencies dial 9-1-1

www.tsuutinapolice.com



SOCIAL MEDIA SAFETY



1. REMEMBER, THERE IS NO 'DELETE' BUTTON ON THE INTERNET. THINK BEFORE YOU POST.



2. DON'T BROADCAST YOUR LOCATION. YOU COULD BE TELLING A STALKER EXACTLY WHERE TO FIND YOU OR TELLING A THIEF THAT YOU ARE NOT HOME.



3. CONNECT ONLY WITH PEOPLE YOU TRUST.



4. KEEP CERTAIN THINGS PRIVATE FROM EVERYONE. WHILE IT'S FUN TO HAVE EVERYONE WISH YOU A HAPPY BIRTHDAY, OR FOR LONG-LOST FRIENDS TO RECONNECT WITH YOU ONLINE, LISTING YOUR DATE OF BIRTH WITH YOUR FULL NAME AND ADDRESS GIVES POTENTIAL IDENTITY THIEVES PERTINENT INFORMATION.



5. SPEAK UP IF YOU'RE UNCOMFORTABLE. IF A FRIEND POSTS SOMETHING ABOUT YOU THAT MAKES YOU UNCOMFORTABLE OR YOU THINK IS INAPPROPRIATE, LET HIM OR HER KNOW.



REPORT ANY INSTANCES OF CYBERBULLYING YOU SEE TO THE TSUUT'INA NATION POLICE SERVICE AT 403-251-9660.



TSÚŪT'ÍNÀ NÀGŪT'ĪN-NÁ ŌGHÀYĪNÓ-NÁ TSUUT'INA NATION HUMAN RESOURCES

403-281-4455
9911 CHIILA BLVD.,
TSUUT'INA, AB
T3T 0E1

April 23rd, 2020

There are people on the Nation who may consider applying for the CERB. As application processes and decisions evolve with the Federal Government in relation to unemployment, it is advisable that people who wish to apply for CERB funding set up a CRA account and/or My Service Canada account.

For more information on CERB eligibility and requirements and to apply please see

<https://www.canada.ca/en/services/benefits/ei/cerb-application/questions.html>

To set up for My Service Canada Account please see

<https://www.canada.ca/en/employment-social-development/services/my-account.html>

Sincerely,

Human Resources Department





TSUŪT'INÀ NATION CULTURE & MUSEUM

403-238-2677
62 OLD AGENCY ROAD
TSUUT'INA NATION, AB
T2W 3C4

TSUUT'INA NATION MUSEUM NOTICE "TSUUT'INA DAY MAY 1ST 2020"

As Tsuut'ina Nation members try to make sense of what is happening around us we must also reflect on our past. To remember why Chiila (Chief Bullhead) had prayers and a feast at the first sign of spring. Prayers for all the nation members who made it though the winter and for those that did not. This May 1, 2020 holds great significance with this current event we need to be more diligent with our offerings and prayers. We can still be united even though we are apart. Join our pipe holders in prayer by lighting your smudge in your homes.

Friday, May 1st, 2020
12:00 Noon

Siyisgaas, Tsuut'ina Culture/Museum & Tsuut'ina Nation Chief and Council



TSUUT'INA NATION
PUBLIC WORKS
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



ROADS MAINTENANCE BUILDING CLOSED

THE ROADS MAINTENANCE BUILDING IS CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE

Due to COVID-19 we need to protect the safety of our staff only the roads maintenance staff should be in the building please call ahead if there is a certain person you wish to speak to thanks for your cooperation.

Tsuut'ina Roads Maintenance Program
(403)251-3015

Siyisgaas,
Management



TSUUT'INA NATION HEALTHY LIVING PROGRAM

403-251-2082
OLD AGENCY RD.
ALBERTA T0L 1W0
CANADA



ANXIETY? STRESSED?

YOU'RE NOT ALONE

**PLEASE CALL THE
TSUUT'INA HELP LINE**

403-819-6602

TSUUT'INA YOUTH HELP LINE

403-829-4574

**GET CONNECTED WITH ANY ONE OF OUR FOUR
PSYCHOLOGISTS FOR A PHONE SESSION
TO GET NEEDED SUPPORT**

CONFUSED?

DEPRESSION?

ANGRY?



UPSET?



TSÚŪT'INÀ NATION INCOME SUPPORT DEPARTMENT

403-281-4455
9911 CHIILA BLVD.,
TSUUT'INA NATION, AB
T3T 0E1

APRIL 27, 2020

PUBLIC NOTICE: INCOME SUPPORT APRIL 30TH CHEQUE RELEASE

In recognition of Tsut'ina Day on Friday, May 1, 2020, and the closing of the Administration Building on that day, Income Support cheques will be released on Thursday, April 30th.

Property Management has a table set up at the main entrance of the Chief Joseph Big Plume Administration building for Income Support staff to hand out cheques to those clients who **DO NOT** have Direct Deposit. Security will be on site to assist Income Support.

Entrance to the building will be **ONLY ONE CLIENT AT A TIME**. Please respect the following process:

- Clients will wait outside the building for their turn.
- Clients will need to sanitize hands before entering the building. A station will be set up.
- No partners will be allowed in with the client. Children limited to a maximum of two with client.
- 2-5 minute sanitation time between clients picking up cheques.
- Elders and those individuals with Disabilities available to be pick up cheques from 8:00 a.m. onward – all other clients will receive issuance after 10:00 a.m.

Please remember: For the safety of everyone, if you have any symptoms of fever or cough, you must not attend the building (even if symptoms appear to be mild or resemble a cold).





TSUUT'INA
HAY PROGRAM
NOTICE



FIELD PAYMENTS WILL BE MADE
FRIDAY APRIL 24TH, 2020 via DIRECT DEPOSIT

FOR THOSE WHO ARE NOT SET UP via
DIRECT DEPOSIT
A CHEQUE WILL BE ISSUED



May 2020

***Please stay home and only travel
for essential purposes***



Mon	Tue	Wed	Thu	Fri
				1 Dr. Hilbert 11-3:30 <i>Tsuut'ina Day Health Centre Staff Off</i>
4 Dr. Whitehead 9-1:30 Dental: Dr. Zhao 9-11:30	5 Dr. Regehr 11-3:30 Dental: Dr. Lavalle 9-11:30	6 Dr. Mehta 9-1:30 Dental: Dr. Tahir 9-11:30 LAB: 9-11:30	7 Dr. Regehr 11-3:30 Dental: Dr. Lavalle 9-11:30	8 Dr. Erasmus 9-1:30
11 Dr. Whitehead 9-1:30 Dental: Dr. Zhao 9-11:30	12 Dr. Soin 9-1:30 Dental: Dr. Lavalle 9-11:30	13 Dr. Regehr 11-3:30 Dental: Dr. Tahir 9-11:30 LAB: 9-11:30	14 Dr. Erasmus 9-1:30 Dental: Dr. Lavalle 9-11:30	15 Dr. Hilbert 11-3:30
18 <i>Victoria Day Health Centre Closure</i>	19 Dr. Regehr 11-3:30 Dental: Dr. Lavalle 9-11:30	20 Dr. Mehta 9-1:30 Dental: Dr. Tahir 9-11:30 LAB: 9-11:30	21 Dr. Regehr 11-3:30 Dental: Dr. Lavalle 9-11:30	22 Dr. Erasmus 9-1:30
25 Dr. Whitehead 9-1:30 Dental: Dr. Zhao 9-11:30	26 Dr. Soin 9-1:30 Dental: Dr. Lavalle 9-11:30	27 Dr. Regehr 11-3:30 Dental: Dr. Tahir 9-11:30 LAB: 9-11:30	28 Dr. Erasmus 9-1:30 Dental: Dr. Lavalle 9-11:30	29 Dr. Hilbert 11-3:30

MEDICAL TRANSPORTATION SERVICES CLIENTS - Will be doing limited medical trips due to COVID-19.

LAB: There is "NO" X-Ray on site, Lab hours have been changed to 9:00am to 11:30 am.

RENFREW TSUUTINA HEALTH TEAM **Out of office until further notice but can be reached by phone*

GUJA FOOD MARKET **New Service**- Fresh fruit and vegetables available at the Food Bank Wednesdays from 10:30 until bags sell out.

Dental: Will only accept emergency walk-ins at this time. Please call the morning of to speak to dental.

Guja Food Market

Fresh produce provided by Fresh Routes' Mobile Food Market!

For an affordable, safe shopping experience we are selling pre-assembled food bags supplied by Fresh Routes Market.

Retail Value: \$45

Fresh Routes price: \$20

Example of a typical food bag:



Apples x 4	Eggs x 1
Oranges x 4	Cucumber x 1
Bananas x 5	Romaine Hearts x 1
Grapes x 1	Zucchini x 1
Tomatoes x 2	Onions x 2
Potatoes (5lb) x 1 bag	Carrots (2lb) x 1 bag

Pick-up is April 29th, 2020 @ Food Bank Parking lot

Time: 10:30AM until Sold Out

Cash, Debit or Credit Accepted

* This will be a drive-thru format (the bags are preassembled)

* Limited number of bags



fresh routes





GUJA Family Corner

Banana Pancakes Recipe

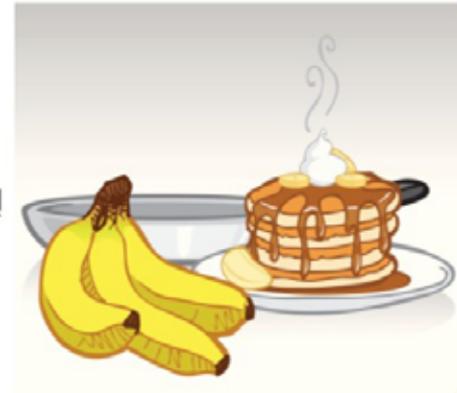
Easiest recipe ever! Make it for 1 or 10 people!

WHAT YOU NEED:

1 banana, 1 egg and 1 Tablespoon of flour per person!

WHAT TO DO:

1. Mash banana with fork. Pour banana into a bowl.
2. Add eggs to banana and stir together with fork.
3. Add flour and stir.
4. Heat pan on medium heat. Add oil or spray.
5. Scoop a half cup of pancake mixture and pour into pan.
6. Watch for bubbles on top and flip. This may take some practice but soon you will know exactly when to flip!



Check out the video on the Tsut'ina Health Centre facebook page!

Family meals during Covid



Children and adults thrive on routine. Find a rhythm that includes meals, play time, bedtime routines and conversations to check in with each family member about how their day or week is going.

One of the best times to check in and talk as a family is meal time! The meal doesn't need to be fancy but try sitting and eating together without any distractions of tv or phones.

A few ideas to make mealtimes fun:

- Kids pick a meal and help cook. Older kids can lead the way in reading recipes and measuring while younger kids can stir, pour and add.
- Have a picnic outside! Grab a blanket and enjoy some fresh air while eating together outside.
- Fill a jar with fun and curious questions and choose one for everyone to answer. For ideas and printable questions check out:

<https://childhood101.com/printable-conversation-cards/>



Photo Source: Renfrew Educational Services Instagram

FACEBOOK LIVE SESSION

VISIT THE RENFREW EDUCATIONAL SERVICES TSUUT'INA HEALTH TEAM FACEBOOK PAGE

TUESDAY, APRIL 28TH AT 3PM

THE TEAM WILL ANSWER YOUR QUESTIONS DURING THE LIVE FEED

COVID-19 SUPPORT FOR FAMILIES

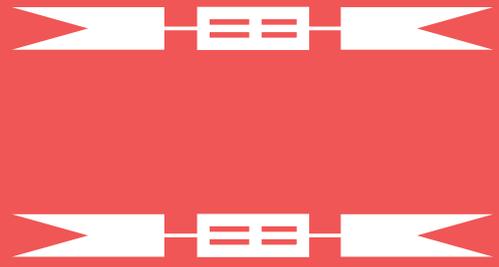
THE MULTIDISCIPLINARY TEAM WILL BE ANSWERING QUESTIONS ON HOW TO SUPPORT YOUR FAMILY AT HOME.

- Psychologists
- Speech Language Pathologist
- Occupational Therapist

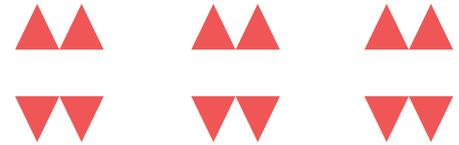


RENFREW EDUCATIONAL SERVICES TSUUT'INA HEALTH TEAM

TRADING POST



DIYI DZINISI GUJA



Happiest 7th Birthday to our Peyton Beth Beautiful Jacobs on April 12, 2020 much love from your family 



April 28th
Happy 2nd birthday to our lil man Caius Ryker Pretty Youngman- Big Plume love all of us



Wanted to send special blessing and shout out to all the beautiful women of Tsuutina Nation who represent that role as a mother HAPPY MOTHERS DAY

Also special thanks to all our essential services departments

- health
- fire
- policing
- gas bar

And any other employees still placing yourself in public to provide us services in our community

Happy birthday to my niece Alexis Heavenfire - May 29th
Billie Dee - May 27th to all the ladies birthday - May 7th



Happy 1st Birthday Ramone on April 23
Happy 12th Birthday Jalen on April 23
Happy Birthday Papa Vin on April 21
Happy Birthday Meeks on April 19"



SIYISGAASDZI-TII



On behalf of the Nation, We would like to say Siyisgaas to Spartan Hockey for delivering bag lunches to our Fire Dept, Tuguna, Health Centre, and to the Food Bank staff. We greatly appreciate your efforts.



How you can respond to domestic violence during COVID-19



If you or someone you love is facing domestic abuse, here are a few suggestions that may make this uncertain time feel a little bit safer:

Create a safety plan.

A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Women's shelters safety plan with survivors, friends, family members, and anyone who is concerned about their own safety or the safety of someone else.

You and your partner may be told by either or both of your employers to work remotely to limit physical interaction. Having a safety plan laid out can help you to protect yourself during this stressful time. When a mother is at risk, her children should also be considered at risk, particularly when families are spending more time together during COVID-19. Safety planning that considers children is often recommended but can be more complicated. Connect with a shelter to safety plan with their trained professionals. Keeping a mother safe is recognized as the best way to keep children safe.

Here are some resources for thinking about general safety planning:

- [Creating a Safety Plan](#)
- [Planning for Safety with Families](#)
- [Safety Planning with Children and Youth](#)

During COVID-19, consider the sanitation protocols suggested by health authorities and recommended physical distancing in your community in your planning. It could mean survivors reaching out to more trusted friends, family, colleagues, or neighbours than they normally would to increase avenues to get help and/or support safer escapes in emergencies.

ACWS member shelters are doing everything they can to stay open and support survivors in a safe and responsible way. You do not have to stay in a shelter to get help from one. You can call a shelter to get counselling and support with safety planning.

You can call **1-866-331-3933** to speak with a women's shelter for help creating your safety plan.

Set up a safe signal with someone you trust.

Consider setting up a coded text message that you send to a parent or sibling, such as "we are out of milk", or, "the kids are having fun", that is really a request for them to call 911. Creating a signal with a neighbour, such as lowering the blind in a certain window, as a signal for the neighbour to call 911 is another example.

When someone is in immediate danger, contact police. Even if they are in quarantine or self-isolating due to illness – the police will respond.

Support defusing strategies.

No one is ever responsible for the abusive behavior of another person, yet people living in domestic violence are often already experts at employing defusing strategies to try to minimize the impacts of the abuse and protect their loved ones.

Understand that the current situation may be used to justify an abuser's need to control others and may worsen the abuse in the home. Consider if there are additional ways to help keep the calm - especially things that those outside the family might do to help. Encouraging opportunities for exercise outside, communicating about a non-violent entertaining Netflix series or movie, sharing boardgames or online activities to help keep children occupied, etc. may help de-escalate conflict.

6 things you can do if you think a friend might be experiencing domestic abuse



How you react to a friend's disclosure of violence can save their life because it affects their likelihood of seeking out further supports. It is critical to not take her power away; trying to make decisions on her behalf may make her situation even more dangerous.

- 1 When it is safe to do so, virtually check in on your friends, family, and colleagues**
"how are you feeling?"; "do you feel safe in your home right now?"
- 2 Believe them. Validate and empathize with their feelings.**
Even if you haven't seen it. Even if you know/care about the person harming your friend.
Try: "That sounds hard"; "you seem scared"; "I'm sorry you're going through this right now"
- 3 Use I see & I feel statements.**
It's common that people don't recognize or label their own relationship as abusive.
Try saying things like, "I see the way he* talks to you, and it makes me feel scared" or "I see the way he treats you, and it makes me feel sad that you're in that situation."
Ask if they want you to help and how.
- 4 If they want help, support them with safety planning**
Safety plans are practical steps to improve safety
Women's shelter workers are trained to help you with this.
- 5 Avoid victim-blaming. Many of us use harmful language without knowing it or meaning to be hurtful.**
Avoid asking "why" questions or saying things that make the person being harmed feel blamed for the abuse.
- 6 Educate yourself about the dynamics of domestic violence and abuse. Refer your friend to trained professionals – like the ones at women's shelters**
You don't have to go into shelter to get help from one.
In Alberta - [acws.ca/shelters](#)
Across Canada - [Sheltersafe.ca](#)
You can call a shelter for resources on behalf of someone else.

Positive change can take time. Though your friend may not use these resources right away, you are empowering her with access to helpful information.

If you or someone you know is in immediate danger, call 911.

To speak with a women's shelter, call our 24/7 hotline at 1-866-331-3933.

To locate a shelter near you, visit [acws.ca/shelters](#) or [sheltersafe.ca](#).

If you suspect a child is at risk, you must report it. 1-800-387-5437 (KIDS)

***Note: Violence and abuse can be used by people of any gender expression and sexual orientation toward people of any gender expression and sexual orientation. While we all continue to learn about the dynamics of domestic violence, the focus, experiences, and evidence of our provincial membership continue to teach us that the most deadly forms of relationship violence are perpetrated mostly by male-identified people against mostly female-identified people.**

Adapted from sources: Julie Lalonde's Instagram Live presentation 23 March 2020, with consultation from Alberta shelter experts.

2020-04-08

How COVID-19 may impact those living with domestic violence



Forced isolation may be harder to recognize during physical distancing. An abusive partner may limit social interaction with colleagues, friends, and family during working from home arrangements.

Reduced accommodation options make it even harder to leave an abusive partner. Physical distancing makes it harder to stay with friends, and many landlords have temporarily stopped taking new applicants.

Survivors may have been given frightening misinformation about COVID-19 by their abusive partner to control or manipulate them.

Abuse tactics can increase or worsen in emergencies like this. This may show up in signs not apparent before - like bruises or burns, or in sharing about instances of sexual or emotional abuse.

Most instances of sexual assault are from someone the survivor knows, and sexual violence may increase as families are confined in their homes for longer periods of time.

It may be more difficult for someone in an abusive relationship to communicate during social isolation because their partner may be more closely monitoring or limiting their technology use.

With children now at home all day, every day, there may be more incidences of child abuse happening in the home. Be mindful of communication that indicates signs of child abuse are present. If you suspect a child is at risk, you are legally required to report it. 1-800-387-5437 (KIDS)

Abusive partners may withhold necessary items, such as hand sanitizer or disinfectants.

Abusive partners may prevent survivors from seeking medical attention if they need it or find ways to control access to extended health benefits.

An abusive partner may make the survivor go outside of the home. The abuser may blame her if she or the children get sick.

Travel restrictions and fewer travel options may impact a survivor's escape or safety plan – it may not be safe for them to use public transportation or access flights or buses.

An abusive partner may use COVID-19 scare tactics to keep a survivor away from their children.

An abusive partner may make it difficult or impossible for the survivor to work from home.

An abusive partner may block their partner from applying for employment insurance benefits or other forms of COVID-19 financial assistance, making them more dependent on the abuser.

*If you or someone you know is in immediate danger, call 911.
To speak with a women's shelter, call our 24/7 hotline at 1-866-331-3933.
To locate a shelter near you, visit [acws.ca/shelters](#) or [sheltersafe.ca](#)
If you suspect a child is at risk, you must report it. 1-800-387-5437 (KIDS)*

Adapted from sources: Futures Without Violence and National Domestic Violence Hotline with consultation from Alberta shelter experts. 2020-04-09

Some signs that someone may be living with domestic violence during COVID-19



- A mother withdraws from her normal activities with her children.
- Your friend stops participating in the group chat.
- You try to connect with a family member, but one person in their household monopolizes their only computer.
- The abuser is the only one who leaves the home for walks or supplies.
- You hear someone you care about tolerating more put-downs from their partner than usual.
- Your neighbour asks about borrowing your car suddenly.
- Your sister says her partner isn't letting her use disinfectants.
- Your colleague shares misinformation about the public health requirements that their partner told them.
- You hear abnormal sounds of conflict from your neighbour's house.
- You notice during a FaceTime call, that your friend is using more makeup, maybe to cover a bruise.
- Your friend has stopped using their camera on your check-ins, maybe to hide their black eye or other physical signs of violence.
- Someone you know recently had an ex-spouse move back into their house claiming to have COVID-19 and having nowhere else to isolate.
- You haven't heard lately from your friend at work.

If you or someone you know is in immediate danger, call 911.

To speak with a women's shelter, call our 24/7 hotline at 1-866-331-3933.

To locate a shelter near you, visit [acws.ca/shelters](#) or [sheltersafe.ca](#).

If you suspect a child is at risk, you must report it. 1-800-387-5437 (KIDS)

Adapted from sources: Futures Without Violence and National Domestic Violence Hotline with consultation from Alberta shelter experts. 2020-04-09



GUMISASTAY

MOCCASIN TELEGRAPH
PRESENTED BY TTN COMMUNICATIONS

