



# MDÀ HÍ



## MOCCASIN TELEGRAPH

### The Girl Who Married a Star ◀ ▶



These two girls were sitting one night outside of their teepee. One of them said to her friend, "Friend," she said to her "That star over there is beautiful. I wish that it would become my husband right now." The next morning, The two girls went out to get wood for the fire. As they were making the firewood suddenly, A handsome man walked up to her. The girl said, "What are you doing?" she asked him. The young man then said, "I have come to court you. I was up in the sky, minding my own business. I wish he could become my husband you said to me. That is the reason. I have come down to you." And then, He said

to her "Close your eyes." The young woman kissed her friend goodbye. Then, she closed her eyes. "Now open your eyes again," she was told. When she did so, she had been spiritually taken to a different world it was earth in the sky. After a long time, she and her husband had a child. After awhile, Her husband said to her, "These wild turnips you are digging, There is one here that protrudes from the buffalo dung be careful not to dig it up." Some time later, As the woman was walking with her son, They were each digging up wild turnips. The little boy said to his mother, Dig this one up for me" The one that was protruding

from the buffalo dung. The boy's mother refused. Her son started crying unceasingly. Finally, she dug it up for him. She removed the buffalo dung. She dug out the wild turnip. She could see the earth through the hole. People were playing the hoop and wheel game. She stared at the land where she lived. At that point, She began to cry. When she finished crying they went home. They arrived at their teepee. A little later, Her husband came home with food. Her husband said to her, "I can see you have been crying. Did I not warn you not to dig up that root?" Then the woman replied, This person was crying hard. That was protruding from the manure I dug it up for him. I can see my relatives again." After that, her husband invited the stars to his teepee. He said to them, "Go hunting And bring back many hides for me." And then, from there They killed a lot of buffalo And brought back many hides which they gave to him. He cut them into long strips, When he finished cutting them into strips, "Now then!" he said. After that, The woman along with her son, Were put into a rawhide sling. They laced them up completely. And then the turnip she dug up, Left a hole, they carried them there. They then tied the ropes together into one long strip And then, Down through the hole, They began lowering the boy and his mother. Down below, Some people were playing the hoop game. One of the boys, Whose eyes were too gummy to play the hoop game, To play the hoop and wheel game, Was sleeping on his blanket near the others. After awhile "I wonder what is that Falling down?" When the others looked up, During that time, There is nothing there," someone said. "What I said is true," said the boy. It is getting closer and closer to us. Then like him, they Kept lying on their backs. They sprinkled dirt into his eye. "Maybe it is your gummy eyes" They kept saying to him. "No I am telling the truth," he kept saying. After awhile, like him They all lay down again, They saw the object dropping downwards. And then "Put up a blanket under her. Someone said They held a blanket up for her. After that The two people fell into the blanket. They undid the hide very quickly And discovered it was the girl. And that is how the woman and her son came back to earth again. The little boy Shone at night

# CEO OFFICE



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

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



### ACTIVE POSITIVE COVID-19 CASES ON TSUUT'INA NATION

# 0 CASES

Date: June 29<sup>th</sup>, 2020

**POSITIVE COVID-19 CASES: 0 CASES**

**TSUUT'INA HEATH CENTRE COMPLETED TESTS TO DATE:  
232 TESTS**

**TSUUT'INA HEALTH CENTER PENDING TESTS TO DATE:  
11 TESTS  
(RESULTS 12-48 HOURS)**

**RESULTS: 221 NEGATIVE  
RESULTS: 0 POSITIVE CASES  
RECOVERED: 4 COVID-19 CASES**

#### SAFETY GUIDELINES

- Wash hands for at least 20 seconds
- Please keep a safe social distance between yourself and others (2 meters or 6 feet apart)
- Please no non-essential travel into the city except for groceries and essential needs.
- Please wear masks while you are in public to keep yourself and others around you safe.
- Please no large gatherings of more than 15 people in any indoor location.
- Please no large gatherings of more than 50 people in any outdoor location.
- We encourage everyone to download the AB Tracetgether App.

*Health Centre: COVID-19 Testing is open to all Nation Citizens and can be booked through the direct line and by appointment at 403-258-4830*

**TTN HELP LINE 403-819-6602  
TTN YOUTH LINE 403-829-4547**

The Mental Health Help Line at 1-877-303-2642 & the Addiction Help Line at 1-866-332-2322 operates 24/7  
24 Hour Family Violence Information Line at 310-1818  
Sexual Violence Line at 1-866-403-800 9am-9pm.

**The ABTraceTogether App**  
Enhances manual contact tracing and capacity, and facilitates early detection. It means Albertans will be contacted more quickly if they are at risk. Use of the app is voluntary; users must opt in.

The app does not track the user's physical location and does not use GPS. Protecting privacy is paramount; all contact data is only on the user's phone and is deleted after 21 days. Secure contact tracing is a cornerstone of Alberta's

Relaunch Strategy. More information and links to download the app are online. The app currently has 204,246 registered users.



**EMERGENCY MANAGEMENT COVID-19 UPDATE DATE: JUNE 29<sup>TH</sup>, 2020**

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T3T 0E1



### TSUUT'INA NATION

## RE-OPENING OF PLAYGROUNDS

June 24th 2020

### RE-OPENING OF PLAYGROUNDS AND SAFETY DURING COVID-19

*When using playgrounds it is important to remember:  
Playgrounds are high-touch point structures and are not disinfected or cleaned after use.*

There is a limited ability to manage physical distancing on these structures. While families can use playgrounds once re-opened, we strongly encourage you to follow these guidelines:

- Those who are sick or have symptoms related to COVID-19 must not use playgrounds.
- Practice proper hand hygiene. Wash and sanitize your hands before and after use.
- Encourage children to avoid sharing toys or sports equipment and limit contact with individuals outside of their household or cohort family. Try to encourage your children to avoid touching their face.
- Maintain 2 metres, or 6 feet, of physical distance between yourself and others.
- Clean and disinfect toys and sports equipment prior to and after use.
- Carry and use hand sanitizer containing at least 60% alcohol content immediately before and after using playground equipment.
- Consider limiting children and other members of your household to only visiting playgrounds that are close to your home. This will help limit the number of people your family may come into contact with.
- Maintain physical distancing and limit congregating with other people when entering and leaving the playground and supervising children playing (e.g. paths, benches, picnic areas).

# NOTICE TO MINORS

**IN ORDER FOR A MINOR TO RECEIVE THEIR PER CAPITA DISTRIBUTION (PCD) UPON TURNING EIGHTEEN (18) YEARS OF AGE – ATTENDANCE AND PARTICIPATION IN A BMO FINANCIAL LITERACY WORKSHOP IS MANDATORY.**

Tsuut'ina Nation Minors who will be turning eighteen (18) years of age be advised: As a requirement of the Tsuut'ina Nation Capital Trust Agreement each minor must satisfactorily complete an educational program approved by the Nation with respect to personal financial planning and money management.

Bank of Montreal (BMO) Financial Literacy Workshops are scheduled on the following dates for the year of 2020 in order to accommodate the requirement for the minors:

**TUESDAY, JUNE 23, 2020 – 5:00 P.M. SHARP**

**TUESDAY, JULY 21, 2020 – 5:00 P.M. SHARP**

**TUESDAY, OCTOBER 20, 2020 – 5:00 P.M. SHARP**

**LOCATION: GREY EAGLE RESORT AND CASINO**

Parents/Guardians of TTN minors turning 18 years of age during the 2020 year please ensure your child is signed up for one of the above workshops.

Contact Twylla Starlight at (403) 238 6146 or (403) 829 2820 in order to enroll your child and receive further information regarding the process.

# PROGRAMS

SEVEN CHIEFS  
SPORTSPLEX  
CHIEF JIM STARLIGHT CENTRE



## FITNESS CENTRE

### SUMMER PROMOTION WILL END THIS FRIDAY !

DUE TO COVID-19 WE ARE ADJUSTING OUR MEMBERSHIP PRICES AND HOURS TO BETTER HELP ALL THOSE AFFECTED  
Our Summer Promotion will run June 17-July 3rd.

**MEMBERSHIPS WILL BE FROM DATE OF PURCHASE TO AUG 30TH**

#### NON NATION

ADULT (18YR+)	\$55
YOUTH (13-17yr)	\$35
SENIOR (65+)	\$35
STUDENT (post-sec)	\$35
FAMILY (2 adult + 1 youth)	\$70

#### TSUUT'INA NATION MEMBERS

ADULT (18YR+)	\$35
YOUTH (13-17yr)	\$25
SENIOR (65+)	\$25
STUDENT (post-sec)	\$25
FAMILY (2 adult + 1 youth)	\$50

Please see our NEW relaunch safety protocols & procedures

### HOURS OF OPERATION

MONDAY - FRIDAY	8 AM - 8 PM	
SATURDAY	11 AM - 6 PM	July 1st 12-5pm
SUNDAY	11 AM - 6 PM	

We will continue to monitor facility usage and will adjust accordingly

### GROUP FITNESS CLASSES

BOOTCAMP	M, W, F	12:05-12:50 PM	No
YOGA	T, TH	12:05-12:50 PM	Classes
GUMISITTY STR. & COND.	M, W	4:30-5:30 PM	July 1st

All classes will be held outdoors (weather permitting), otherwise social distancing practices will be in effect in sportsplex.

We will continue to monitor class attendance and requests and adjust accordingly



# PROGRAMS



## Alberta School Councils' Association Excellence in Learning Partnerships Award:

### *PARTNERS IN PLACE: SOCIAL PROBLEM SOLVING THROUGH DESIGN THINKING*

The Alberta School Councils' Association (ASCA) has recognized the work of Connect Charter School, Tsuut'ina Education, and Mount Royal University with the Excellence in Learning Partnerships Award. This award recognizes partnerships that include the school council, and support parent and community involvement in education to benefit the community and enhance the learning experience of students.

Partners in Place is an ongoing commitment among Connect Charter School, Mount Royal University, and Tsuut'ina Education. The major focus of this program is community impact and relationship building. Social Problem Solving through Design Thinking is the evolution of Partners in Place. The major focus in 2019-2020 is community impact through a shared class, focusing on connecting students' knowledge of Mental Health, Anxiety, and Bullying to the practice of design thinking and designing for social change.

An awards presentation will be scheduled at a future time.

With thanks to Calgary Foundation for their support of this partnership.



# PROGRAMS



## Home Energy Savings eWorkshop

*free energy saving tips for your home*

Have you ever considered where the money you spend on energy goes?

Learning how your home works and how your daily habits affect how much energy you use can go a long way to help you understand how to save energy while also making your home more comfortable and safe.

### DURING OUR WORKSHOP YOU WILL LEARN:

- How to program your thermostat
- Water conservation tips
- Home safety tips
- How to air seal your home
- How to read your energy bill

Workshop for  
Indigenous Community

Come join us and learn how to save energy and increase the comfort and safety of your home.

Date: Thursday 9<sup>th</sup> July 2020

Time: 12:00 PM to 1:30 PM MT

Location: Online via Teams

To Register, click on the below:

[REGISTER NOW](#)

Sponsored By:



Empower Me Program is available in English, Mandarin, Cantonese, Punjabi, Farsi, Hindi, Spanish.  
To learn more, visit [www.empowerme.ca](http://www.empowerme.ca) • [info@empowerme.ca](mailto:info@empowerme.ca)

# SOCIAL WELL-BEING



## GŪTS'ITŌ ŌGHÀTS'ĪYĪNŌ-DĪ TSÚŪT'ÍNÀ NATION HEALTH CENTRE

403-251-7575  
72 BULLHEAD ROAD  
TSUUT'INA NATION, AB  
T3T 0A6



*June 29, 2020*

In accordance with Chief and Council the Health Centre will be closed on [Wednesday July 1st for Canada Day](#).

Health programs [will also be closed July 2nd and 3rd](#) as per July 2020 Office Closures Directive.

The Dental office will also [be closed July 1st, 2nd, and 3rd](#).

**Please note that the Pharmacy and PCN office will be open regular hours on July 2nd and July 3rd, and can be accessed by Nation Members.**

COVID testing will resume Monday July 6th. Appointments can be booked calling (403) 258-4830, if calling outside regular office hours your call will be returned as soon as possible.

Anyone requiring immediate testing or assistance can contact 811 for further help.



# SOCIAL WELL-BEING

# 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**

## **This weeks food bag (June 24th):**



Oranges x 4	Cucumber x 2
Peaches x 4	Zucchini x 2
Mangoes x 3	Romaine x 1 pkg
Cantaloupe x 1	Red Peppers x 2
Plums x 4	Green Onions x 1
Eggs x 1	Asparagus x 1

**Pick-up is Every Wednesday @ Food Bank Parking lot**

**Time: 10:30AM-1:00PM or 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**



# SOCIAL WELL-BEING

## Mental Health Changes when Using



It is quite common to have mood changes when using substances – people USE to experience those mood changes but...

Your overall mental health and mood can be badly affected by using any mood altering substance. Dopamine and Serotonin (natural chemicals in our brains) are released at excessive or even extreme levels when using substances which can change your mental health.

You might **notice this in the withdrawal** period and experience it as feeling “sad”, “super tired like you don’t care about anything”, “hostile or irritable” and even “desperate”, “suicidal” or “angry”

These changes may be temporary and pass OR could be a more serious problem for you.

When your **brain chemicals** are out of the normal balance it can affect your **MOOD, THINKING** and **BEHAVIOURS**. There is help ...

Someone to talk to:

- Mental health team AND / OR 403 819 6602
- Youth line 403 829 4574 AND / OR
- Harm Reduction Program 403 251 7575 ask for Helena

# TRADING POST



# HOROSCOPES



-  **ARIES** - Up and at 'em, Aries! Mars, your ruling planet, has a lot to tackle in 2020, from the end of the world to going to get some timmies coffee.
-  **TAURUS** - It's been a long time coming, Taurus. Since Uranus entered your sign back in 2018, you've been feeling like a brand-new person. But in many ways, you still retain your old wise ways
-  **GEMINI** - It's all about you, Gemini—at least for the four luxurious months that Venus spends in your sign this year! It might be time for you to get some old projects done!
-  **CANCER** - Stay wild, moonchild! More than any other sign, you're under Luna's spell. And this year, Its your time to shine baby.
-  **LEO** - Work hard, play harder—Leo, that's your secret for getting the most out of life. And with Mars burning through your fellow fire signs this year, that famous lust for life is stronger than ever.
-  **VIRGO** - This year is super-serious Virgo, Overcome all the problems you have been carrying all this time. You will feel the weight come off your shoulders.
-  **LIBRA** - Libra, you're everyone's favorite social butterfly. But as 2020 rolls along, you may find yourself retreating back into the cocoon. But do not worry people are thinking about you.
-  **SCORPIO** - Life, liberty, and the pursuit of happiness: Scorpio, what do they mean to you? Grab your loved ones and hold them close!
-  **SAGITTARIUS** - The time is now, Sag. With Mars in your sign at the start of 2020, you're ready to step more fully into your personal power. Seek new hobbies it will flourish.
-  **CAPRICORN** - No pressure, Capricorn! But this year, all astrological eyes are on you. With Saturn, Pluto, and Jupiter all converging in your sign at the start of 2020, you're definitely in the hot seat you will achieve something important!
-  **AQUARIUS** - With wild-card Uranus as your ruling planet, Aquarius, it takes a lot to rattle your nerves. But the time is now send a real shock to the system!
-  **PISCES** - Where do other people end, Pisces, and where do you begin? Try and make some new friends or talk to old ones, you may be surprized.

# MOON CHART





# GUMISASTAY

MOCCASIN TELEGRAPH  
PRESENTED BY TTN COMMUNICATIONS

