

M DÀ HÍ



MOCCASIN TELEGRAPH

◀ ▶ XALITSA-TSINA AND COYOTE RACE ▶ ▶



The began the race, and Coyote being lame was allowed to start first, They had to cross two hills and two valleys before they reached the meat. As Coyote crossed the first, he quit limping and ran as hard as he could. When Xalitsa-tsina saw Coyote running he began to throw off the stones but before he could reach the tongues and meat, in time. Coyote had eaten them all up except for one morsel that was very small and real tough to chew. Coyote then fled, and Xalitsa-tsina followed him. He was hoping to take revenge. Coyote fell asleep. Old Man then approached Coyote and was ready to spear him with a pointed stick. Intending to kill him. Old man changed his mind, and decided to burn him up instead. He thought burning him up would spoil Coyote's good fur scorched the sides of the coyote's mouth. Coyote immediately jumped up and fled. but ever since then. The Coyote has a black streak on each side of his mouth.

Coyote came along limping. his paw was wrapped in grass. Xalitsa-tsina saw him and said, " My grandchild, I am glad you have come. I wanted someone to help me eat these deer tongues and meat. However, I am not going to feed you for

nothing. We will have a race. The winner will take all the tounge and meat. I will tie some big stones to my body because you are limping. If you win, take the tounge and meat but leave a tiny portion for me. "If I win you shall have nothing"

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

02 CASES

Date: July 13th, 2020

POSITIVE COVID-19 CASES: 02 CASES

THESE INDIVIDUALS IS SAFELY ISOLATING AT THIS TIME. PLEASE NOTE THAT THE SECOND POSITIVE CASE IS NOT RELATED TO THE FIRST POSITIVE CASE IN REGARDS TO EXPOSURE AND CONTACT TRACING.

TSUUT'INA HEATH CENTRE COMPLETED TESTS TO DATE:
357 TESTS

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

RESULTS: 341 NEGATIVE
RESULTS: 2 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: JULY 13TH, 2020

GOVERNANCE & ADMINISTRATION



Tsuut'ina Nation CHIEF EXECUTIVE OFFICER

9911 Chiila Blvd. Tsuut'ina, AB, T2W 6H6
Ph. 403.281.4455 Fax: 403.251.6061

IMPORTANT NOTICE TO TSUUTINA CITIZENS AND RESIDENTS

May 14, 2020

Via: Electronic delivery – Da'hi Newsletter, Mass Tsuut'ina Email, Tsuut'ina Website, Social Media Post (Chief and Council social network page, Tsuut'ina Comm, Communication on the Nation)

Dear Citizens/Residents,

Pursuant to Chief and Council Directive 067 and the Tsuut'ina Residency Law, the Nation is updating a centralized master list of all residents of the Tsuut'ina Nation. This includes Tsuut'ina Citizens and Non Tsuut'ina Citizens.

The purpose is to adequately plan for accommodation and services required for the Nation. This information is needed for budgeting, staffing and services projections.

Accurate information is vital to provide for emergency services during the Covid-19 pandemic.

Tsuut'ina Nation Citizens and Community members residing on the Tsuut'ina Nation are requested to update information through:

Jessie Meguinis

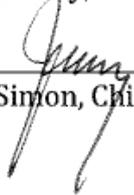
PERMIT AND RESIDENCY CLERK

jessie.meguinis@tsuutina.com or permitandresidencyoffice@tsuutina.com

PH: 403-238-6138 CELL:587-437-9093

The department is still operating with regular business hours remotely. If you have already filed an application, please ensure information is updated. Thank you for your cooperation and support.

Respectfully,



Jerry Simon, Chief Executive Officer

PROGRAMS



Tsuut'ina Youth Program & Tsuut'ina Recreation are hosting:



YOUTH GOLF CLINIC

If your child would be interested please contact The TTN Youth Program or TTN Recreation. We are planning to start the first session near the end of July and two sessions in August. Details still in the works, please follow us to stay updated!

July and August 2020

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PROGRAMS

TSUUT'INA YOUTH PROGRAM



Summer Wellness Classes!

We have been plunged into a pandemic, and personal wellness is very important in this moment so we can keep well and heal from the stress of being isolated from one another.

Sachin Sudra is the founder of Namaste Cooking, a grassroots, community-based company set out to educate and inspire people on the Ancient Indian healing art of Ayurveda. He is an Ayurvedic Chef, Teacher, Public Speaker and Herbalist. He teaches, empowers, and inspires people of all diversities to cook Ayurvedic food for one's unique lifestyle and yoga practice. He acts as a community advocate for preserving this ancient indigenous knowledge of Vaastu through public demonstrations and talks. He believes in returning to the kitchen as a communal gathering space for resilience through health and wellness.

For these short, one-hour workshops, you can learn how to make aromatherapy bug sprays, hand sanitizers, and learn how to cook with spices! Free giveaway packages that are made of spice boxes, essential oils, sprays, recipe books!

WELLNESS WORKSHOP WITH SACHIN SUDRA

JULY 14 - 17
1-3PM



DAY 1 COOKING CLASS "SPUDS & SPICES"
DAY 2 COOKING CLASS "LENTILS & RICE"
DAY 3 HAND SANITIZER SPRAY CLASS
DAY 4 "BEAT THE BUGS" SPRAY CLASS

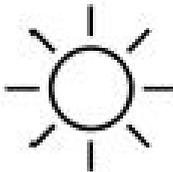
TO REGISTER, CONTACT
MEGAN TWO GUNS

MEGAN.TWOGUNS@TSUUTINA.COM

ALL MATERIALS, INCLUDING SPICE PACKS, ESSENTIAL OILS, BOTTLES AND SPRAY PROVIDED. TAKING PLACE ONLINE ON ZOOM!

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SOCIAL WELL-BEING



SUMMER SAFETY

- Saniya will share reminders and tips for keeping you and your family safe during the summer



FACEBOOK LIVE SESSION

VISIT
RENFREW
EDUCATIONAL
SERVICES
TSUUT'INA
HEALTH TEAM
FACEBOOK PAGE

TUESDAY, JULY 14TH
AT 3PM

SANIYA WILL
ANSWER YOUR
QUESTIONS DURING
THE LIVE FEED



SANIYA KHAN
Registered Nurse

Renfrew Educational
Services Tsuut'ina Health
Team

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



Sample produce bag:

Apples x 4	Cucumber x 2
Peaches x 4	Tomatoes x 2
Mangoes x 4	Zucchini x 1
Plums x 4	Avocados x 2
Raspberries x 1	Red peppers x 2
Strawberries x 1	Eggs x 1

Pick-up is Every Wednesday in the Food bank parking lot.

Time: 10:30AM until 1:00PM or 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

Homemade Popsicles

These Green Tropical Popsicles are an amazing frozen summer treat for kids (and adults) that are filled with nothing but healthy ingredients. You can feel good about serving them as a treat, or even for breakfast! Popsicles for breakfast on a hot summer day will pretty much blow any kids mind! And you will be best parentever!

Get the kids involved:

- They can help measure and pour the ingredients into the blender.
- They can help put the lid on the blender and push start.
- They can pour the popsicle mixture into the molds. Tip: pour some of the popsicle mixture into a smaller measuring cup with a pour lip to make it easier on them.
- With help, they can place molds into the freezer.
- Older kids can make the recipe on their own.

Green Tropical Popsicles

½ cup liquid (milk, almond, coconut, rice, soy or water)
 1 cup spinach
 1 cup pineapple, frozen or canned
 1 banana

Place all ingredients into a blender and blend until smooth. Pour into popsicle molds. Freeze. Enjoy.



** If you do not have popsicle molds you can use ice cubes trays, small disposable cups or muffin tins lined with foil cupcake wrappers. Once the popsicle mixture is poured into the molds, cover with aluminum foil and insert a wood popsicle stick through the foil into the center of the mold.

These super healthy super delicious popsicles are going to be a hit at your house!



EDUCATION



Bullhead Adult Education Centre

33 Bullhead Road SW, Tsuut'ina, Calgary, AB, T3T 0A6
Telephone: (403) 238-4222 Fax: (403) 974-1449



Tsuut'ina Employment Skills & Training is now accepting applications for the upcoming Skills Link Program

This program is aimed at the youth who are between 18 to 30 years old, for those who are wanting to learn new skills in a pre-employment setting and hands on training in a workplace environment.

The program will cover:

- ✓ Pre-employment training skills
- ✓ Life skills
- ✓ Career and/or Education Research and Planning
- ✓ Job Search and Job Maintenance Skills

The Skills Link Program is a two part program;

9 weeks of classroom training and 18 weeks job placement for work experience for 9 youth.
Start date TBD due to the pandemic, but will start as soon as we re-open the office.

We are still accepting applicants and preparing for the program.

Youth will return to Bullhead Adult Education Centre once every month for monitoring and skill building workshops.

Qualifications:

- ✓ Unemployed, or under employed
- ✓ Limited to no work experience
- ✓ Not be EI eligible or no claims within the last 3 years
- ✓ Not in school

Apply by sending a resume and cover letter to nedine.simeon@tsuutina.com.

Those short listed will be contacted.



TRADING POST



FREE PANCAKE BREAKFAST DRIVE THRU



On behalf of
Councillor Ellery Starlight



July 26, 2020

Starts @ 8am – 12pm or until all the food is gone

Brown Bear Woman Center

Drive Thru Only

Due to COVID we are asking everyone to stay in their vehicles as we will be practicing social distancing at this event.

Siyisgaas Ellery Starlight and Family

Colours in Tsuut'ina

D D S T T D I K I I Z H F M O
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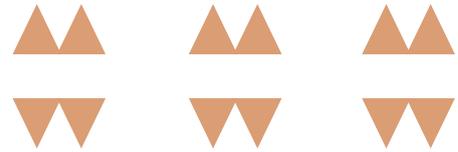
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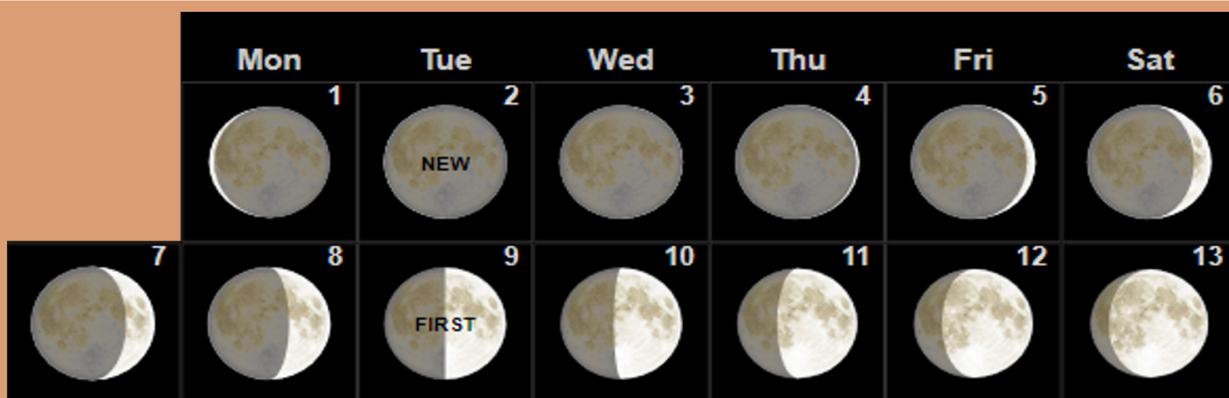
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HOROSCOPES



-  **ARIES** - YOU ARE FINALLY READY TO FACE THE WORLD AS YOURSELF THIS WEEK, SO DON'T BE AFRAID OF ANYTHING.
-  **TAURUS** - GEEKS AND NERDS - ONE BIG SMELLY BUNCH OF CYBER-CRIMES WAITING TO HAPPEN. AND YOU'RE NEXT ON THEIR LIST. AVOID LINKS AND EMAILS YOU DON'T KNOW.
-  **GEMINI** - YOU MAY THINK THAT STARTING AFRESH ON MONDAY WOULD BE OF SOME COMFORT, BUT IT REALLY WON'T BE. LIFE IS STARTING BACK UP SO ITS TIME TO SHAKE THE COB WEBS OFF.
-  **CANCER** - YOU TEND TO BE LESS TRUE TO YOURSELF AT WORK, BUT TODAY YOU MAY LET A LITTLE OF YOURSELF SLIP OUT AT A MOST AWKWARD MOMENT. ITS GOOD TO BE AROUND FRIENDS
-  **LEO** - WITH ALL YOU'VE BEEN THROUGH YOU SHOULD BE GLAD THAT THIS IS A NEW WEEK. YOU CAN TEST YOURSELF TODAY BY ATTEMPTING TO SOMETHING NEW.
-  **VIRGO** - YOUR IDEALS ARE STARTING TO SHAPE THE WAY YOU'RE LIVING, SO CONGRATULATIONS. SANDWICHES OFTEN SEEM HARMLESS UNTIL YOU NOTICE SOMETHING MOVING.
-  **LIBRA** - OFFICE POLITICS MAY CAUSE PROBLEMS FOR YOU TODAY IF YOU ARRIVE WITH SOME COMEDY. WE CAN PROMISE THAT YOU WON'T LOOSE YOUR COOL WITHIN THE NEXT TWO DAYS.
-  **SCORPIO** - CHEW OUT SOME OLD PROJECTS WITH SOME FRIENDS TODAY. THEIR INANE CHATTER MAY AMUSE YOU.
-  **SAGITTARIUS** - MAKE YOURSELF A COFFEE, SIT DOWN AND READ THE INTERNET. HELL, IT'S WHAT YOU DO EVERYDAY, RIGHT? WHEN ASKED IF YOU'RE OK TODAY, YOU MAY FEEL TEMPTED TO YELL BUT JUST SMILE AND NOD.
-  **CAPRICORN** - SOMEONE WILL APPROACH YOU TODAY WITH AN ATTITUDE YOU CANNOT GET ON WITH AT ALL. MAKE SURE YOU SAY SOMETHING POSITIVE DURING THIS, IT WILL MAKE YOU FEEL BETTER LATER.
-  **AQUARIUS** - DAVE IS NOT A NAME YOU WANT TO ASSOCIATE WITH TODAY. DAVE MAY BE OUT TO GET YOU. IT'S HARD TO TELL. USE YOUR BEST JUDGMENT
-  **PISCES** - AS THE FELLA ONCE SAID, AIN'T THAT A KICK IN THE HEAD. NOT THAT YOU'LL BE KICKED IN THE HEAD, IT'S A METAPHOR. I MEAN, HELL, FOR ALL YOU KNOW YOU MIGHT WIN THE LOTTERY.

MOON CHART





GUMISASTAY

MOCCASIN TELEGRAPH
PRESENTED BY TTN COMMUNICATIONS

