

# MDÀ'HI



## MOCCASIN TELEGRAPH

### THE RECOVERY OF THE BUFFALO



In the days when the Tsuut'ina were overwhelmed by the great flood the buffalo disappeared. The Tsuut'ina were facing starvation. The people in the camp saw a crow fly over their teepees and then they said, "Someone must be bringing meat". The chief told them not

to leave their teepees for four days. He said after four days you will see buffalo. On the fourth day the buffalo entered the camp and rubbed themselves against the their teepee poles. They allowed the buffalo to pass through the camp. The next day the chief climbed a hill

and saw an enormous heard of buffalo approaching. He told the people to remain quite. A woman who happened to just come out of her teepee saw the buffalo heard and began to yell. At once the buffalo changed to timber. That is how the buffalo came back to the Tsuut'ina. After the great flood. But because they did not listen to the Chief that was the second and last time that the buffalo were brought to the Tsuut'ina

# CEO OFFICE



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

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



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

# 0 CASES

Date: September 01<sup>st</sup>, 2020

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

**TSUUT'INA HEATH CENTRE COMPLETED TESTS TO DATE:  
1071 TESTS**

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

Unfortunately it's taking longer to receive results the longer those who may have been contacts are going to be circulating before themselves being contacted and isolated. This puts not just the Nation but the whole province at increased risk of contracting COVID 19 from unknown Community cases. So just a reminder to be extra vigilant with safety.

**RESULTS: 1016 NEGATIVE  
RESULTS: 0 POSITIVE CASES  
RECOVERED: 8 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.
- We encourage everyone to download the AB Tracetoegether App.
- 200 people maximum for audience-type community outdoor events, such as festivals, firework displays, rodeos and sporting events, and outdoor performances
- 100 people maximum for other out-door events and indoor seated/audience events, including wedding ceremonies, funeral services, movie theaters, indoor arts and culture performances and other indoor spectator events where people remain seated
- 50 people maximum for indoor social gatherings, including wedding and funeral receptions and birthday parties

*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 233,794 registered users.



EMERGENCY MANAGEMENT COVID-19 UPDATE DATE: SEPTEMBER 1<sup>ST</sup>, 2020

# CEO OFFICE



## TSÚŪT'INÀ NÁNĪSCHŪSH-NÁ TSUUT'INA NATION FIRE & RESCUE SERVICE

(403) 251-9335  
9911 CHIILA BLVD.,  
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# FIRE BAN

## 1. ISSUE

Wildfire risk increases with the arrival of dry/windy weather conditions. It is imperative that we take all possible steps to prevent wildfires on our Nation.

## 2. BACKGROUND

During certain times during the year fire restrictions or fire bans may be required to assist the Tsuut'ina Nation to reduce the devastating and unplanned loss of grasslands, crops, livestock, forested areas, residential structures, infrastructure and human life. Fire restriction can be used to inform the public using a four colour method to demonstrate the current hazard. (SEE BELOW). Working in coordination with the Alberta Forestry Fire Danger Rating System, the fire restriction process follows scientific data that is extrapolated from local Provincial and Federal weather stations.

## 3. CURRENT STATUS

As of September 4, 2020 1:30pm there is a

**TOTAL FIRE BAN** for Tsuut'ina Nation.

Permit burning on Tsuut'ina Nation is banned due to dry/windy conditions. All outstanding burn permits and fireworks permits are suspended until further notice.

Taking action in advance to reduce the number of human-caused wildfires will allow Alberta Wildfire to make the best possible use of resources when the availability of firefighters could be reduced because of the pandemic.

## 4. KEY CONSIDERATIONS

As the COVID-19 Pandemic is expected to affect ability to mitigate both large and small scale incidents, all steps to reduce danger to residents must be taken.

## 5. POSSIBLE SOLUTIONS

Fire Ban should be enacted on Tsuut'ina Nation until further notice, as the Fire Chief's Office deems appropriate to change during the current State of Local Emergency.

## 6. CONCLUSIONS, RECOMMENDATIONS, OR REQUESTS

This ban includes:

- Incinerators (for farm and acreage use)
- Burning barrels
- Recreational camp fires  
(approved burn pit 24" in diameter or less)
- Fireworks



# CEO OFFICE



## TSÚŪT'ÍNÀ NÁNĪSCHŪSH-NÁ TSUUT'INA NATION FIRE & RESCUE SERVICE

(403) 251-9335  
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### NO RESTRICTION

Fire permits are required during fire season for any type of burning, Except campfires. **SAFE CAMPFIRES ARE ALLOWED.**



### FIRE ADVISORY

The fire hazard rating has increased. Fire permits may be restricted. Safe campfires are allowed, but this level is a warning they may be restricted if the situation doesn't improve.



### FIRE RESTRICTION

Safe campfires are allowed in fire rings only. No campfires (or other open fires) or charcoal briquettes are allowed in backcountry or random camping areas. Gas or propane stoves/barbeque's and portable propane fire pits are allowed. Fire permits may be suspended or canceled and no new fire permits will be issued. If the situation continues to worsen, TNFR will put on a fire ban.

**USE OF FIREWORKS ARE PROHIBITED.**



### FIRE BAN

No campfires (or other open fires) are allowed. This includes charcoal briquettes. Gas or propane stoves/barbeque's and portable propane fire pits are allowed. All fire permits are suspended or canceled and no new fire permits will be issued.

**USE OF FIREWORKS ARE PROHIBITED.**

# GOVERNANCE & ADMINISTRATION

## 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.

# GOVERNANCE & ADMINISTRATION



**TSUUT'INA DINA DIK'ANA LAA**  
(TSUUT'INA NATION CITIZENSHIP DEPARTMENT)  
9911 Chiila Blvd., Tsuut'ina, Alberta. T2W-6H6  
Telephone (403) 238-6305 & (403)238-6143  
Fax (403) 238-7616



SEPTEMBER 01, 2020

The Next Citizenship Evaluation Board Member Quarterly Meeting on Completed Applications for Tsuut'ina Citizenship is on **Thursday, September 24, 2020.**

Deadline for Completed Applications is **Thursday, September 17, 2020 by 4:00pm.**

*Note: For Minor Applications, an Affiliation Letter from the other Parent's First Nation will be requested by one of our department staff and submitted before the deadline to confirm the minor has not been registered with another First Nation. The Cut-off date ensures the time to complete this process.*

We will continue to take appointments for applications **by appointment only** until the cut-off date of September 15, 2020, call (403)238-6143 to make an appointment.

If you have any questions or concerns, please contact the department ☺

*Siyisgaas,  
Tsuut'ina Dina Dik'ana Laa Staff*



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## DADANAST'ADA

### Reminder:

**We are still not taking appointments for the SCIS-Secured Certificate of Indian Status (Status Cards) until further notice. Indigenous Service Canada is closed due to COVID-19.**

If you have any questions or concerns, please contact the department ☺

*Siyisgaas,  
Tsuut'ina Dina Dik'ana Laa Staff*

# LANGUAGE AND CULTURE

**Lets have a social- distancing discussion on our Treaty.**

**No Agenda share information, concerns, updates**

**Open & safe  
Free – no Honoraria**

**Social Distancing guidelines for outdoor gathering must be followed. Bring your own chairs, hats, Sanitizers and masks**

**Light lunch will be available  
Accepting potluck contributions for food & drinks, but not mandatory**

**Where: 8 Cattedip road  
When: Wednesday September 9,  
2020  
Time: 10 am to 2 pm ish.**

## EDUCATION DEPARTMENT TSUUT'INA NATION

82 Cow Camp Road, Tsuut'ina, Alberta T3T 0A9  
Telephone: (403) 238-5484  
Fax: (403) 238-9850



### 'Statement from the Education Department

As released by the Province on September 1, 2020, we are asking all parents with children who have allergy symptoms or cold like symptoms be tested before returning to class. As a result of this announcement we moving our start date to September 14 to ensure parents have enough time for the **safety** of the students, staff and community.

Cohort A – Monday/Tuesdays will start September 14, 2020  
Cohort B – Wednesday/Thursday will start September 16, 2020

During the week September 8 to 11, Principals will be available for discussion regarding schedules, classes, or other concerns you may have before your child attends school on September 14, 2020.

Provincial Schools will operate as indicate by their school district. Transportation for these students will be made available on Tuesday September 8, 2020.

Our utmost concern is **Safety** for students, staff and parents in a learning environment. Please be patient as we work through this new situation with our Re-Entry 2020-2021. If you have any questions please feel free to contact me at [vmcdougall@tsuutinaeducation.com](mailto:vmcdougall@tsuutinaeducation.com) or 403-238-5484 (Office) 403-461-8052 (Work).



# SOCIAL WELLBEING

## Steps Toward Addiction Recovery: STEP 1 → AWARENESS

Many people with experience in addiction recovery talk about steps toward recovery as **starting first with awareness and acknowledgment of a problem**. Addiction is a *complex and chronic illness* associated with brain changes that influence decision making and behaviours.

Some symptoms include the following:

- Prioritizing substance use over relationships, work or school
- Continuing to use substance even after negative consequences (like losing a job, relationships, money or getting into trouble with the law)
- Having serious physical symptoms and health problems because of the substance use

**CAGE questionnaire:** Some people have used this tool to see if substance use has become a concern...

| CAGE Questionnaire for Detecting Alcoholism   |     |    |
|---|-----|----|
| Question  | Yes | No |
| C: Have you ever felt you should <b>C</b> ut down on your drinking?   | 1   | 0  |
| A: Have people <b>A</b> nnoyed you by criticizing your drinking?  | 1   | 0  |
| G: Have you ever felt <b>G</b> uilty about your drinking?   | 1   | 0  |
| E: Have you ever had a drink first thing in the morning ( <b>E</b> ye opener)?  | 1   | 0  |
| A total score of 0 or 1 suggests low risk of problem drinking<br>A total score of 2 or 3 indicates high suspicion for alcoholism<br>A total score of 4 is virtually diagnostic for alcoholism |     |    |

If you would like to talk to someone about your drinking or substance use, please don't hesitate – call for an appointment, talk to a doctor or talk to a friend. I'm happy to be part of your journey to recovery.

### Health & Wellness Centre – Harm Reduction

Helena – **Clinic: 403 251 7575**

**Confidential Cell: 403 463 3525**

**Healthy Living Contact Number:**

**403 819 6602**

# TRADING POST















## Numbers (Tens) in Tsuut'ina

T V E G C H I S H C H I D I N I I A G I  
 M U A A H U V A I W K K U T X H D E U Q  
 H G X U B G R L S C M U R Z T W Z M T J  
 U E D L H U T P X H D I I S H D I L X O  
 G M F R R N J T A F D M A E L B M H D R  
 T Y O T G I G T A M A S Z K V X U P J M  
 X F A V M S U U O A R J F R A J R B G T  
 T Z L H Z N M X S S S U D J K D D D K T  
 Q M J O H O Q W A T F D R M V K I F U I  
 K Q L F B N F K P L A X I C Z G G U O K  
 R R X I H I G G J D N D P I H W V F Q U  
 H M Y W T B U Z U E H W I B S L M U G Y  
 Z O T Q O J C D U N Y N F Y A H U Y S A  
 K V C A O C Q F F Y I L V D Z D D H Y D  
 I Z H U D V D W D E U S L H K R L I I I  
 H O X E I L V S D Q A C N C X W C R N N  
 G C K O F Y E E G V D N A A L T J K H I  
 B C U J X Z K S L B E P A C D D A C S S  
 A B Q S G U U T A D I I P C F I R Q F R  
 Z D G Z E F T I P D W Y J F L R I A A J

- |                     |                    |                  |                  |
|---------------------|--------------------|------------------|------------------|
| Ttaasdiishdini (80) | Chishch'idini (70) | Ttikuyadini (90) | Gunisnadii (100) |
| Gunisnoni (10)      | Guut'adii (50)     | Diishdi (40)     | Akadi (20)       |
| Gustadi (60)        | Toodi (30)         |                  |                  |

# HOROSCOPES



-  **ARIES:** THIS MONTH IS ALL ABOUT SEIZING LIFE BY YOUR HORNS. SAY YES TO EVERYTHING AND BE SPONTANEOUS.
-  **TAURUS:** THE UNIVERSE WANTS YOU TO FOCUS ON CHOOSING A CAREER PATH THIS MONTH. DON'T FEEL LIMITED BY WHAT OTHER PEOPLE EXPECT. MAY THE POSSIBILITIES EXCITE YOU, DOCTOR TAURUS!
-  **GEMINI:** EXPECT THE UNIVERSE TO SEND YOU A LOT OF MESSAGES THIS MONTH. NOT EVERY ONE IS IMPORTANT, BUT YOU WILL FIGURE OUT WHICH ARE.
-  **CANCER:** YOU WILL BE ON THE RECEIVING END OF SOME HURTFUL STEREOTYPING ABOUT YOUR PEOPLE. TAKE A PROACTIVE APPROACH
-  **LEO:** THE UNIVERSE IS WILD AND OUT OF SORTS FOR YOU THIS MONTH, LEO. MERCURY IS IN RETROGRADE, THE MILKY WAY IS IN A FIGHT WITH HER STEPFATHER, AND VENUS IS TAKING NIGHT CLASSES.
-  **VIRGO:** DO YOU OR SOMEONE YOU LOVE NEED A PAIR OF PANTS TAILORED? IF SO, GO GET 'EM DONE FOR THEM IT WILL MAKE THERE ENTIRE WEEK WITHOUT PULLING THERE PANTS UP EVERY SECOND.
-  **LIBRA:** WHAT, IT'S NOT ENOUGH FOR YOU THAT YOUR BIRTHDAY SHOULD OVERSHADOW NOT ONE, BUT TWO HIGH HOLIDAYS? NOW YOU EXPECT ME TO GIVE YOU GUIDANCE TOO?
-  **SCORPIO:** DID YOU LISTEN TO THE MESSAGE? PEOPLE ARE TRYING TO MAKE SURE YOUR OKAY. GIVE THE ONES NEAREST TO YOU A TEXT SAYING "HEY IM OKAY TODAY" IT WILL MEAN ALOT.
-  **SAGITTARIUS:** USE THIS MONTH TO FORGE BUSINESS CONNECTIONS WITH PEOPLE YOU DON'T NORMALLY SPEND MUCH TIME WITH
-  **CAPRICORN:** OK THE POLICE ARE OUT LOOKING FOR YOU. THEY'RE SEARCHING FOR "A WELL MANNERD PERSON WHO LOST SOMETHING AND THEY ARE RETURNING IT. SETTLE DOWN NOTHING BAD IS GOING TO HAPPEN
-  **AQUARIUS:** THIS MONTH IS ALL ABOUT LEARNING TO APPRECIATE THE LITTLE THINGS YOU WOULDN'T NORMALLY FOCUS ON.
-  **PISCES:** THERE'S MUCH IN STORE FOR YOU. SO PULL UP YOUR BIG BOY/GIRL PANTS AND FACE IT HEAD ON NO NEED TO RUN FROM THIS ANYMORE.

# MOON CHART





# GUMISASTAY

MOCCASIN TELEGRAPH  
PRESENTED BY TTN COMMUNICATIONS

