

MDÀHÍ



MOCCASIN TELEGRAPH



A TIME TO REMEMBER



1942 - England

Teddy Manywounds was born on 12 January, 1912, to Peter and Mary Manywounds of the Tsuut'ina Nation near Calgary. He enlisted in the army February, 1940, in Calgary, declaring that he was married to Mary Eagle Ribs of the Siksika Nation near Gleichen, AB.

Private Manywounds was posted to Borden, ON, for driver/mechanic training with the Royal Canadian Army Service Corps and arrived in the UK in October. He served as a driver with the 1st Corps Troop Ammunition Comany. On 2 January, 1942, he was admitted to the hospital and, 12 days later, was declared danerously ill.

Private Teddy Manywounds, RCASC, of the Tsuut'ina Na-



tion, died of pulmonary tuberculous at 0245, 19 February, 1942, in the 7th Canadian General Hospital, Colehill, Warwickshire, UK. He is buried in grave 36f6 of the Brookeook Military Cemetery, Surrey, UK.

CHIEF AND COUNCIL



Tsuut'ina Nation Chief Executive Officer

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

INTEROFFICE MEMORANDUM

TO: All Departments

FROM: Jerry Simon, Chief Executive Officer (CEO)

CC: Chief and Council
Human Resources
Finance

DATE: October 26, 2020

RE: Office Closure – Remembrance Day November 11, 2020

In accordance with the Human Resources Policy and Procedures Manual (*Section 6*) the Nation Administration acknowledges Remembrance Day as a general holiday. The administration office will be closed Wednesday November 11, 2020.

Based on operational need, some Nation Essential Services and Companies may be required to operate on these days. If you require further clarification, please contact your respective Executive Director.

Respectfully,



Jerry Simon
Chief Executive Officer

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: November 2nd, 2020

POSITIVE COVID-19 CASES: 0 CASES

TSUUT'INA HEATH CENTRE COMPLETED TESTS TO DATE:

1959 TESTS

TSUUT'INA HEALTH CENTRE PENDING TESTS TO DATE:

10 TESTS (RESULTS 5-6 DAYS)

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: 1831 NEGATIVE
RESULTS: 0 POSITIVE CASES
RECOVERED: 11 COVID-19 CASES**

**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 403-829-4574

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.

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

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: NOVEMBER 2ND, 2020

GOVERNANCE & ADMINISTRATION

TSUUT'INA NATION CONSTITUTION ONLINE FOCUS GROUP

For Tsuut'ina Nation Citizens

Nov 4, 2020: 1st Session 10 am, 2nd Session 2 pm

Please send your email address to
marcie.meguinis@tsuutina.com
or call 403.827.6684 if you would like to receive a Zoom invite.
If you need assistance with the Zoom (online meeting) program, please
let us know, we can assist you.

Prize draw for participants; gift cards to be won!



*Brought to you by Tsuut'ina Nation
Legislative Procedures Technical Services*

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



The Next Citizenship Evaluation Board Member Quarterly Meeting on Completed Applications for Tsuut'ina Citizenship is on **Friday, December 11, 2020**.

****By appointment only, call to make an appointment****

Deadline for Completed Applications is **Friday, December 04, 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.

There are other timelines for the Adult Applications Processes, subject to change:

Cut-off date for Marriage and Initial Applications: **No Marriage or Initial Applications to date**

Marriage and Initial Applications Test Date: **No Test Date required to date**

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

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



TSUUT'INA DINA DIK'ANA LAA
 (TSUUT'INA NATION CITIZENSHIP DEPARTMENT)
 9911 Chiila Blvd., Tsuut'ina, Alberta. T3T 0E1
 Telephone (403) 238-6305 & (403)238-6143
 Fax (403) 238-7616



October 28, 2020

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*

GOVERNANCE & ADMINISTRATION



TSUUT'INÀ NATION PERMITS AND RESIDENCY DEPARTMENT

403-238-6138
9911 CHIILA BLVD.,
TSUUT'INA NATION, AB
T3T 0E1



October 29, 2020

Notice:

Please be advised that beginning next week, the first week of November, the Tsuut'ina Permit and Residency Office will be open **Tuesdays and Thursdays, by appointment only.**

To make an appointment, please email permitandresidencyoffice@tsuutina.com or call 587-437-9093.

Sincerely,

Jessie Meguinis

PERMIT AND RESIDENCY CLERK
jessie.meguinis@tsuutina.com
Tsuut'ina Chief Joseph Big Plume Building
9911 Chiila Blvd Tsuut'ina T2W 6H6
PH: 403-238-6138 CELL:587-437-9093

A handwritten signature in black ink, appearing to be "J" or "X".



LANDS ADMINISTRATION



Tsuut'ina Conservation

9911 Chiila Blvd. Tsuut'ina AB, T3T – 0E1
Ph. (403) 281 - 4455

November 2nd, 2020

TSUUT'INA AGRICULTURE PROGRAM – HAY SALES

Tsuut'ina Nation Members ONLY

Tsuut'ina Agriculture Program will have Round Hay Bales available for sale, as of November 3rd, 2020.

- Cost \$60.00/ per round bale
- LIMIT of 10 HAY BALES per family
- Payment can be made thru DEBIT CARD payment, and INTERAC E-Transfer to Vincent Andrew (Finance Dept.)
- Proof of payment (receipt) must be provided before picking up bales
- Pick – up days are Tuesdays and Thursdays, 8am – 3pm

For any additional information you may call:

Clayton Whitney
(403) 702 – 2572

Siyisgaas,
Tsuut'ina Conservation – Agriculture Program

PROGRAMS

2020 GET FIT CHALLENGE

NOVEMBER 1ST TO FEBRUARY 1ST



Tsuut'ina Community categories:

\$60.00 Entry fee 100% payout.

Ladies Weight loss.

Ladies Body Transformation.

Men's Weight Loss.

Men's Body Transformation.

Weigh-ins November 1st

To register and for more information please email Waylon Big Plume at wbigplume@tsuutina.com

Before & after pics required for judging. Pictures not required when submitting weigh-ins, ladies will judge ladies and vice versa for the men.

Open categories: \$60.00

Entryfee 100% payout.

Ladies Weight Loss.

Ladies Body Transformation.

Men's Weight Loss.

Men's Body Transformation.

Weigh-ins November 1st

SOCIAL WELLBEING

FINDING OUR WAY OUT OF LATERAL VIOLENCE

ATLÍNÁTS'Ī?ÓLI

OFFICE OF THE PEACEMAKER

Wrapped in Kindness

1ST SESSION NOV 9TH-10TH
2ND SESSION NOV 12TH-13TH

20 SPOTS AVAILABLE TO THE NATION | 10 PERSONS PER SESSION
LOCATION: OFFICE OF THE PEACEMAKER
APPLICATION DEADLINE: **October 30th, 2020**

CONTACT INFORMATION: sekwan.trottier@tsutina.com
(403) 281-4455 ext 227

TO REGISTER PLEASE VISIT THE OFFICE OF THE PEACEMAKER

SOCIAL WELLBEING

Guja Food Market

Fresh produce provided by Fresh Routes' Mobile Food Market!

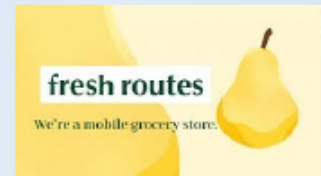
We have changed our time and place!

Pick-up will be at the Bullhead Community Hall every Wednesday.



Time: 2:00PM until 4:30PM

Cash, Debit or Credit Accepted



Fresh pre-assembled food bags made in partnership with Fresh Routes.



Retail Value: \$45

Fresh Routes price: \$20

New Offer!

Baking and Meal baskets now available to buy.

Baking Basket: \$15

- Quaker Oat Flakes 1kg
- Baking Powder 340g
- Canola Oil 940ml
- White Flour 2.5kg
- Whole Wheat Flour 2.5kg

Meal Basket: \$10

- Spaghetti 900g
- Beans in Tomato Sauce 398ml
- Tomato Sauce 680ml
- Diced Tomatoes 796ml
- Canned Salmon 213g
- Beef Broth 900ml
- Pure Olive Oil 740ml

TRADING POST



CHIILA BLVD WIDENING PROJECT

ADVISORY NOTICE

October 29th, 2020

Paving Notice **Light Duty and Heavy Duty Detour Route**

Location: Chiila Boulevard, Bullhead Road, Tosguna Access and Administration Building Access. Sportsplex Access.

Impacts: Motorists travelling on Chiila Blvd to Bullhead Road. Motorists travelling to Tosguna and Administration Building. Sportsplex Clientele.

Reason: Allow for Segment 1 final paving on October 31st, 2020

Implementation Date: October 29th, 2020 to November 5th, 2020.

Other Information: Heavy duty traffic are prohibited to access Nation through Sportsplex access way.

For safety reasons, please obey all construction signs when travelling through the area. The TTN Project Team would like to thank you for your patience during this construction period.

403-999-5571



TSUUT'INA CRIMINAL AND TRAFFIC COURT APPEARANCES

IF YOU HAVE AN UPCOMING COURT DATE IN COURTROOM 1800 AT THE CALGARY COURTS CENTRE, YOU **MUST** ATTEND IN PERSON FOR THE FOLLOWING APPEARANCES ONLY:

- IF YOU ARE SCHEDULED FOR **TRIAL** FOR A CRIMINAL CASE OR A TRAFFIC MATTER;
- IF YOU HAVE A **SCHEDULED** TIME FOR A **GUILTY PLEA**;
- IF YOU ARE A WITNESS FOR A TRIAL;
- IF YOU HAVE A TRAFFIC TICKET WITH A MANDATORY COURT APPEARANCE

FOR ALL OTHER MATTERS, IF YOU DO NOT HAVE A LAWYER, YOU CAN APPEAR **REMOTELY**

CRIMINAL MATTERS:

- BEGINNING 14 DAYS BEFORE YOUR SCHEDULED APPEARANCE UNTIL THE DAY BEFORE YOUR APPEARANCE YOU CAN CALL LEGAL AID DUTY COUNSEL AT **1-855-670-6149** MONDAY TO FRIDAY BETWEEN 8:00 A.M. AND 12:00 P.M. DUTY COUNSEL WILL BE ABLE TO PROVIDE THE FOLLOWING ASSISTANCE:
 - FREE LEGAL ADVICE;
 - INFORMATION ABOUT HOW TO APPLY FOR LEGAL AID IF NEEDED;
 - INFORMATION ABOUT HOW TO GET DISCLOSURE FROM THE CROWN PROSECUTOR;
 - INFORMATION ABOUT WHAT PENALTY THE CROWN IS SEEKING IF YOU DECIDE TO PLEAD GUILTY;
 - **APPEAR ON YOUR BEHALF FOR THE SCHEDULED COURT APPEARANCE**
- IF YOUR COURT APPEARANCE IS ON THE SAME DAY THAT YOU ARE CALLING, PLEASE CALL THE COURT AT **403-297-4396** BEFORE 1:00 P.M. TO MAKE YOUR APPEARANCE BY TELEPHONE.
- IF YOU CALL DUTY COUNSEL IN ADVANCE OR CALL THE COURT ON THE DATE OF YOUR APPEARANCE YOU DO NOT NEED TO COME IN PERSON TO THE CALGARY COURTS CENTRE

IF YOU HAVE ANY QUESTIONS REGARDING A TRAFFIC COURT APPEARANCE OR A CRIMINAL COURT APPEARANCE PLEASE DO ONE OF THE FOLLOWING:

- VISIT THE COURT WEBSITE AT WWW.ALBERTACOURTS.AB.CA (PROVINCIAL COURT COVID INFORMATION)
- CALL 403-297-4396 OR
- EMAIL YOUR QUESTION TO INQUIRIES.CALGARYREGIONAL@JUST.GOV.AB.CA



#TTNHALLOWEEN2020

WINNERS COSTUME CONTEST

Best Dressed Family

- 1st: LB Savage - Joker Family
- 2nd: Cieran SL - Addams Family
- 3rd: Faith SL - Wolf Family

Best Dressed Adult

- 1st: Coreen OS - Indian Relay
- 2nd: Marcie TG - Jokette
- 3rd: Chantelle CC - Miss Trunchbull

Best Dressed Youth

- 1st: Chas ET - Hal Eagletail
- 2nd: LB Savage - Joker
- 3rd: Ivan ET - Ghost Busters

Best Dressed Baby

- 1st: Crystal SL - Elder
- 2nd: Faith SL - Spider
- 3rd: Sadie DH - Dragon

Best Dressed Department

- 1st: LERD - Hocus Pocus
- 2nd: Property Management - Peter Pan Pirates
- 3rd: Food Bank - Lego



SIYISGAAS TO ALL COMMUNITY PARTICIPATION

METHAMPHETAMINE & HARM REDUCTION

What is methamphetamine?

This street drug is illegal in Canada. It is a powerful stimulant drug often mixed with other drugs when made in "meth labs" on the "street". It is NOT the same as prescribed medications (amphetamines) to treat ADHD and ADD or other conditions. It is sold as crystal, powder or pill form and can be ingested, snorted, smoked or injected. Injecting meth is the most dangerous way to use.

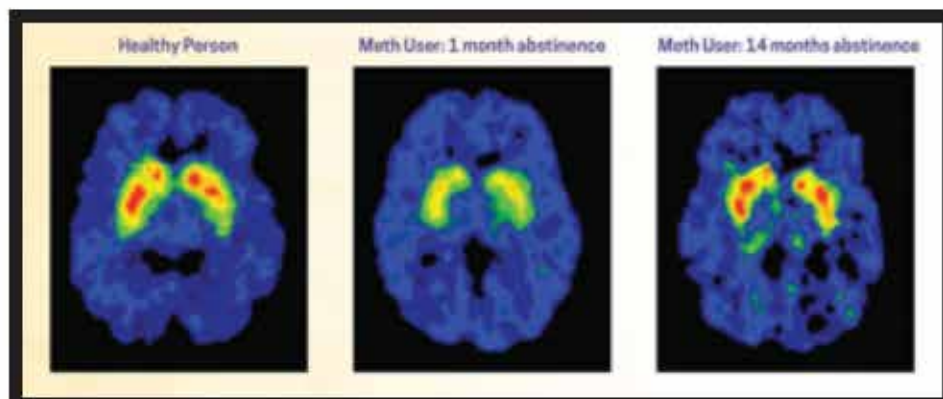
RISKS & EFFECTS: What does a stimulant do to the brain?

Stimulants, such as "Meth", cause extreme activity in the brain having both short term and long term effects. With chronic, ongoing abuse of meth (or other street drugs), brain changes occur. Your brain is changed.

Short term effects: wakefulness, increased physical activity, decreased appetite, irregular heartbeat, increased blood pressure, increased temperature and may lead to seizures. People who use meth sometimes will take off their clothes when high due to some of these effects. You can read more on this from this website

Long term effects: Remember, addiction as a chronic, relapsing disease that is characterized by compulsive drug seeking behaviour despite the breakdown of their social, personal and healthful life patterns. Due to tolerance leading to larger and larger doses of the drug, people often cannot experience "normal" happiness, pleasure or other positive mind states without the drug. The brain changes cause Long term impacts can include: psychosis, mood disturbances, violent or erratic behaviour, paranoia, hallucinations and other mind effects. These problems may continue after stopping the drug.

Harm reduction can help people reduce the negative impacts of meth use.



What is Harm Reduction?

People who are lost in their addiction often encounter barriers to getting help. Harm reduction (call 403-463-3525 on Nation) can be a beginning of the journey toward improved wellness and eventual sobriety. Using meth can lead to mental health issues, increase risk of exposure to infectious diseases (hepatitis, HIV, sexually transmitted infections or STIs) and cause other health problems. Harm reduction can reduce the risk for these.

Harm reduction can include:

- Needle exchange or pipe exchange – getting clean supplies for safer use
- Access to testing for infectious disease exposure – HIV, Hepatitis, STIs
- Mental Health Support and access to treatment options
- Access to get help for other life needs – shelter & housing, food & funds, social support

How does harm reduction help?

Harm reduction is about keeping people safer and reducing the harms of drug use. It is an opportunity for connection and reconnection. It is about treating people with respect and acceptance. It can be a first step to recovery from addiction. All people have value and are valued.

Where can I get help?

Please call or text the confidential number to access Harm Reduction services:

403.463.3525

You can also call the Health & Wellness Centre and ask for "Helena" at:

403.251.7575













You can call with ANY substance use concern and we can meet outside of the clinic if you wish.



**ADDICTION RECOVERY IS A PROCESS;
IT NEEDS A FIRST STEP ON THE PATH.**

HOROSCOPES



-  **ARIES** = THERE'S NO HARM IN TAKING THE DAY OFF. YOU WILL BE PLAGUED BY HAPPY PEOPLE, BUT DON'T BE SWAYED BY THEM, TAKE SOMETIME FOR YOURSELF
-  **TAURUS** = SOMETHING WILL STIR YOUR MEMORY TODAY AND IT MAY TAKE A FEW HOURS FOR YOU TO RESOLVE YOUR SENSE OF DEJA VU.
-  **GEMINI** = CHANGING YOUR LIFESTYLE AND UNDERWEAR ARE ALWAYS A GOOD START. YOU'RE DOING REALLY WELL, KEEP IT UP! YOU DO A LOT OF GOOD WORK.
-  **CANCER** = YOU'LL KEEP ON FIGHTING TILL THE END. TODAY MIGHT BE TIRING, BUT YOU WILL SLEEP EASY THIS EVENING ONCE EVERYTHING HAS DIED DOWN.
-  **LEO** = A MASTERPLAN IS FORMING INSIDE YOUR HEAD AND YOU'LL BE READY TO PUT IT INTO ACTION ANY DAY NOW. MANY OF THE SOLUTIONS GIVEN TO YOU IN LIFE WILL START TO FLOURISH
-  **VIRGO** = THERE IS I IN TEAM, MAKE SURE YOU GIVE SOMEONE ELSE THE SPOT LIGHT FOR A BIT, YOU WILL BE SUPRIZED WITH THE RESULT.
-  **LIBRA** = YOUR BRAIN IS OVERFLOWING WITH IDEAS, SOME OF WHICH ARE TRULY BRILLIANT AND YOU MUST FOCUS ON MAKING YOUR DREAMS A REALITY.
-  **SCORPIO** = STARVING YOURSELF DOES NOT HELP YOU LOSE WEIGHT. IN FACT, IT CAN BE VERY DETRIMENTAL TO YOUR HEALTH. MAKE SURE YOUR EATING AND GETTING LOTS OF WATER.
-  **SAGITTARIUS** = DUTY CALLS, AND YOUR DUTY IS TO MAKE PEOPLE AWARE THAT YOU ARE NOT WHO THEY THINK YOU ARE. SHOW SOMEONE YOUR FRIENDLY SIDE.
-  **CAPRICORN** = SMILES HELP THE WORLD GO ROUND, ESPECIALLY WHEN THE SMILES ARE ACCOMPANIED BY DIRTY BIG WADS OF CASH. GIVE SOMEONE A BONE ITS GOOD KARMA
-  **AQUARIUS** = SOMETIMES THE ONLY WAY TO SUCCEED IS BY GOING ABOVE AND BEYOND THE CALL OF DUTY, YOU MIGHT BE HAPPY WITH THE RESULTS
-  **PISCES** = DON'T TAKE EVERYTHING YOU HAVE FOR GRANTED - INSURE EVERYTHING FOR 125% OF THE ORIGINAL COST. THERE MIGHT BE SOME BUMPS IN THE ROAD UP AHEAD.

MOON CHART



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  DST ends	2 	3 	4 	5 	6 	7 
8  LQ: 8:46 AM (EST)	9 	10 	11 	12 	13 	14 



GUMISASTAY

MOCCASIN TELEGRAPH
PRESENTED BY TTN COMMUNICATIONS

