

# MDÀHI



## MOCCASIN TELEGRAPH

⇄ Echos Of The Past ⇄



"At the feast in the time of my grandfather Jim Starlight (Spotted Eagle) there was a mock battle between Shell Collars (Tosguna-Black Soldiers or The Ones Who are

Painted Black Society) and the Tall Hats ( Brave Dog Society). During the Annual Feast, as they would take turns being in the middle by the building and riding around the

outside firing their rifles as they mocked battle calls, after they would dismount and shake hands. In the photo above you see the big drum, I believe the keeper was Charlie Crowchief. I would assume that they would be singing the Chief's song, Minor Chiefs, the Society songs and the feast song". (Glenbow Photo and Write up submitted by Tsuut'ina Nation Language Commissioner Bruce Starlight)

# 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 17<sup>th</sup>, 2020

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

**TSUUT'INA HEALTH CENTRE COMPLETED TESTS TO DATE:  
2253 TESTS**

**TSUUT'INA HEALTH CENTRE PENDING TESTS TO DATE:  
59 TESTS (RESULTS 5-6 DAYS)**

Individual safely isolating: Contact Tracing is still occurring on Nation and Contact Tracers have reached out to Nation Members who may have been in contact with the case.

**RESULTS: 1079 NEGATIVE  
RESULTS: 0 POSITIVE CASES  
RECOVERED: 13 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 Tracetogether App.
- 50 people maximum for audience-type community outdoor events, such as festivals, firework displays, rodeos and sporting events, and outdoor performances
- 15 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
- 15 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 403-829-4574  
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.

#### 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 17<sup>TH</sup>, 2020

# CEO OFFICE



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## TSUUT'INA NATION FINANCIAL ASSISTANCE PAYMENT \$1000 DIRECT DEPOSIT DISTRIBUTION

# \$1000 PAID OUT TO ALL TSUUT'INA NATION CITIZENS BY DIRECT DEPOSIT OR PICKUP CHEQUE

**DATE: FRIDAY, DECEMBER 04TH 2020**

**PLACE: SEVEN CHIEFS SPORTSPLEX  
& CHIEF JIM STARLIGHT CENTRE**

**TIME: 10 AM-5 PM**

*If you do not receive any of the above payments through direct deposit, your payment of \$1000.00 on December 4th 2020 will be paid by cheque. Pick up will be at the Seven Chief Sportsplex. If you are unable to make it that day, cheques will be available for pickup at the Finance department on December 7th 2020. Please email [accountspayable@tsuutina.com](mailto:accountspayable@tsuutina.com) for direct deposit but it may take up to 2-3 business days for direct deposit to be processed.*

*Because of COVID-19, Parents and Guardians will not be required to sign a Confirmation Form or Statutory Declaration in regards to payments to be made to minors. Payments to minors will be made in accordance to the Tsuut'ina Nation Minor and Dependent Citizen Per Capita Distribution and Dividend Policy. Should you have any questions in regards to minor payments, please contact the Office of the CEO to schedule a meeting with the CEO and General Legal Counsel.*

**TO ENSURE THE SAFETY OF NATION STAFF AND CITIZENS, COVID-19 HEALTH AND SAFETY PROTOCOLS WILL BE FOLLOWED FOR CHEQUE PICK UP.**

**CEO OFFICE**

**TSUUT'INÁ NATION**

*Christmas*

*Drive-Thru*

**DECEMBER 17 & 18, 2020**

*10 am - 5 pm*

**7 CHIEFS SPORTSPLEX - WEST SIDE PARKING LOT**

**MINOR'S TOY DISTRIBUTION 0 - 17  
GIFT CARD & XMAS TURKEY AND HAM  
LEGISLATION INFORMATION**



**DRIVE THROUGH ONLY | PLEASE DO NOT EXIT VEHICLES**

# SOCIAL WELLBEING

Contingency Department

## Christmas Rations

Thursday December 17, 2020

Friday December 18, 2020

10:00 am - 5:00 pm

SARCEE SEVEN CHIEFS SPORTSPLEX

West Side Parking Lot

*\$75 Safeway Gift Card, Turkey & Ham*

*Eligibility: Must be on the On/Off Reserve Housing List  
or proof of paying own rent/mortgage*

Contact: [contingency@tsuutina.com](mailto:contingency@tsuutina.com)

Angela Heavenfire: 403-238-6213

Danielle Crowchild: 403-238-6322

*Drive Thru - Please do not get out of your vehicle.  
Social Distancing in Effect*

# SOCIAL WELLBEING



*Contingency Department*  
**NEW YEARS RATIIONS**

**\$100 SAFEWAY GIFT CARD**  
**MONDAY JANUARY 4, 2021**  
**10:00 AM - 5:00 PM**  
**SARCEE SEVEN CHIEFS SPORTSPLEX**  
**EAST (OUT DOOR RINK) DOORS**

***Eligibility: Must be on the On/Off Reserve Housing List  
or proof of paying own rent/mortgage***  
**Contact: [contingency@tsuutina.com](mailto:contingency@tsuutina.com)**  
**Angela Heavenfire 403 - 238 -6213**  
**Danielle Crowchild 403 - 238 -6322**



***Social Distancing in effect. Please follow all AHS safety  
guidelines. (Mask & Hand Sanitizer)***

## CEO OFFICE

SPREAD GOOD CHEER.

# HAPPY HOLLY-DAYS!

## Nominations for Family Christmas care packages

Please submit your nominations to [Lacy.Runner@tsuutinapolice.com](mailto:Lacy.Runner@tsuutinapolice.com) in 250 words or less as to why they should be nominated.



Nominees must meet the following criteria

- Low income
- Victims of crime
- Substance abuse
- Youth that are at risk of gang involvement



Due Date: November 26th, 2020

# CEO OFFICE

## AFTER SCHOOL GIRLS GROUP



**AFTER SCHOOL ACTIVITIES  
TUESDAYS FROM 2-4 P.M.  
AGES 10-17**

**STARTING NOVEMBER 17, 2020**



Grades 5-9 November 17-February 23  
(Bi-weekly)

Grades 10-12 November 24-February 16  
(Bi-weekly)

**GOOD  
TIMES**

If interested please email Indy at  
[indyana.blake@tsuutinapolice.com](mailto:indyana.blake@tsuutinapolice.com)  
or call 587-583-5597



# GOVERNANCE & ADMINISTRATION

## TSUUT'INA NATION CONSTITUTION ONLINE FOCUS GROUPS

*For Tsuut'ina Nation Citizens*

**Nov 12, 2020: 1st Session 10am, 2nd Session 7pm**

Please send your email address to  
[marcie.meguinis@tsuutina.com](mailto: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!

**'REFERRAL INCENTIVE'**  
*Refer a friend to have your name entered!  
One entry per referral!*



*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. 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*



## 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



**Updated November 09, 2020**

The Next Citizenship Evaluation Board Member Quarterly Meeting on Completed Applications for Tsuut'ina Citizenship has been rescheduled for Wednesday, November 25, 2020.

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

Deadline for Completed Applications is Monday, November 23, 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.*

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

*Siyisgaas,*

*Tsuut'ina Dina Dik'ana Laa Staff*

## PROGRAMS

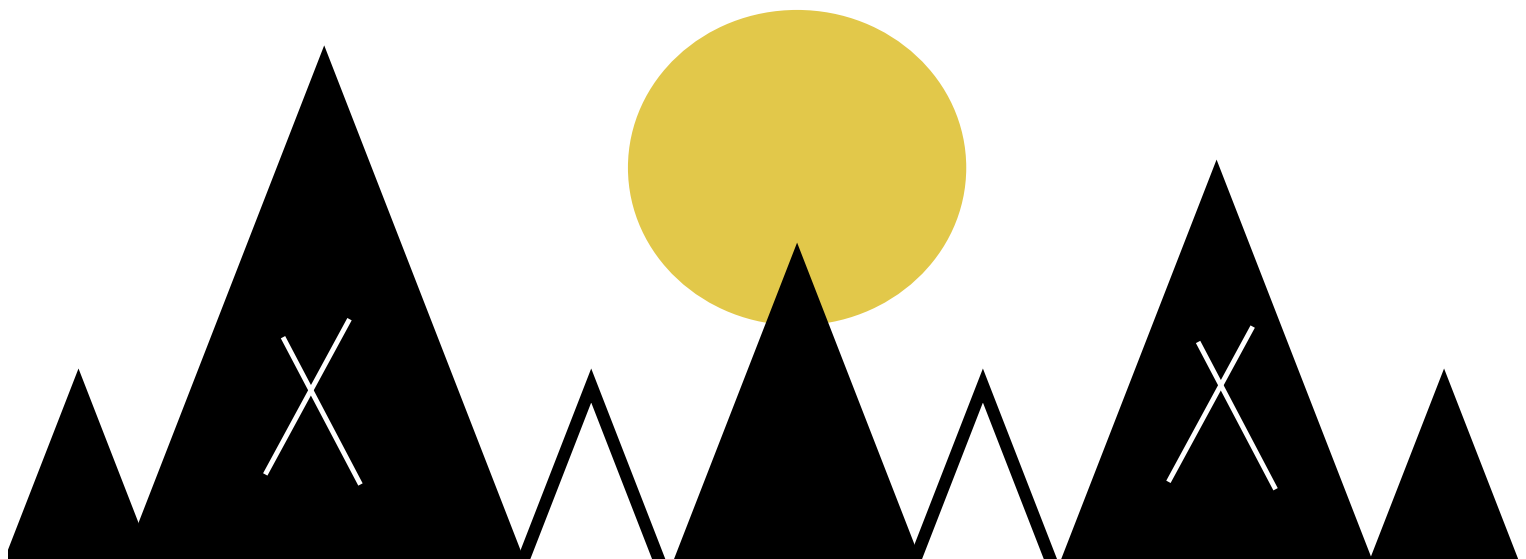
**S** SEVEN CHIEFS  
**SPORTSPLEX**  
AND  
CHIEF JIM STARLIGHT CENTRE



The Interim ED's office has directed that men's hockey night, Thursday at 10:15pm, and older timers' night, Saturday at 8:45pm, have been temporary suspended until further notice.

Thank you for your patience. For further clarification contact Kevin Littlelight, Interim ED Programs, at [klittlelight@tsuutina.com](mailto:klittlelight@tsuutina.com) or (403) 281 4455 ext 411.

*Siyisgaas*



# PROGRAMS

## SEVEN CHIEFS SPORTSPLEX AND CHIEF JIM STARLIGHT CENTRE



The Seven Chiefs Sportsplex Concession is now open with new hours starting TODAY, Monday, November 9th, as follows:

Monday to Saturday 12pm-9pm  
Saturday & Sunday 8am to 6pm

Next week our Sous Chef Marc will be preparing the following **Special of the Day**:

### Monday:

- Bacon wrapped meat loaf, served with red skin mashed potatoes, gravy and vegetables

### Tuesday:

- Fry bread & taco toppings

### Wednesday:

- Peter's Famous Pizza Rolls w/ soup

ALL FOR  
\$9

### Thursday:

- Sheppard's Pie with salad

### Friday:

- Cheese Burger & Bacon with Fries

# PUBLIC WORKS



## TTÁT'Á DĪNÁ ŌGHĀ NĀGŪT'ĪNĪ DĪDĪ TSUUT'INĀ NATION PUBLIC WORKS

403-238-6260  
9911 CHIILA BLVD.  
TSUUT'INA NATION, AB  
T3T 0E1

### PUBLIC NOTICE

**TO:** Tsuut'ina Elders & Community Members

**FROM:** Crystal Big Plume, Executive Director of Public Works

**CC:** Chief Roy Whitney & Members of Council  
Michelle Jacobs – Elders Coordinator  
Paul Whitney – Lead Mechanic  
Monica Onespot – Language & Culture Executive Director  
Jerry Simon – Chief Executive Officer (CEO)

**DATE:** November 9, 2020

**RE:** Elder Mechanics Repairs Program – November 15<sup>th</sup>, 2020

Please be advised, effective November 15<sup>th</sup>, 2020 the Elders Mechanics Repair program will be on HOLD until the new year, 2021. The program hold will allow for the Lead Mechanic to catch up on fleet mechanical winterization maintenance and provide support needed during this sensitive time.

We value our relationships with our Elders and wanted to reach out to you in these difficult and uncertain times. We want to assure you the health and safety of our clients and employees are our top priorities. We will continue to monitor the situation and provide a follow up as to when we will be opening up the Elders Mechanics Repair Program (EMRP) in 2021.

Any questions or concerns can be carried out through Crystal Big Plume, Executive Director of Public Works.

*Siyisgaas,*

Crystal Big Plume  
Executive Director  
Gwāghā Nihīnā?ò-ná



# SOCIAL WELLBEING

## Guja Food Market

Fresh produce provided by Fresh Routes' Mobile Food Market!

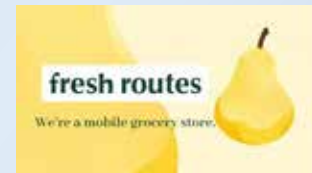
We have changed our time and place!

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

# SOCIAL WELLBEING

## NALOXONE KIT TRAINING SESSIONS

**BECAUSE  
HARM REDUCTION  
& KIT TRAINING  
SAVES LIVES**

**WHEN:**

**Wednesday, November 25th**  
11am to 12pm or  
1pm to 2pm

**Wednesday December 2nd**  
11am to 12pm  
OR 1pm to 2pm

**TO BOOK:**

Email [helena.myllykoski@tsuutina.com](mailto:helena.myllykoski@tsuutina.com)  
or call (403) 251 7575 Ext. 135

*Free Naloxone kits provided*



### **KNOW HOW TO HELP IF YOU SEE AN OVERDOSE**

- Learn about opioids, prescription vs. street drugs and how to provide life-saving Naloxone during an opioid overdose
- Small groups of 5 per session, socially distanced
- Attend anonymously – no names necessary

# SOCIAL WELLBEING

Tsuut'ina Health and Wellness Centre

## HARM REDUCTION SUPPLIES

### Safer Sex

- condoms
- pregnancy testing
- STBBI testing

### Safer injection kits

- needles, filters, tourniquets,
- sharp disposal container
- sterile water, screens
- alcohol swabs

### Naloxone Kits and Training

- For people who use drugs
- For people who might witness an overdose

### Safer smoking kits

- pipes, push sticks, vinyl tubing, glass stems, foil, cups

Harm  
Reduction  
Saves Lives

Free,  
Confidential  
and Non-  
judgmental

Information  
for anyone  
and  
everyone

Call or Text  
403 463 -3525

For  
In-person  
appointments



# SOCIAL WELLBEING



## 5 Ways To Use Spinach!

Spinach is a great way to add vitamins and iron to your meals and snacks. Maybe you've got it growing in your garden, receive it in your Guja market bag or buy it from the grocery store. Don't let it go to waste! Here are 5 ways to use it...

### Smoothies

Many kids have started eating their greens because of this delicious smoothie!

In a blender add:

2 bananas

1 can pineapple

3 cups spinach

1 cup yogurt (optional)

1 cup ice

Water to thin



### Pizzas

Spinach adds color and nutrients to pizza. Just make sure to wilt the spinach in the microwave or in a pan on the stove before putting on your pizza.

Try pizza with spinach, olives, feta cheese, bacon or your favorite toppings!

### Sandwiches

Spinach is a great vegetable to add into sandwiches because it doesn't transfer moisture into the bread and adds a little bit of crunch. Try on a sandwich with roast beef, cheddar cheese and mustard!

### Omelettes

Add spinach in to the pan for a couple minutes to wilt. Then add the egg, cheese and other cooked veggies.



### Salads

Spinach is a soft leafy green that makes a great salad! It holds dressing well and doesn't get too soggy. You can keep it simple and just add grapes and cubed cheese with your favorite dressing!

# TRADING POST



Good Morning and Welcome,

Today is Wednesday, November 11, 2020  
"Remembrance Day"

This is the day we ask Tsuut'ina peoples and Canadians to stop, remember and Honour our many men and women who lost their lives, in war or in peace keeping missions, in war time events.

We take this time to remember those who lost and gave their lives for our freedom, and to honour those who have served and continue to serve in the Canadian Forces.

- Cadet Colin Raine BigCrow

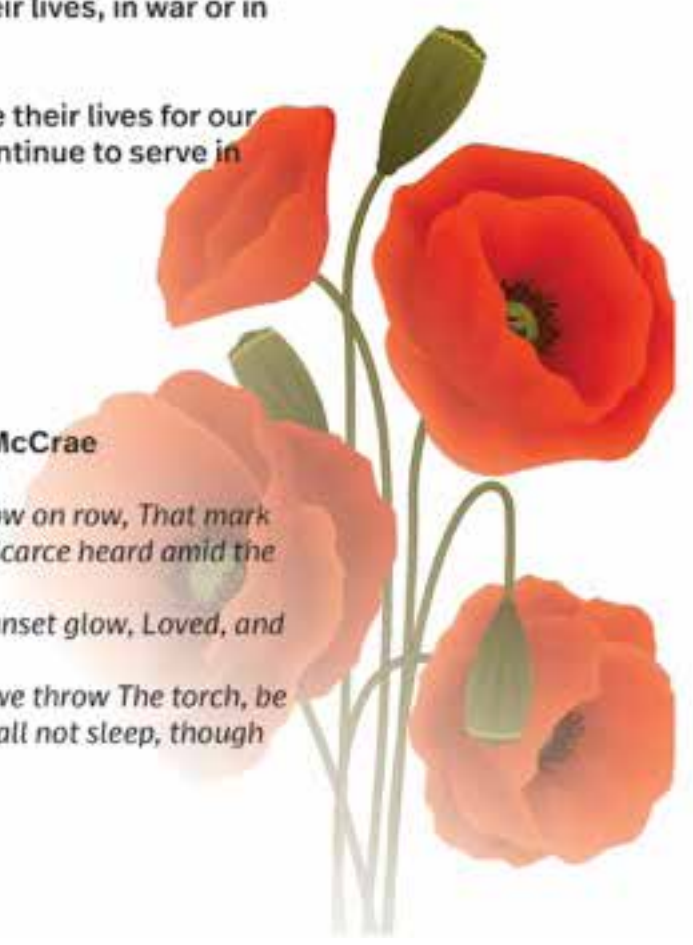
-Request for a moment of silence-

**In Flanders Fields Poem By: Lieutenant Colonel John McCrae**

*In Flanders Fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the  
guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch, be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though  
poppies grow  
In Flanders fields.*



O Canada

**OUR NATIONAL ANTHEM (Bilingual version)**

*O Canada! Our home and native land!  
 True patriot love in all of us command.  
 Car ton bras sait porter l'épée,  
 Il sait porter la croix!  
 Ton histoire est une épopée  
 Des plus brillants exploits.  
 God keep our land glorious and free!  
 O Canada, we stand on guard for thee.  
 O Canada, we stand on guard for thee.*

O Canada

**OUR NATIONAL ANTHEM (English version)**

*O Canada! Our home and native land!  
 True patriot love in all of us command.  
 With glowing hearts we see thee rise,  
 The True North strong and free!  
 From far and wide,  
 O Canada, we stand on guard for thee.  
 God keep our land glorious and free!  
 O Canada, we stand on guard for thee.  
 O Canada, we stand on guard for thee.*



Dorothy Runner



Freddy Eagletail



Harold Crowchild



Leonard Crane



Teddy Manywounds

# CASTING CALL

NANA/Grandma role.

We are looking for a brown-eyed Nana who is 77 +  
for a major car commercial. Non-speaking role.

Latin, Hispanic, Asian, South Asian, First Nations,  
African-Canadian, or Persian.

If booked, she could make \$1000.00 +  
Commercial shoots December 2 or 3, 2020

## WHAT TO DO:

Have Nana sit.

With a cell phone camera, landscape mode (sideways)  
have your Nana say her name and age into the camera.  
Have Nana pretend to be looking out a window (3 seconds),  
look down at her knitting (2-3 seconds)  
then back up and out the window with a big smile  
to see her daughter visiting.

**Send your videos in ASAP to:  
CASTINGCALGARY@GMAIL.COM**



## Mental Health & Substance Use in COVID19 Times

Isolating and reducing your contacts during these difficult COVID19 conditions can have a negative impact upon your mental health. Being isolated from supports and people can make it harder to draw on the strengths you have.

Connections give life meaning.



For some people who use substances like alcohol or drugs, it can be especially challenging. Using substances can make it harder to reach out to people who are there for you.

**If you are needing support OR information OR harm reduction supplies...**

Remember there IS help available.



Connections with others, including people in health care, helps everyone.

When we reach out to others, it is a mutual gift that is shared.

Reaching out for help strengthens a community

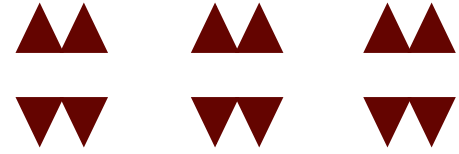
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**Helena - Harm reduction & STBBI Nurse**

**Confidential Cell: 403 463 3525**

**Health & Wellness Centre: 403 251-7575**

# HOROSCOPES



-  **ARIES = TELLING YOUR PARTNER THAT YOU ARE BETTER THAN THEY ARE AT EVERYTHING, IS PROBABLY NOT GOING TO WIN YOU ANY FAVOURS. YOU DESERVE PRAISE FOR YOUR EXCELLENT WORK**
-  **TAURUS = THERE'S NO HARM IN TAKING THE DAY OFF. DO YOU HAVE ANY IDEA WHAT YOU'RE LETTING YOURSELF IN FOR? MAYBE IT'S TIME YOU RELAXED FOR A BIT. RECHARGE THE BATTERIES**
-  **GEMINI = TODAY'S MISHAPS WILL COME IN THE SHAPE OF A DEAD PEN, WHILST SALVATION WILL COME IN THE SHAPE OF A GOOD FRIEND. DON'T BE SHY TO ASK SOMEONE FOR HELP YOU MIGHT NEED IT.**
-  **CANCER = YOUR GREATEST FEARS ARE ABOUT TO BE SUPPLANTED TODAY BY A NEW INCREDIBLE HORROR. MAKE SURE YOU TAKE TIME TO PREPARE FOR THIS, YOU ARE GOING TO NEED IT.**
-  **LEO = YOUR FRIENDS WILL CALL YOU AFTER YOU FACE YOUR FEARS. THE FUTURE HOLDS GREAT THINGS FOR YOU. IT'S JUST THAT WHENEVER YOU GET CLOSE, THE FUTURE SNATCHES THEM BEHIND YOU.**
-  **VIRGO = THIS YEAR MAY SEEM TO HAVE STARTED AS YOU INTENDED, BUT WHAT'S HAPPENED SINCE, EH? NOTHING. YOU HAVEN'T DONE ANYTHING. GET OUT THERE AND GET SOMETHING!**
-  **LIBRA = YOUR TALENTS DICTATE THAT YOU WILL NOT GO SO FAR TODAY. YOUR AIM MIGHT BE A LITTLE OFF BUT THERE IS ALWAYS TOMORROW.**
-  **SCORPIO = BE WARY OF EMAILS CLAIMING TO BE FROM PAYPAL OR EBAY - THEY ARE ALMOST CERTAINLY TRYING TO HUSTLE YOU. BE AWARE OF YOUR SURROUNDINGS.**
-  **SAGITTARIUS = YOU SHOULD BUY SOME NEW ELECTRONICS. ALL THE BEST PLANS GO AWRY, SO PLEASE MAKE SURE YOU'RE READY FOR ANY SURPRISES. WAKE UP, WASH YOUR FACE, AND FACE IT HEAD ON.**
-  **CAPRICORN = CLUTCHING YOUR HEAD FROM BEING OVERWHELMED ISN'T A GOOD SIGN. IT'S TIME TO TAKE BREAK AND RELAX THOSE BONES YOU NEED IT.**
-  **AQUARIUS = TODAY WILL BE FULL OF COMPUTER RELATED MISHAPS. NO NEED TO STRESS JUST RESTART AND KEEP AT IT, THINGS WILL TURN AROUND IN THE END. EVERYONE LIKES A HARD WORKER.**
-  **PISCES = THE GOOD THING ABOUT THE INTERNET IS THAT NO-ONE KNOWS QUITE HOW TIRED AND NOT READY FOR THE DAY YOU ARE. TRY AND STAY INSIDE AND REFLECT THE CHANGES THAT ARE A COMING.**

# MOON CHART





# GUMISASTAY

MOCCASIN TELEGRAPH  
PRESENTED BY TTN COMMUNICATIONS

