



# MDÀ HÍ



## MOCCASIN TELEGRAPH

### ◀ ▶ The Origin Of Ochre ▶ ▶



Xalitsa-tsina once quarrelled with a little bird and said to it "You are too small to talk to me. I'll kill you if I wish. The bird got mad and said to him "Well, kill me if you want to". Afterwards the bird went away and made a tiny bow and arrow. Xalitsa-tsina went to the top of a hill and went to sleep. The little bird saw him and sneaked up on him. The little bird shot him in his side with an arrow and he slid down the hill, leaving a big groove that is still visible to this day. Xalitsa-tsina jumped up and ran to the south. East of Red Deer River, he stopped to rest on the bank. The blood that flowed out from his wound

changed to ochre. It continued to change to ochre and as the blood became older it became darker in colour. That is the reason there are ochres of different colours. It is from these ochre's deposits that the Tsuut'ina derive their various paints. Old Man stayed for a time by a river, on the other side of Fort Macleod. This river is called, "Old Man's River". Somewhere in the south one can still see the impression of his form where he lay on the ground. It is called Dina Guk'asido di (Mark of Man).

(Story Reformatted and Edited by 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

# 5 CASES

Date: December 1<sup>st</sup>, 2020

**POSITIVE COVID-19 CASES: 5 CASES**

**TSUUT'INA HEATH CENTRE COMPLETED TESTS TO DATE:  
2545 TESTS**

**TSUUT'INA HEALTH CENTRE PENDING TESTS TO DATE:  
70 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: 2466 NEGATIVE  
RESULTS: 5 POSITIVE CASES  
RECOVERED: 16 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 Tracetgether App.
- 10 people maximum for audience-type community outdoor events, such as festivals, firework displays, rodeos and sporting events, and outdoor performances
- 10 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
- 10 people maximum for indoor social gatherings, including wedding and funeral receptions and birthday parties

**TTN 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: DECEMBER 1<sup>ST</sup>, 2020

## CEO OFFICE



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

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



NOVEMBER 26, 2020

# PUBLIC HEALTH NOTICE

On behalf of Tsuut'ina Nation Education and Emergency Management, we'd like to share the following information;

On **November 24, 2020**, Premier Kenny and Dr. Hinshaw announced a number of Public Health Measures affecting school attendance. To align with province wide measures, Tsuut'ina Education has taken the following steps. To be clear, this initiative is an enhanced measure to help insure the safety of all Nation members, employees and students.

Effective today, **November 26, 2020**, all Tsuut'ina Schools including; Chiila Elementary, Chief Big Belly Middle, Many Horses High School, Bullhead Adult Learning Center, Gunaha programs and Headstart program will continue with On Line learning until **December 17, 2020**. There will be no in person classes during this period.

Christmas break will be from **December 18, 2020** until **January 11, 2021**. Teachers and staff will contact families to provide detailed information for all students. We'd like to take this opportunity to remind all to continue to follow all safety precautions including wearing a mask, regular hand washing, maintaining 2 meter distance from others and refrain from gathering with others.

**If anyone is feeling unwell or experiencing symptoms, please stay home and arrange for testing at Tsuut'ina Health Center. Phone number for testing is 403-258-4830. This number can be called by anyone who has questions regarding COVID-19.**

You've all done a great job of helping one another stay safe. Please continue to do so.

For questions to the Emergency Management Team  
Director of Emergency Management – Tim Minue – [tim.minue@tsuutina.com](mailto:tim.minue@tsuutina.com)  
Deputy Director Emergency Management – Joel Fischer – [joel.fischer@tsuutina.com](mailto:joel.fischer@tsuutina.com)

Tsuut'ina Nation, Tsuut'ina Health Centre & EMRT



# CEO OFFICE



## TÓSGŪNÁ ÓGHÁNÌHĪNÁ?Ò-NÁ TSUUT'INA NATION POLICE

(403) 251-9660  
9905 CHIILA BLVD.,  
TSUUT'INA NATION, AB  
T3T 0E1



December 1, 2020

We are pleased to inform our community, that all members and staff of the Tsuut'ina Nation Police Service received rapid testing and **all our staff have tested Negative for Covid-19**. The single positive case remains an isolated incident and, after contact tracing review, there were no community members who have had contact with this individual.

A thorough sanitization of the Tsuut'ina Nation Police Service building and all vehicles associated to Tosguna has been completed and we are pleased to be reopening our office by appointment only to the public starting at 8:00am on December 2nd, 2020.

We thank you for your patience and understanding. If you have any questions or concerns, please contact the Tsuut'ina Nation Police Service at 403-251-9660.

Siyisgaas

Brittany Ouellette B.A  
Community Engagement Strategist  
Tsuut'ina Nation Police Service  
9905 Chiila Boulevard  
Tsuut'ina, Alberta  
T3T 0E1





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**

# GOVERNANCE & ADMINISTRATION



## NĪNĀGŪNĪDĪTĪ TSŪŪT'INÀ NATION INFORMATION TECHNOLOGY

403-238-6336  
9911 CHIILA BLVD.  
TSUUT'INA NATION, AB  
T3T 0E1



December 1, 2020

## NOTICE: INFORMATION TECHNOLOGY OFFICE CLOSURE

This notice is to clarify procedures regarding the statement from I.T. released on November 30, 2020.

Due to the direct interaction that the I.T. Team has had with the Tosguna Police Service staff, the Tsuut'ina Nation I.T. Department Offices will be closed to all in-person appointment services calls until further notice.

### **I.T. WILL BE AVAILABLE BY PHONE AND EMAIL ONLY.**

If you have any question or concerns in regards to this service announcement, please reply to: [support@tsuutina.com](mailto:support@tsuutina.com) or Contact Tsuut'ina IT Department @ 403-238-6303

### **COVID-19 GUIDELINE:**

As any potential contact must be investigated thoroughly, anyone who has been in close contact with I.T. Staff members since November 18, 2020, is asked to inform their manager and call the Health Centre COVID-19 line at phone number **403-258-4830** for further instructions.

**Reminder: "Close Contact"** is defined as being in close proximity (within 2-meter distance) for 15 minutes or more of cumulative contact, without consistent and appropriate use of PPE, or has been in direct physical contact.

At this time, we are taking extra precautionary measures, and the I.T. Staff will be tested for Covid-19 to ensure there is no transmission of community spread. We ask the staff who would be potential secondary contacts with any Tosguna or I.T. Employees to self-monitor for any symptoms, and if you become ill, please call the Health Centre Covid-19 line for testing. All test results are confidential and will not be shared.

As the I.T. Department services the Nation, we continue to take all necessary measures to ensure the safety of all Tsuut'ina Nation staff and citizens. We ask you to please keep all computer equipment and work areas clean. We encourage all staff to continue to follow all Covid-19 safety guidelines.

### ***If there are questions or concerns, please contact:***

**I.T. Director**  
**Mark Bown -@403-238-6303 , -or-**  
**Interim Governance & Administration Executive Director**  
**Jordan Big Plume -@403-238-6123**



*Siyisgaas and Keep Safe.*





# LANGUAGE & CULTURE

*Tsuut'ina Gunaha*  
**Zask'a 2020**  
**Virtual Contest**

*The Video/Photo with the*  
**"MOST LIKES"**  
*on our FB page*  
**WINS!**

**PRIZES FOR EACH CATAGORY**

**1st \$500**  
**2nd \$300**  
**3rd \$150**  
**4th \$75**

**Tsuut'ina Christmas "Traditional Portraits"**  
*Rules*  
 Traditional or Modern Portraits  
 Show off your ribbon skirts, shirts and regalia!

**Tsuut'ina Christmas "TikTok Drama/Play"**  
*Rules*  
 Use of Tsuut'ina Guna with greetings or introductions, this can be written or spoken

**Tsuut'ina Christmas "Storytelling"**  
*Rules*  
 This can be modern or traditional Tsuut'ina story telling. Example, A story that is told by one of our elders that happened during Christmas told in Tsuut'ina Gunaha

**Tsuut'ina Christmas "Christmas Songs"**  
*Rules*  
 Follow our Tsuut'ina SoundCloud and practice modern Tsuut'ina Gunaha Christmas songs!

**Upload your Video/Photo by January 4th 2021 onto our FB page and use the hashtag #GunahaXmasContest2020**





# PROGRAMS



## FITNESS NEW Covid-19 restrictions

**NEW HOURS**  
6:30 AM - 9 PM

**MAX CAPACITY**  
16 PEOPLE

**QUADRANT BORDERS**

**BOOKING SYSTEM**

### MASKS ARE MANDATORY

TO USE THIS FACILITY, YOU ARE REQUIRED TO WEAR A FACE COVERING AT ALL TIMES

YOU MUST WEAR A FACE MASK WHILE:

- entering and exiting the facility
- in changerooms
- in common areas
- resting between sets
- speaking to other members, spotting & approaching front desk
- moving between machines

THE ONLY TIME YOUR FACE MASK CAN BE REMOVED IS WHILE YOU ARE IN THE ACT OF EXERCISING

### BOOKING SYSTEM

Booking times from 12pm-8pm.

To book a time send a  
TEXT TO 403-827-0449 OR  
EMAIL TO [DAISY.DODGINGHORSE@TSUUTINA.COM](mailto:DAISY.DODGINGHORSE@TSUUTINA.COM)  
with your name and hour of booking time slot.

### QUADRANTS

2 PEOPLE PER QUADRANT

at free weights, deadlift platforms, squat racks, chest press machines

#2020-11-18

*Thanks for helping us flatten the curve!*

@SEVENCHIEFSFITNESS



# SOCIAL WELLBEING



## VIRTUAL WOMEN'S SUPPORT GROUP

Every Tuesday 7pm-8pm

A weekly discussion group to bring our ladies together;  
to find support within each other and  
strengthen our community.

*Facilitated by Coreen Onespot-Rider*



Please contact Stephanie Whitney to register:  
[Stephanie.whitney@tsuutina.com](mailto:Stephanie.whitney@tsuutina.com)  
403-437-7745



# SOCIAL WELLBEING

## Community Healing: Working Together for Health

### Reducing Stigma



### WHAT IS STIGMA?

Stigma comes in many forms and is about negative attitudes about people with mental illness or addiction or other situations and conditions. It's a mark of disgrace imposed by others and a barrier to living a full life. It is a way of discriminating against someone. Sometimes we are not even aware of our own ideas or actions that stigmatize others. Talking about addiction or mental illness helps us to be more aware.

For more information or to share your questions, experiences and ideas, in CONFIDENCE please call:

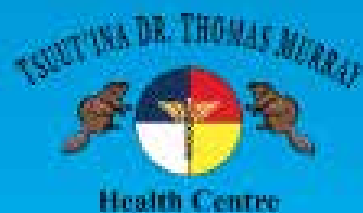
**Helena - RN, NP**  
Wednesdays and Thursdays  
**403 251 7575 Ext 135**  
**Cell 403 463 3525**  
Harm Reduction and STBBI Coordinator at the Health and Wellness Centre

### Information and Learning

If you have questions, concerns or ideas you would like to share about addiction, harm reduction or mental health, you are invited and welcomed to reach out. Confidential, open and non-judgmental conversations welcomed. Sometimes just starting with curiosity helps to build community action. With over 35 years of healthcare experience focused on addiction and mental health, I am very eager to learn from the community through dialogue and mutual sharing. Do you have lived-experience with addiction and recovery? You may be just what someone needs by being a strong peer support to others?

### COMMUNITY STRENGTHS

Combatting and redressing stigma when we encounter it is a way to build upon community strengths. Checking our own attitudes and biases helps to open doors for people with addiction to get help.





# SOCIAL WELLBEING

## Guja Food Market

Fresh produce provided by Fresh Routes' Mobile Food Market!

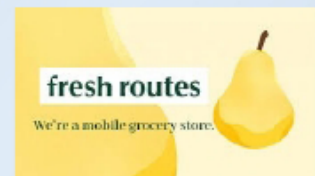
We have changed our time and place!

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

# EDUCATION



9911 Chilla Blvd Tsuut'ina, AB. T3T 0E1  
403-252-7780  
goodworkers@tsuutina.com

December 1, 2020

Re: Office Closures

Good Morning!

Due to the recent increase in Covid-19 Cases, and the new Alberta Health Regulations restrictions the Good Workers Program will be suspending services until January 2021.

Those who have already been accepted into the program will be contacted in the next few weeks, once the new program start date has been confirmed.

It has become apparent that at least part of the GWP may have to be done online. To prepare for that, when participants are contacted we will need to know if you have a computer and internet access.

Our office will continue to operate daily with one staff person here each day to answer the phones and any questions that may come up, from November 30<sup>th</sup> to December 21<sup>st</sup>, 2020. Our office will be closed from December 21 to January 4<sup>th</sup> 2021.

Feel free to contact us for further information. Have a Safe and Happy Christmas!

Gwen Tennant, RSW, ACSW  
Program Manager  
gwen.tennant@tsuutina.com





# LANGUAGE & CULTURE



## TSUUT'INA NATION EDUCATION

(403) 251-9335  
80 COW CAMP RD,  
TSUUT'INA NATION, AB  
T3T 0E1



December 1, 2020

Dadanast'ada,

Below is the class schedule for both Manyhorses High School and the Adult Learning Centre.

Sign into your student account (@tted-student.ca) to access my Tsuut'ina Gunaha HS Google Classroom.

For any concerns, please email [estarligh@tsuutinaeducation.com](mailto:estarligh@tsuutinaeducation.com)  
<https://meet.google.com/lookup/bvaochrsvg?authuser=0&hs=179>

## TSUUT'INA GUNAHA ONLINE CLASS SCHEDULE

<u>Nats'id</u>	<u>Dzinisi 7ona</u>	<u>7akiyi Dzinisi</u>	<u>Took'l Dzinisi</u>	<u>Diich'l Dzinisi</u>	<u>Guut'a Dzinisi</u>
8:30 am to 9:07 am	Prep	Prep	Prep	Prep	No Online classes
9:07 am to 9:45 am	Online Tsuut'ina 35	Online Tsuut'ina 35	Online Tsuut'ina 35	Online Tsuut'ina 35	
9:45 am to 10:22 am	One on one online class	One on one online class	One on one online class	One on one online class	
10:22 am to 11:00 am	One on one online class	One on one online class	One on one online class	One on one online class	
11:30 am to 12:07 pm	Online Tsuut'ina 15	Online Tsuut'ina 15	Online Tsuut'ina 25	Online Tsuut'ina 25	
12:07 pm to 12:45 pm	Online Tsuut'ina 15	Online Tsuut'ina 15	Online Tsuut'ina 25	Online Tsuut'ina 25	
12:45 pm to 1:22pm	One on one online class	One on one online class	One on one online class	One on one online class	
1:22 pm to 2:00pm	One on one online class	One on one online class	One on one online class	One on one online class	
2:00 pm to 3:15 pm	ALC Online classes	ALC Online classes	ALC Online classes	ALC Online classes	



# LANGUAGE & CULTURE



December 2, 2020

Dzinisi guja,

**Erin Boissonnault, English Class times via Google Meet:**  
**10-2 Mondays and Wednesdays at 10am**  
**10-1 Mondays and Wednesdays at 11 am**

Google Classroom link for English 10-2: <https://classroom.google.com/c/NjU5OTU0NjY2MDJa>

Google Classroom link for English 10-1: <https://classroom.google.com/c/NjU5OTU0NjY1OTRa>

Email: [erin.boissonnault@tsuutinaeducation.com](mailto:erin.boissonnault@tsuutinaeducation.com)

**SIYISGAAS!!**

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**Erin Boissonnault**  
**Humanities Teacher**  
**Mií'á-kátóní [its'idittishdi**  
**(Manyhorses High School)**  
**Tsuut'ina Education Department**





# EDUCATION



## TSÚŪT'ÍNÀ NATION EDUCATION

(403) 251-9335  
80 COW CAMP RD,  
TSUUT'INA NATION, AB  
T3T 0E1



December 1, 2020

**Ms. Bryant's Social 30-2 Online Classes will be held Monday to Thursday at 10am.**

Links will be emailed to the student's school email account.

I can be contacted at [sbryant@tsutinaeducation.com](mailto:sbryant@tsutinaeducation.com) if there are any questions.

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Siyisgaas.

Shelly Bryant  
Teacher, Academic Advisor  
Mīl'á-kātóni its'idittishdi  
Many Horses High School  
403-258-4826

*"Everybody's a teacher if you listen." – Doris Roberts*



# EDUCATION



## TSUUT'INÀ NATION EDUCATION

(403) 251-9335  
80 COW CAMP RD,  
TSUUT'INA NATION, AB  
T3T 0E1



December 1, 2020

Dzinisi guja,

**ELA 10-4/-2- Ms. Prince and Ms. Shrley BigPlume**  
**Google Meetings every Monday and Tuesday until December 18**  
**AT 2:PM**

Google Classroom Link: <https://classroom.google.com/u/o/w/MjAyODAyMTgoOTQo/t/all>  
One on One check ins and work time on Wednesdays and Thursdays from 8:30 to 12:30 and 3-5

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**Reading Strategies 15-Ms. Prince, Ms. Shirley, Ms. Mills and Kim Little**  
**Google Meetings Wednesdays and Thursdays at 1:00pm (until further notice)**

Class Support/One on One Support and meetings Mondays, Tuesdays, and Fridays  
Google Classroom Link: <https://classroom.google.com/u/o/c/MjMwMTA1OTg1MTU2>

Please email, text or call Ms. Prince for more information, for questions, concerns and support at  
403-667-4942 or [sfprince@tsuutinaeducation.com](mailto:sfprince@tsuutinaeducation.com)

***High School Work Packages are available for pick up at the Manyhorses High.***

Siyisgaas!

Yours in Education,

Ms. Stacy Favell-Prince  
High School Teacher

Manyhorses High School  
35 Bullhead Road  
Tsuut'ina Nation, Alberta  
Telephone: (403) 258-4826  
[sfprince@tsuutinaeducation.com](mailto:sfprince@tsuutinaeducation.com)



# EDUCATION



## TSÚŪT'ÍNÀ NATION EDUCATION

(403) 251-9335  
80 COW CAMP RD,  
TSUUT'INA NATION, AB  
T3T 0E1



December 1, 2020

**Mr. Anokye will be teaching Science 24 Wednesday and Thursday from 8:30 am- 11:00am  
Online through Google Meets**

Google Meet link: <https://meet.google.com/sgj-zzcu-sgm>

Google Classroom Link: <https://classroom.google.com/c/MTgyNDU3NjI3NzIx?cjc=f3wyt2c>

Any questions or concerns please email: [danokye@tsuutinaeducation.com](mailto:danokye@tsuutinaeducation.com)

School Phone: Phone: (403) 258-4826

**Mr. Anokye will be teaching CTS Environmental Stewardship Monday and Tuesday from  
11:30 am to 1:30 pm Online through Google Meets**

Google Meet Link: <https://meet.google.com/mus-fpfe-iak>

Google Classroom Link: <https://classroom.google.com/c/MjIxNTYyMTQyMjEw?cjc=paumb7o>

Any questions or concerns please email: [danokye@tsuutinaeducation.com](mailto:danokye@tsuutinaeducation.com)

School Phone: Phone: (403) 258-4826

Siyisgaas,

David Anokye  
Science and Math Teacher  
Mīlī'á-kātóní ʔits'iditʔishdi  
Manyhorses High School  
Phone: (403) 258-4826  
35 Bullhead Road  
Tsuut'ina, AB T2W 6H6





# EDUCATION



November 25, 2020

Dzinisi Guja Students, Parents and Community

**RE: ANNOUNCEMENT – TSUUT'INA EDUCATION DEPARTMENT**

With the Alberta Government's recent announcement, Tsuut'ina Education will be following the safety measures announced on November 24, 2020. Students attending Nation Schools from Grade 7 to 12 will move to online/school packages effective November 30, 2020.

Students in K5 to Grade 6 will continue to attend school according to their Cohorts. Cohort A; Monday and Tuesday; Cohort B; Wednesday and Thursday. Online students will continue as usual.

Transportation will continue to operate for students in the City and Nation schools for K5 to Grade 4.

Both City and Nation schools will break for Christmas from December 17, 2020, to January 10, 2021, with a return date of January 11, 2021.

If you have any questions please feel free to contact me at the numbers below.

Please continue to practice safety precautions of social distancing, washing your hands, and wearing a mask.

Take care.  
Siyisgaas

A handwritten signature in blue ink, appearing to read "Val. McDougall".

Valerie McDougall  
Director of Education  
Education: 403-238-5484  
Office: (403) 258-4829  
Cell: 403-461-8052

# TRADING POST



## TSUUT'INA NATION BUFFALO PADDOCKS.

"As our elders prayed today they said, "The buffalo are so special to us, they protect us, they're here for our people". This week had a really good turn out, we processed 300 head of Buffalo & the good news, no one was injured. We have some good workers & it wouldn't be possible without them. Here's to 2020 Tsuut'ina Buffalo Round-Up."





# Almond Butter

## — Paleo Cookies —

These taste like a legit cookie you would get at a bakery. Crispy on the outer edges, just the slightest bit soft and gooey in the center. And since there is no flour, the cookie has an intense almond butter flavor that I can't get enough of.



### — INGREDIENTS —

- 1 cup** almond butter, room temperature
- 1 cup** coconut sugar
- 1 large egg**, room temperature
- 1 teaspoon** baking soda
- 1 teaspoon** pure vanilla extract

### — INSTRUCTIONS —

Preheat oven to 350° with 2 oven racks closest to the center. Line 2 baking sheets with parchment paper or a silpat.

Combine all ingredients in a medium size bowl and stir to combine.

Use a medium size cookie scoop to scoop out the dough (1.5 tablespoon balls), placing them on the baking sheet with enough room to spread out. Bake for 9-10 minutes, until the edges are set and the centers are puffed. (The cookies will flatten and "crackle" as they cool) Cool for 10 minutes and enjoy! Particularly good with my homemade almond milk.

Cookies will keep in an airtight container for 1 week, or in the freezer for 1 year.





# TSUUT'INA INTERPRETIVE PROGRAM

▶▶ VIRTUAL YOUTH CULTURAL CLASSES

Wednesdays  
5:00pm - 6:00pm

Ages 6-16

Contact Stephanie Whitney for  
more information & to register:  
[stephanie.whitney@tsuutina.com](mailto:stephanie.whitney@tsuutina.com)  
or 403-437-7745

# Southwest Calgary Ring Road

## Advisory Notice

November 26<sup>th</sup>, 2020

### New alignment on Tsuut'ina Trail SW

**Location:** Tsuut'ina Trail SW, south of Sarcee Trail SW

**Impacts:**

- Traffic availability for Tsuut'ina parkway via Tsuut'ina Trail SW with access to Grey Eagle Drive, includes two new bridges
- Traffic availability from Grey Eagle Drive to Tsuut'ina Trail SW

**Reason:** Construction has been completed

**Implementation Date:** Monday December 7<sup>th</sup>, 2020

**Work hours:** 24 hours

**Speed limit:** New speed limits will be posted with the new interchange, please follow the posted speed limits

**Other information:** Work is weather dependent, and dates may change.

For your safety, please obey all construction signs when travelling through the area. KGL Constructors would like to thank you for your patience during this construction period.

403-212-0565  
[info@SWCRRproject.com](mailto:info@SWCRRproject.com)



# HOROSCOPES



- ♈** ARIES = YOU ARE THE PIONEER TYPE AND HOLD OTHERS IN CONTEMPT. YOU ARE QUICK TEMPERED, IMPATIENT AND SCORNFUL OF ADVICE. BUT DEEP DOWN INSIDE YOUR A BIG SOFTY GO SPOIL SOMEONE.
- ♉** TAURUS = YOU ARE PRACTICAL AND PERSISTENT. YOU HAVE A DOGGED DETERMINATION AND WILL WORK LIKE HELL. TAURUS'S ARE ALSO STUBBORN AND BULLHEADED. BE PROUD YOU PROTECT YOUR FAMILY.
- ♊** GEMINI = YOU ARE A QUICK, INTELLIGENT THINKER AND FLEXIBLE IN YOUR VIEWS. YOU LAUGH EASILY AND TEND TO GET ALONG WITH MOST PEOPLE. BUT KEEP YOUR GUARD UP NOT EVERYONE IS NICE.
- ♋** CANCER = BECAUSE YOU ARE EASILY MOVED BY A SAD STORY, PEOPLE THINK YOU ARE A SUCKER. BUT DEEP DOWN INSIDE THERES NOTHING WRONG WITH GIVING LOVE TO EVERYONE, PEOPLE NEED THIS.
- ♌** LEO = YOU CONSIDER YOURSELF A BORN LEADER WHILE OTHERS VIEW YOU AS PUSHY. YOU HAVE A DIFFICULT TIME ACCEPTING THAT YOU CAN'T HELP EVERYONE. BUT MAYBE ITS A LITTLE TIME FOR YOU.
- ♍** VIRGO = YOU ARE THE LOGICAL TYPE AND HATE DISORDER. MOST PEOPLE TEND TO THINK YOU OVER THINK EVERYTHING. BUT THERE IS NOTHING WRONG WITH BEING PREPARED.
- ♎** LIBRA = YOU ARE THE ARTISTIC TYPE AND HAVE A DIFFICULT TIME WITH REALITY. THE WAY THE YEAR HAS BEEN GOING YOU WOULD RATHER STAY DEEP IN YOUR MIND. RELAX A LITTLE. IT WILL HELP.
- ♏** SCORPIO = YOU ARE SHREWD IN THE IDEA OF NEW THINGS, THIS SHOULDN'T STOP YOU FOR TRYING SOMETHING NEW THOUGH. GO OUT THERE OR STAY INSIDE AND TRY SOMETHING. YOU'LL BE SURPIZED.
- ♐** SAGITTARIUS = YOU ARE OPTIMISTIC AND ENTHUSIASTIC. YOU ARE HAVE A RECKLESS TENDENCY TO RELY ON LUCK SINCE YOU NEED IT. BUT DON'T FEAR THINGS WILL START TO SNOWBALL FOR THE GOOD.
- ♑** CAPRICORN = YOU ARE CONSERVATIVE AND AFRAID OF TAKING RISKS. YOU DON'T TAKE ENOUGH RISKS. ITS TIME TO PULL UP THE SOCS AND GO TRY SOMETHING NEW AND EXCITING.
- ♒** AQUARIUS = YOU HAVE AN INVENTIVE MIND AND ARE INCLINED TO BE PROGRESSIVE . BUT NOT EVERYTHING NEEDS TO BE DONE NOW SLOW DOWN AND TAKE A BREATH, THESE THINGS TAKE TIME.
- ♓** PISCES = YOU HAVE A VIVID IMAGINATION AND OFTEN THINK YOU ARE BEING FOLLOWED. NO NEED TO BE WORRIED THINGS ARE GOING TO WORK OUT FOR THE BEST IN THE END, EVEN IF THE JOURNEY IS BUMPY.

# MOON CHART







# GUMISASTAY

MOCCASIN TELEGRAPH  
PRESENTED BY TTN COMMUNICATIONS

