# Acimowin

November

24, 2023

VOLUME 9 ISSUE 16



### **Veterans Day & Pow Wow**



**Words by Guide** 

November 8 & 11, 2023

The Maskwacis Cree **Veterans Day** Ceremony took place at the Veterans Memorial on Samson territory by the Peace Hills bank. The ceremony takes place here every year and this year's weather was not to bad compared to last years. The event started with three Maskwacis Chiefs, Samson, Ermineskin and Montana and Tammy Moonias representing Louis Bull.

The four band representatives and veterans families had a Grand Entry style procession to the monument and Bear Street was the drum group. Daniel Roan from Bear Street read In Flanders Fields when the time came.

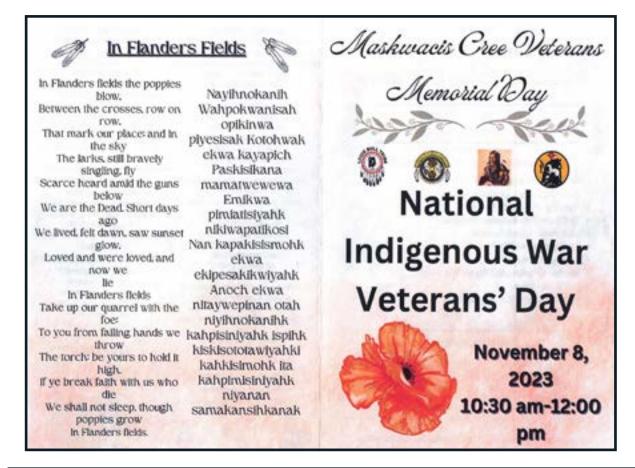
Bernice Stoney from Pigeon Lake was the Mother who represented the Moms when they went to fight the wars. Bernice was saying that as a little girl she remembers the Mothers faces when the native soldiers left from the train station which was located near what is today the Bow N Arrow

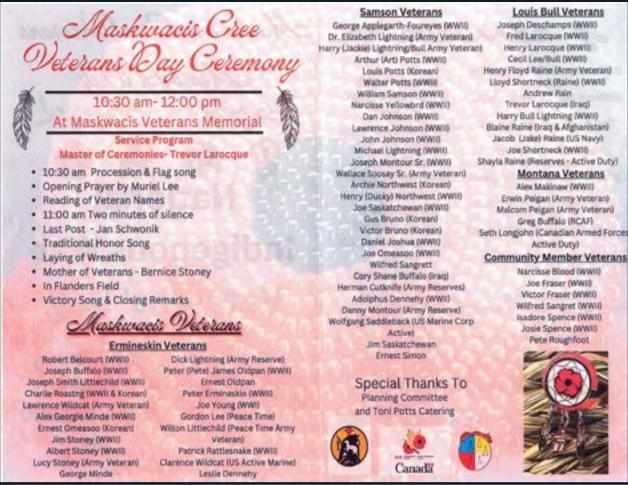
convenience store.

MC Trevor Larocque coordinated the event that day and the Maskwacis RCMP detachment Inspector Leanne MacMillan laid a wreathe down in respect of those who had fallen. All three Chiefs laid down wreathes in respect of that choice those men and women made in order to fight for their people. Tammy Moonias laid down a wreathe as well.

The names of the Veteran's from Maskwacis were all read out loud and half way through the reading there was a moment of silence.

Following the veterans day ceremony, on November 11 there was a pow wow in honour of those who are today and those who have passed on to the spirit world. The Panne Agrilplex got a new upgrade which allowed more movement for the people to get around in and all the dirt was removed from the ground.





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Samson Cree Nation Acimowin



















### SAMSON YOUTH & SPORTS DEVELOPMENT NOVEMBER CALENDAR 2023



5 U N	MON	101	WID	1111	FRI	SAI
WEIGHTROOM OPEN 8RM-8:4SPM	Basketball 6pm-8:45pm	Volleyball 6pm-8:45pm	1 Basketball 6pm-8:45pm	2 Volteyball 6pm-8:45pm	3	4
5	6	7 Youth Self Defense Class 4:30-5:30pm	8 Youth Self Defense Class 4:30-5:30pm	9 Kakuns of Maskwacis Opn	10 Office Closure Staff Uppreciation	11
12	13 Office Closure Remembrance Day	14	15	16	17 RATIONAL CHILD DAY #5 4-7PM Samson Athletics Binge 5pm @SRB	18
19	Cree Market 10- 3pm	21 22 23  National Addictions Awareness Week  Community Wellness 9am daily			24 Samson Athletics Binge Spm @SRB	U of A Round Dance Paulina Johnson 6-12pm
26	27	28 Family Violence Workshop 9am - 9pm	29 Family Violence Workshop 9am - 3pm	30		

Phone: 780 585 3012 FB Page Samson Youth and Sport Development



### Indigenous Reconciliation Initiative - Cultural Stream (IRI-CS)

#### Application guidelines

Alberta's government is committed to reconciliation with Indigenous communities, peoples, and organizations by supporting initiatives that enhance local cultural conditions. The Indigenous Reconciliation Initiative – Cultural Stream (IRI-CS) supports Indigenous-led initiatives that enhance, protect, or revitalize Indigenous language, heritage, culture, and arts.

Alberta's government is committed to collaborating with Indigenous communities and walking the path toward reconciliation together.

The IRI-CS was designed to offer flexible funding that supports Indigenous communities and organizations in pursuing priorities based on their unique needs. The IRI-CS

- aligns with the Truth and Reconciliation Committee Call to Action #14 iv., calling upon the federal government for the
  preservation, revitalization, and strengthening of Aboriginal languages and cultures that are best managed by Aboriginal
  peoples and communities; and
- will focus on Indigenous-led initiatives that will promote reconciliation, healing, and cultural revitalization for Indigenous peoples and communities.

#### Funding

IRI-CS applicants can receive a maximum of \$100,000 to support a cultural project.

Funding for successful projects is determined by the requested amount, eligible costs, and program budget.

There is no requirement for the applicant to contribute financially; however, all sources of funding should be disclosed in the proposal.

The IRI-CS may be stacked with other government sources (including federal, provincial, and/or municipal). For the purpose of this grant, the grant stack funding level to a recipient can be up to 100 per cent of eligible costs.

#### Eligibility

Eligible applicants for the IRI-CS are Indigenous communities and organizations located in Alberta, including

- First Nations
- Metis Settlements General Council and Metis Settlements
- Métis Nation of Alberta
- Aseniwuche Winewak Nation
- Tribal councils and Treaty organizations
- Indigenous not-for-profit organizations, including Friendship Centres
- Inuit organizations

Applicants must be in compliance with the terms and conditions of any previous Indigenous Relations funding. If an applicant is a corporate entity, it must be in good standing

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#### Eligible projects

The intent of the IRI-CS program is to enhance, protect, or revitalize Indigenous language, heritage, culture, and arts initiatives, including (but not limited to):

- community or organizational engagement on what government reconciliation should look like
- community-led reconciliation activities
- cultural protocol items
- Elders' honoraria
- programs offered within the community, such as beading, sewing, drumming, drum making, and reclamation
  of traditional cultural activities
- · community language initiatives
- · community research, such as gathering oral histories or archival research

The project must support cultural activities that strengthen Indigenous communities.

#### Ineligible costs

The following costs are ineligible:

- · operating costs such as salaries, utilities, or rent
- · payments for services that would normally be provided without charge
- prize money
- capital expenditures
- · expenditures not related to the approved project
- costs incurred before the program was announced

#### When to apply

· This is an open enrollment and applications will be reviewed as received.

#### How to Apply

- 1. Step 1. Read the guidelines
- 2. Step 2. Fill out and sign the application form

IRI - Grant Application Form

Applications must include:

- a date and signature
- · description of proposed activities

Indigenous Reconciliation Initiative - Cultural Stream | Application guidelines

- · expected outcomes, results and community reconciliation benefit(s)
- · detailed timeline of the project activities and qualification of professionals, where applicable, and

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usiness

Section

· a detailed budget

#### Step 3. Demonstrate community support

You must demonstrate organizational support for your project by providing at least one of the following:

- Band Council Resolution for a First Nation
- Council Resolution for a Metis Settlement
- Board Resolution from a community-owned company/development corporation
- Board Resolution from a not-for-profit Indigenous organization
- Letter of support from an Indigenous community or organization

#### Step 4. Submit your application package

Email your application package to IR Reconciliation@gov ab ca.

#### After you apply

Once your application is received, the following will happen:

- We will do a preliminary assessment to ensure your application provides enough information to undertake a full assessment.
- 2. We will do a full assessment to confirm your eligibility and suitability with the IRI-ES.
- 3. We may ask for more information if your application is incomplete.
- We may provide recommendations on how your proposal could be improved to better align with the funding stream.
- 5. A grant manager will communicate the status of the application and a final decision will be sent through email

Decisions are final and there is no appeal process.

#### Reporting and deliverables

- If your projects is approved, we will enter into a funding agreement with you.
- You are expected to report on the activities and results of the projects as detailed in the funding agreement and provide financial statements.

#### Contact

Staff are available to discuss economic and cultural development opportunities with Indigenous community representatives.

To connect with the Indigenous Reconciliation Initiative program:

Hours: 8:15 am to 4:30 pm (open Monday to Friday, closed statutory holidays)

Email: IR Reconciliation@gov ab ca.

#### November 2023

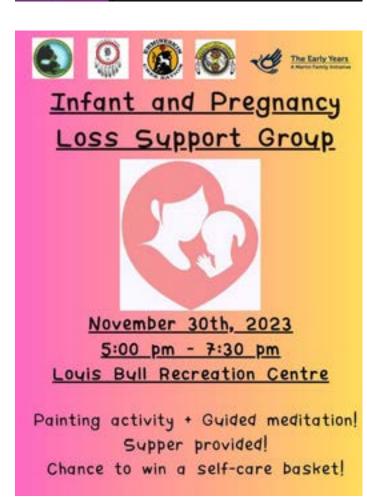
The haunted house on 6 mile, which is operated by the Louis, Crier, Rain, Buffalo, Omeasoo and families donated the earnings to the Womens Shelter-\$500, and to the Food Bank \$1200. Louis family handing check to charities.

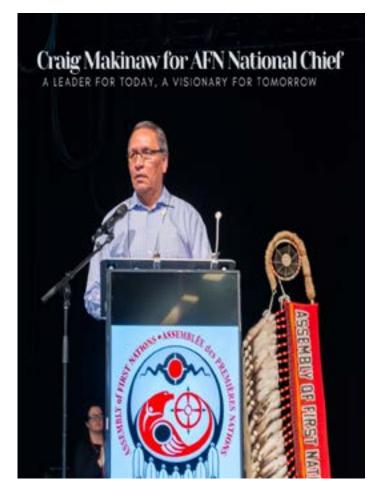














Samson Community Wellness is looking for Participants for a New Research Project

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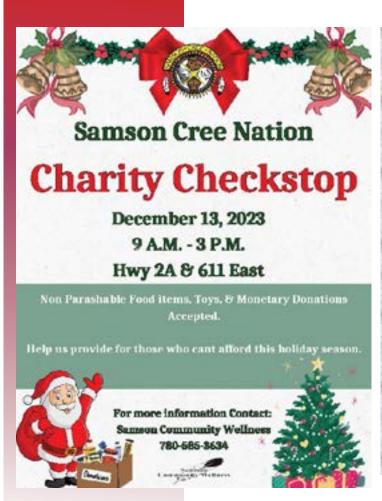
Like us on Facebook

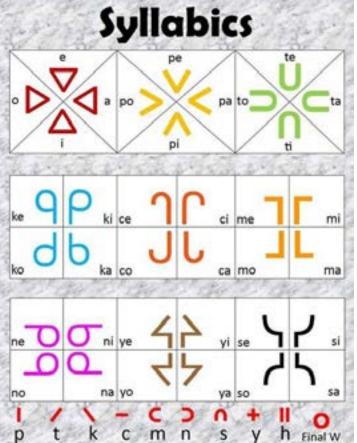
# **NOVEMBER 2023**

MON	TUES	WED	THURS	FRI	Family Services
		Men's Group 12 - 2 ASL 5 - 7	2	AA12-1	facebook facebook
6	7 Community Kitchen 11:00	Men's Group 12 - 2 ASL 5 - 7 Coupon Day - Prenatal, Breastfeeding & MPP	9	OFFICE CLOSURE	Office Hours 8:00 am - 4:00 pm Closed during
OFFICE CLOSURE	14	15 Men's Group 12-2 ASL 5-7	16	17 National Child Day 4 - 6	lunch 12:00 – 1:00 Contact:3
20	21	22 Coupon Day - Prenatal, Breastfeeding & MPP Men's Group 12 - 2 ASL 5 - 7	23 Coupon Day - Prenatal, Breastleeding & MPP	24	780-585-2254 Fax 780-585-2234
2/	28 Sewing class - XMAS Stocking making 10.00	29 Men's Group 12 - 2 ASL 5 - 7	30		, glgary













Willow Harvesting and Planting Workshop

Glinis Buffalo Consulting and Samson Community Wellness led a Willow Harvesting Workshop on October 14th and 28th for Mimiw Sakahikan Aquatic Habitat Restoration.

On October 14, 2023, Samson Cree Nation members learned on the importance of Willow harvesting and traditional uses for it. Troy Okeymow, Samson Cree Nation citizen, shared his incredible knowledge on how willows are nutritious for bison. Troy managed his own herd and through his observations, he saw the growth of his buffalo using willows. Troy also uses willows to build sweat lodges. Workshop participants also had the pleasure of Kansie Fox and Alvin First Rider both from Blood Tribe Land Management and members of Blood Tribe shared on the ecology of willows for stabilization for erosion control along creeks and rivers. Elder Bernice shared on natural laws and harvesting rat-root. A key learning from the speakers is there are traditional and western benefits of willows for land protection; it is best when traditional and western can complement each other rather than compete. Participants were of all ages, and it was a great activity to bring families together to learn about willow harvesting and Native Science.

The workshop consisted of gathering willows, destemmed each willow, and then creating bundles and immersed them in Pigeon Lake. The willows will be stored along the shoreline to keep them in stored in water and some will remain in the lake until Spring 2024. As part of the workshop, pre-purchased willows from a nursery were planted, and were planted by the weir at Campground 2, for aquatic habitat restoration. Willows and Pine trees were also planted at the Pigeon Lake cemetery located by the Pigeon Lake shoreline. Participants were provided the tools to do their own willow harvesting as a means to implement their workshop teachings.

On October 28, 2024, the Workshop continued by planting the willows that were stored along the shoreline. Elder Bernice Stoney and Troy Okeymow joined to share more on willow teachings. Alvin First Rider, Blood Tribe land management taught us the technique on how to plant the willows. The participants used heavy tamping rods to dig holes in the frozen ground that were at least 3 to 4 feet deep in the ground. Sledge hammers were needed to pound the tamping rod in the frozen ground. Next the willows were cut approximately one foot above the ground. Approximately 150 willows were planted in the group by Campground Site 2 weir for aquatic

habitat restoration. Participants were of all ages, and it was great to have families showing their children to plant willows.

Participants learned a simple method for willow harvesting a great way to protect the aquatic habitat. Samson community members are encouraged to join back in Spring 2024 to plant the willows that are now frozen in Pigeon Lake.

Please contact Glinis Buffalo at gbuffaloconsulting@gmail.com for more information on the Mimiw Sakahikan Aquatic Habitat project or to volunteer.

Glinis Buffalo Consulting



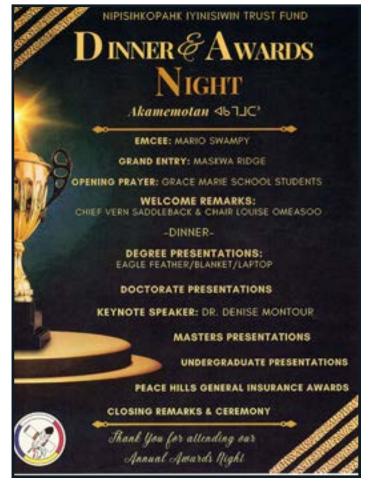














### Media Release

RE: Climate & Energy Workshop, AUG 2, 2023 Summary

Climate Resiliency Capacity Building, (CRCB) Coordinator, Shalaize Buffalo hosted a Climate & Energy Workshop held on August 2, 2023 at the Howard Buffalo Memorial Centre (HBMC) from 4 P.M. to 8 P.M.

funded by the Government of Alberta through the Municipal Climate Change Action Centre's Climate Resilience Capacity Building Program. (CRCB).

The Howard Buffalo Memorial Centre (HBMC) hosted a climate and energy workshop, Doors open at 4:00 PM, the engagement started with introducing everyone. Presentations were given by Chad Simon, who used footage from his projects while giving updates from all his ongoing water projects with Nipiy (Groundwater well improvements, drinking water advisories project, Water Main Replacement/ Facilities Project, Water feasibility study, 3 mile drainage project). Shalaize Buffalo gave a presentation the Climate Resiliency Capacity Building (CRCB) she gave a brief description of her projects and hows shes recording everyone willing to give information regarding their personal living areas or traditional lands that grow herbs, so that we may save them and mark them on a map weather its sightings trails, animals, and even climate change, eg. Where have you seen the most change over the years to the environment? drained ponds missing wildlife ext. Dana Mears, works with Urban Systems and asked nation members what their hopes & dreams are for the nation in regards to all the presentations given by all the facilitators present.

During this Climate & Energy workshop facilitators gave their personal presentations involving their individual projects. After this the workshop changed to a hands-on activity in which each facilitator engaged the nation members to ask questions for their projects. With the data collected from this engagement, it assists with Coordinators to have a better understanding of what the nation wants to see in each program.

Shalaize Buffalo
Samson Cree Nation
CRCB Coordinator
P.o Box 159
Maskwacis, Alberta T0C-1N0
(780)-585-3793 Ext. 232
Email-shalaizebuffalo@gmail.com





Samson Communications Department @SamsonCreeNation 1

## Pigeon Lake Christmas Craft Sale





NO **FUNDRAISERS** ARTS AND CRAFTS ONLY \$20/Table

Dec. 9 & 10, 2023 10 a.m. - 5 p.m.

Pigeon Lake Recreation Center

Funds raised from tables will be donated to Food Bank for Pigeon Lake

For More information: Marilyn @ (780) 335-1255

Holly @ 780 361-4939

### SAMSON RECREATION BINGO

\$25,000.00 BONANZA

### CHRISTMAS SPECIAL

SATURDAY DECEMBER 23, 2023

TICKETS: \$100.00/\$125.00 ON DATE OF EVENT

DOORS OPEN: BONANZA PRE-CALL: EARLY BIRD:

ODD/EVEN:

5:30PM 5:45 PM REGULAR GAMES: 6:00 PM

3:30PM

\$2,500.00

REGULAR GAMES (& SERIES BOOKLET): \$12,000.00 IN TOTAL PRIZES:

6-4 BASEBALL \$2,500.00 QUICKIE: \$2,500.00 WILDCARD: \$2,500.00

**"OUR BIGGEST EVER BONANZA TOTAL PAYOUT"** BONANZA:

TIPI PATTERN: \$5,000.00 FULL CARDS \$15,000.00

CONSOLATION: \$5,000.00 \$25,000.00 TOTAL BONANZA PAYOUT!!!!

LDER'S HRISTMAS DINNER ELDERS I COMPLE DECEMBER 7, 2023 10:00AM - 3:00PM H.B.M.C GYMNASIUM TRANSPORTATION PROVIDED

CONTACT SCN ELDERS DEPT. 780-585-3793

Employment Opportunity NOVEMBER 14, 2023

#### OKEYMOWKISIK GAS BAR MANAGER

amage has the constructionability for the daily operations of Chaymoukosis Gas BartCess concess Monager will exponence and co-ordinate the activities of all staff and is accountable regionard responsibilities. The Manager reports density to the Cannots Manager of Same serent (2006) Ltd.

- Responsestablishes.

  Oneship to glain, negerities, direct, and control the operations of the business.

  India to reprope stell and distinguis duties as appropriate.

  Oneship for proporing monthly, quantitative, and annual to hodgets and electricity stem as
- oneative for properation and maintenance of reports on product inventories, sits others, sales, through, and parameter matters, sit. oneatis for cohection of procures receivable and properation of monthly statements.
- poncible to ansure all socurity measures are in plane and are followed. pensible for assisting in interviewing, firing, training, evaluating, promoting, and
- Responsible for dearming that all employees, including soft, provide a tigh level of outcomes terminating implications. Place of control of the provide a tigh level of outcomes service and meanines a tigh standard of cleantiness within store parameters. Responsible for emaining that all staff are following provincial and federal regulations perfaming its fire sale of locations and faul, and following provincial and federal regulations perfaming to the sale of locations and faul, and following provincial Responsible for emaining all epigement is resistanced and lead in good ventring order as replaced as a replacement surface of the provincial staff.

- reasponance or ensuring all explanation in maintained and kept in good working order. Reasponable for maintaining a professional working realizationship with a shall and support staff. Reasponable for advantaining and determining from insurination should be displayed. Reasponable for ensuring all policies and procedures set out by Obsymbothisis Gas Bar. Certiss and Barman Management (2009) List are implementant and authorised in Reasponable for resisting issues such as nusterior completells and supply shortages, promptly and professionally.

The Manager of control in a distraction and other part of the state of

- preferred. Effective leadership skills and ability to focus on operational and business processes.
- Principus, managerial experience an asset. Any combination of the above will be combined.

This is a Regular Full-Time position with a six-month probationary period. This position is to Management. Afterta. Communic employment in dependent upon economic completion of the

Closing Date: November 20, 2023, or until a suitable condition is found

nterested persons are requested to submit a Resume, Gover letter and criminal record check by mail, personally, fax or amail to

SAMSON MANAGEMENT (2009) LTD. O. Box 539, Missiovacia Alberta, TOC 1N Errer tumentsourceaftentors.com Telephone: (780) 585-2466 Fax: (780) 585-2393

#### ATTENTION SAMSON CREE NATION **BAND MEMBERS**

## November 2023

INDIGENOUS EARLY LEARNING & CHILD CARE INCENTIVE FOR MEMBERS AGES 6 & UNDER RESIDING ON-RESERVE & OFF-RESERVE

#### Required documents for eligibility:

- · Parent/Legal Guardian Information
- · Registered SCN Members Children 6 years
- pending members may qualify with proper documentation
- All required information must be submitted in order for registration to be complete, no exceptions.

#### register sin people form scan the GR code 2 of the following documents will work:

- · sameon band card with visible band no. . status card with SCN nation & treaty no. . copy of letter from samson cree nation
- bership department · proof of guardianship for kids in care
- . Incentive will be mailed out once SCN Membership department verifies the band

PLEASE FILL OUT A GOOGLE FORM OR SEND ALL REQUIRED DOCUMENTS VIA EMAIL TO:



DEADLINE TO REGISTER: NOVEMBER 30, 2023



readstary

### **EMPLOYMENT** OPPORTUNITY

POSITION: DEPARTMENT:

Asset Management Coordinator

Tipahaskahn Kamik - Asset Management

Summary: Under the depotion of the Depotior of Emergency Management, the Arest Management Coordinator is enoble for the everall Major Minor Capital Arests, business and Nation Buildings Duties and Responsibilities

- Manage capital projects for controllered rester and sever influstracture, including budgets recutives with stalighted for
- Communicate with SCN departments, funding agencies, and other stokeholders as required for successful delivery of capital projects

  Avoil Managorouti Flaming - communication with Indigenous Services Canada representatives
- to renove successful propert delevery
- Research and information of great proposals related to Asset Management
   ACRS reporting portaining to Nation assets (buildings, power poles, street lights)
- Documentation of Namoon and Pigeon Lake commercies
- Assist DEM in oversight of insurance for Nation assets (holidings, CMHC formes, selector, burny opagement etc.) Majorate complete delegar' and subjete filter containing the delegar file workshoets. Ensure work
- onfore are created when any type of subside maintenance is conducted.

  Reports to and Performs other related datus as requested Tipahanishs Kamik General Manager.
- and Tipahankaba Kamik Committee
- · Assist with Operations tasks, if model Most be willing to attend training related to job position

#### Qualifications:

- Minimum Grade 12 Digitims or equivalent; project management training in an asset
- Basic computer skills (MX Word, Excel) experience with GDI software is an arrell.
   Class 5 Device's License and access to a velocit.

- Strong and and written communication skills
   Knowledge of the Circ language would be an anot.
- Condictable weeking in office and field reviews
- · Maybe subject to alcohol and drug testing.

#### CLOSING DATE: November 28, 2023 @ 4:00 Pm ENTERVIEWS: To be announced

To be considered for this position, you meet submit all necessary documentation (typification, Green letter, Resume, Conffication License, Orininal Record Clerk,

For application and further information, please contact Tolephone: (TMS 585-5755 Summer Cree Nation. Personnel Department P.O. Box 189 Markwacis, Ab, TBC (NR

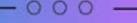
Fee (789) No. 2008

SAMSON COMMUNITY WELLNESS

# **GRIEF RECOVERY**

#### WITH BEARWOMAN & ASSOCIATES

THIS SESSION IS FOR WOMEN ONLY (MENS SESSION SCHEDULED FOR 2024



### NOVEMBER 30 - DECEMBER 3, 2023

LOCATION:





TIME (DAILY): 8AM - 4PM

#### Registration:

Scan the QR code below to fill out the google form or visit: www.scwprograms.com

Successful applicants will recieve an email when selected





WELLNESS FOR MORE INFORMATION 780-585-3634



Dermaplaning Microdermabrasion Microneedling BBGlow

Eyelash Extensions -Volume -Mega Volume

Permanent Makeup -Eyebrows -Eyeliner -Lipblush -Saline Removal -Tiny Tattoos





		Numbe	rs 1 - 35	in Cree		
ONE peyak	TWO niso	3 THREE nisto	FOUR newo	<b>5</b> FIVE nîyânan	6 SIX nikotwâsik	7 SEVEN tepakohp
<b>8</b>	<b>9</b>	10	<b>11</b>	<b>12</b>	13	14
EIGHT	NINE	TEN	ELEVEN	TWELVE	THIRTEEN	FOURTEEN
ayinânew	kekâymitâht	mitâtaht	peyakosâp	nîsosâp	nistosâp	newosâp
<b>15</b> FIFTEEN niyânanosâp	16 SIXTEEN nikotwâsosâp	17 SEVENTEEN tëpakohposåp	18 EIGHTEEN ayênânêwosâp	19 NINETEEN kēkā-nîsitanaw	<b>20</b> TWENTY nîstanaw	21 TWENTY ONE nîstanaw peyakosâp
<b>22</b>	23	24	25	26	27	28
TWENTY TWO	TWENTY THREE	TWENTY FOUR	TWENTY FIVE	TWENTY SIX	TWENTY SEVEN	
nîstanaw	nîstanaw	nîstanaw	nîstanaw	nîstanaw	nîstanaw	
nîsosâp	nistosâp	newosâp	niyânanosâp	nikotwâsosâp	têpakohposâp	
<b>29</b>	30	31	32	33	34	35
TWENTY NINE		THIRTY ONE	THIRTY TWO	THIRTY THREE	THIRTY FOUR	THIRTY FIVE
kêkâ		nîsitomitanaw	nîsitomitanaw	nîsitomitanaw	nîsitomitanaw	nîsitomitanaw
nîsitomitanaw		peyakosâp	nîsosâp	nistosâp	newosâp	niyânanosâp

January kisê pîsim Kind Month Pらんパ

Febrauary mikisô pîsim Bald Eagle Month 「Pィン ハマ

August ôhpaho pîsim Flying Up Moon b !! < !! ト ハィ

September ônocihto/wasēpakaw pisim Moose Fighting/Mating Month シュロック・トくしゃ ハン March niski pîsim Goose Month o ^ ^ ^ ^ ^

MONTHS

PÎSIMWAK ALA



October kaskatinô pîsim Frost Month April ayîki pîsim Frog Month ዻൎᅩᄋ ᄉఄᄼ

May Pinawew Pîsim Egg Laying Month ∧ロマ・ゥ ハィ

July ôpasko pîsim Moulting Moon うく<sup>へ</sup>d ふっ<sup>て</sup>

November îhkohpîw pîsim Fog Month Ġ " d " 六 o ハ っ ハ

December pâwacakinasîs pîsim Drift Clearing Month くく・し Po さっ ハイ November 17, 2023: **National Child Day** at the HBMC by Integrated Family Services. There were games, prizes, entertainment, bagged lunches, photo booth and arts and crafts. Photo: Jordana Littlepoplar. Jordana works for Samson Youth & Sports Development (SYSD) but this was a collaborative project with IFS.













November 17, 2023: Finance Department chili cook off with Ashley winning first place. Chief Vern Saddleback in attendance, Maskwacis RCMP detachment judges.



November 21, 2023

National Addictions Awareness Week: HBMC November 20-23, 2023. One of the speakers was Eugene Standing Rock from Kainai-Blackfoot territory. Eugene has been in movies and TV. His movie's are the following: The Revenant, Wonder Woman (Chief Napi) and The Montana Story. His TV career as follows: Bury My Heart At Wounded Knee, Hell On Wheels, Jamestown and Spirit Rangers. Eugene has trained at a stuntman and has worked in Paris at the Buffalo Bill's Wild West Show prior to him landing his roles on TV and movies.

Guide: Eugene what would you say young native girls, woman and males who want to get into an acting career?

Eugene: My advice would be to get as much

experience as you can. That can be in front of the camera or behind the camera. It can be learning special skills like riding horses or shooting arrows. This is what I did and what opened the door for me. Know how to use a canoe, know how to hunt and use a tomahawk. Know how to use a sling shot. There's so many different skills and it's not just about acting. It's about skill set: taking care of yourself, eating and drinking healthy. There's not a lot of Native American stunt woman in the business. That's what opened the door for me was having those special skills. If I did not learn how to ride a horse I never would have been where I am at right now. Again, my advice is to get as many skills under your belt as possible.

Guide: What about acting classes and singing classes?

Eugene: Yes exactly. There's so many different programs now a days. It could be a weekend acting class or there's something like the Toronto Film Academy which is a four year program. If you want to get into the business that is the place to go. You learn not just acting, you learn riding, you learn production, you learn every aspect of the business. There's so many aspects to the business and the more you know about it the Mother is Dakota. better.

You may see two people in front of the camera but there's a hundred people behind it. They all have a duty to do that make it all come together. I know so many people that have gotten into the business as actors or actresses but now their grips or their in lighting or catering. There's so many different options to take.

Guide: Thank you Eugene I know you have to get going so safe travels and thank you for coming to Maskwacis.

November 22, 2023: Daphie Pooyak: She learned the Creation story at a young age and thought everybody knew it. That was her first education from her Grandparents.

Where does your blood come from? What blood

branch from your umbilical cord? This is what her Kokum wanted answered not which reserve your from. Tansi O Chi Kiya? Where do you come from? That is what her Kokum asked her one time at the school she was going to. Daphie answered her nation but her Kokum wanted to know which blood line you come from.

My Mom comes from Mosquito First Nation. My

She said speak about the blood that runs through your body.

A lot of times we are lost because we don't understand our blood line. This means your belly button.

When she was younger she would have dreams. Like prophecy dreams. She would tell the Elders so she could understand what she was seeing in her dreams. I could not make it up because I did not visit those places. This was when she was about 5 years old. I saw a lot of things coming in the future. When I was 8 years old I had a dream. My Kokum told me I had to Sundance for that dream. So I've been fasting since I was 8 years old. This doesn't mean I had a hard life.

A lot of times, like many



Photos: Ashley Lightning.





of us, we get hurt and we get broken. Even though I had a traditional upbringing I went through a lot of hard times especially when my Dad passed away. A Minister told her Dad one time. "Your daughter has healing hands to heal sick people." Her Dad said, "Yes we were told that about her that's why we take her out."

I learned a lot about the spirits. I could see the spirits. I could see the shadow people and the lost souls. I could see the good spirits. Some of them are trying to make their way to the spirit world. I'm lucky because the way I was raised nobody ever told me that I was crazy. I could hear and see spirits. It wasn't so easy sometimes because some of those spirits are mean. I didn't know what to do about it. So I learned how to pray and I learned how to take care of myself because I didn't have a choice I could see them all the time.

She finally lost her Dad and she thought it was her fault. Daphie goes on: at the time, I didn't know about the spirit journey. All of us, we made an agreement with Creator before we came to our Mothers womb. The Creator told us the difficult part of our life, He showed us on his left hand. The sadness hurt and pain. All of these things you will see in your life. He told us. these are key moments in your healing

and growth. On the right hand, He said, these are the happy moments, the joy and laughter. The first gift He gave us was love. The second gift He gave us was free will. We get to choose how we live. That agreement, He said, you can't come back until I come get you. He said, you got to stay there. One day I will come get you. When I come get you, you will go straight there. I did not understand this when I was a young woman. My Dad passed away then I started drinking and doing drugs.

She went on a downward spiral from there for years. This is how she made a living when her kids were small. She did not understand what she was doing at that time. It wasn't until she got older that she figured it out. Daphie mentions that: So I didn't come from a perfect life. She saw the spirits that came with alcohol and drugs.

She went out to the ceremonies. She realized she was drinking and doing drugs to punish herself for something she didn't understand. Human beings will punish themselves much worse than someone else can. They believe they were wronged somehow or someway. This punishment was a lesson in her learning.

Her Kokum said to her one day, "Nosim, don't talk about things you don't understand." I remember when I finally









quit drinking and doing drugs. I had a lot of shame. I was the Elder there for 8 Fast forward in my life, I ended up working at my school with my Mom. She was a substitute teacher. I'm not a certified teacher but I have worked in many schools as a substitute teacher then as a traditional teacher. I would go to work and the students would not want to learn. So I stopped and I prayed. I heard a voice and it said, "Tell them a story." So I started telling them parts of the Creation story. The students would all calm down. I realized, as native people, we want to know where we come from. We want to be proud of where we come from. We've grown up in a difficult time. All these negative things that happened to our people and because of that poor treatment we walked around believing what we were told. We started to believe them. Those are

Sometimes we forget that we are loved Daphie tells the crowd about 50 people in the HBMC. We forget that the Creator and Mother Earth loves us and that we are they're children. All of a sudden I was getting phone call asking to be a cultural advisor at the Indian High School and then I got another phone call asking if I would work with

lies.

Saskatchewan Corrections. years.

Before she got to the Saskatchewan Corrections job, she offered tobacco because she wasn't sure what was going to happen. She heard her Kokum's voice real clear, Kokum said. "Love all people the way you love your children."

Kokum said, "Teach all people the way you teach vour children." Daphie knew how to be a Mom and she knew how to be a cousin and she knew how to be a Komum. That's what she would be when she started the Corrections job. This was in maximum security, the gang unit. She worked with them for 8 years. She had a hard time after the second year. She could not believe the stories the inmates told her. The masks came off and they told her their stories. They talked about the abuse, abandonment and neglect. She understood what was going on. The job got easier after that.

People just wanted to be heard. She listened a lot at the Corrections job.

Daphie went on to talk for a while after that. If you ever get a chance to listen to Daphie you will learn something about yourself and life in general.







#### SAFETY HAZARD ALERT

#### Hazards of Carbon Monoxide

### CARBON MONOXIDE (CO)







Overview: Due to a high-risk and significant carbon monoxide (CO) cell is Federation Member responded to, the following safety afert has been developed to emphasize the Nazards of CO and review some important considerations.

Details of Hazard: With the weather changing and temporatures shopping, the potential for simbon inconside policining indicors increases. As heaters and fluminosis lock in, windows and screen doors that were usually open during the summer cremin shut, discusing the potential buildury of CO. Knowing how to prevent the causes of CO and recognizing the symptoms is crucial information that everyone

Recommended Preventative Actions: Natural gas or portable propone heaters or petroleum gas generators are not to be used indoors. Vehicles must not be left running inside enclosed shops/garages, near air intake systems or adjacent building windows, Install CO detectors in rechanicalfurnace rooms, basements and various locations throughout your home to allow for notification and give you time to make it out safety. Have your gas appliances checked by certified echnicians before the winter months. Cleaning vents, filters and screens can also help reduce the buildup of CO. Ensure that as snow builds up along buildings, the gas meter is not buried. Make sure there is a constant flow of fresh air into furnace rooms and keep the area around each appliance clear and free of debris.

Further considerations: Carbon monoxide (CO) is a coloniese, tastelese, odoriese, lighter than air toxic gas that is released during the combustion process of almost any material. CO napidly obserbs from the lungs into the bloodstream, where is binds to hemoglobin. The hemoglobin carbot accept sayger, which leads to oxygen stanuation. Because of three properties, CO can go undetected and testome a stangerous byproduct of incomplete combustion.

Symptoms of CO exposure will vary, depending on the concentration and duration of expoand should never be ignored:

o Wild Headaches, dississess, stumumess, or "fu lite" symptoms

Service: Vomiting, confusion, visual problems, imageliar hearthest, weakness, or colleges o Estreme: Unconsciousness, convulsions, or heart and lung feiture resulting in death.

 Illnesses can include carbon monoxide poisoning, respiratory alkalosis, respiratory depression and hypercapnia. If not beated, these illnesses can cause significant injury or death.

If any of these symptoms are reported by a caller, it is imperative that they are directed to get outside to fresh air immediately by the Member Utility.

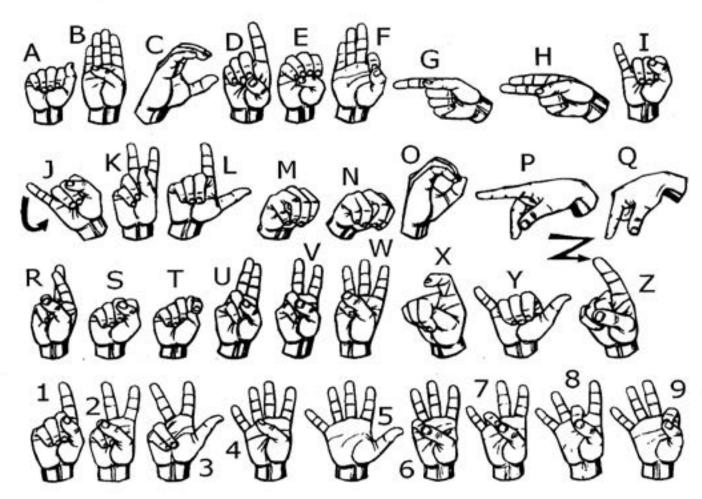
While sampling the atmosphere upon entering the building remember the following:

- o if the sample exceeds 10 PPM, evacuate the premises and commence venting
- o 25 PPM is the OH&S Code maximum OEL for continuous exposure in any 8-hour period
- o 75 PPM for 30 minutes is the maximum exposure during any 24-hour period
- o At no time should a worker be exposed to more than 125 PPM at any time
- o Call for support (fire department with breathing apparatus) if immediate access is required

Due to the likelihood of an increase in CO calls as we head into another winter season, it is vital that all Member Utilities familiarize themselves with their emergency response procedures for responding to CO calls. It is strongly recommended that all Member Utilities complete a CO call response tabletop exercise with all affected staff prior to winter.

For more information, refer to the following sections within the O&M Manual:

- Emergency Preparedness and Response
  - Section 3.6.1.1 Incident Action Response Gas Odor Carbon Monoxide (CO)
- Carbon Monoxide





### **Sports / Education**

# **Football:** St. Francis X

November 15, 2023

Submission from Victor Buffalo: That is Colin Buffalo, Son of Adam and Olivia Buffalo, Colin plays for St. Francis X. They played for the university National title Vanier Cup. St. Francis won 34-23.

"Tansi our Grandson Colin's team are playing the University of BC in the semi final for the Vanier Cup. BC beat the University of Alberta. Winner gets to play in Kingston, Ontario, for the Vanier Cup. The winner of Canadian Universities."





# **Education:** Pigeon Lake School

November 16, 2023

Pigeon Lake Regional School, Academics Awards Ceremony.

Most Improved Student:

Grade Eight

Zachary Bruno-Starr

Plague Donated By:

Brightview Bus Lines Ltd.

Presented By:

Dr. Melissa Humby.

Grandson of Bernice Stoney, Son of Leon Bruno. Congratulations!

## November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Day Light Savings Time Ends	6 Communications Meeting.	7	8	9	10 Acimowin	11 Veterans Day. Ermineskin Veterans Pow Wow Panee.
12	13	14	15	16	17	18
19	20	21	22	23	24 Acimowin	25
26		28 Domestic Violence Conference HBMC 10AM.	29 Domestic Violence Conference HBMC 10AM.	30	Maskwacis Coun Services (MCSS) 585-2268 for A.A.	

### December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Cultural Basket HBMC 10AM.	5 Cultural Basket HBMC 10AM.	6 Cultural Basket HBMC 10AM.	7 CP Holiday Train town 330 PM. Elders Christmas Dinner HBMC 10AM.	8 Acimowin	9 Arts & Crafts Sake Pigeon Lake Rec.
10 Arts & Crafts Sake Pigeon Lake Rec.	11	12 Edmonton Christmas Dinner 5PM.	13 Charity Check Stop 9AM.	14 Calgary Christmas Dinner 5PM.	15 Christmas Party.	16
17 Pigeon Lake Elders Christmas Dinner.	18	19 HBMC Christmas Dinner 11AM. GingerBread Parade 5PM.	20 Pigeon Lake MCTC Christmas Dinner.	21 Acimowin Winter Solstice. Last Day of Work.	22	23 Samson Bingo Special Game.
24 31 Happy New Year!	25 Christmas Day Dinner HBMC 12PM.	26	27	28	29	30

#### **Vision Statement**

Samson Cree Nation is a healthy, educated, knowledgeable and industrious community.

#### **Mission Statement**

Samson Cree Nation is a Sovereign Nation that is dedicated to improving the quality of life for all our People by maximizing our Human Resources and respecting our Cree Language and Traditions of our Peoples. www.samsoncree.com/aboutus



# The Samson Cree Nation Acimowin (News)

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The Acimowin is released bi-weekly every month.
Advertisers please call the Communications Office.

Community events can be forwarded to the Acimowin.
Please make it a JPEG or PDF format to save paper.

Social Media:

Facebook, Instagram, Youtube, Twitter (X) and Snapchat.

Website:

www.samsoncree.com



#### SCN Calgary Urban Satellite Office

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#### SCN Edmonton Urban Office

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Check out their Facebook page.

# National Addictions Awareness Week 2023







www.samsoncree.com