





# Samson Consultation Department

**Soil...It's Not Just Dirt**  
**August 23, 2023, at the HBMC**  
**Alberta Agrisystems Living Lab**

Soil Health



August 23, 2023

## Words by Guide

August 23, 2023

Dr. Derek MacKenzie, had a interactive half day work shop at the HBMC, Samson Consultation sponsored the mini lecture on soil science, and the objective was to learn about soil and it's importance and functions as part of a healthy agroecosystem.

"Dr. MacKenzie is a soil scientist with over 20 years of experience studying soil biogeochemistry related to natural disturbances such as wildfire and human managed ecosystems. His work with black carbon and soil health is poised to make large impacts in agricultural management. He works closely with many different communities and is always happy to share knowledge."

Interview with Derek MacKenzie PhD, Soil Science from the University of Montana.

Guide: You were saying you work in Edmonton now.

Derek: Yes. I am at the University of Alberta now. I work in the Faculty of Agriculture, Life and Environmental Sciences in the department of renewable resources. I teach introductory soil science which is a large undergraduate class. I also teach a land reclamation class and I do some directed reading classes for my graduate students.

Guide: You were saying Alberta Beef will be here today.

Derek: Yes Alberta Beef Producers. They will be representing their Alberta Agrisystems

University of Alberta

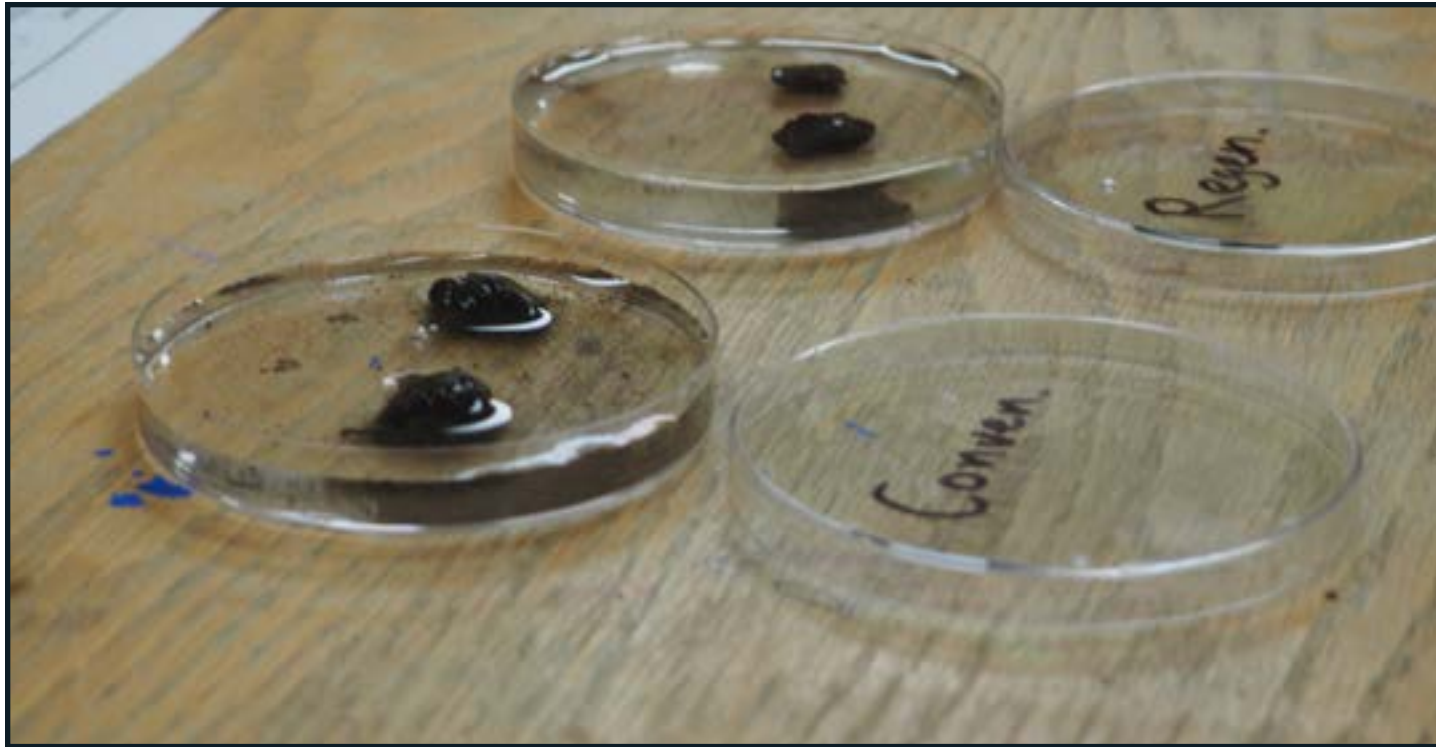
Living Labs and I am collaborating with the Living Labs project in Alberta-Peace River. Alberta Beef asked me if I would be interested in doing community outreach in soil health. So my research area is agricultural soil health which has changed for me over time. My PhD was in forest soils. I spent a lot of time in Alberta doing land reclamation research in the oilsands and I was looking at how to reconstruct functioning forest ecosystems. Over the last five years I got more in interested and invested in agricultural soil health and it's an easier community to work with. I enjoy working with producers and communities more than oil and gas companies.

So I got into agricultural soil health and the questions are not that different. When you're talking about restoring ecosystem function or reclaimed land and maintaining

ecosystem function in agricultural lands so agroecosystem function. So soil health is just a metaphor for soil function. Soils function just means, is the soil doing what we need it to do. Which means: is it growing food, is it sequestering carbon, is it maintaining life and is it cleaning water.

In every different sector soil health will be defined differently. A healthy forest soil is not the same as a healthy agricultural soil. We have different expectations on them. A big part about what I am going to talk about today is the idea that by maintaining soil health we should be able to work on projects like sustainable agricultural production and climate mitigation.

Guide: How important are projects like these for First Nations bands?



Derek: I think it's globally important for everybody. We need everybody in the world to think about soil and how to maintain soil health. For the bands and Indigenous people, I don't think it's far from the relationship you have with the land already. I wish more people would have the mentality that we are part of nature instead of using nature as a resource. Nature is not a resource- nature is a living organism that needs to be respected. Respected, maintained and harvested in a way that's sustainable. To do that we need to maintain and improve soil health.

I will talk about that and the differences between grey wooded soils north of Edmonton that are being farmed, there's a lot of agriculture that goes right up to Peace River. That's all grey wooded soil and down here we have this black grassland soil. They are very different. The wooded soils, with proper management, can be more like the grassland soils in terms of fertility and carbon sequestration and storage. So if we

use the right management techniques in those wooded soils we can store a ton of carbon there. Soil carbon sequestration is going to be huge part of climate mitigation in the future.

If we talk real quick about climate mitigation it's not enough to be at net zero emissions. We need net zero emissions for the atmosphere but we also need to draw a ton of carbon out of the atmosphere. The safe concentration of carbon in the atmosphere is 350 ppm (part per million). Right now we are over 400 ppm. So we need to take that out. We need to take out 28 billion tons of carbon globally in the atmosphere and a lot of that can go into soils with proper management. That is what I believe, but we need evidence to support that claim.

Guide: Since you have begun your projects, what have you seen that should make people believe that this is important?

Derek: There's an education component there. The general population is not as

aware as it should be, on the importance of soils. Part of my goal with these extension days is to try to show people why soils are important.

Soil science has not been more popular than it is today. Globally, there's more interest in soil science and that's what I am trying to tap into.

Guide: Is there anything you want to say to the people of Maskwacis?

Derek: I have lived in Edmonton for 18

years and this is my first time in Maskwacis. I am happy to be here, it's a nice looking community. I drove down Highway 2A and I was looking at the agricultural lands and there's lots of potential here. I am at the University of Alberta and I did reach out to the Indigenous Student Recruiter to see if there is community interest in Agriculture and Soil Health. If anybody is interested in talking about soil science or agriculture or University studies I am always available.

Guide: Thank you Dr. MacKenzie.



August 4, 2023

The **Samson Cree Nation Website** has been in operation for over a year now. We need the departments to send their information to the communications department to finish the site. The communications team will be working with a Samson band member-Website Administrator to complete the site. Please view at [www.samsoncree.com](http://www.samsoncree.com)

What We Need:

1. Department name.
2. Department Manager or Coordinator name.
3. Contact phone number, fax number and extension, email. Cell phone number optional.
4. Business hours.
5. Social media links. Example facebook, Instagram. This is optional.

Categories

The departments will be categorized under the building they are located in.

1. Administration (all departments, services in the CTA building).
2. Maintenance and Water. Public Works. Transfer station.
3. HBMC departments, services and programs.
4. Community Wellness. Departments, programs and services at Willowview.

Please forward your information to Guide or Ashley Communications. Hai Hai!

Email:  
[acimowin@samsoncree.com](mailto:acimowin@samsoncree.com)  
[comms@samsoncree.com](mailto:comms@samsoncree.com)

**Alberta Health Services** Healthy Albertans, Healthy Communities Together.

Date: August 9, 2023

To: MLAs Reeves, Mayors

From: AHS Indigenous Wellness Core

RE: Indigenous Support Line launch in the Central Zone

Indigenous peoples in the Central Zone can now access a dedicated support line to help them better navigate the health system through Alberta Health Services (AHS).

The toll-free Indigenous Support Line can be reached by calling 1-844-944-4744 or by dialing 811, #7. The support line is staffed by Indigenous Health Link staff and is available weekdays from noon to 8 p.m.

Staff will answer callers' questions, help them access culturally appropriate care and assist them with navigating the healthcare system. Clients can call at any time during their healthcare journey with questions or concerns.

This is the next phase in the rollout of the AHS Indigenous Support Line across the province. The line launched in the North Zone in June 2022, and in South Zone in May 2023 and has seen access to culturally appropriate healthcare improve for hundreds of Indigenous patients and families. For more information, please visit the [Indigenous Support Line website](#), or you can watch [this video featuring staff from the Indigenous Support Line](#).

All Albertans are asked to call 911 if they have a medical emergency. Health Link (811) also remains available 24/7 for non-emergency health-related questions. To be redirected to the Indigenous Support Line from 811, please press 7.

AHS values Indigenous culture and the unique needs of individuals, patients and families and is incorporating traditional culture into the healthcare system.

Dedicated AHS [Indigenous Wellness Core](#) staff is available throughout the province and take into consideration culturally appropriate health services for First Nations, Metis and Inuit people.

Thank you for your ongoing support to help improve access to culturally safe healthcare for Indigenous peoples in Alberta.



**WAR AGAINST DRUGS WALK**

**THURSDAY AUGUST 31, 2023 @ 12 NOON**

**RALLY BEGINS AT HBMC & WALK TO MASKWACIS MALL**

MASKWACIS KODOMS ON THE WAR AGAINST DRUGS

August 31, 2023

There was a **Walk Against Drugs** in the community of Maskwacis and about thirty people showed up. The Maskwacis RCMP detachment escorted the walkers through the Samson town site. Afterward they ended up at the HBMC where speakers talked about the problems in the community. Samson, Montana and Ermineksin ladies started the initiative. APTN news was present and made a story on their Youtube channel. CBC Edmonton and Journalist Brandi Morin were also present and MLA Mike Lake mentioned that he would look into getting a treatment centre here in Maskwacis.

Maskwacis Health Services (MHS) was present with the Maskwacis Counselling Support Services (MCSS), Communicable Disease Program and the Home Care Mobile Unit.

Redrum motorcycle club riders rode behind the people walking. Overall, it rained throughout the walk but that never stopped them from making their presence known.




**PHT** Call for Submissions from Indigenous Artists

40<sup>th</sup> Annual Indigenous Art Contest

adult  
1st Place - \$5,000  
2nd Place - \$3,000  
3rd Place - \$2,000

youth  
1st Place - \$1000  
2nd Place - \$750  
3rd Place - \$500

Deadline: **September 14<sup>th</sup>, 2023**

more details @ [peacehills.com](http://peacehills.com)



**MASKWACIS MINOR HOCKEY ASSOCIATION**

GOLF FUNDRAISER TOURNAMENT

HELP SUPPORT OUR YOUTH

SEPT 20 2023 **9AM** REGISTRATION 10AM SHOTGUN

MONTGOMERY GLEN GOLF & COUNTRY CLUB

50/50 DOOR PRIZES KP LONGEST DRIVE MULLIGANS

**\$800 PER TEAM, 4 MAN BEST BALL. EACH TEAM MUST HAVE AT LEAST ONE FEMALE**

REGISTER WITH DEPOSIT DEADLINE **SEPTEMBER 15, 2023**

CALL THE 4 NATIONS ARENA 780-585-3771

## ENTRY FORM

ENTRY DEADLINE IS SEPTEMBER 14, 2023  
ENTRY FORM MUST BE COMPLETED IN FULL IN ORDER TO QUALIFY

Name of Entrant: \_\_\_\_\_ Age of Entrant: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province/Territory: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Band/Home Community: \_\_\_\_\_

Title of Entry: \_\_\_\_\_ Price: \_\_\_\_\_

Medium: \_\_\_\_\_ Size: \_\_\_\_\_

Description: \_\_\_\_\_

### ADULT CONTEST SECTION

I, \_\_\_\_\_ (name of Adult Entrant), understand that in order to be considered for the Art Contest my entry must be in a "2 Dimensional Art" form, on a flat surface suitable for framing, and it must be no greater than 4 feet by 6 feet in size. I hereby certify that I am the original creator of my entry and that I am the sole owner of the copyright interest in my entry. I hereby agree to assign all of the copyright interest in my entry to Peace Hills Trust, as required by the Rules and Regulations, and waive all of my moral rights in my entry in favour of Peace Hills Trust.

I confirm that I am of Indigenous ancestry (First Nations, Inuit, or Metis) \_\_\_\_\_

I agree that my entry was created within the last 24 months. \_\_\_\_\_

I agree/do not agree (circle one) to have my telephone number (as shown on the entry form) released to potential purchasers of my entry.

I certify that the information in this entry form is true and accurate. I certify that I have read, understand and agree to be bound by the entry procedures, the rules, and regulations of the Peace Hills Trust Art Contest as written on the reverse side of this Entry Form.

Signature of Adult Entrant: \_\_\_\_\_ Date: \_\_\_\_\_

### YOUTH CONTEST SECTION

Age Category: 14-17 \_\_\_\_\_ 10-13 \_\_\_\_\_ 9 and under \_\_\_\_\_

I, \_\_\_\_\_ (name of Youth Entrant), and my parent/guardian understand that in order to be considered for the Art Contest my entry must be in a "2 Dimensional Art" form, on a flat surface suitable for framing, and it must be no greater than 4 feet by 6 feet in size. I and my parent/guardian understand that my entry **MAY OR MAY NOT** be returned to me after the contest. If my entry is the winner then Peace Hills Trust will become the owner of my entry and Peace Hills Trust shall have unrestricted rights to my entry, to do with it as they may decide, including but not limited to reproducing and displaying my entry, and I and my parent/guardian hereby assign all copyright interest in my work to Peace Hills Trust and waive my moral rights associated with my entry in favour of Peace Hills Trust. I and my parent/guardian certify that the information in this entry form is true and accurate, that I have read, and I and my parent or guardian understand and agree to be bound by the entry procedures and the rules and regulations of the Peace Hills Trust Art Contest as written on the reverse side of this Entry Form.

Signature of Youth Entrant: \_\_\_\_\_ Name and Signature of Parent or Guardian of the Youth Entrant: \_\_\_\_\_

Date: \_\_\_\_\_

REGISTRAR'S USE ONLY NUMBER: \_\_\_\_\_

SEND ART TO:  
Peace Hills Trust Indigenous Art Contest, 10<sup>th</sup> Floor, 10011 - 109 Street NW, Edmonton AB, T5J 3S8

# Walk of Life



August 29, 2023

Interview with Annette Cutknife, Integrated Family Services, and the Walk of Life program.

Guide: Can you summarize what the Walk of Life program if someone wanted to attend it?

Annette: The Walk of Life talks about your own life. You're doing the walk and you're addressing your own issues as you go along life. It starts with your ancestors, your parents, prenatal, earth, child, teen, adult and Elder.

The Walk of Life is divided into 8 quadrants and the individual has the opportunity to go through each quadrant. They get to share, as much or as little as, but the more you

share the more healing it is for yourself. It is also healing for the participants who are sitting with you listening to you share. Hopefully, it plants a little seed in them to look at more issues and why they do the things they do, why they are that way and to learn from it so they can make better choices. They begin to heal from that past trauma and they need to look at it and understand it.

I learned this healing tool from a man at the World Healing Conference in Edmonton about 20 years ago. He then gave everyone at that conference permission to use this healing tool for their own communities and for their own family.

Guide: Should a person prepare anything in advance prior to attending?

Annette: Not necessarily. Just come with an open mind, be non-judgemental and to be able to sit, listen and learn. Perhaps this could be their healing journey and this could help them more in the long run.

Guide: Anything you want to say in closing?

Annette: Just watch out for our Integrated Family Services Facebook page. We have our monthly calendar on there. We always

have our Coupon Day on there as well for our pre-natal, breast feeding Moms. Anything we have planned will be on the Facebook page. I know people have been requesting Traditional Parenting. Perhaps we will add a few days of Traditional Parenting in September or October. Also include Cultural Baskets for October.

Guide: Thank you Annette.

**NorthBear's Contracting Services Inc.**  
Landscape Company. Mini Excavation, Yard Maintenance, Tree Trimming, Junk Removal, Snow Removal.  
Ph: 780-362-1887.  
Email: northbearservices@gmail.com  
Find them on Facebook.

Childrens Group After School Program Dates

**September 6th**

**September 12th**

- Arts and Crafts
- Cooking Class
- Outdoor Activities (Weather Permitting)

Free Program for Youth ages 6-12 years old

**Nehiyawewin**

Fall 2023 Online Evening Classes

MESC Learning Services is pleased to offer the following Nehiyawewin online evening programming to engage participants in Cree syllabics, SRD, and conversational Cree.

13 Weeks of online classes

Levels of Cree to Register in:

1. **MSJMB (Introduction)** Little to no written or oral knowledge of the Cree language.
2. **MSJ (Beginner)** Basic written and oral knowledge of the Cree language.
3. **MSJMB (Intermediate)** Strong understanding of Cree, with the ability to engage in conversational Cree.
4. **MSJMB (Advanced)** Fluent in Cree, but want to strengthen and refine knowledge.

Fall 2023 Classes:  
Registration opens August 28, 2023, and classes September 8, 2023  
Classes start: September 11, 2023 - December 4, 2023

Register at: <https://bit.ly/E23CREE>

Please note: programming will be offered online and participants are required to have a valid Gmail address and internet access.

WEEK	DESCRIPTION
W1C: MSJMB Newcomer Intermediate Location: Online Time: 7 pm - 8 pm	W2C: MSJMB Newcomer Intermediate Location: Online Time: 7 pm - 8 pm
W3C: MSJMB Newcomer Beginner Location: Online Time: 6:30 pm - 7:30 pm	W4C: MSJMB Newcomer Advanced Location: Online Time: 6:30 pm - 7:30 pm

For more information, contact Johene Rain at (780) 565-2879 or [johene@maskwacis.ca](mailto:johene@maskwacis.ca)

**Samson Cree Nation**

P.O. Box 159  
Maskwacis, Alberta  
T0C 1N0  
(780) 585-3793  
1-800-661-2579

**PUBLIC NOTICE**

To: Residents of Samson Cree Nation

**COMMUNITY HOME CONDITION & NEEDS ASSESSMENT SURVEY**

The Health and Safety of our Nation members is and always has been a priority of Samson Cree Nation Administration and Programs/Services.

As part of our commitment to ensuring that the health and safety of our members is acknowledged and addressed, in the upcoming weeks teams made up of Samson Cree Nation employees will be going door-to-door to conduct multiple surveys in order to assess the condition of homes in the main Samson core. In the near future, the same survey will be conducted for the country homes including in Pigeon Lake, but for the time being, we will begin with the Samson Townsite. The Maskwacis RCMP has volunteered to assist staff on the visits. Please be advised that there will be follow-up visits.

The dates have yet to be determined, so please be advised that the surveyors will be arriving in the upcoming weeks, from Monday to Friday between 9:00 AM and 4:00 PM. Your cooperation is greatly appreciated.

**Samson Cree Nation Information Session**

**Re: Settlement**

**September 22, 2023.**  
Time: 10 AM to 2 PM  
Location: HBMC.

There will be an Information Session at the HBMC regarding the Settlement. Our objective is to inform the SCN Members about the process and to prevent misunderstandings regarding the settlement. Please come out and listen, take some notes and have some lunch. Hai Hai

For more info contact Samson Communications department at 780-585-3793 or email us at [comms@samsoncree.com](mailto:comms@samsoncree.com)



August 12, 2023: The Nipisihkopahk Iyiniwiniw Trust Fund donated \$75,000 to the SCN Elders and Assisted Living Department.



Stoney Nakoda Pow Wow 2023.



## Maskwacis Has Their Own Electric Car Charging Station

From left: Devon Morin SREP, Samson Councilor Louise Omeasoo, Ashley Saddleback-Senior Manager Tipahaskahn Kamik, Chief Vern Saddleback and Katty Okeymow-Administrative Assistant.

**This Charging Station Is Grant Funded.**

August 31, 2023

Interview with Trina Innes, Executive Director from Sustainability Services at Alberta Municipalities. Trina brought a Hyundai Kona as a demonstration car for the electric charging station.

Trina: We got this vehicle as part of the Zero Emission Vehicle Awareness Initiative program funded by Natural Resources Canada and delivered by the Municipal Climate Change Action Centre. We have done a lot of work with electric vehicles and we are helping them elevate awareness, engagement and purchasing, using and experiencing electric vehicles.

Transitioning to electric vehicles reduces emissions from oil and gas vehicles. So the SouthGrow Regional Initiative, the organization

that funded the Samson station, partnered with the Municipal Climate Change Action Centre to advance electric vehicle charging infrastructure in businesses and other organizations in Alberta using funding provided by Natural Resources Canada.

SouthGrow is an economic development alliance based in southern Alberta.

Samson Cree Nation joins the Metis Nation of Alberta in expanding Alberta's charging infrastructure. They have installed two Level 2 stations with one plug each at Metis Crossing.

Guide: How much would a car like this cost?

Trina: About 40,000 to 50,000 dollars. For leasing I think it would be about \$680 bi-weekly. You can get these cars at a regular dealership if they sell

electric vehicles. Not all dealerships sell electric cars.

Guide: Is this a specific standard charging outlet on the car or is it standard?

Trina: The Hyundai Kona uses the CCS charging standard which allows it to charge at Level 2 and 3 stations.

The charging station in Samson is for Level 2 charging which requires a 240-Volt electrical source (like an oven range of clothes dryer). Level 2 chargers take a longer to fully charge a car. Level 3 can deliver a full charge in about 30 minutes. This car has both.

Guide: Anything you want to add in before we close?

Trina: This is my first time driving this vehicle. It

was a really interesting experience. There is no engine noise and you hear all the other things around you much clearly.

It also has some regenerative breaking in it. When you take your foot off the gas pedal to slow down some of the energy is used to recharge the batteries extending the range of your vehicle. I would also like to add between the SouthGrow Regional Initiative and our initiative, the Municipal Climate Change Action Centre, we're almost doubling the number of charging stations in Alberta. Good job to Samson for filling the gap in the charging network. This will bring more people off the highway into our community in the future.

The Municipal Climate Change Action Centre is a collaborative partnership between Alberta Municipalities, Rural Municipalities of Alberta and the Government of Alberta.



This is on the electric car. Level 2 is with the circular port above. Level 3 will take all ports including the ports below.



Above: Trina Innes, Executive Director, Sustainability Services. Municipal Climate Change Action Centre.



Samson Communications Department @SamsonCreeNation 13

Numbers 1 - 35 in Cree						
1 ONE peyak	2 TWO niso	3 THREE nisto	4 FOUR newo	5 FIVE niyānan	6 SIX nikotwāsik	7 SEVEN tepakohp
8 EIGHT ayinānew	9 NINE kekāymitāht	10 TEN mitātaht	11 ELEVEN peyakosāp	12 TWELVE nīsosāp	13 THIRTEEN nistosāp	14 FOURTEEN newosāp
15 FIFTEEN niyānanosāp	16 SIXTEEN nikotwāsosāp	17 SEVENTEEN tēpakohposāp	18 EIGHTEEN ayēnānēwosāp	19 NINETEEN kēkā-nīstanaw	20 TWENTY nīstanaw	21 TWENTY ONE nīstanaw peyakosāp
22 TWENTY TWO nīstanaw nīsosāp	23 TWENTY THREE nīstanaw nistosāp	24 TWENTY FOUR nīstanaw newosāp	25 TWENTY FIVE nīstanaw niyānanosāp	26 TWENTY SIX nīstanaw nikotwāsosāp	27 TWENTY SEVEN nīstanaw tēpakohposāp	28 TWENTY EIGHT nīstanaw ayēnānēwosāp
29 TWENTY NINE kēkā nīsitomitanaw	30 THIRTY nīsitomitanaw	31 THIRTY ONE nīsitomitanaw peyakosāp	32 THIRTY TWO nīsitomitanaw nīsosāp	33 THIRTY THREE nīsitomitanaw nistosāp	34 THIRTY FOUR nīsitomitanaw newosāp	35 THIRTY FIVE nīsitomitanaw niyānanosāp

**SYSD YOUTH DROP IN VOLLEYBALL**  
**TUESDAYS & THURSDAYS**  
**6-8:30**

**MORE INFO**  
**CALL 780 585 3012**

FB Samson Youth & Sports Development

**SYSD YOUTH DROP IN BASKETBALL**  
**MONDAYS & WEDNESDAYS**

**FOR MORE INFO PLEASE**  
**CALL**  
**780 585 3012**

FB Samson Youth & Sports Development

January kisē pīsim Kind Month ᑭᑦ ᐱᑦᑦᑦ February mikisō pīsim Bald Eagle Month ᑭᑦᑦᑦ ᐱᑦᑦᑦ	<b>March niski pīsim Goose Month</b> ᑭᑦᑦᑦ ᐱᑦᑦᑦ	April ayīki pīsim Frog Month ᐱᑦᑦᑦ ᐱᑦᑦᑦ May Pinawew Pīsim Egg Laying Month ᐱᑦᑦᑦ ᐱᑦᑦᑦ
June paskāweh pīsim Hatching Moon ᑭᑦᑦᑦ ᐱᑦᑦᑦ	<b>MONTHS PĪSIMWAK ᐱᑦᑦᑦ</b> Cree Provided by Betty Simon	July ôpasko pīsim Moulting Moon ᑭᑦᑦᑦ ᐱᑦᑦᑦ
August ôhpaho pīsim Flying Up Moon ᑭᑦᑦᑦ ᐱᑦᑦᑦ September ônocihito/wasēpakaw pīsim Moose Fighting/Mating Month ᑭᑦᑦᑦ ᐱᑦᑦᑦ	<b>October kaskatinô pīsim Frost Month</b> ᑭᑦᑦᑦ ᐱᑦᑦᑦ	November ihkohpīw pīsim Fog Month ᑭᑦᑦᑦ ᐱᑦᑦᑦ December pāwacakinasīs pīsim Drift Clearing Month ᑭᑦᑦᑦ ᐱᑦᑦᑦ

**Women's Healing Camp**  
 NOV. 13TH-DEC. 10TH, 2023

Land based teachings & 28 day - Matrix Model

Register Online at [SWCPrograms.com](http://SWCPrograms.com)  
 or Call (780) 585-3634

\*LIMITED SPOTS\*  
 SELECTED PARTICIPANTS WILL BE CALLED

**SAMSON HEAD START**  
**FALL REGISTRATION NOW OPEN**

Program begins **September 12, 2023**  
 \*Date subject to change in case of building repairs\*

PROGRAM FEATURES:

- Developmentally appropriate curriculum: Cree Culture & Language, School Readiness, Social Interaction, Health, Parent Involvement
- Play-based learning, Outdoor Play
- Community Events
- Monthly Grocery Incentive

ENROLL NOW  
 780-585-2230  
[scrheadstart@gmail.com](mailto:scrheadstart@gmail.com)



# Equine Therapy with Pat & Mason Buffalo at the Wellness Village.

August 29, 2023, at Pat Buffalo's residence on the Samson Cree Nation. Please Call Maskwacis Counselling & Support Services (MCSS) to register: 780-585-2268. Photo left: Pat and Mason Buffalo. Next Equine Therapy session September 20 & 21, 2023.



Like us on Facebook  
Integrated Family Services



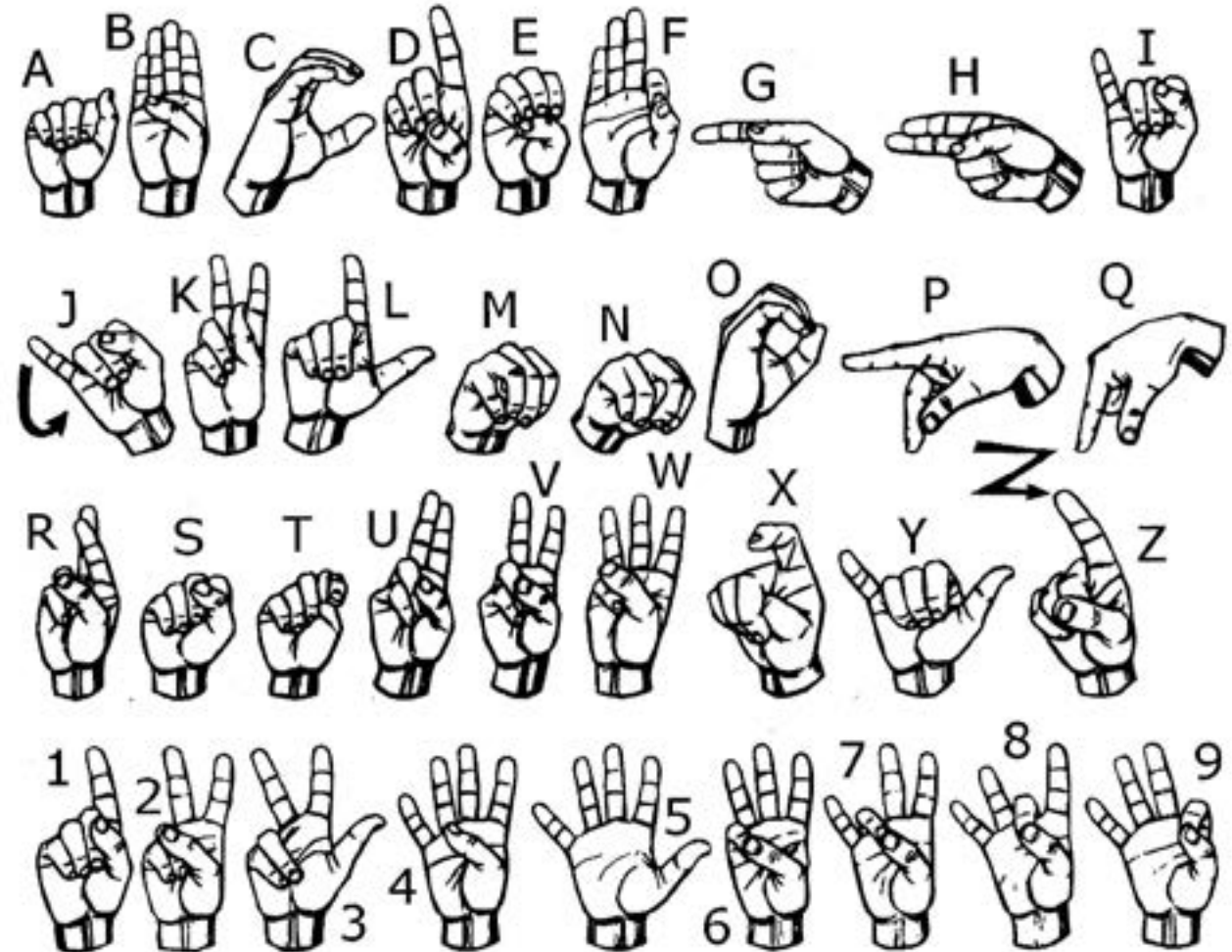
Office Hours  
8:00 am - 4:00 pm  
Closed during lunch 12:00 - 1:00

Contact:  
780.585.2254  
Fax 780.585.2234



# SEPTEMBER 2023

MON	TUES	WED	THURS	FRI
				1 A.A. 12-1
4	5	6	7	8 FASD Event
11	12 Coupon Day - Prenatal, Breastfeeding, MPP	13	14	15 A.A. 12-1
18 Community Kitchen 11	19	20	21 Sewing 10:00-3:00	22 A.A. 12-1
25	26 Coupon Day - Prenatal, Breastfeeding, MPP	27	28	29



Maskwacis

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Slow Down Pull To The Side For Emergency Vehicles Law	2
3	4 Labour Day	5	6	7	8 <b>Acimowin</b>	9 Enoch Indian Relays.
10 World Suicide Prevention Day.	11 Basketball	12 Volleyball 6-830 PM. Child After School Program HBMC.	13 Basketball	14 Volleyball	15	16 MCC Graduation HBMC. Lethbridge Pow Wow.
17	18 Elders Engagement 10-3 PM. Basketball	19 Volleyball	20 Maskwacis Market 10-3 PM. Equine Therapy 585-2268. Basketball.	21 Equine Therapy 585-2268. Volleyball 6 PM.	22 <b>Acimowin</b> Settlement Info. Session. HBMC 10 AM. MHS Diabetes Conference.	23 Autumn Begins. Samson Athletics Bingo Volunteer 585-3012.
24	25 Basketball.	26 SCN Treaty Day Behind HBMC. Volleyball.	27 Pigeon Lake Treaty Day. Basketball.	28 Volleyball 6-830 PM.	29	30 Orange Shirt Day.

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Thanks Giving	10	11	12	13 <b>Acimowin</b>	14
15	16	17	18	19	20	21
22	23	24	25	26	27 <b>Acimowin</b>	28
29	30	31 Halloween	Maskwacis Counselling & Support Services (MCSS) 585-2268 for A.A. Program, Equine Therapy with Pat Buffalo.			

## 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

**NEVER MISS AN UPDATE**  
**GET THE APP**

The app uses state-of-the-art technology to notify SCN members of breaking news, documents, videos, and events, instantly delivered via push notifications.

- JOB OPENINGS
- SURVEYS
- EVENTS
- NEWS

**HOW TO GET THE APP**

- 1 Scan the QR code below or visit the App Store or Google Play Store and Search "Samson Cree Nation"
- 2 Tap "Register" under "Member Login"
- 3 Fill out your information and press "Register"
- 4 Click the verification link in your email address

Download on the App Store | GET IT ON Google Play



## The Samson Cree Nation Acimowin (News)

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SCN Departments: Please send your announcements, events or information to the Acimowin for publication.  
Email: [acimowin@samsoncree.com](mailto:acimowin@samsoncree.com)  
Ph: 780-585-3793 ext. 202

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 and Snapchat.

**Website:**  
[www.samsoncree.com](http://www.samsoncree.com)

**SCN Calgary Urban Satellite Office**  
Address: 1603 10 Ave NW T3C 0J7  
Coordinator: Kristen Wildcat Manybears.  
Work Cell: 825-484-0490  
Work: 587-353-4002

**SCN Edmonton Urban Office**  
Address: 12046-77 St.  
Ph: 780-756-6377. Check out their Facebook page.

Photo left: Stoney Nakoda Pow Wow 2023.



## GRADUATION

A graduation is held for all the participants who completed the 38 detox & treatment program.

A ceremony will be held along with handing out completion certificates and luncheon.

Participants are encouraged to bring their families.

## Addiction Workers:

Craig Dion  
Reiny Redcrow  
Brailon English

Contact us early as space is limited.  
**780-585-2268**

MCSS is open:  
Monday to Friday  
8:30 AM - 4:30 PM



Box 100, Maskwacis, AB T0C 1N0

**Maskwacis Counselling & Support Services**

# NAYOSKAN DETOX & TREATMENT CENTRE



## ABOUT US

The Nayoskan Detox & Treatment Centre is a 38-day cycle which includes 10-days for detox & 28-days for treatment for up-to 12 participants at-a-time.

Once completed, participants are encouraged to join our weekly Treatment Recovery Program hosted Wednesday evenings from 7pm-8pm.

## DURING YOUR STAY

While attending, participants have access to weekly 1-on-1 counselling sessions with our MCSS Counselling Team. They are also involved in the following workshops which discuss or include:

- Grief Recovery
- Anger Management
- Alcoholics Anonymous
- Coping Skills
- Horse Therapy

*And more...*

## HOW TO APPLY

In order to attend the Nayoskan Detox & Treatment Centre the following must be done:

- Contact a Nayoskan Intake worker.
- Complete the NNADAP referral form.
- A Medical Assessment done by your family doctor.
- Attend two 1-on-1 counselling sessions.
- Attend two Alcoholics Anonymous meetings online.

*Once all have been completed before the next cycle, participants will be contacted if they were chosen for that cycle.*

## UPCOMING DATES:

- August 23 - Sept. 29, 2023
- October 06 - Nov. 10, 2023
- November 13 - Dec. 20, 2023
- January 02 - Feb. 08, 2024
- February 19 - Mar. 27, 2024

Dates are subject to change