



News of the Nation



ASENIWUCHE WINEWAK NATION COMMUNITY NEWSLETTER

MAY 2017

SAKIPAKAWIPISIM BUDDING MOON OR MONTH



PICTURE OF THE MONTH: Payton Hallock & Gabe McDonald receiving their, Jamie McDonald Award at the 2017 Grande Cache Rockies award night.

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CONSTITUTION
COMMITTEE MEETING

HEALTH CORNER

HELP FOR MEDICAL
SENIORS IN MEDICAL
APPT.

AYC COUNCIL MEETING

FORESTRY UPDATE

ATCO NOTICE

AEC & TAWOW CENTRE
NEW EMPLOYEES

PARENT LINK CENTRE

Constitution Committee Formation Meeting May 8 1:30 to 3:30 pm

Interested community members are invited to attend a committee formation meeting on May 8 to kickoff the next round of constitution development. Community leaders, elders, youth and members are all invited. At this meeting, an overview of work done to date will be provided, the project work plan will be discussed and community members will set future meeting dates and provide direction to move the project forward. There has been a considerable amount of development work completed but the project has stalled for a number of reasons. Committee members will be asked to prioritize which areas should be developed first, how often meetings will occur, when presentations will be scheduled and to help draft sections of the constitution such as a statement of union, division of powers, membership, member rights, conflict of interest, roles and responsibilities of powers, law enactment, etc. Committee members can choose which sections they would like to work on. The project will hire consultants and bring in presenters to help with more complex items but the community will guide the development of each section and have the opportunity to review and approve.



Health Corner

Gerald Kiesman

COMING THIS MONTH: May 16-17, 2017

Understanding Trauma and PTSD in Aboriginal People Workshop for AWN Members & Staff

Restoring Balance Consulting is offering this two-day workshop designed for AWN community members & workers to better understand the impact of trauma and Post-Traumatic Stress Disorder in Aboriginal communities.

This workshop will cover trauma and Post Traumatic Stress Disorder Using every day language, this interactive and strength-focused session will provide an understanding of trauma and Post Traumatic Stress Disorder in laymen's term with visual diagrams, healing exercises, communication skills working with survivors and take-away resources to develop and enhance your existing knowledge, skills and self care. (Resource books will be provided with the workshop information presented). for Aboriginal children, youth and adults and provide basic communication and counselling skills for staff who are working with Aboriginal children/youth and adults who have experienced trauma.

The impact of the residential school and sixties scoop are clearly visible in individuals, families and Aboriginal communities as well as in urban centres. Inter-generational trauma (physical, sexual, spousal and verbal abuse) and its affects (alcoholism and drug abuse, poverty, lack of parenting skills, suicide attempts/completion, unemployment etc..) has rippled through generations. Families and extended family members, and entire Aboriginal communities have suffered a significant loss with the removal of the child to a foster care home, a member committing suicide, a child witnessing spousal abuse or family member murdered or missing. Healing the impact of inter-generational trauma is important to restore wellness in Aboriginal communities.

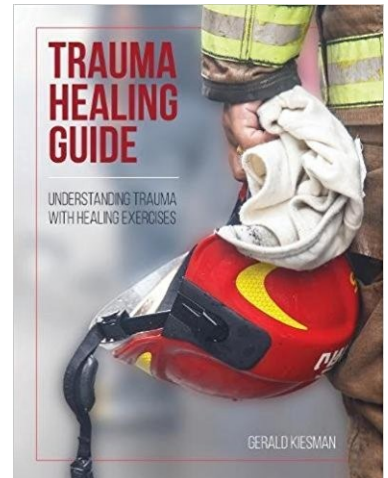
Workshop will be to provide the following information and create a dialogue on these topics:

- Theory of trauma (Laymen's term with visual diagrams), Neurological, Endocrine, Biological and Psychological. How sensory imprints of trauma become stored in the mind and body. Understanding the post traumatic stress symptoms of Aboriginal children/youth and adults.
- Parenting and living with unresolved trauma and Post Traumatic Stress Disorder.
- Provide practical healing exercises to assist a child/youth and adults in the healing process, both western and traditional.
- Learn basic communication and counselling skills working with Aboriginal children/youth and adults who have experienced trauma.
- Awareness of physical symptoms of stress to the body (Autonomic Nervous System-Somatic Nervous System, Muscles and Organs).
- Explain how past trauma or loss can lead to ongoing problem behaviors or stress symptoms and have an impact in parenting, relationship, employment, school and goal setting.
- Moving beyond the trauma and goal setting.

For more information or to register please contact: The Tawow Centre 780-827-3324
IF ATTENDING PLEASE PLAN FOR BOTH DAYS!! Lunch will be provided.

GERALD KIESMAN

With 15 years of research on Post Traumatic Stress Disorder and western and traditional healing as well as facilitating over 200 workshops in western and central Canada, Gerald +Kiesman/Owner-Facilitator has developed useful and practical resource material for his various training and wellness workshops, these resources have been proven to be an important resource to assist Aboriginal people who have experienced trauma.



LOCATION:

Métis Nations Hall

DATES:

MAY 16-17, 2017

TIME:

9:00 am—4:00 pm

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Elders Council 9am-12pm	5	6
7	8 Constitution Meeting 1:30 - 3:30 pm	9	10	11	12	13
14 MOTHERS DAY 	15	16 Trauma Workshop (Call Tawow to register)	17 Trauma Workshop (Call Tawow to register)	18	19	20
21	22 VICTORIA DAY OFFICE CLOSED 	23	24	25 Resiliency Workshop (Call Tawow to register)	26	27
28	29	30				

FORGET ME NOT, METIS ROSE

Lisa Shepherd, Métis Artisan & Kristi Bridgeman,
Fine Artist

Through the eyes of their Métis ancestor Suzette Swift,
two artists interpret the endemic flora and fauna of the
Rocky Mountains.

April 12-May 22 2017

Opening reception Thursday April 13, 7-9PM

All ages workshops will be offered -
please contact the artists directly

Jasper- Yellowhead Museum & Archives,
400 Bonhomme Street

For more information contact the museum at:
780-852-3013 ° kristibridgeman.com °
facebook.com/MetisArtisan/



NOTICE

As per policy, Medical
Transportation Applications
must be **submitted 10 days
prior to appointment.**

Payment will be paid
directly to applicant 48hrs;
of confirmed appointment.
Thank you!





Help for Seniors in Medical Appt.

Improvements to the medical trip benefit will help low-income seniors who travel from rural or remote areas of the province for treatment or care.

Budget 2017 invests an additional \$550,000 to help low-income seniors cover costs, like transportation and accommodation, associated with travel for specialist medical appointments.

The following changes to the Special Needs Assistance medical trip benefit will be effective July 1, 2017:

- Overnight accommodation support increases from \$75 to \$100.
 - Minimum travel distance is reduced from 100 to 80 kilometres round-trip in order to qualify for the benefit.
 - A one-time benefit of \$85 is provided to help with medical transport costs for a resident moving from a long-term care facility to another care facility.
- Increased funding is available for seniors who travel more than 400 kilometres to their appointments.

Lori Sigurdson, Minister of Seniors and Housing

“Our council supports the enhancements to the medical trip benefit and applauds the government’s commitment to providing greater supports to rural seniors who must travel to larger centers for care.”

Fred Olsen, president, Alberta Council on Aging.

Media inquiries

Tim Chu

780-638-4425

Press Secretary, Seniors and Housing



NEED SOMEONE TO TALK TO AND YOU DON'T KNOW WHO TO TURN TO?

Crisis Lines are 24 Hours and you can choose to remain anonymous.

BULLYING HELP LINE

1-888-456-2323

CHILD ABUSE HOT-LINE

1-800-387-KIDS
(5437)

CHILD DISABILITY RESOURCE LINK

1-866-346-4661

FAMILY VIOLENCE INFO LINE

310-1818
(TOLL-FREE, 24/7)

PARENT INFORMATION LINE

1-866-714-KIDS
(5437)

AADAC HELP LINE

1-866-332-2322

KIDS HELP PHONE

1-800-668-6868

PARENT HELP LINE

1-888-603-9100

MENTAL HEALTH HELP LINE

1-877-303-2642

SMOKER'S HELP LINE

1-866-332-2322

AYC Youth Council Meeting

All Aboriginal Youth ages 12+ are welcome to attend!

The Aboriginal Youth Group is looking for new members to join our group. If you are interested in getting involved with different activities, fundraising and being part of an awesome group, then here is your chance!

Topics to be discussed:

- Bottles
- World Indigenous games 2017
- AYC Sponsored trail rides

We will also be discussing new ideas and some next steps for the group! Look forward to seeing you there!

Date: May 26, 2017

Time: 12:30-1:30PM

Location: AWN Building (back room)

TAX ASSESSMENT OPEN HOUSE



The Open House will be held on May 9, 2017
2:00PM – 6:00PM

In Council Chambers located in the Provincial Building. Representatives of Powers and Associates Assessment Consultants will be hosting the Open House to answer any questions regarding the 2017 Tax Assessment Notices.

For more info, please contact the Town Administration Office at 780-827-3362



Forestry Update

Agriculture
and Forestry

Forestry Division
Forest Management Branch
7th floor, Forestry Building
9920 – 108 Street
Edmonton, Alberta T5K 2M4
Canada
Telephone: 780-427-8474
www.agriculture.alberta.ca

RECEIVED NOV 30 2016

November 25, 2016

Mr. David MacPhee, President
Aseniwuche Winewak Nation of Canada
Box 1808
Grande Cache, Alberta T0E 0Y0

Dear Mr. MacPhee:

Thank you for taking the time to meet with Agriculture and Forestry staff as well as Foothills Forest Products staff on September 28, 2016. I have a greater appreciation for the concerns you have voiced regarding potential forest harvest activities within the area identified by Aseniwuche Winewak Nation (AWN) as being critical to their communities as shown on the map your staff have provided.

Alberta Agriculture and Forestry will withhold forest harvest approval within this area unless a mutually agreeable harvest operation can be developed between AWN and Foothills Forest Products. This arrangement will be superseded by the eventual implementation of a renewed or revised Forest Management Plan for the E8 forest management unit.

Should you have any questions or concerns regarding this matter, please contact me darren.tapp@gov.ab.ca or 780 427-5324.

Yours truly,


 Darren Tapp, MBA, MF, RPF
 Executive Director

cc: Jaymie Campbell, Consultation Manager, AWN
 Hyland Fraser, Woodlands Manager, Foothills Forest Products
 Kevin Vander Haeghe, Forest Area Manager, Alberta Agriculture and Forestry.

UPDATE ON MCDONALD FLATS AND A LA PECHE PROPOSED LOGGING ACTIVITIES

It has been a while since we were able to provide an update on the proposed harvesting activities taking place in McDonald Flats and A La Pêche (area includes Mt. Louis). We wanted to provide a copy of the letter from Agriculture and Forestry to the community. While we will still have a lot of work to do to consult on a new Forest Management Plan for E8, this is great news for the AWN community in the interim. Please contact Jaymie, Josh or Garry if you have any questions, at the AWN Building (780) 827-5510

New Info regarding Off-Highway Vehicle Riders



Bill 36 An Act to Enhance Off-Highway Vehicle Safety received Royal Assent on

April 11, 2017 with an in force date set for May 15, 2017. This means that effective May 15, 2017, helmets will be **mandatory** for those riding off-highway vehicles (OHVs) on public land. OHVs include any motorized vehicle built for cross-country travel on land, ice, and snow. While OHV riders are on First Nations Reserve and Métis Settlement lands are exempt from wearing a helmet, indigenous peoples will be required to wear a helmet when riding an OHV on other public land, unless they fall in one of the categories of individuals who are exempt from the requirement. In Alberta, occupational health and safety laws already require commercial hunters to wear a helmet when riding an OHV. Commercial hunters are exempt if they are operating an OHV with safe rollover protective structures and seat belts. This means indigenous peoples and other Albertans using OHVs with safe rollover protective structures and seat belts, which are supplied by the manufacturer, would be exempt from wearing a helmet on public land, provided seat belts are being properly worn.

OHV Helmet Law Webpage – www.transportation.alberta.ca/ohv_helmets.htm

OHV Helmet Laws Frequently Asked Questions – www.transportation.alberta.ca/documents/OHVHelmets-FAQ.pdf

Bill 36 - http://www.assembly.ab.ca/ISYS/LADDAR_files/docs/bills/bill/legislature_29/session_2/20160308_bill-036.pdf
 Traffic Safety Act and Off-Highway Vehicle Regulation – www.qp.alberta.ca



Routine Pole Testing & Treatment



President: David MacPhee
Aseniwuche Winewak Nation of Canada
Box 1808, 10020 – 99th Street
Grande Cache, AB
T0E 0Y0

SUBJECT: Notification of Maintenance Operation - Pole Testing and Treatment 2017

Dear Mr. MacPhee:

ATCO Electric is planning to conduct routine pole testing and treatment in the spring of this year to ensure that the electrical system is safe and reliable throughout your community. Please acknowledge your acceptance of this planned maintenance operation on your Nation's land at your earliest convenience. Also, kindly advise who the appropriate first point of contact will be for any coordination that may be required.

If you or one of your representatives have any questions or concerns, or would like to meet to discuss this further, please do not hesitate to contact me at (780) 617-0273 or by email at rod.campbell@atco.com

Sincerely,

Rod Campbell
Area Supervisor
South Peace District
ATCO Electric Operations Division

Cc: Larry Gibson, District Manager, ATCO Electric, South Peace District, Operations
Rene Hebert, Maintenance Supervisor, ATCO Electric, Asset Management (Distribution)

9602 – 123 St., Grande Prairie, Alberta, Canada T6W 0J7
Tel: 780-538-7086 Fax: 780-538-7040
www.atcoelectric.com



Hello, my name is Matt Barrett and I have recently joined the AEC team! I have joined the team as the Field Supervisor and will be working alongside Cheryl McPhee, bouncing between office work and spending time in the field.

I originally moved to Grande Cache from Nelson B.C. back in December of 2016 for Mountain Pine Beetle Control. I grew up in Saskatchewan but have spent the past 11 years living in B.C. Upon moving to Grande Cache I really enjoyed the landscape and the change of pace from the Kootenays, I found the mix between the beautiful Rocky Mountains and the open prairie skies unique to Grande Cache and really enjoyed spending the winter out here.

Unexpectedly I ran into an old friend from high school one morning and he suggested that I talk with the staff up at ADC about employment opportunities. Lucky for me Wayne was hiring and I dove right in (into the mud that is!) and started to consider staying in Grande Cache long term. Not long after getting on with ADC I was approached by AEC about my background in Fish & Wildlife. I had completed a post-secondary program through BCIT in 2012 but had never had the opportunity to put my schooling to use. I am very excited to have joined the talented team at AEC and to be working with the amazing community of people that make up the Aseniwuche Winewak Nation! I feel very lucky to have found such an amazing opportunity and look forward to the many great things to come!

AEC Recruiting Directors for Corporation

Several positions on the ADC and AEC boards are available and AWN is looking for candidates to fill these positions. AWN is seeking individuals who will bring a breath of skills, experience, contacts and diversity to our businesses. The Board of Directors of AWN recently adopted a new policy entitled "Appointments to Wholly Owned Subsidiaries". The policy outlines how AWN, as the shareholder of ADC and AEC, will appoint new directors. AWN will appoint individuals based on a number of factors: backgrounds and areas of expertise, personal attributes and characteristics, the interrelationship of these factors, and the diversity of viewpoints that are being brought to the Board table. Both AWN and non-AWN members can apply. If you are interested in applying, please provide your resumes and we will set up an interview date to Rachelle McDonald at the AWN office.





Meet Our New Tawow Staff

Hello Everyone,

My name is Dani Wright, I am working at the Tawow Centre. I am covering for Larissa while she is off having baby snuggles. I look forward to working with ParentLink and the new experiences I will have.

A little about me, I've worked at Daycare for 5 years. I have lived in the community for 36 years, I am a mother of 2 girls and 1 boy. I love learning new things and always up for a new challenge. I look forward to a great year with many amazing people.

Hi, my name is Georgina and I was born in London England, where I went to school, then to collage. I'm married and we have a family of two girls and two boys, now these days we have eight Grand-children. My husband and I came to Canada ten years ago to become Canadians. When we came to Canada we brought a small hobby farm and lived there for many years. After some years we sold the farm and took a year to look at BC, but came back to Alberta, as that is where we think of as home. We came to Grande Cache about eight months ago with our two dogs Nelly and Muffin and have enjoyed all that Grande Cache has to offer and we look forward to doing things over and over again and making many friends. I was lucky enough to be offered the position that I have now with Aseniwuche, as a Community Support Worker. I am looking forward to the job and the challenges it may bring. Both myself and my husband believe we live in the best place on earth and we are both very proud to be Canadians.

I'm back! Back into the Parent Child Assist Program (PCAP) as Mentor at the Tawow Centre. This position is working with women and their families who are child bearing age and either affected by FASD or their children. This program accompanies the women for three years and helps navigate the complicated world we live in. I know the daily struggles and joys this can be on the individual and the family.

I was a foster parent for Fifteen years and many families we worked with were affected by FAS in some way or another. I have three years towards a Social Work degree. I have been an advocate for the rights for our children with CFSA and other community agencies. I love this program and working with families and seeing the resilience of clients as they deal with FAS and trauma.



Parent Pinterest

Channel Your Inner Artist,
Or Come for a Coffee!
Parent Pinterest Returns
May 10th 7:30pm @ Tawow Centre
Call for more information
780-827-3324



www.facebook.com/

Heart
America

re-sil-ience

*The capacity to recover quickly
from difficulties, stressors and/or
pressures*

The ability to "bounce back"

RESILIENCY WORKSHOP

Thursday, May 25th

9am-4pm

No cost to attend

HOSTED BY THE FAMILY
SUPPORT PROGRAM
FACILITATED BY
DEB DUWALL
CALL MARY TO REGISTER
(780) 827-3324



Parent Link Centre

STAR WARS PARTY!

When: Thursday May 4th/17 from 4-6:30pm

Where: Parent Link at the Tawow Centre

Come dressed up as your favorite Star Wars character! Join us for lots of fun activities, snacks and music!

Must Register at 780-827-3324

Ask for Amanda, Deidra or Dani!



****For families with children 0-6 years!**

parentLINKcentre

Mother's Day Brunch!

When: Sunday, May 14th/17 from 11-12:30pm

Where: Parent Link at the Tawow Centre

Join Parent Link for a Mother's Day Brunch and fun activities.

Must Register at 780-827-3324

Ask for Amanda, Deidra or Dani!

****For families with children 0-6 years!**



parentLINKcentre

Baby Boats



When: Tuesdays 12:45-1:30pm

(Beginning May 2nd/17)

Where: Aquatic Centre at the Rec!

Get your fitness workout with your little one present, learn about water safety and fun water activities too!

Drop-In!

Free!

****For families with children 0-6 years!**

parentLINKcentre

Come Stroll With Me

When: Wednesdays 9:45-11am (3rd, 10th, 17th, 24th & 31st)

Thursdays 1:45-3pm (11th, 18th, 25th)

Where: Meet us at the parking lot by Splash Pad

Daily walk around town with your little one—Come out and meet new families in town!



****For families with children 0-6 years!**

parentLINKcentre

Random Quotes

Burnout is more than overwork. Burnout is about feeling unfulfilled. Burnout has much to do with the soul's need to be living the life you were meant to live. It is important that none of us die with our song still unsung.

Jane Simington