



# Indigenous nursing researcher awarded CIHR chair

(TRU) - Dr. Lisa Bourque Bearskin has long been a leader in nursing research, and now her leadership has been nationally recognized, having been awarded one of six Indigenous Research Chairs in Nursing by the Canadian Institutes of Health Research (CIHR). She is the only researcher in British Columbia to receive such an honour.

As an Indigenous Research Chair, Bourque Bearskin's research program will be supported by an investment of more than \$1.52 million over the next five years. Along with the CIHR, the First Nations Health Authority and the Canadian Nursing Foundation are also key partners. Bourque Bearskin's research program focuses on advancing Indigenous health through enacting and supporting policies and standards that are informed by the experiences of Indigenous peoples, and she works to empower nurses to advocate for access to traditional wellness practices.

"The fact that CIHR devoted six chairs across the country to this program is significant. It recognizes the talents and the leadership that Indigenous nurses have, and how they can contribute to making authentic changes in health care," she said.

"At TRU, we are tremendously proud of the work Dr. Bourque Bearskin has done. Because of research like hers we have a better understanding of how traditional knowledge and cultural safety are

foundational for community healing," said Dr. Brett Fairbairn, TRU president and vice-chancellor.

A member of Beaver Lake Cree Nation in Treaty 6 Territory, Bourque Bearskin said her research is grounded in own *nehiway* teachings of *mâdawoh kamâtowin*, which means coming together to help each other.

"This way I get to practice in my own way of knowing while working with knowledge holders and nurses within Secwépemc'ulucw, the traditional territory of the Secwépemc people as a way of recognizing and honoring Indigenous nurses from this region," she said.

The most important aspect of this work, she added, will be maintain-ing relational accounta-bility and mutual reciprocity.

"Even though nurses are at the heart of health care, we are still developing our own knowledge base. Now we have a formalized platform to empower not just Indigenous nurses, but all nurses, to carefully rethink our role within health care," she said. "This opportunity to co-create ways that acknowledge Indigenous rights and sovereignty, including health secur-ity, is central to nurses' work. We have a social mandate and respon-sibility to enact and support policies and standards that are informed by the experiences of Indigenous peoples."

This investment in Indigenous health nursing



Dr. Lisa Bourque Bearskin

provides an opportunity for all nurses to make research part of their everyday practice, and shows a positive step toward enacting authentic reconciliation, Bourque Bearskin said. Indigenous nurses hold positions that contribute significantly to reconciling nursing practices and alternate pathways in nursing and health-care service delivery.

### About Dr. Bourque Bearskin

Bourque Bearskin has spent 30 years as a registered nurse advocating for improved health-care service delivery to Indigenous populations. She is affiliated with the Canadian Association of Schools of Nursing, the International Public Health Association, and the Canadian Indigenous Nurses Association, of which she was past-president. She has been recognized for her commitment to nursing by the Canadian Nurses Association, and the Association of Nurses and Nurse Practitioners of BC.

# Metis musicians perform livestream

On April 4th, the Manitoba Metis Federation (MMF) hosted the first ever edition of *The Beat Goes On*. And the music will continue as a regular event to help relieve some of the stress that people are feeling as a result of the COVID-19 pandemic.

"This livestream featured Métis music to fill your homes and relieve some of the stress we are all feeling as we self-isolate with and without loved ones," stated

President of the Manitoba Metis Federation, David Chartrand.

This is an opportunity for Metis citizens and friends to come together and celebrate Métis culture in a "socially distant" and responsible way during these trying times.

"It is important that as a Nation, we stay in touch with our culture and traditions no matter how hard life

becomes," explained Chartrand.

"Many of you may be stressed or anxious as a result of the COVID-19 virus, but rest assured, we will emerge stronger than before. I'm pleased to announce that based on the positive feedback we received from last week's livestream, the MMF will continue these

*Continued on page 5*



# First Talk

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# Metis actress reflects on COVID19 from isolation in LA home

By Brandi Morin

(ANNews) - The worldwide shutdown from the Coronavirus pandemic didn't come as a surprise to Tantoo Cardinal. The acclaimed actress is isolating alone at her home in Los Angeles where she's been living since 2019 while filming ABC's crime-drama, TV series *Stumptown*.

These days of fear and chaos were what she was long warned about, she told *Alberta Native News*. And it's critical to dig a little deeper below the surface of what's unfolding because how the world responds to the crisis will determine a healthy future.

"I'm really enjoying this time (isolating) it's like medicine for me," explained Cardinal during a Zoom video interview with journalist Brandi Morin. Her brown/grey hair is long and wisps of it fall on her familiar face while she sips a cup of tea and looks out the window on a sunny, Saturday LA morning.

Memories of her childhood sweep over her momentarily. Cardinal would often overhear stories of coming world events that would impact humanity as a little girl. And her relatives prepared - they held onto their ways of life and skills of how to survive from nature.

"People in the bush would talk about these things. But in secret. Quiet. Those kinds of stories were against the law." Cardinal, who grew up near Anzac, Alberta spoke about Indigenous beliefs and cultural practices that were banned by governments and enforced by local authorities.

As a teenager Cardinal witnessed an Indigenous renaissance where visions and prophecies of impending global epidemics were more freely discussed. At a conference in Edmonton, in the 1970s, she remembers soaking up the foretelling from elders while attending sharing circles held in teepees for people of all walks of life to enter.

"They (elders) told us the signals to watch out for...if society continued the way it was going based on greed and depleting the (earth's) resources - not respecting Mother Earth."

The prophecies influenced her to take a stand. She spent decades working to warn others of the consequences of overconsumption and disparaging of

the earth through environmental and political activism. This was in between her award-winning, legendary career, travels on various movie sets and raising three children that Cardinal focused her energy on helping to raise the alarm.

"For a while I was freaking out about how people were not paying attention."

But soon enough, it was too late. Two months ago, the COVID19 outbreak arrived forcing the world to slow down and pay attention. She believes the pandemic is a dire message from the earth. For society to re-examine its priorities and economic, profit driven ecosystems to return to a more natural lifestyle.

"Just a second here. Everyone has an opportunity to sit down. Whose spine? Whose backbone are you making all that money from? What is your economy based on? Is it good for the earth? Our sustenance."

Now is as good a time as ever, believes Cardinal, to reprioritize as humanity and conduct inner healing on an individual level.

"What changes are going to manifest out of this? What can we create from here? We have a responsibility to take back our own lives. And we have an opportunity to create something that's really healthy and substantial."

Cardinal has worked in the entertainment industry for over 50 years. She has carved a path for aspiring Indigenous actresses to make a mark in Hollywood appearing in epics like *Legends of the Fall*, *Dances with Wolves*, *Smoke Signals*, *Black Robe* and her first feature film released 2018, *Falls Around Her*. Tantoo has worked with some of the best-known names in the industry like Brad Pitt, Sir Anthony Hopkins, Jason Momoa and Tina Keeper. She's starred in various TV series like *North of 60*, *Dr. Quinn Medicine Woman*, *See*, *Godless*, *Outlander* and *Stumptown*.

The award-winning actress is turning 70 this July. It's been a busy life. She's earned the recognition as the top Indigenous actress of her generation. There's lots of creative projects she's got on the go, but there's no rush, she said.

Now, she's slowing down for the first time in years



Acclaimed actress Tantoo Cardinal

because of COVID19.

"This is the first time that I can ever recall being able to stay home for more than two-weeks at a time. Now, if everybody can hold still long enough to really smother this thing, so it's safe to be able to move around in society again...but it might take a while."

For her, it's a time of reflection. She's journaling, reading books like *Killers of the Flower Moon* and *The Girl Who Sang to the Buffalo*. With apps like Zoom and social media Cardinal stays connected to her children and friends. She's brushing up on her Cree and exercising more. It's like therapy, she says, it helps to cleanse herself of any bad habits or unaddressed "baggage."

There's a quiet, steady wisdom in her voice that draws in listeners.

"It's an opportunity to look at the inside and it's uncomfortable when things come up. It's just me and my baggage. But you must let it come through - because we're cleansing. This (COVID19) is here for a purpose. I think these are sacred times."

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**Volume 37, Number 4, April 2020**  
**ISSN #08294135**  
**www.albertanativenews.com**

**EDITOR:** Deborah Shatz

**ADVERTISING:**  
Dan Moser 780-421-7966

*Alberta Native News* is published monthly for distribution to Native Bands and Metis Settlements across Alberta, Saskatchewan, British Columbia and Northwest Territories.

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# Cover artist: Christi Belcourt

(ANNews) - The stunning image on the cover of this month’s *Alberta Native News* is by gifted artist and earth activist Christi Belcourt. It is a detail of a painting titled, “The Crow Taught Her. She listened.”

Belcourt is a Michif artist and author whose ancestry originates from the Metis historic community of Manitou Sakhigan (Lac Ste. Anne) Alberta. In addition to her paintings she is also renowned as a community-based artist, environmentalist and advocate for the lands, waters and Indigenous peoples. She is currently a lead organizer for the Onaman Collective which focuses on resurgence of language and land-based practices.

Belcourt is internationally acclaimed for her gorgeous breath-taking paintings that celebrate the tradition of Metis floral beadwork. She is beloved around the world for her generosity and kindness in sharing her art and her message. She is well known in Alberta for the public art she has created here with Isaac Murdoch, including a powerful Thunderbird painting at MacEwan University’s Indigenous Centre in Edmonton designed to inspire students to stand up for water and land protection. Belcourt and Murdoch also created a magnificent mural at the iHuman Centre in Edmonton.

In a statement about “The Crow Taught Her. She Listened.” Belcourt said, “All that surrounds us is

spiritual. The animals have messages and so do the plants. We have to learn to listen. When we do, we survive as a species. We are one with everything. All is only one.”

The artist also gives us a clue as to what the Crow is saying. Belcourt wrote, “The trees are your lungs. The rivers, your veins,” he said. “As you breathe, so does the world.”

“In times of sickness, we need to turn to our stories,” continues Belcourt. “The ones that provide the teachings on what to do, and how to live. We need to remember the magic that exists on this earth. Our stories remind us to return to the power of our ceremonies, of the animals and of the plants and spirits that surround us for solutions. To always give our offerings and believe in these powers so we can ask for health for our loved ones.”

For more information and offerings by Christi Belcourt see [Christibelcourt.com](http://Christibelcourt.com) or follow her on Facebook / Christi Belcourt. She is offering fabulous colouring pages for folks who are at home, responsibly self isolating in response to the COVID-19 pandemic. Colouring is a wonderful activity to reduce stress and create something beautiful. We invite our readers to colour this page, take a picture and send to us at [annews@telus.net](mailto:annews@telus.net).

**Attention Readers: This colouring page is a gift from artist Christi Belcourt. Colour it in and send us a photo of your finished product to [annews@telus.net](mailto:annews@telus.net).**



# Northern Lakes College: A Family Affair

Northern Lakes College (NLC) has always been part of Andy Alook’s life. As a youngster, he would accompany his father, Russell Alook, a long-time instructor in the College’s Academic Upgrading program, to the Wabasca Campus. Andy’s mother is a graduate of NLC’s Health Care Aide program. It was only natural that Andy would also attend NLC.

Born and raised in Desmarais on the Bigstone Cree Nation, Andy graduated from Mistassiniy School. After attending NAIT, he returned home, completing one year of Academic Upgrading at NLC. In 2007, he enrolled in the College’s Computer Technician program. Certification in hand, Andy began work with Bigstone Education Authority as a Computer Technician at the Oski Pasikoniwew Kamik School. Soon, he was promoted to Network Administrator.

In 2009, Andy became the Website Development and Communications Liaison for the Bigstone Health Commission. In 2011, he returned to NLC to take the Business Administration Management Diploma program. Graduating in 2013, he returned to the Bigstone Health Commission, working various positions in Finance and Health.

Andy’s relationship with NLC continues today. He was involved in the early stages of development of the Health Career Preparation program, an initiative between multiple community stakeholders and NLC, to prepare students to enter into health programming. In August 2019, he attended the graduation of 14 Health Care Aides in the community. Explains Andy, “Such an initiative is so important for the recruitment and retention of local community members in the health professions. We have always had a high turnover rate of health professionals from outside the community. It is important to train local community members so that trainees will stay in the community.”

Now the Assistant Director of Health for the Bigstone Health Commission, Andy is proud of his family’s long history with NLC. “It is so important for people to have the opportunity to pursue an education within their community. I know only too well the difficulties of leaving the community to pursue an education. NLC being in the community and offering a wide variety of programs allows community members to pursue post-secondary goals they otherwise could not.”



Andy and Russell Alook

## Metis musicians *cont. from p 2*

live shows and will be expanding them.”

MMF received lots of positive reaction following the April 4 livestream and will continue to stream the program not only every Saturday, but on Thursday evenings as well. The livestreams are available on the MMF website at [www.mmf.mb.ca](http://www.mmf.mb.ca) as well as their Facebook page.

To enjoy the April 4 stream, visit [manitobametis.com/mmf-live-stream](http://manitobametis.com/mmf-live-stream).

“Although we must gather using less conventional methods, such as livestreams and Facebook, we are still connected,” emphasized President Chartrand. “Staying in touch with loved ones, your Community

and our Metis Nation is critical in these difficult times. I would like to thank all who watched the stream and our musicians who came out and played our beautiful music for all those at home. Although we intend on having some individuals featured on our live show regularly, we will also be bringing in new talent as often as possible.

“The Métis Nation has no shortage of artistic talent out there and we are excited to branch out and show those at home even more. The MMF is also exploring options for videos that can be updated and expanded to support you and your family as interactive, educational and entertaining tools to help normalize routines in your home.”

Be sure to comment and watch the live streams of

great Metis music and laughs that will be shared every Thursday evenings at 7 pm and Saturday afternoons at 2 pm (Central Standard Time). This Thursday the entertainment will be the band C-Weed.

“The Manitoba Metis Government encourages you to continue to self-isolate and practice proper hygiene procedures while focusing on not losing touch of your culture,” concluded President Chartrand. “Our ancestors held on to Métis culture and traditions in the hardest of times and united to emerge stronger than ever, and I believe we can do the same. Once again, thank you to those who listened, shared, and commented on our live show. I am sure that listeners and viewers will continue to grow as *The Beat Goes On.*”

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Don’t have a Library card already? Not a problem. Visit [calgarylibrary.ca](http://calgarylibrary.ca) today to instantly receive your free Library membership and start browsing their digital resources. Goodbye stay-at-home boredom, hello learning!

## First Nations leaders act swiftly

(ANNews) - The COVID 19 pandemic didn’t seem real to Americans until early March when actors Tom Hanks and Rita Wilson tested positive with the virus in Australia and were forced to self-isolate there for 2 weeks. It became very real for Indigenous people in urban Alberta on March 30 when Shawn Auger, a 34-year-old Indigenous man from High Prairie died from the virus.

Auger’s death hit his community hard because he was a beloved husband and father and an active member of the community as vice president of the High Prairie Minor Hockey Association, a former

coach and a wonderful member of their “hockey family.” Although his wife said that Auger had asthma, his death went against the stereotypes that had been circulating about COVID only attacking the elderly and primarily those in urban settings.

The First Nations leaders across Alberta took swift actions in mid-March to protect their communities.

The COVID-19 outbreak prompted the Blood Tribe in southern Alberta to declare a local State of Emergency on March 16. The order was issued as a safety precaution for residents.

The band also announced \$500,000 to be allocated to support members that need assistance with food and sanitation.

“We will provide \$500,000 and use the profits of our initiatives to ensure that we are able to cover those basic costs,” said Chief Roy Fox in a news release.

“We would like to provide packages to our people

especially to those of our people who cannot afford to acquire additional items for prevention.”

On March 20, Fort McKay First Nation Chief Mel Grandjamb and Fort McKay Metis President, Ron Quintal and their respective council members, agreed to come together as one nation and work jointly to keep the COVID-19 virus away from their community. A confirmed case had been identified in the Regional Municipality of Wood Buffalo and specifically in Fort McMurray so for safety purposes they exercised their Sovereign Rights and implemented checkpoints to control access into their lands. Only community members, essential services and staff are let in, no visitors are allowed into the community. These measures serve to decrease pathways for the COVID-19 virus into the community

*Continued on page 9*

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# NFB offers free online learning resources

As Canadians do their part to tackle the COVID-19 outbreak, families and teachers are adjusting to the new reality and working to provide educational and diverse content to children at home.

Starting March 27, 2020, the National Film Board of Canada (NFB), the country's leader in audiovisual learning resources, is offering FREE online learning resources that will give Canadian families and teachers new tools to keep young minds engaged.

Parents can access a special collection of acclaimed NFB films and learning resources at [NFB.ca/education](http://NFB.ca/education). All teachers across Canada, from now until June 30, 2020, have FREE access to CAMPUS, the NFB's online media portal.

### Resources for parents at NFB.ca/education

Starting March 27, the NFB Education screening room will be featuring daily films and learning resources chosen by the NFB Education team for K-12 level children, including: Films and playlists for primary and secondary-level students; Educational interactive projects or apps; and Mini-lessons that are built around NFB films using curated film clips, paired with activities to encourage deep learning.

Enjoy 225 minutes of groundbreaking experiences from the NFB's immersive and interactive Ocean School, transforming how we learn about and engage with the ocean. Ocean School is the result of a dynamic partnership between the National Film Board of Canada, Dalhousie University and the Ocean Frontier Institute.

### FREE access to CAMPUS for all Canadian teachers and instructors

Nearly 4 million Canadian K-12 and post-secondary students currently have access to CAMPUS, thanks to agreements with provincial education ministries and school boards.

From now until June 30, the NFB is opening CAMPUS to all educators who are looking for stimulating educational content for distance learning during the outbreak.

CAMPUS features: A rich collection of 1,300 exclusive documentaries, animated films, interactive productions and shorts; and Mini-lessons built around an NFB film using curated film clips, paired with activities, to encourage deep learning—written by teachers in the NFB's educator network. Also available are study guides, a chaptering tool, and the ability to share chapters and create your own playlists; and content organized around three key themes: the environment and sustainability; Indigenous voices and reconciliation; diversity and inclusion.

In order to register, teachers just need to contact NFB Customer Service at 1-800-267-7710 (from anywhere in Canada) or 514-287-9000 (Montreal region). Or by e-mail: [info@nfb.ca](mailto:info@nfb.ca)

### Supporting Canadian families and educators

"Your health and the health of your loved ones is the most important thing," state NFB staff and management.

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## River Cree sends message of hope



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# MNA launches interim Covid-19 support plan

The Métis Nation of Alberta (MNA) has released its Interim COVID-19 Support Plan that is accessible to all Métis Nation citizens living in Alberta who have been impacted by the current global pandemic.

\$200,000 has been allocated to each of the six MNA Regions, who will work in collaboration with their Regional Councils and Locals. This money will allow each MNA Region to provide direct and immediate funding support to Metis Nation citizens and families in need.

“This is an unprecedented time and many Métis Nation citizens and families, like so many all over the world, have been impacted by loss of income, home insecurity, school and daycare closures, mental stress and isolation, and other life-changing situations,” said Audrey Poitras, President of the Métis Nation of Alberta.

“The MNA is taking action to ease some of the stresses Métis Nation citizens and families are experiencing so that we can all wait out this pandemic in safety and security. We want you to know that your Métis government has your back at these trying times; we want to hear from you and we will help in any way we can.”

The MNA’s plan responds to some of the most immediate needs that have been identified by Alberta Métis. It complements other investments being made by Canada and Alberta while focusing on immediate supports the MNA can provide directly to Métis Nation citizens and families. The plan will be continually updated based on feedback received and as the situation evolves.

To get money and support to Métis Nation citizens as quickly as possible, MNA’s plan will be delivered through its province-wide self-government structure that includes the Provincial Head Office, the MNA’s six Regional Offices and MNA Locals. The MNA’s affiliates Métis Crossing, Métis Urban Housing Corporation, Métis Capital Housing Corporation,

Apeetogosan and Rupertsland Institute are part of the MNA plan. The plan includes the following programs:

### Citizens, Families and Seniors Direct Support Program

The MNA has committed an initial \$1.2 million with \$200,000 going to each of the MNA’s six Regions who will work in collaboration with their Regional Councils that include MNA Locals. This program will allow each MNA Region the flexibility to allocate funds where Métis citizens, families and Seniors identify they need support, including direct financial and other supports. Métis citizens should contact their MNA Region directly with respect to this program.

### Emergency Child Wellness Benefit Program

This program is designed for Métis Nation families with children who are newborns or up to 12 years of age who have been impacted by school and daycare closures due to COVID-19. The program will provide Métis families a maximum of \$500 per eligible child, to a maximum total payment of \$2,500 per household, over three months to support child wellness. This program will run from April through June 2020 and offers one-time emergency funding in response to COVID-19. Métis citizens should contact the MNA Provincial Office at 1-800-252-7553 or 780-455-2200, email [cwb@metis.org](mailto:cwb@metis.org) or visit [www.albertametis.com](http://www.albertametis.com).

### Emergency Rent Supplement Program

While some major lending institutions are providing mortgage payment holidays for those impacted by COVID-19, currently there are no such relief plans for Métis Nation citizens who are renting. This program, offered in partnership between the MNA and Métis Capital Housing Corporation, offers rental relief payments of \$1000 per month for three months to provide financial relief to Métis Nation renters who are directly impacted by this pandemic. This program

will be administered until funds are no longer available, and will be on a first come, first served basis. Métis citizens should contact the Métis Capital Housing Corporation at 1-877-458-8684 or email [emergencysupport@metishousing.ca](mailto:emergencysupport@metishousing.ca). You can also visit [www.metishousing.ca](http://www.metishousing.ca).

### Benevolent Fund Top Up


For many years, the MNA has offered financial support to Métis Nation citizens who have lost family members. During this unprecedented pandemic, the existing Benevolent Fund is being increased to \$500 per applicant. If families have lost members to COVID-19 and wish to apply for support funding, they can do so through the existing Benevolent Fund. Métis citizens should contact the MNA Provincial Office with respect to this program at 1-800-252-7553 or 780-455-2200 or visit [www.albertametis.com](http://www.albertametis.com).

The Interim COVID-19 Support Plan will be financially supported by the MNA, its affiliates and Canada’s commitment of \$7.5 million to the MNA through the COVID-19 Indigenous Community Support Fund. Currently, the MNA is awaiting receipt of these funds from Canada. In this interim period, the MNA and its affiliates will be flowing cash to components of the plan in order to meet immediate needs. The MNA will also be asking the Alberta Government to contribute to the MNA’s plan.

In a coordinated effort with the MNA, Rupertsland Institute (RLI) has established a Community Emergency Support Program (CESP) to provide \$75,000 to each MNA Region to assist in the development of community-based responses to COVID-19 for three months. CESP is intended to provide immediate support during the pandemic and each MNA Regional Council will determine how to disperse funds among its respective Locals and citizens. RLI is also working in partnership with schools to provide Chromebook devices to Métis students to participate in Alberta’s virtual K to12 classrooms. Visit [rupertsland.org](http://rupertsland.org) for more information on the CESP.


All of the programs identified in the Interim COVID-19 Support Plan are available to the MNA’s

*Continued on page 10*




**Métis**  
Capital Housing Corporation  
“Home Is Where Our Heart Is”

**Down Payment Assistance Program**  
**Home Repair Program**  
**Rental Supplement Program**  
**Rental Supplement for Students**



**CONTACT INFORMATION**  
MÉTIS CAPITAL HOUSING CORPORATION  
11923 121A STREET  
EDMONTON, AB T5L 0A2  
1-877-458-8684

EMAIL: [HOMEPROGRAMS@METISHOUSING.CA](mailto:HOMEPROGRAMS@METISHOUSING.CA)  
[WWW.METISHOUSING.CA](http://WWW.METISHOUSING.CA)





**NORQUEST COLLEGE**

**Your partner IN LEARNING**

NorQuest College provides learners with an educational experience that attempts to balance strong academic foundations with Indigenous culture.

Tailored to the needs of Indigenous students, our network of services and supports include an Indigenous student advisor, funding, and educational counsellor.

Elder support is also available for spiritual and cultural guidance at both our Edmonton and Wetaskiwin campuses.

And the Indigenous Student Centre offers a space for students to gather, study, and engage.

To learn more visit [norquest.ca/Indigenous](http://norquest.ca/Indigenous)



## Leaders act swiftly *cont. from p 6*

and to protect the health and safety of all their Members.

“Together as a nation we will persevere and manage through this emerging situation,” stated the leaders. “We ask that the business community and the public respect our decision to create distance between our nation and the threat of the COVID-19 virus.”

On March 23, the Assembly of First Nations Executive Committee members passed a motion declaring a national State of Emergency. The motion called for increased resources and support for First Nations, and that funding be provided on a “needs and equity basis,” with specific consideration for northern, remote and isolated communities. The motion states that “First Nations leadership be fully and meaningfully involved at the decision-making tables in the development of all plans, legislation, policies, budget allocations and regulations regarding the COVID-19 pandemic federally and provincially.” The motion also affirms AFN support for all First Nations that have already declared states of emergency, travel bans and other measures.

On March 24, the four First Nations of Maskwacis declared a state of emergency, activating Treaty 6 measures to ensure the safety of residents should COVID-19 reach their communities.

The communities called on the federal government to provide them with the necessary funds and resources to deal with a potential outbreak.

“At this time, our Nations are experiencing a shortage of health-care facilities, emergency equipment, medical supplies and medical staff to sustain and support the more than 18,000 persons who reside within our territory,” says the statement.

On March 28, Alexis Nakota Sioux Nation joined other Indigenous communities in Alberta in limiting travel to keep members safe during the pandemic. Earlier in the week, the Chipewyan Prairie First

Nation, Fort Mckay, Bigstone Cree and Peerless Trout First Nation set up curfews and put up barriers to monitor the flow of people inside their communities.

In Bigstone Cree Nation a fine system was implemented as a deterrent for non-compliance. Those who do not comply with the curfew can be fined \$500. As well, anyone entering the community needs to self-isolate for 14 days, or they could face a \$2,000 fine.

"You’ve got to have really strict guidelines,” said Bigstone Cree Nation Chief Silas Yellowknee. “You’ve got to make sure your punishment is harsh for it to work...If we get one case, we're going to lock our roads both ways.”

Alexis Nakota Chief Tony Alexis said that the measures were taken out of concern for the community’s elders and vulnerable populations. He said three entrances to the community were closed and only two would remain open for members to enter and exit. Non-members who already live in the community and have families there would be allowed to stay.

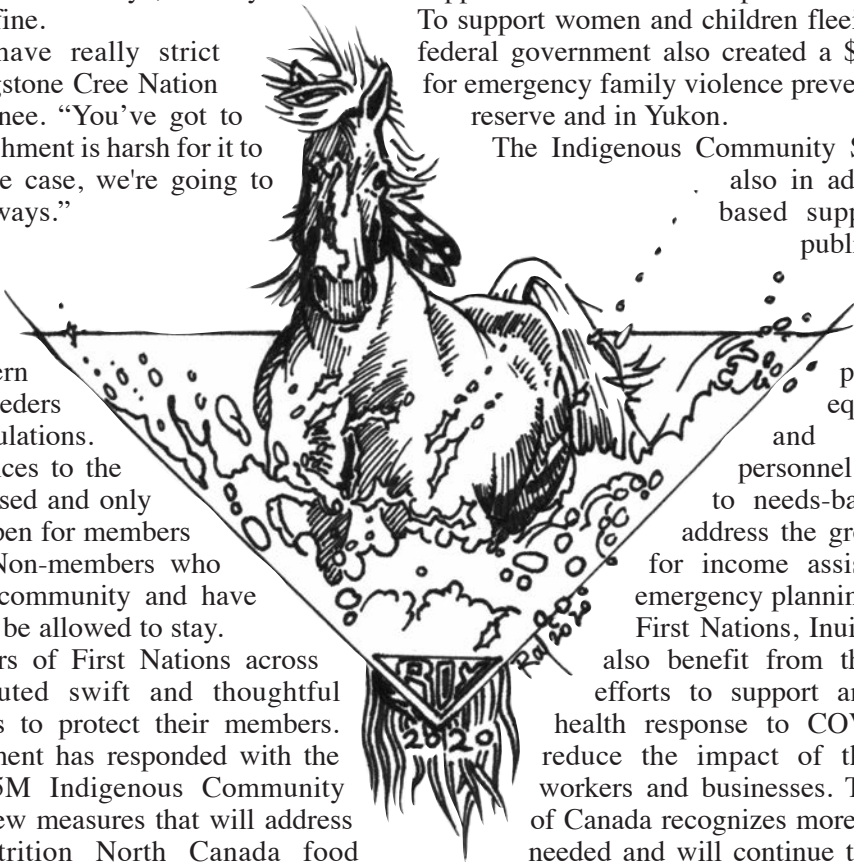
To date the leaders of First Nations across Alberta have executed swift and thoughtful emergency measures to protect their members. The federal government has responded with the roll out of a \$305M Indigenous Community Support Fund and new measures that will address concerns over Nutrition North Canada food shortages in light of impacts of coronavirus in remote and Indigenous communities.

These new funds will flow directly to Indigenous communities and groups across the country and provide Indigenous leadership with the flexibility needed to address the immediate needs in their

communities as they prepare for and react to the spread of COVID-19. measures to address food insecurity.

The Fund is in addition to the needs-based funding designated for First Nations, Inuit and Metis through the COVID-19 Response Fund announced on March 11, 2020 and to the initial \$50 million provided to support the immediate public health response. To support women and children fleeing violence, the federal government also created a \$10 million fund for emergency family violence prevention shelters on reserve and in Yukon.

The Indigenous Community Support Fund is also in addition to needs-based support to address public health issues, including the provision of personal protective equipment, testing and health care personnel and in addition to needs-based funding to address the growth in demand for income assistance and for emergency planning programming. First Nations, Inuit and Métis will also benefit from the government's efforts to support and improve the health response to COVID-19, and to reduce the impact of the situation on workers and businesses. The Government of Canada recognizes more support may be needed and will continue to offer financial support for Indigenous communities to meet their evolving needs.



# Bannock Bake with your kids

Here is a fun activity that you can do with your kids while they are home from school. Bannock or fry bread is simple to make, and just as easy to modify and flavor and it is steeped in Indigenous culture. Several “recipes” are provided here, taken from the Native Women’s Association of Canada Diabetes Self Management Toolbook for Aboriginal Women entitled, “Traditional Foods and Recipes from the Wild Side.”

Most basic bannock recipes contain the following ingredients: Flour - Baking Powder - Water - Salt - Lard or Fat.

Bannock can be cooked several different ways; the most common method is pan frying. These recipes can be used for oven baking, bannock on a stick, and even dumplings. Bannock on a stick? Simply make a drier

dough, and cook on a stick over an open fire, turning as needed. Making your favorite stew, and want dumplings? These recipes make a fantastic dumpling, again just make the dough drier.

### Fry Bread Recipe I

- 2 c Flour
- 1/3 c Powdered milk
- 2 tsp Baking powder
- 1 tsp Salt
- 3 Tbsp Lard, divided
- 3/4 c Warm water
- Oil



Mix dry ingredients. Cut in 2 Tbsp. lard until crumbly. Add water & mix until a soft dough forms. Knead until dough is smooth & springy in texture. Make into 12 balls. Melt 1 Tbsp. lard & brush on each ball of dough. Set aside for 30-45 minutes. On a lightly floured surface, roll each ball to a 4" circle, then stretch to 7-8" in diameter. Poke hole in center. Fry in oil until lightly browned, turning once.

### Fry Bread Recipe II

- 3 c Flour
- 1/2 tsp Salt
- Vegetable Oil for frying;
- 1 1/2 tsp Baking Powder
- 1 1/3 c Warm Water

Mix the flour, baking powder and salt together. Add water and knead the dough until soft. Roll the dough until 1/4 inch thick, then cut out rounds 4 inches in diameter. Fry the bread in 2 to 3 inches of hot oil until puffed and browned on both sides.

Bannock is a versatile food that can be served with butter, honey or jam, or as the bottom layer of an Indian taco. Hot bannock goes very well with wild game, such as fresh fried moose meat. Many people modify and flavor bannock recipes in a number of ways, some ideas are below, be creative and invent your own family favorites: Add cheese chunks, or cinnamon and raisins. Add blueberries (or your favorite berries) or add diced onions, savory spices and parsley.



UP Community Services

Employment Opportunity

**FULL TIME CHILD YOUTH CARE WORKER – Wetaskiwin/Ponoka or Red Deer, AB**

**About:** UP Community Service is committed to supporting Indigenous children, youth & families on their sacred path toward wellness.


**Qualifications:** Must have a diploma/degree in Child Youth Care, Social Work, Education or related field (if education is in Social Work, must be a registered Social Worker (RSW) with Alberta College of Social Workers). Previous experience working with children, youth and families would be a definite asset.

**Other Requirements:** Current, clear Police Record Check and Child Intervention Record Check, (within 6 months). Valid AB driver’s licence and driver’s abstract (no more than 8 demerits). Must be willing to work shifts, sometimes alone and on weekends.

**Salary & Benefits:** Salary range is \$43,379.00 - \$61,508.00.00 annually (salary commensurate with education and experience). We pay FT employees, 100% employer paid health benefits package and RRSP equaling 3% of annual salary.

**How to apply:** Send resume and cover letter to [opportunities@upcs.org](mailto:opportunities@upcs.org)

*We thank all applicants for their interest; however, only short-listed applicants will be contacted.*



UP Community Services

Employment Opportunity

**FT NIGHT STAND-UP CHILD YOUTH CARE WORKER (OVERNIGHT) – Stony Plain, AB**

**About:** UP Community Service is committed to supporting Indigenous children, youth & families on their sacred path toward wellness.


**Qualifications:** Must have a diploma/degree in Child Youth Care, Social Work, Education or related field (if education is in Social Work, must be a registered Social Worker (RSW) with Alberta College of Social Workers). Previous experience working with children, youth and families would be a definite asset.

**Other Requirements:** Current, clear Police Record Check and Child Intervention Record Check, (within 6 months). Valid AB driver’s licence and driver’s abstract (no more than 8 demerits). Must be willing to work overnight (awake) shifts, alone and weekends.

**Salary & Benefits:** Salary range is \$44,657.00 - \$62,786.00 annually (salary commensurate with education and experience). We pay FT employees, 100% employer paid health benefits package and RRSP equaling 3% of annual salary.

**How to apply:** Send resume and cover letter to [opportunities@upcs.org](mailto:opportunities@upcs.org)

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UP Community Services

Employment Opportunity

**FULL TIME CHILD YOUTH CARE WORKER – Stony Plain, AB**

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**Qualifications:** Must have a diploma/degree in Child Youth Care, Social Work, Education or related field (if education is in Social Work, must be a registered Social Worker (RSW) with Alberta College of Social Workers). Previous experience working with children, youth and families would be a definite asset.

**Other Requirements:** Current, clear Police Record Check and Child Intervention Record Check, (within 6 months). Valid AB driver’s licence and driver’s abstract (no more than 8 demerits). Must be willing to work shifts, sometimes alone and on weekends.

**Salary & Benefits:** Salary range is \$43,379.00 - \$61,508.00.00 annually (salary commensurate with education and experience). We pay FT employees, 100% employer paid health benefits package and RRSP equaling 3% of annual salary.

**How to apply:** Send resume and cover letter to [opportunities@upcs.org](mailto:opportunities@upcs.org)

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# New pathways for teacher certification

By Scott Lingley, University of Alberta

(Illuminate) - Marilyn Shaw had already been teaching Cree to K-12 students in her home community of Cadotte Lake, Alberta for more than a decade when her principal encouraged her to pursue her Community Linguist Certificate (CLC) through the Canadian Indigenous Languages and Literacy Development Institute (CILLDI) based at the University of Alberta.

For Shaw, whose first language is Cree, the Community Linguist Certificate program was not only an opportunity to enhance and affirm her abilities, but also improved her credentials as an educational practitioner.

“I was able to put that in my resume, and it helped me to be more recognized and stable in the work I was doing as a Cree language instructor,” she said. “It encouraged me, and it gave me confidence that I was doing right in what I was doing in the classroom.”

Now, one of two pathways to teacher certification supported by Alberta Education will enable Community Linguist Certificate holders like Shaw to access financial support to help them pursue a Bachelor of Education degree.

“These projects correspond to the Truth and Reconciliation Commission’s Calls to Action regarding the preservation of Indigenous languages, as well as engaging with Indigenous knowledges and teaching methods in Alberta classrooms,” said Florence Glanfield, Vice-Provost (Indigenous Programming and Research).

“Providing these pathways means more Indigenous language speakers will be certified to teach in their communities and in the provincial school systems.”

Shaw said that obtaining her BEd will open up more employment opportunities for her while allowing her to contribute even more to her community and to the preservation of her language.

“A lot of First Nations are wanting to revitalize their language because they are losing language speakers,” Shaw said. “Because I’m a fluent Cree speaker, I can help out in a lot of areas — I can teach, I can interpret, I can do a lot of things that are needed to help revitalize the language. With my Bachelor of Education and the CLC and being fluent in my language, I would be an asset to the school and the



(L to R): Doreen (Frencheater) Daychief, YTC Coordinator of Indigenous Languages (Sunchild First Nation), Charlie Whitford, YTC Elder (O’Chiese First Nation), Edwin Frencheater, Cultural Services Facilitator (Sunchild First Nation), Dr. Diana Steinhauer, YTC President (Saddle Lake Cree Nation).

community, I believe.”

The second bridging pathway under development, also supported by Alberta Education, is based on a unique Memorandum of Relational Understanding (MORU) between the University of Alberta and Yellowhead Tribal College. Under the MORU, Yellowhead Tribal College will work with Elders and knowledge keepers to develop an assessment process that enables fluent speakers of Anishinaabe, Cree, Nakota-Sioux and potentially Dēnesųlīné to gain credit in the University of Alberta’s Secondary Education program without prior certification or post-secondary credentials.

Diana Steinhauer, president of Yellowhead Tribal College, said the MORU affirms existing treaty relationships and the nations’ and people’s ownership and responsibility for their languages.

“Our languages are verb-based, they have the capacity to understand and describe the spirit, the energy that moves through the universe, and they’re also tied to the land,” Steinhauer said. “Languages are given to us by our Creator, so we have a role and a

responsibility that we take seriously.”

Steinhauer, whose doctoral work was in adult language acquisition, is leading the development of an assessment tool and its application that recognizes the way cultural knowledge is embedded in Indigenous languages. She said consultations with Elders and knowledge keepers have yielded a first draft, and that the final version of the tool should be completed by summer of 2020.

“Indigenous Elders are identified as the legitimate authority for their nation's and people's languages, so this project is a step in the right direction to fast-track future Indigenous language teachers in this province,” Steinhauer said.

Glanfield said she’s grateful for the relationship with Yellowhead Tribal College and for their leadership on this project.

*This article was originally published in Illuminate, the University of Alberta Faculty of Education Magazine.*

## Covid-19 Support plan


cont. from p 8

more than 43,000 registered citizens, including their family members who may not yet be registered with the MNA as well as all Métis Nation citizens living in Alberta who self-identify as such and provide objectively verifiable documentation establishing that they are citizens of the Métis Nation. These eligibility requirements will be applied flexibly at this time of crisis to ensure those in need receive the supports they

require, while also ensuring that this limited Métis-specific funding is accessed by individual Métis Nation citizens and families living in Alberta.

“During this time of crisis, we want to ensure no Métis Nation citizen or family in Alberta is left behind,” said MNA Vice-President Dan Cardinal. “Our plan is about directly investing in and supporting Métis people and families. It is responsive, preliminary and adaptable based on what we hear from Métis Nation citizens over the weeks to come and how this pandemic evolves.”

As COVID-19 continues to impact all of Alberta, the MNA is monitoring and will work with all relevant parties to provide updates to programming and funding as needed. For more information about COVID-19 and the MNA’s Interim COVID-19 Support Plan visit [albertametis.com](http://albertametis.com). Métis citizens requiring assistance or who have suggestions about the MNA’s evolving COVID-19 plan, can email [emergencysupport@metis.org](mailto:emergencysupport@metis.org).



UP Community Services

**Employment Opportunity**

**FULL TIME HOUSE MANAGER – Stony Plain, AB**

**About:** UP Community Service is committed to supporting Indigenous children, youth & families on their sacred path toward wellness.


**Qualifications:** Must have a diploma/degree in Child Youth Care, Social Work education or related field. Minimum 1 yr of supervisory experience combined with at least 3 yrs experience in working with children, youth & families is desired.

**Other Requirements:** Current, clear Police Record Check and Child Intervention Record Check, (within 6 months), valid AB driver’s licence and driver’s abstract, willing to work shifts, sometimes alone and weekends.

**Salary & Benefits:** Salary Range is \$60,944.00 – 76,286.00 annually (commensurate with education and experience). 100% employer paid health benefits package and RRSP equaling 3% of annual salary.

**How to apply:** Send resume and cover letter to [opportunities@upcs.org](mailto:opportunities@upcs.org)

*We thank all applicants for their interest; however, only short-listed applicants will be contacted.*



UP Community Services

**Employment Opportunity**

**PART TIME CHILD YOUTH CARE WORKER - Edmonton, AB**

**About:** UP Community Service is committed to supporting Indigenous children, youth & families on their sacred path toward wellness.

**Qualifications:** Must have a diploma/degree in Child Youth Care, Social Work education or related field. Previous experience working with children, youth and families would be a definite asset.

**Other Requirements:** Current, clear Police Record Check and Child Intervention Record Check, (within 6 months), valid AB driver’s licence and driver’s abstract (no more than 8 demerits). Schedule: Weekend shifts only - Saturdays and Sundays from 5p.m. to 11p.m.

**Salary & Benefits:** Salary Range is \$21,689 – \$30,754 annually (commensurate with education and experience). We pay FT employees 100% employer paid health benefits package and RRSP equaling 3% of annual salary.

**How to apply:** Send resume and cover letter to [opportunities@upcs.org](mailto:opportunities@upcs.org)

*We thank all applicants for their interest; however, only short-listed applicants will be contacted.*



UP Community Services

**Employment Opportunity**

**FULL TIME FAMILY SPECIALIST (BRIDGES PROGRAM) - Edmonton & Parkland Area, AB**

**About:** UP Community Service is committed to supporting Indigenous children, youth & families on their sacred path toward wellness.

**Qualifications:** Must have a diploma/degree in Human Services (if education is in Social Work, must be a registered Social Worker (RSW) with Alberta College of Social Workers), 2-5 years combined experience working with families.

**Other Requirements:** Current, clear Police Record Check and Child Intervention Record Check, (within 6 months). Valid AB driver’s licence and driver’s abstract (no more than 8 demerits) and a reliable vehicle with \$2 million dollars insurance. Must be willing to work flexible hours that meet the needs of the children/families including evenings and weekends.

**Salary & Benefits:** Salary range is \$48,552.00 - \$63,262.00 annually (salary commensurate with education and experience). We pay FT employees, 100% employer paid health benefits package and RRSP equaling 3% of annual salary.

**How to apply:** Send resume and cover letter to [opportunities@upcs.org](mailto:opportunities@upcs.org)

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# Staying safe in the pandemic

(April 14, 2020) - Assembly of First Nations Alberta Regional Chief Marlene Poitras commended the Chiefs of Alberta's First Nations for their strong leadership in protecting their communities from the Covid 19 virus, during a taped presentation delivered at the beginning of the Easter Long Weekend. To date, there have been no positive cases of Covid 19 in Alberta's First Nations and this is likely the result of the swift action that the First Nations leadership took in isolating their communities with emergency measures. Many of the chiefs took early action to close their borders to outsiders.

Regional Chief Poitras urged people to continue practicing social distancing and self-isolation even though the Easter holiday is usually a time to get together with family and friends. "I know it is difficult to not come together in celebration of the holiday but I urge everyone to connect with one another by phone, facebook or other social media. The corona virus will keep on infecting more and more people if we don't continue limiting our contact with each other including close family and friends. We'll be able to get together much sooner if we keep doing what the public officials are asking us to do.

"Stay at home unless you absolutely need groceries or other essentials, wash your hands regularly for at least 20 seconds, don't leave your house at all if you are sick, and keep a safe 2-metre distance from people when you are out in public.

The Regional Chief said that we should all take to heart the message conveyed by the Siksika Youth when they said that "we are at a critical stage with the Covid virus and we need to keep social distancing and not partying. Because once the party stops and you have to go home, you have the potential to infect your kids, grandparents and any sick relatives. Being in close contact with people will only allow the virus to spread. I lift up the youth for spreading this important message."

This virus can spread like wildfire so please think

about your kookoms, your moosoms, your aunties and uncles, children, cousins and neighbours.

You may think that this is something that is not going to hurt you, or that you can easily get over it, said Regional Chief Poitras, "but for so many of our people and our communities, this has the potential to be very dangerous and lethal."

The Assembly of First Nations declared this pandemic a national state of emergency in our communities. "As the AFN National Chief explained, we did this because governments need to fully support First Nations in making all the necessary preparations to deal with this pandemic. Communities need access to all the personal protective equipment, essential medical and cleaning supplies and food. We are urging governments to respond to First Nations quickly and ensure they have everything they need to weather this crisis."

Regional Chief Poitras said that her team is keeping First Nation in Alberta informed about all the latest updates about the Covid 19 pandemic. She encourages everyone to visit [afn.ab.ca](http://afn.ab.ca) and download the afn app to find summaries and updates.

"Our website also has information about how to access financial assistance and links to public health guidelines," she explained.

"Even though over half of our communities are under states of local emergency, the virus has thankfully not hit any of our communities. I am truly amazed by the strong leadership of our chiefs, council members, emergency response teams and health directors who are working hard to protect our communities and keep this virus at bay."

The Regional Chief said she "thanks everyone that is doing their part to protect themselves, their families, and their communities by heeding the advice of public health experts and our leaders.



"Finally, I would like to thank our health care providers, front line workers, and essential service providers. You are all putting yourselves at risk to provide the incredible help, support and resources we need to be able to stay safe and stay healthy. Thank you for your selfless dedication and service!"

"We are a people of incredible strength and resiliency. Our ancestors overcame countless hardships and struggles so that we could all be here today. They sacrificed and prayed for our collective health and the future of our nations. Their blood runs through us, and we have been called upon to do the same for our next generations.

"Just as we have overcome hardships before, together we will overcome this crisis too."

# Nurse spreads COVID-19 to remote SK communities

(Treaty 6 Territory, Saskatoon SK) – The Federation of Sovereign Indigenous Nations (FSIN) Executive says a case of Covid-19 has been confirmed in Saskatchewan's most isolated communities. Together with Fond du Lac and Black Lake First Nations, they are demanding the Provincial Government, Saskatchewan and Athabasca Health Authorities immediately put better measures in place for health care staff servicing First Nations and supply the Far North communities with more PPE for community members and front-line health staff.

"We have done all that we can do at the First Nations level to keep our people safe, including putting self-isolation measures on those flying or driving into our communities. However, the Provincial Government's health care employees are not abiding by those measures" says Fond du Lac First Nation Chief Louie Mercredi. "A nurse drove up to Stoney Rapids on Sunday and by Monday, was treating a number of our long-term care, elderly and vulnerable members at the hospital. We are demanding that more PPE immediately be shipped to our communities to protect our people. This infection was caused by provincial health care staff that were not tested before coming into our nations, they must ensure that our people are protected at all costs, as they will be held liable if this infection is not contained and continues to spread."

"We have more questions than answers and my

community members are scared. We are being told this nurse was working in Saskatoon prior to coming North. Why wasn't this nurse tested before they were exposed to our patients?" says Black Lake First Nation Chief Coreen Sayazie. "We now have 4 - 5 patients in our long-term care and palliative care in isolation awaiting test results. If this worsens or spreads in our communities, we, the Dene people of the Far North, will hold the Provincial Government responsible and will seek legal action. They should have done better. This is now another case of a provincial health care nurse bringing Covid-19 into our First Nations. Southend should have been the example that the Province and Saskatchewan Health Authority learned from."

"This is reason we have been demanding that medical training facilities and educational

opportunities be offered in our First Nations communities for years" says FSIN Vice Chief David Pratt. "We need to train our own First Nations students to become nurses and doctors within our own communities, so that when these pandemics or health care problems surface, we don't need to bring outside staff into our nations, potentially infecting our most vulnerable."

"We must be at the table with Premier Scott Moe and the Saskatchewan Health Authority to come up with ways of working to fight this pandemic together" says FSIN Chief Bobby Cameron. "We are a part of Saskatchewan. We contribute millions to the economy every year, but we are not at these meetings. We must work together to stop the spread of Covid-19 and flatten the curve."

The Federation of Sovereign Indigenous Nations represents 74 First Nations in Saskatchewan. The Federation is committed to honouring the spirit and intent of the Treaties, as well as the promotion, protection and implementation of the Treaty promises that were made more than a century ago.

Dr. Donald LeDrew  
Dr. Jon Niblett  
Dr. Shelena Ask  
Dr. Carolle McCarron  
Dr Julie Theng

5004 - 51st Street  
Wetaskiwin, AB T9A 1L3  
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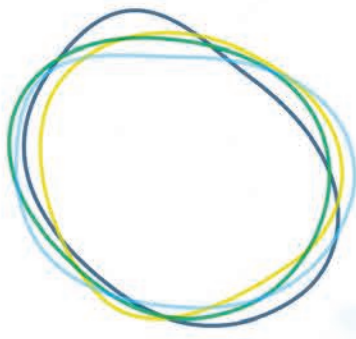


First Nations Health Managers Association



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**FEDERAL  
INDIAN DAY  
SCHOOL  
CLASS ACTION**



There is a nationwide settlement to compensate  
Survivors of **Federal Indian Day Schools**  
and **Federal Day Schools**

If you attended one of these schools,  
this may be an important step in your healing journey.

To find out if you are eligible for compensation  
and how you can make a claim,  
go to **[indiandayschools.com](http://indiandayschools.com)** or call us at **1.888.221.2898**

**Let's take this next step together.**