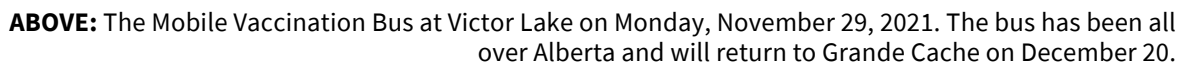


- 2 - FREE Septic Tank Emptying
- 2 - AWN's Holiday Programs
- 3 - Thank you from AWN
- 4 - Fish & Streams - win \$100
- 5 - Are COVID vaccines safe?
- 6 - Winter activity ideas
- 6 - Community Kudos
- 8 - Membership Working Group
- 8 - News from Jasper Park

# Aseniwuche Stories



The bus is coming back on December 20! Let us know if you're a parent or guardian interested in your child receiving the youth dose (vaccine for children ages 5-11). The mobile clinic is working on securing youth doses. Stay tuned to our Facebook page for details about the bus schedule and transportation.

For those who received their first shot, the bus will return on Monday, December 20, to administer second doses following the minimum 21 day period between first and second vaccinations. Anyone else wanting to get their Covid-19 vaccine, whether it's your first, second or third, are welcome to come. Like we did the first time, Awn is offering free transportation to and from the bus.

*Continued on page 5*

# HOLIDAY SEPTIC TANK SERVICE

All Co-operative and Enterprise residences will be serviced between December 6 and December 20. Awn kindly asks community members to wait until after December 20 to contact the office if their residence was unintentionally missed.

If you informed Awn before December 3 about delaying your service, don't forget to reschedule with PVT before January 31, 2022. Call their office at 780-827-5353 to book your septic tank emptying in January. All services must be completed by January 31, 2022.

AWN is thrilled to announce complimentary septic tank emptying service operated by PVT Group between December 6 and December 20, 2021. Community members have shared how valuable septic tank service is and we are grateful for the generous and collaborative efforts of our industry partners to make this happen for the holidays.

The septic tank service would not be at all possible without the cooperation and generous contributions from PVT Group, Arc Resources and CDN Controls. We would like to especially thank Nikita Osbourne (PVT), Kirsten Kuch (PVT), Marko Hackenberg (PVT), Andrea Fiedler (Arc) and Kelsey McKague (CDN). Thank you for your tremendous support.



## Backyard S'mores

Bundle up and enjoy s'mores and a warm drink by the fire!

**DATE:** Tuesday, December 21\*

**TIME:** 3:00 p.m. to 5:00 p.m.

**LOCATION:** Grande Cache Lake

Bring your loved ones, marshmallow roasting sticks, chairs and ice skates!

*\*Weather dependent*

**EVERYONE IS WELCOME!**



\*Please note the date change for the above event to Tuesday, December 21, 2021, 3:00 to 5:00 p.m.



## HOLIDAY FOOD HAMPERS

For the health and safety of the community and staff, Awn will not be hosting a Christmas Supper.

Instead, staff and volunteers will be delivering food hampers in December with everything you need for a holiday meal!

- \$40 Co-op gift card
- Stuffing
- Mashed potatoes
- Vegetables
- Gravy
- Cranberry sauce
- Dessert

**We'll announce pick-up and delivery details in the coming weeks. If you are available to assist with deliveries, please contact the office. Your help is much appreciated!**

## Gingerbread Decorating Contest

Thanks to Canadian Natural Resources Limited, everyone will find a gingerbread decorating kit in their hamper this year! When you're finished decorating, snap a photo, and send it over Facebook or to katie@aseniwuche.com. All photos will be sent to CNRL for judging.

**Prizes for 1st, 2nd and 3rd place.**



**FAMILIES CAN PICK UP THEIR CHILDREN'S GIFTS DEC. 13-17**



**Thank you TC Energy for supporting Christmas gifts for 70 Awn children ages 0-10 this year.**







**THANK YOU** **ᑭᓐᓇᓂᓐᓂᓐ**  
*kinanâskomitin*

AWN is grateful for the incredible support, care and dedication we receive from partners, friends, organizations and community members. 2021 continued to challenge everyone in new ways no one could have ever imagined. We have been amazed and humbled by the strength, ingenuity, collaboration and resiliency demonstrated by Indigenous people and their allies around the country. We wish everyone and their loved ones health, happiness and warmth this holiday season. We look forward to working alongside you in 2022 building meaningful and mutually respectful relationships. Thank you for your continued support of Aseniwuche Winewak Nation.

We are overwhelmed with the volume of calls, well wishes and generous contributions towards our programs to make sure everyone can enjoy the holidays this year. AWN would like to especially thank the following partners for supporting important projects addressing warm clothing for youth and Elders, food, and community sanitation.



RESOURCES LTD



**TC Energy**

**HALLIBURTON**

## Canadian Natural



**CDN**  
CONTROLS LTD



On behalf of the Tawow Centre and Aseniwuche Winewak Nation, I would like to thank the following companies and individuals for all of their support and contributions to help a client secure an adequate home before the winter weather becomes too cold.

***A great big thank you to:***

- Rodar Contracting for the gravel to make a pad for the trailer
- Blanchette Trucking for constructing the pad
- Grande Industrial for the supplies
- Brent Ollie from Bro Power Systems
- Shirley Delorme- Haggart and Landon Delorme for their guidance and donating the trailer
- Mac Vac Vacuum Truck Services for the outhouse
- Country Pump Out for the septic tank
- Aseniwuche Environmental Corporation for transportation
- Black Tiger Fuels
- Green View FCSS Grande Cache for support with electrical work
- Jason Wright

Without all of you and your big hearts, we wouldn't have been able to help this client have a home for the winter. I appreciate all of you and everything you have done.

Sincerely,  
Dani Wright  
FASD Support Worker, Aseniwuche Winewak Nation

## DID YOU KNOW?

*Contributed by Stephanie Leonard*

Reindeer and caribou are the same animal (*Rangifer tarandus*) and are a member of the deer family. In Europe, they are called reindeer. In North America, the animals are called caribou if they're wild and reindeer if they're domesticated. Reindeer are the only deer species to be widely domesticated. They are used as beasts of burden and farmed for their milk, meat, and hides.

Caribou are unique in the deer family as both male and female caribou sport antlers for part of the year. Male caribou shed their antlers in November or December after mating. A bull's antlers can grow as much as 2.5 cm per day and be up to 51 inches long. Male antlers grow so rapidly that velvety lumps may be visible as early as March, and the rack may be more than a meter long by August.

Female antlers are smaller than those of the male, reaching only 20 inches long, but they will often carry them until June, after they have given birth, to help them defend food sources while pregnant and

nursing. Since female caribou keep their antlers throughout the winter, that means all of Santa's reindeer are female. Making it officially known that Santa's sleigh is 100% fueled by girl power!

Antlers play a vital role in the lifestyle of caribou. Besides a protective role used by both sexes, they are also used by the females for digging through the snow in the winter to search for food, ensuring better nutrition while they are pregnant, resulting in healthier calves in the spring.

If you found this caribou tidbit interesting want to learn more, contact the Caribou Patrol Program at e-mail [info@cariboupatrol.ca](mailto:info@cariboupatrol.ca). We're excited to meet you!



Male



Female



## MUSKEG RIVER STREAM & TEMPERATURE MONITORING UPDATE

*Contributed by Nate Medinski*

The Muskeg River watershed's 2021 stream temperature monitoring program has wrapped up. This work has improved our understanding of stream temperatures in the mainstem Muskeg River and many of the small creeks feeding into it (the tributaries).

The findings have informed us whether water temperatures are suitable for native fish species such as bull trout. We found that average August stream temperatures (filled green circles, "whiskers" show the variability in measurement at each site) were within the peak growth range (shaded gray box) for young-of-year bull trout in several important fish-bearing streams in AWN's Traditional Land Use area, including Susa Creek, middle and lower Muskeg River, lower Lone Teepee Creek, Mason Creek, Findley Creek, A la Pêche Creek and Sterne Creek. However, bull trout may no longer be found in some water bodies where temperature conditions are optimal for growth, possibly due to competition for food and space with introduced fish species, low stream flows and poor spawning habitat or water quality.

Future work is being planned to study these factors in more detail to support bull trout recovery. Several other locations in the watershed were below the optimal growth rate for bull trout, with some nearing the lower growth limit temperature (orange dot-dashed line) for young-of-year bull trout. However, none of the monitored waterbodies were near the lethal temperature (red dashed line), an encouraging finding from the particularly hot summer we had.

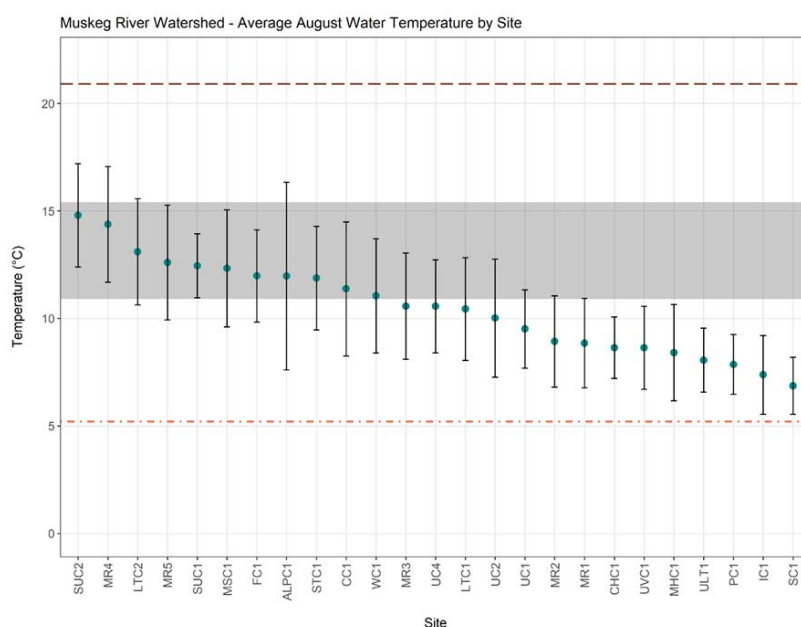
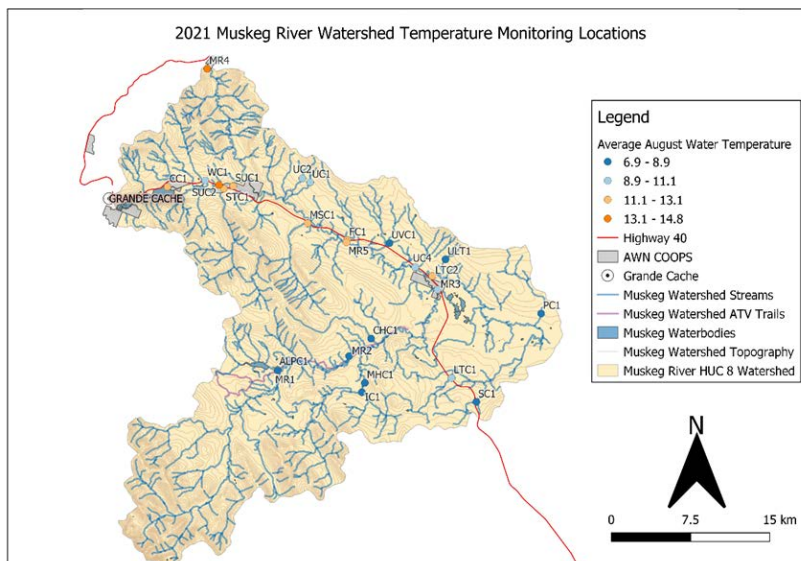
Thanks again to everyone who came out to help with fieldwork for this project, including Mike Desjarlais, Stuart McDonald, Justin Wanyandie, Katie Wong, Stephen McDonald and Eric McDonald. Don't hesitate to get in touch with Nate, AWN's Aquatic Habitat Stewardship Coordinator, at [ahrf@aseniwuche.com](mailto:ahrf@aseniwuche.com) if you would like any more information on this project, chat about fish or fishing, and share your Traditional Ecological Knowledge, or are interested in getting involved with upcoming fish and streams work!

## 1ST ANNUAL FISH & STREAMS AWARD

We are pleased to announce AWN's first-ever Fish & Streams Award. The award this year is for the category "Most Improved Wading Skills".

The winner of the award is **Eric McDonald!** From a cold start of slipping on a sneaky boulder and taking a short swim in the 4°C waters of Mahon Creek, to stomping through the Muskeg River, Simonette River, Kakwa River and Sheep Creek (amongst others) with authority while collecting water quality samples, his skills improved greatly over time.

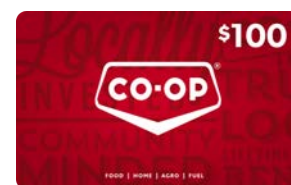
The prize? That nice moose shed he found after the Mahon polar bear dip!



The above graph shows us that average August stream temperatures (blue circles) were within peak growth range (shaded gray box) for young-of-year bull trout in several important streams.



**Take the Fish & Streams survey for a chance to win a \$100 Co-op gift card**



Thank you to everyone who came out to the Fish & Streams Community Engagement sessions at the Tawow Centre last month. In case you missed it, you can still enter to win a \$100 Co-op gift card by completing the survey online:

<https://bit.ly/FishKnowledgeSurvey>





**Alyssa McDonald**  
RN, BScN, ACCN

"I know that when I received my COVID-19 vaccinations I was taking the necessary steps to keep my baby, my Elders, and my family safe. Vaccines have been proven to save lives, and we need to do our part to protect each other. Don't be afraid to ask questions if you are unsure of the vaccines, your health care team is here for you."



**Davita Friedland**  
LPN

"I attribute my life to both traditional and western medicine. When the chance to get the COVID vaccine came, I took it. When I was given traditional medicine I took it. I do this because I was taught by my late Kookum, we should accept help from both traditional and western medicine when we can. I continue to take traditional Cree medicine and also got my booster for the COVID vaccine when it became available. I am grateful for both."



**Rhianna Bailey, RN, BScN**



**Stephanie Kellie, RN, BScN**

"We are your local public health nurses. We were both born and raised right here in Grande Cache. We are invested in the health and safety of our communities. Please reach out if you have any questions or concerns, and we will help in any way we can!"

## ARE COVID VACCINES SAFE?

## Are the vaccines safe?

Data and ongoing research show that vaccines are safe.

- Scientists have spent years researching vaccines to use in a pandemic.
- COVID-19 vaccines used in Canada must meet all safety standards.
- Canada has some of the strictest vaccine safety standards in the world.

## I'm pregnant. Is it safe to get the COVID-19 vaccine?

Yes! Pregnant women who are sick with COVID-19 are more at risk for:

- Delivering a premature baby.
- Having a more serious illness.
- Needing to be admitted to the hospital or ICU due to severe illness (in some cases leading to possible death).

If you're pregnant, the best defence you have for yourself and your baby against the COVID-19 virus is immunization.

## Will I need booster doses of vaccine?

- Continued studies will give us this information.
- The public will be notified as new recommendations are made.
- When you are eligible, you are urged to get the booster dose as soon as possible.

## Is it safe to get COVID-19 and Influenza vaccines at the same time?

Yes, they're safe to get at the same time! Your best protection is to get both.

## I had COVID-19. Can I get it again?

- How long immunity lasts is unknown at this time.
- Immunization after infection boosts immunity protection.
- Evidence shows that those who had COVID-19 infection before are twice as likely to get sick again with the Delta variant.

The best defence we have against the COVID-19 virus is immunization.

### If I had COVID-19, do I still need to get the vaccine?

Yes! It's recommended to get the vaccine even if you had COVID-19. You're able to get the vaccine as soon as your isolation period ends.

### If I get the COVID-19 vaccine, will it weaken my immune system?

No. However, the vaccine takes 2 weeks to become effective.

## Can I treat COVID-19 myself?

There is no proven home or over-the-counter remedies to treat COVID-19.

## Should I get more than one dose of the COVID-19 vaccine?

It is essential to complete two doses of a COVID-19 vaccine because:

- You are less likely to get sick.
- You have a greater chance of recovering from COVID-19.
- It prevents spread to others.
- It reduces the chance of variants developing.
- It helps us get back to a more normal way of life sooner.

For more information about the COVID vaccine:

- Talk to a public health nurse, 780-827-3504
- Talk to health professionals in the community
- Visit the AHS website, contact AWN if you need help accessing information online or printing your QR code vaccination record



## THANK YOU (AGAIN!) BRANDI

In last month's issue of Asinîwacyi Âcimowina, we shared a story about a wonderful woman named Brandi Croteau. Brandi had reached out to us over Facebook asking if we knew of anyone in need of food. She had packages of organic meat and frozen fruit and vegetables for the Tawow Centre staff to deliver to their program clients.

Brandi contacted us again in November, offering 12 more hampers with bread, cereal, potatoes, ground beef, peanut butter, milk powder and other non-perishable items. When we asked Brandi how she got involved in making hampers, she said she was fortunate to have the means to help. We distributed the food to well-deserving families happy with the surprise doorstep delivery! Thank you, Brandi, for everything you do and being a role model in the community.









Did you know that the ADC Fabrication Shop takes custom orders? Our creative and unique fire pit designs will add that special touch to any backyard bonfire. We also do custom wall art, key chains, garden décor and more!

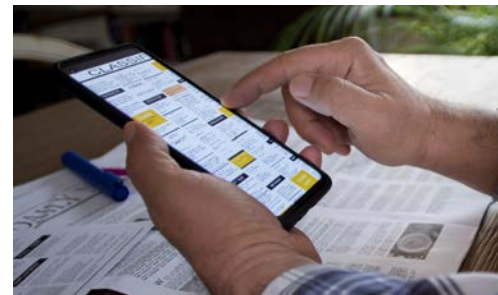
**Find out how what we can create for you!**

**780 • 827 • 9670**



**ASENIWUCHE**  
DEVELOPMENT CORPORATION

# AWN INDIGENOUS BUSINESS DIRECTORY



One of AWN's projects for 2022 is an Indigenous community business directory to celebrate and highlight all that community members have to offer. Whether you're an artisan, small business or entrepreneur, we want to include you!

**Call (780) 827-5510 or email  
info@aseniwuche.com with your details!**



## COMMUNITY KUDOS CONT'D

## New certified dozer operator at ADC

-Contributed by Aimee Couture-Goulding

On October 18, ADC staff member and AWN community member Carl Gopher went to Edmonton to complete a 3-week dozer training course at High Velocity Equipment Training College.

The dozer course was a combination of classroom and field training where Aaron got to spend time at a worksite training facility. Through the course, Carl learned the skills and knowledge required to become a certified dozer operator.

Aseniwuche Development Corporation would like to congratulate Carl and thank him for his hard work and commitment to gaining new skills. We look forward to continuing to provide equipment operation and training opportunities in the future!

## JOB OPPORTUNITIES AT ADC

Check them out online or call the office!

- Journeyman Mechanic
- Journeyman Welder
- Apprentice Mechanic
- Equipment Operator
- General Labourer

<https://www.aseniwuche.ca/job-opportunities/>



## COMMUNITY BULLETIN



### MEMBERSHIP

## MORE VOICES FOR MEMBERSHIP WORK

AWN's reignited its membership work at the beginning of 2021, contracting community consultants Urban Matters to facilitate important conversations and engage Aseniwuche Winewak through the next phase of work.

In August 2021 with the ease of Covid-19 restrictions, Brent and Tonii from Urban Matters met one-on-one with Elders and community leadership, and later with the community at large at an open house event at the Tawow Centre. Brent and Tonii returned to

Grande Cache in November 2021 to meet with more community members for an evening working group session lasting just over three hours. Membership work progress hinges on community involvement. Important takeaways from last month's meeting include the necessity for a diversity of voices, community cohesion and collaboration, and commitment from community members to participate. **If you are interested in speaking with Brent or Tonii about membership or would like to join the Membership Working Group, please contact Courteney at [courteney@aseniwuche.com](mailto:courteney@aseniwuche.com) or call (780) 827-5510.**

## NEWS FROM JASPER NATIONAL PARK



Jasper National Park is hiring Heritage Presenters to help people discover and deepen their relationship to the natural landscapes and cultural roots of this beautiful mountain region. In this job you will learn, adapt and deliver interpretive programs as well as inspire visitors through stories and activities.

A Heritage Presenter will work for four months from early-May to early-September. The rate of pay is \$23.70/hour, for 37.5 hrs/week.

If you are interested, please apply online by December 10th at <https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srpf/applicant/page1800?poster=1689746>

Thomas Usher, Hiring Manager  
780-883-0564  
[thomas.usher@pc.gc.ca](mailto:thomas.usher@pc.gc.ca)

## JASPER INDIGENOUS PARTNER PASS PHOTO CONTEST OPEN UNTIL JAN. 31



### SUBMISSION INSTRUCTIONS:

- Submit a digital photo by January 31, 2021. This would be for selection purposes, a high-resolution photo will be needed at a later date.
- Include the name of the artist and the title of work.

If your image is selected, at a later date, we will send you release forms to get permissions for your image to be utilized on our park pass and other publications.

Submit your photos to: [claire.sieber@pc.gc.ca](mailto:claire.sieber@pc.gc.ca)

## AWN HOLIDAY PROGRAMS & EVENTS

### SEPTIC TANK SERVICE DECEMBER 6 TO DECEMBER 20

All Co-operative and Enterprise households

If you delayed your service, remember to call and reschedule with PVT before January 31, 2022, at 780-827-5353. Service must be completed by January 31.

### CHRISTMAS GIFTS FOR YOUTH & ELDER DECEMBER 13 TO DECEMBER 17

Children's gifts can be picked up from the office the week of December 13. Gifts have been purchased for AWN children ages 0 to 10. Elders' gifts will be delivered by AWN staff. Youth and Elders will also receive a set that includes gloves, a toque and a scarf.

### BACKYARD S'MORES DECEMBER 21, 3 TO 5 P.M.

Join PVT Group & AWN for snacks and hot chocolate around the fire. Bring your own sticks, mugs, chairs and skates (if you have them) to Grande Cache Lake.

### HOLIDAY MEAL HAMPERS DATE TBA

Stay tuned to the AWN Facebook page for updates about pick-up and delivery dates.



## We are hiring!



- CWB Welders by hand
- B Pressure Welders by hand
- Welders Helpers
- Facility Labourers
- Picker Truck Foremen

Clean drivers licence/abstract an asset

**Apply Now!**

Send your resume to  
[hr@barrack.ca](mailto:hr@barrack.ca)

[www.barrackenergyservices.ca](http://www.barrackenergyservices.ca)

