



May 1st 2026

Nipisihkopahk Acimowin

Month of May

ᑭᑭᑭᑭᑭᑭᑭᑭ (Sākāwipîsim)

Budding Moon

NEWSLETTER

- Current Events
- Program Highlights
- Community News
- A Voice for our people



SAMSON CREE NATION

Nipisihkopahk Acimowin

MAY 2026 NEWSLETTER



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EMPLOYMENT OPPORTUNITIES



WE ARE HIRING!

JOIN OUR TEAM

OPEN POSITIONS CURRENTLY AVAILABLE

FASD Coordinator - IFS

DEPARTMENT: Integrated Family Services

Email: personnel.179@gmail.com

3x ATOSKEWIN LABOURERS

DEPARTMENT: ATOSKEWIN PROGRAM

Email: personnel.179@gmail.com

Administrative Assistant.

DEPARTMENT: Income Support

Email: personnel.179@gmail.com

GRANT COORDINATOR

DEPARTMENT: NWSB

Email: personnel.179@gmail.com

Community Wellness Manager

DEPARTMENT: Community Wellness

Email: personnel.179@gmail.com

NOTE: YOU HAVE UNTIL 4:00PM TO APPLY ON CLOSING DATES.

 **780-585-3793 EXT: 107**

TO APPLY EMAIL: PERSONNEL.179@GMAIL.COM



SCN Groundbreaking Ceremony – Training Facility

Today, Samson Cree Nation celebrated the groundbreaking of its new Training Facility—an important step forward for the community and future generations.

The morning began in a good way with prayer and ceremony, followed by words from Leadership recognizing the importance of creating more opportunities for Nation members close to home.

This new facility is being developed to support access to education, skills training, and career development within the community. For many members, pursuing education has often meant leaving home and facing challenges such as travel costs, rent, and tuition expenses.

The Training Facility will help remove some of those barriers by providing a space where members can learn, grow, and build their futures while staying connected to their families, culture, and community. This project represents progress, empowerment, and investment in the future of Samson Cree Nation.

Photos: Delorna Buffalo-Makinaw & Ashley Lightning, SCN Communications





Dr. Holly Johnson-Rattlesnake - Councilor



Brian Lightning - Councilor



Katherine Swampy - Business Development



Cletis Louis - Councilor



Elisha Buffalo - Councilor



Armand Swampy - Councilor



MODUS STRUCTURES



ALLEN - MODUS STRUCTURES



Frank Buffalo - Councilor



Councillor Cletis Louis:

"We're looking forward to this new facility and the opportunities it will bring. We hope partnerships with institutions like NAIT or the University of Alberta will help bring our community together to learn, grow, and fully utilize this space."

Councillor Armand Swampy:

"It's vital that we train our young people right here in our community—building skills in trades and everyday life that are essential to strengthening and improving our Nation."

Councillor Brian Lightning:

"This is a great opportunity for our people—especially our youth. Having a local training space brings new opportunities right into the community. The location is key, as our members no longer have to leave the reserve to access training, making it more accessible for everyone."



Councillor Frank Buffalo:

"We're grateful this has come together for our people. It creates new opportunities and strengthens our commitment to growth as a Nation. This facility will help our young people learn trades, build capacity, and also provide space for our Elders—especially for

Dr. Holly Johnson-Rattlesnake:

"This is a great step forward for Samson Cree Nation. Having a dedicated training facility will help build capacity, strengthen our economy, and support our traditional ways of living. As a partner with Maskwacis Cultural College, we look forward to integrating our



Shoutout to our SYSD & SCW Staff

A special thank you to our SYSD and SCW staff for coming together to host these watch parties. From organizing and preparing, to being present throughout the event, serving food, and helping with clean-up—your hard work truly does not go unnoticed.

You also made it extra fun with door prizes for the community. These events wouldn't be possible without your dedication and teamwork

#SamsonCreeNation

Photos: Ashley Lightning, SCN Communications



Photos by: Rayden Buffalo.







🔥 Samson Bannock Competition 🔥

What an incredible turnout for today's Bannock Competition held at the HBMG, hosted by Samson Community Wellness and the Samson Youth Collective!

The event brought together talented community members who proudly shared their baked and fried bannock creations—each one prepared with care, tradition, and skill. From golden perfection to family recipes passed down through generations, every entry reflected the heart of our culture and community.

After much anticipation—and some very difficult judging decisions—our winners were announced:

- 🏆 Jade Buffalo – The Golden Bannock
- 🥈 Lisa Littlechild – The Silver Slice
- 🥉 Leann Buffalo – The Bronze Bite

Congratulations to all of our winners, and a heartfelt thank you to everyone who participated and helped make the event such a success.

Nothing went to waste—community members were also able to take home samples and enjoy the delicious variety of bannock shared throughout the day.

Events like these remind us how food brings people together, strengthens community bonds, and keeps our traditions alive. We are proud to celebrate culture, connection, and community through gatherings like this.

Until next time... keep those bannock skills rising!

Photos: Rayden Buffalo & Ashley Lightning, SCN Communications





CULTURAL BASKETS PROGRAM BRINGS COMMUNITY TOGETHER

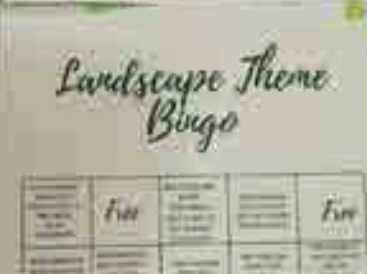
From April 21st to 23rd, Samson Cree Nation Integrated Family Services hosted its Cultural Baskets Program, bringing community members together for three days of creativity, learning, and connection. Participants enjoyed arts and crafts activities, including creating decorative weather pieces and other cultural projects in a welcoming and supportive environment. Food was provided throughout the program, allowing everyone to gather, share, and connect.

A total of 42 community members successfully completed the program and received an incentive for their participation.

The Cultural Baskets Program was a great success, promoting creativity, cultural pride, and community wellness while bringing people together.







LANDSCAPE INFO SESSION – MAMAWI ATOSKETAN CENTRE

Landscape Info Session hosted by Mamawi Atosketan Native School L.L.C. ᐱᐱᐱᐱᐱᐱ for the upcoming Mamawi Atosketan Centre—a new multi-purpose space for our community, including events, programs, and cultural activities.

They want to hear from you! Share your ideas and help shape the landscape around the centre.

Possible features include a healing forest, commemorative planting, or a learning circle.

Stop by, have your voice heard, and be part of creating something meaningful for the community. Soup will also be served—everyone is welcome!

#SamsonCreeNation #Maskwacis #MamawiAtosketanSchool #Landscapeinfosession

Photos: Rayden Buffalo, Ashley Lightning, SCN Communications










COMMUNITY SAFETY INITIATIVE IN MASKWACIS

The Alberta RCMP in Maskwacis are partnering with Crime Stoppers, local Chiefs and Councils, and community members through the Rural Sign Campaign to help strengthen safety across the four Nations.

These signs serve as a visible reminder that information can be shared anonymously to help:

-  Move investigations forward
-  Prevent violence and remove illegal firearms
-  Provide a safe and confidential way for community members to speak up

Rooted in partnership, trust, and community involvement, this initiative supports ongoing efforts to keep our Nations safe and strong.

If you have information about suspicious activity in your community, you can report it anonymously by contacting Crime Stoppers at 1-800-222-8477.





GROUNDBREAKING CEREMONY - CULTURAL CENTRE FACILITY, PIGEON LAKE

Today marked a significant milestone for Pigeon Lake as we gathered to celebrate the groundbreaking of the new Cultural Centre Facility. This special event brought together community members, leadership, and partners to honour the vision and progress of this long-anticipated project. Representatives from Clark Builders delivered a detailed and informative presentation, sharing plans for the design and development of the cultural centre. As the project moves forward, community members are invited to share their voices and ideas on key elements, including colour selections, the design of the fire pit, and choosing a meaningful name that reflects the spirit and identity of the space. Attendees enjoyed a delicious lunch, generously prepared with care by Connie Potts, bringing everyone together in a warm and welcoming way.

The day concluded with a heartfelt and meaningful groundbreaking ceremony at the future site of the cultural centre. Community members shared touching reflections, acknowledging the generations of vision, planning, and dedication that have made this moment possible.

This new cultural centre will stand as a place of connection, learning, and celebration for years to come.



Community Hall Name - Mimiw Sakahikan

Share Your Thoughts:

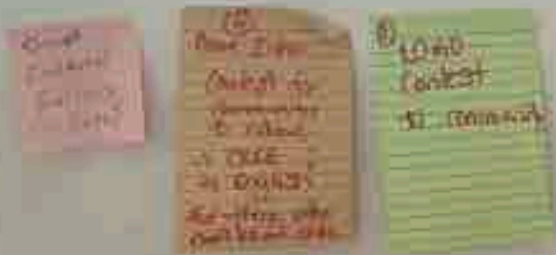
Mimiw Sakahikaniw kamik
Mimiw Sakahikan Cultural Centre
Cecil Nepeose cultural centre



Community Hall Name - Mimiw Sakahikan

Share Your Thoughts:

Frank Yellowbird cultural Hall



Leaf's Together
Cultural Centre





Samson Powwow Celebrations 2026

Request for Proposals

We are seeking request for proposals for the following events for this years Powwow Celebration

- Security
- Sound System
- Handgames

Proposal Deadline: June 12, 2026

For more information contact comms@samsoncree.com



SAMSON CREE NATION 2026 CHIEF AND COUNCIL ELECTIONS

On October 31, 2025, Samson Cree Nation Chief and Council selected the following dates for the 2026 Chief & Council elections, as per motion SCM-31-10-25-#02:

- Chief Nominations - May 5, 2026
- Chief Elections - May 12, 2026
- Council Nominations - May 19, 2026
- Council Elections - May 26, 2026

On March 10, 2026, OneFeather was selected as the Electoral Officer for the May 2026 Chief and Council Elections, as per motion SCM-10-03-26-#03

ELECTORAL OFFICER CONTACT INFORMATION ONEFEATHER

Brett Bilyk
Nominations@onefeather.ca
voterhelp@onefeather.ca
 Telephone 1-855-923-3006
 please visit:
www.onefeather.ca/nations/samsoncree



SAMSON CREE NATION PARENTS/CAREGIVERS WITH CHILDREN AGES 0-6 YRS

May 6th-20th-27th, 2026
 located at the Samson Head Start Building
****New Trailers****

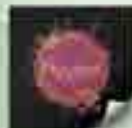


Haircut • Treatment • Mini/Basic Color

- Quick Cuts
- Trendy Styles
- Easy-care Looks

Limited Space - must register online

Sasha Caprice Beauty
& Creative Haircuts



To book please go to our website for more information:
<https://www.samsonheadstart.com> and fill out the google form.
 You will receive a confirmation email of your booking.

SAMSON CREE NATION NOTICE OF NOMINATION MEETINGS

Notice is hereby given that the Samson Cree Nation will hold a Nomination Meeting for Chief on May 5, 2026, and a Nomination Meeting for Councillors on May 19, 2026, in accordance with the Samson Cree Nation Election Law - *Masihitapokah Wiyowayehwin*. The meetings will be held for the purpose of eligible voters nominating candidates for the Offices of one (1) Chief and twelve (12) Councillors for the next term of office, in an Election for Chief to be held on May 12, 2026, and an Election for Councillors to be held on May 26, 2026.

NOMINATION MEETING - CHIEF

MAY 5, 2026
 9:00 AM – 4:00 PM
 Howard Buffalo Memorial Centre
 Maskwacj, AB

NOMINATION MEETING - COUNCILLORS

MAY 19, 2026
 9:00 AM – 4:00 PM
 Howard Buffalo Memorial Centre
 Maskwacj, AB

Registered Samson Cree Nation Members who are at least eighteen (18) years of age as of the date of the Election may nominate or second candidates and vote in the Election, and shall form the Voters List for that Election.

At each Nomination Meeting, an eligible voter may nominate and second a nomination of any person eligible to become a candidate only once each. When a candidate accepts a nomination, they shall confirm their acceptance in writing to the Electoral Officer no later than the close of the nomination meeting.

A person is eligible to become a candidate for the position of Chief or Councillor if:

- their name appears on the Samson Cree Nation's Voters List;
- they are of the full age of twenty-one (21) years;
- they have not been convicted of an indictable offence, or, if they have been convicted of an indictable offence, they have received a pardon through the Canadian legal system; and
- they have been a resident on or within a 100 km radius of the boundaries of the Samson Cree Nation Indian Reserve #137 or Pigeon Lake Indian Reserve #238A for a period of not less than six (6) months immediately preceding an election.

A person considered to be a candidate for Chief or Councillor must submit to the Electoral Officer before the close of the nomination meeting the following documents:

- Affidavit of Nominated Candidate as per Schedule "A";
- Criminal Record Check;
- Sworn Identification Form as per Schedule "F";
- Sworn Residency Form as per Schedule "G"; and
- Non-refundable Election Fee (\$1000 for Chief, \$500 for Councillor);
- Retrieved current photograph as required for posting.

The Election Law, Voters List, and Nomination documents for each Election shall be posted and available during business hours at the Samson Cree Nation Administration Office and can be requested from the Electoral Officer. All documents (including the Voters List) will be available at: www.onefeather.ca/nations/samsoncree

ELECTION FOR CHIEF

MAY 12, 2026
 HBMC, Maskwacj, AB (9AM – 9PM)
 MSC Headstart Trailer, Pigeon Lake, AB (9AM – 9PM)
 BW Premier Calgary Plaza Hotel (9AM – 6PM)
 Delta Hotel Edmonton South (9AM – 6PM)

ELECTION FOR COUNCILLORS

MAY 26, 2026
 HBMC, Maskwacj, AB (9AM – 9PM)
 MSC Headstart Trailer, Pigeon Lake, AB (9AM – 9PM)
 BW Premier Calgary Plaza Hotel (9AM – 6PM)
 Delta Hotel Edmonton South (9AM – 6PM)

The Samson Election Appeal Board Members are:
 • Anita Cardinal • Perry Cardinal • Amanda Gray
 Email: appeal@samsoncree.ca
 Address: 120 Samson Cree Nation Election Appeal Board
 PO Box 139, Maskwacj, AB, T0C 1S0

Depot April 28, 2026
 Brett Bilyk of OneFeather, Electoral Officer

For more information or assistance please contact the Electoral Staff at OneFeather:
 Email: nominations@onefeather.ca | Toll Free: 1-855-923-3006
 Please ensure a suitable resolution time is provided to all parties.
 Tel: 209-832 First Street, Victoria, B.C. V8W 5R6
www.onefeather.ca/nations/samsoncree



PROGRAM PROMOTED AND SPONSORED BY THE SAMSON HEAD START PARTNERSHIPS & GOVERNANCE



Creaty 102

**MAY 20 & 21, 2026
4:00-8:00 PM**

**OFFERING
IN-PERSON & ON-LINE
TRAINING SESSIONS**



Priority given to Samson Cree Nation Members
Training set up online via **Google Meet**
Registration Form Available on our website homepage

infossamsonheadstart.com www.samsonheadstart.com

PUBLIC NOTICE TO OUR MEMBERS

INTAKE PROCESS UPDATE

SAMSON COMMUNITY WELLNESS IS HERE TO SUPPORT YOU.

As our community continues to grow, we are making adjustments to better support members and address staffing needs in a consistent, organized, and timely way. We are transitioning to an **APPOINTMENT-BASED SYSTEM** for community requests. We encourage individuals to contact our office in advance to schedule an appointment that works best for them.



NEW INTAKE SCHEDULE
MONDAY TO THURSDAY 9:00 AM - 3:00 PM
We will continue to offer designated walk-in times to access urgent or crisis situations, based on priority and staff availability.

FRIDAYS ARE RESERVED
Emergency situations only. All other requests must be scheduled in advance.

EMERGENCY SITUATIONS may include, but are not limited to:

- Family violence or immediate safety concerns
- Risk of homelessness or unsafe living conditions
- Individuals in crisis or in need of crisis
- Urgent needs where delay would result in harm or significant risk

 All emergency situations will be assessed based on urgency and staff availability.

THESE ADJUSTMENTS WILL HELP US:

- Provide more focused and timely support
- Ensure our services to members for all community members
- Maintain a safe and respectful environment for everyone
- There is a chance that this schedule may need to be adjusted immediately due to staffing issues, high demand, or operational needs. We appreciate your understanding and flexibility as we work to maintain consistent and quality service.

FOR APPOINTMENTS OR INQUIRIES, please contact our office at: **780 585 3634**

Thank You
Heather Buffalo
10001, Samson Village

SAMSON COMMUNITY WELLNESS

MOTHER'S DAY WELLNESS EVENT



Manual Osteopathy

Energy readings

Photo Booth

Makeup

Finger foods

**HAPPY
Mother's
Day**

When: May 11th, 2026

Where: Howard Buffalo Memorial Centre

Time: 10:00 am - 2:00 pm

For SCN Mother's
No children
(unless for breastfeeding reasons)
No SPOUSES





KIDNEY AWARENESS

let's keep our diet and lifestyle healthy, diligently exercising so that the body is healthy.



Kidneys are a critical part of your health. They "clean" your blood by removing wastes from the body through your urine, help your body to make red blood cells, and regulate blood pressure. Their function in maintaining your body's health is as important as your heart or your lungs.

Chronic Kidney Disease

The presence of kidney damage is a (diagnosed) level of kidney function, but a general of those leading or those kidney disease can range from mild to severe and in some cases, lead to kidney failure. End-stage kidney disease, or ESKD, kidney disease often leads to dialysis and transplant without symptoms over a number of years. An ESKD may not be detected until it has progressed to the point where your kidney function is quite low. Fortunately, many people do not progress to end-stage kidney disease, especially if they are diagnosed early and are able to take steps to decrease their continuing kidney function.

Symptoms of Chronic Kidney Disease

- High Blood Pressure (hypertension)
- Puffiness of the eyes, hand and feet
- Bloody, cloudy or tea-colored urine
- Foaming of urine
- Frequent bathroom visits at night
- Less urine or difficulty passing urine
- Fatigue, difficulty concentrating
- Loss of appetite or weight
- Persistent itching

Checking your kidney function

You can ask your doctor to check your kidney function. There are 2 key tests that are used to detect kidney damage and to see how well your kidneys are functioning **Blood Test & Urinalysis**



Scan QR for more information



Maskwacis American Sign Language CLASSES

WEDNESDAYS 5 - 7PM



LOCATION:
May 2026:

Jim Rattlesnake Building

June 2026:

HBMC Classroom 1

Open to all Maskwacis & Area

Participants can join Anytime!

Food Provided



780-585-2254



Samson Community Wellness

Miyopimâtisiwin

Wellness & Recovery

Culturally grounded recovery program rooted in Cree values of wellness, balance & community

Open to SCN members or to members that live within SCN boundaries only

Educate & Support

Landbase Teachings

Rebuilding Relationships

Limited space

Postponed until June

Contact Us

Yvonne Nepoose-Rich
Tamara Buffalo

(780) 585-0799

Our Website

www.scwprograms.com

SCAN TO REGISTER: ----->>>>



THE MATRIX MODEL



SAMSON
FOODBANK/FRIENDSHIP
CENTER

Volunteers Needed



Samson Foodbank is looking for SCN Staff/Departments to volunteer their time to help out at our soup kitchen

WEDNESDAYS

9:00am - 2:00pm

Tasks may include food preparation, serving meals, setting up, & cleaning.

Departments can book a Wednesday with Carrie at:

780-585-3902



WETASKIWIN (1799th & 50th AVE) WETASKIWIN, AB

DIVERSE CULTURES. ONE COMMUNITY. CELEBRATING OUR SHARED STORY!

WETASKIWIN MULTICULTURAL HERITAGE FESTIVAL

Dive into delicious eats, discover amazing cultures, and sit back for a show you won't forget!

1799th & 50th AVE, WETASKIWIN, AB, CANADA
 50th AVE WETASKIWIN
 11AM - 7PM (FR & SUN) / 10AM - 7PM (SAT)

www.wetaskiwin.com | 953-333-3333 | 953-333-3333

YOU CAN HELP THIS CLINIC SEASON

with 2026

On-site Spay Neuter Clinic Dates

Each clinic is built within the host community, where teams come together to provide spay and neuter surgeries, tattoos, vaccinations, and parasite treatment to hundreds of animals.

These one weekend clinics aim to address the animal overpopulation and improve their health which has a direct impact on the overall community health and safety.

CANADIAN ANIMAL TASK FORCE

Our spay and neuter clinics are delivered in partnership with First Nations communities across Alberta.

cataskforce.org/volunteer

Sign up in Better Impact for first look at upcoming opportunities!

Join the team **TASK FORCE**

Clinics are designated for community members only.

THANK YOU!

helping people helping animals

MAR 26 - 29 Taber Cat Clinic	JUL 24 - 26 Cold Lake First Nations
APR 24 - 26 Saddle Lake Cree Nation	SEP 18 - 20 Location TBA
MAY 22 - 24 Frog Lake First Nation	OCT 23 - 25 Siksika Nation
JUN 19 - 21 Maskwacis Communities	

2026 SPAY NEUTER CLINICS:

These on-site clinics are designated for community members only.

- March 26 - 29 Taber Cat Clinic
- April 24 - 26 Saddle Lake Cree Nation
- May 22 - 24 Frog Lake First Nation
- June 19 - 21 Maskwacis Communities
- July 24 - 26 Cold Lake First Nations
- September 18 - 20 TBA
- October 23 - 25 Siksika Nation

APPLY TO VOLUNTEER

MASKWACIS LIBRARY PRESENTS

CRAFT CLUB DROP-IN

Join us for our Craft Club Drop-In for May. No registration required. While Supplies Last.

**EVERY THURSDAY
3PM - 6PM**

THURS 14 - COLLAGES BOOKMARKS
THURS 21 - BEAD SOCIAL CIRCLE
THURS 28 - PONY BEAD KEYCHAINS



MOOSE HIDE CAMPAIGN DAY

GATHERING & WALK TO END VIOLENCE

**THURSDAY
MAY 14TH 2026**

5:30PM

EVERYONE WELCOME

**COMMON GROUND GARDEN PROJECT
5581 45 ST, RED DEER**

JOIN US FOR:

- SMUDGE & PRAYER
- GUEST SPEAKERS
- SINGING & DRUMMING
- GROUP WALK
- POTLUCK DINNER

BRING YOUR:

- WATER BOTTLE
- FEAST KIT
- CAMP CHAIR & BLANKET
- DRUMS & RATTLES
- POTLUCK ITEM TO SHARE



PATHWAYS TO HEALTHY LIFESTYLES PROGRAM

Creation Story

with Dr. Jerry Saddleback Sr
May 12 & 13 2026
10:00 AM - 2:00 PM

ERMINESKIN ELDERS CENTRE
Refreshments & Lunch Provided



Samson Elders Self Care

**MAY 12 & 13, 2026
9:00am - 3:00pm
HBMC - MUSIC ROOM**



Professional treatments tailored for your comfort and confidence

FOR MORE INFORMATION
Contact Samson Elders Dept.

(780) 585-3012 or
seneldersdept@gmail.com



Nipisihk
Opikinahawasiwin

Women's Support Group

Every Thursday 10:00am to 12:00pm @ Samson NNADAP (White House across Willowview Bldg.)

Contact Samson NNADAP (780) 585-0799 for more info.



Life Skills for Expectant Mothers

Are you expecting a baby and looking for support, knowledge and community?

REGISTER TODAY!



Scan QR Code to Register

Who Can Join?
Expectant Mothers and Spouse
Young and New Parents
Experienced Parents
Families requiring extra support

What support is offered?

18-24 weeks program with weekly sessions.
Client home-visits and check-ins on a weekly basis.
Wrap around care as needed.

PROGRAM TOPICS INCLUDE:

- Prenatal Health & nutrition
- Emotional wellness & stress management
- Healthy relationships & communication
- Parenting basics & child development
- Cultural teachings & traditional practices
- Preparing for birth & postpartum care
- MUCH MORE!

Incentives Offered:

Participants will receive incentives upon completion of each module, including:

- Wellness Kits
- Grocery Vouchers
- Cultural gifts

For more information please contact Marci Montour @ (780)-585-2254



GROUP PRENATAL CLASS

Early Pregnancy Group class

Up to 22 weeks of pregnancy
Topics include: how to have a healthy pregnancy, nutrition, prenatal care and more!

Next class dates:

April 23, 2026

5-7 pm OR

May 25th 5-7 pm

Matsiwacis Health Services
Transportation building (Blue Building)

To register: email prenatal@mymhs.ca or call 780-585-2266 and ask for Nurse Anneli or Maggie

Later Pregnancy Group Class

For women after 22 weeks in their pregnancy.

Topics include: stages of labor and coping with labor, medical interventions, informed decision making, caring for a newborn and more!

Completion of this class may provide eligibility for a car seat, but needs to be completed before 34 weeks of pregnancy.

Next class dates:

March 30, 2026

5-6 pm OR

May 4, 2026

5-6 pm

Matsiwacis Health Services
Transportation building (Blue Building)



Nipisihkopaak Miyo Opikinahawasiwin Outreach Program

Grow, Play, & Connect with Us

Call out for Families with children (0-36months)

All families welcome

Support your child's learning and growth - Right from home!



0848022333 (780) 585-2254

Check out Register Today!

Early Child Learning Program
Matsiwacis Health Services
Transportation Building (Blue Building)
780-585-2266



April-May
July-August
October-November
2026

5 weeks
5 modules

- Free for first-time parents and support for every family
- Fun, hands on activities to boost child's growth
- Home visits and resources to help you at home
- Family success
- In person learning or work from home
- **MUST** commit to 1-2 hours a day, twice a week



May 2026

Opiniyāwewipīsim ᐅᐱᓂᐅᐅᐅᐅᐅᐅᐅᐅ
Egg Laying Month



Sunday iyamihew Kisikaw	Monday Poyak Kisikaw	Tuesday Niso Kisikaw	Wednesday Nisto Kisikaw	Thursday Newo Kisikaw	Friday Niyano Kisikaw	Saturday Nikotwaak Kisikaw
					1	2
3	4	5	6	7	8	9
opimātsiwin Wellness Recovery - May 4 - 29	ACH Skills LHM Chair Seat Training Chief Narrations		Public Information Networking Session @ 10:30 AM	Life Skills for Expecting Mothers		
10	11	12	13	14	15	16
opimātsiwin Wellness Recovery - May 4 - 29	Mother's Day Wellness 10am - 2pm @ HBMC	ACH Skills LHM Chair Seat Training Chief Narrations	ACH Support Group @ 10:30 AM	Life Skills for Expecting Mothers		
17	18	19	20	21	22	23
opimātsiwin Wellness Recovery - May 4 - 29		Council Narrations	ACH Support Group @ 10:30 AM	Life Skills for Expecting Mothers	Life Skills for Expecting Mothers	
24	25	26	27	28	29	30
opimātsiwin Wellness Recovery - May 4 - 29		Council Narrations	Life Skills for Expecting Mothers	Life Skills for Expecting Mothers		
31						

- Samson Youth & Sports**
- Basketball every Monday & Wednesdays 6-8
 - Volleyball every Tuesday & Thursdays 5-8C
 - Powwow Dance Program every Weekend
 - Movie Nights every Wednesday 5pm - 8p
 - Baking Program Every Mondays & Wednesdays
 - Arts & Crafts Tuesdays & Thursdays 4pm-1
- Samson Youth Initiatives**
- OSK AYISYINW PMAATISWIN Program
- Integrated Family Services**
- ASI Sessions from 3pm to 7pm every Y Department (HBMC)
 - COUPON DAY - PRENATAL, BREAST CLIENTS - MAY 19, 2026
- Samson NNADAP**
- AA Mtgs every Thursday 12pm NNADAP/Outreach Building across Willow
 - Women's Support Group EVERY Thursday
 - Men's Support Group EVERY Thursday 1:30
- Samson Food Bank Soup Kitchen (Every Week Bread Days every Tuesday & Thursdays)**
- Samson HeadStart**
- After-school Care Tuesdays & Thursdays 3:00PM-5:00PM
 - HANDBOUTS for Parents/Caregivers in Samson
 - Register online: www.samsonheadstart.ca
- Colour Legend**
- *** - NYI Dept
 - *** - FESD Dept
 - *** - Income/FESP Dept
 - *** - IFS Dept
 - ** - Comm. Well
 - *** - NNADAP Dept

May 2026

Pathways to Healthy Lifestyles Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Ermineskin NOK Building Head to Toes Workshop 10am - 2pm	2
	4	5 Samson Mobile Mental Health Jacket Making 10am - 2pm Registration Required	6 Samson Mobile Mental Health Jacket Making 10am - 2pm Registration Required	7	8	9
10	11	12 Ermineskin Elders Center Creation Story 10am - 2pm	13 Ermineskin Elders Center Creation Story 10am - 2pm	14	15	16
17	18	19	20	21	22	23
24	25 Louis Bull Education Center Flower Planting 12pm - 2pm	26 Samson Mobile Mental Health Flower Planting 12pm - 2pm	27 Pigeon Lake Library Flower Planting 12pm - 2pm	28 Mumma Head Office Flower Planting 12pm - 2pm	29 Ermineskin Elders Center Flower Planting 12pm - 2pm	30
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VISION

Nipisihkopahk is sovereign and prosperous;
empowered by healthy and knowledgeable
Iyiniwahk.

MISSION

Samson Cree Nation is a sovereign nation
that is dedicated to improving a quality of
life for all our people by maximizing our
human resources and by respecting our
Cree language and traditions of our people.

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