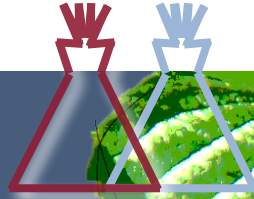


TSÚŪT'ÍNÀ NATION NEWSLETTER • BASK IN ÁMÁ (SUMMER)

GŪNĪĪZH DĪSTĪ-HÍ

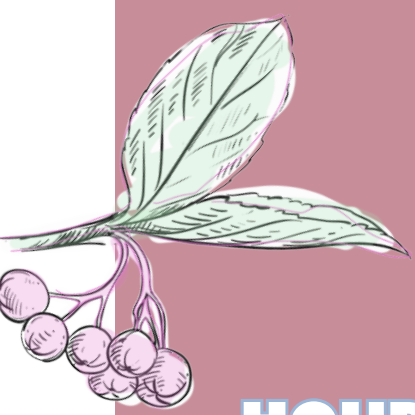
AUGUST 2024



"STORIES IN MOTION"

JĪJÁ DĪNĪT'ÁŚÍ
CH'ĀT'ĀGHĀ





HOURS OF OPERATION

CHIEF JOSEPH BIG PLUME ADMINISTRATION OFFICE

Mon – Fri | 8 AM – 4 PM
403.281.4455

TSUUT'INA NATION GAS STOP

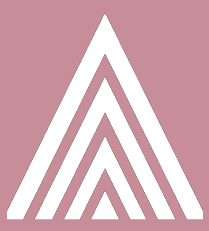
Mon – Sat | 8 AM – 11 PM
Sun 9 AM – 4 PM
403.251.7695

TSUUT'INA 7 CHIEFS SPORTSPLEX & CHIEF JIM STARLIGHT CENTRE

ADMIN OFFICE
Mon – Fri | 8 AM – 4 PM
Complex Office:
Mon – Sun | 6 AM – 10 PM
403.258.4840

TSUUT'INA COMMUNICATIONS

403.238.6224
communications@tsuutina.com



MEMMOS



140 Quarry Park Boulevard, Suite 310 Calgary, Alberta T2C 4J1
403.259.6627
403.253.4191

To Whom it May Concern

Notice: Intermittent Lane Closures – Weaselhead Rd

EllisDon Construction Services Inc will be performing lane closures on Weaselhead Rd intermittently between August 7th 2024 and August 28th 2024 7:00 AM and 5:00 PM to facilitate retaining wall maintenance and improvements. These lane closures will be short duration and flaggers will be present to keep traffic flowing throughout the closures.

Below is a sketch of the impacted areas:



Tyler Friesen
Project Manager
780-966-6624
EllisDon Construction Services Inc.

Construction, Redefined.
We design, finance, construct, equip, operate, and manage anything that can be built.
ellisdon.com

AUGUST GUNÁHÀ WORDS OF THE MONTH

Hail
The clouds are high
Rainbow
Heat waves
Sheet lightning
The sun is very bright
Sun dog/rays
Pheasant
Horse
Duck
Robin
Woodpecker
Bee/Hornet
Axe
Rope
Gun

Inilúwí
Nást'odínísod
Cho tanaast'úní
Gulúsh dididìł
Tútsází
K'achódinít'íizh
Dílótk'ágáá Xáyiniizh
michà nit'úlí
íst'í
ts'ís
mímìdàgúdik'ází
íchígúdí
nàdís'nòní
ts'íł
t'è'uł
doóní

>> JIJÁ DĪNĪT'ÁŚÍ CH'ÀT'ĀGHÁ CH'ÀT'ĀGHÁ >> AUGUST

NISK'Ā NISK'ĀGÍNĪSTÒ-HÍ LANDS PORTFOLIO SUMMER 2024 EVENTS:

LUNCH & LEARNS:
COUNCIL CHAMBERS, 12PM TO 1PM

WEDNESDAY, AUGUST 14TH:
NISK'Ā ASSIGNMENT POLICY

WEDNESDAY, AUGUST 21ST:
BUSINESS NISK'Ā USE PERMIT POLICIES & PROCEDURES

WEDNESDAY, SEPTEMBER 4TH:
NISK'Ā DISPUTE RESOLUTION POLICY

EVENING INFO SESSION:
COUNCIL CHAMBERS, 5PM TO 8PM
WEDNESDAY, AUGUST 14TH:
*ALL 3 POLICIES

FOCUS GROUPS:
CAN BE BOOKED FOR AUGUST 15TH TO SEPTEMBER 6TH, 2024



ĀGŪNÁ-HÍ

NINĀGŪTS'INĪDĪĪ

What's happening on the Nation

JULY WAS MARKED WITH RISING STARLETS
CHAMPIONING THE CHUTES, POWWOW
DANCING, AND THE HOT DAYS OF SUMMER -

July saw another successful run of athletes give their best at the Tsuut'ina Annual Celebrations in rodeo, golf, slow pitch, hand games and powwow. Taza opened its second Gas Stop near the casino, welcoming thousands of new patrons with gas deals, bbq and draws. The Calgary Stampede hosted countless spectators in rodeo stands, midway madness and the Saddledome powwow. Comms was there to take in the sights and sounds and share photos of all the fun and magic in this issue.

As August cools the days down, we give thanks to Mother Nature for the fruits she procures. Its berry picking season, time to begin harvesting and drying, baking and preserving - pies, jams, and other delights. We offer you a simple crumble recipe on the following page to try out on a dog day night.

We give thanks for the rain fall and prayers to Jasper, and all affected by summer wild fires. We will see you all at August's events, and maybe out in the fields for some cultivating of one of the many medicines earth yields.



Mixed Berry Crumble

in Under an Hour

INGREDIENTS:

OAT CRUMBLE TOPPING:

$\frac{3}{4}$ CUP FLOUR

$\frac{3}{4}$ CUP OATS

$\frac{3}{4}$ CUP SUGAR

1 TEASPOON CINNAMON

$\frac{1}{2}$ TSP SALT

$\frac{1}{2}$ CUP BUTTER

TRIPLE BERRY FILLING:

3-4 CUPS MIXED BERRIES OF CHOICE, IDEALLY FRESH BUT FROZEN WILL DO

1 TBSP CORNSTARCH

1 TBSP LEMON JUICE

DASH OF SALT

INSTRUCTIONS

PRE-HEAT OVEN TO 375F

BUTTER THE BOTTOM OF A 9X13" BAKING DISH

WHISK THE FLOUR, OATS, SUGAR, CINNAMON AND SALT TOGETHER IN A BOWL TO ENSURE THERE ARE NO LUMPS. ADD THE COLD CUBED BUTTER AND MIX IN BY HAND UNTIL THE MIXTURE IS CHUNKY

ADD THE BERRIES, CORNSTARCH, LEMON JUICE AND SALT INTO THE BAKING DISH AND MIX UNTIL COMBINED

SPREADING THE CRUMBLE MIX EVENLY OVER THE BERRIES

BAKE FOR 40-45 MINUTES UNTIL GOLDEN AND CRISPY

SERVE WARM WITH ICE CREAM OR WHIPPED CREAM





T A Z A

TOGETHER
WITH TSUUT'INA



DISCOVER THE NEWEST MURAL AT TAZA

Designed by Tsuut'ina Nation artist Nathan P Meguinis, a new captivating mural is located at the centre of The Shops at Buffalo Run, showcasing vibrant colours and culturally significant symbols, including running buffalo.

Nathan shares, "The overall concept is a blend of my Northern Dene flower designs mixed with my own family designs, a mix of traditional geometric designs and my unique artistic style. The centre flower is similar to the sun, which represents a new beginning. The triangular geometric design below the buffalo represents the Rocky Mountains, and the white dots above in the blue represent stars and the dots below represent falling stars."



TSUUT'INA GAS OPENS IN TAZA PARK



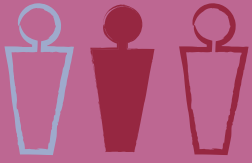
The new Tsuut'ina Gas at Taza Park celebrated their Grand Opening on July 18. This station is ideally located near automotive tenants including Metro Ford, Big 4 Motors, and the soon to be completed VW dealership, and easily accessed via the Stoney Trail Ring Road. Congratulations to Tsuut'ina Enterprises.



Join the Taza community and get exclusive access to the latest blogs, development updates and events directly in your inbox. Sign up for our newsletter!

TAZA GAS OPENING





Legal Aid Alberta

DUTY COUNSEL LEGAL AID

The Legal Aid Society of Alberta will now be providing Duty Counsel at the Office of the Peacemaker/Tsuut'ina Nation courthouse **every Thursday prior to each court date:**

AUGUST 15TH - 9:30AM - 2:00PM

TO ASSIST WITH THE AUGUST 16TH SITTING DATE

SEPTEMBER 5TH - 9:30AM - 2:00PM

TO ASSIST WITH THE SEPTEMBER 6TH SITTING DATE

SEPTEMBER 19TH - 9:30AM - 2:00PM

TO ASSIST WITH THE SEPTEMBER 20TH SITTING DATE

FOR MORE INFORMATION PLEASE CONTACT:

PM COORDINATOR LONI HEAVENFIRE

403-281-4455 EXT. 226

CELL: 587-437-3712

loni.heavenfire@tsuutina.com



NOTICE



TSUUT'INA HEALTH AND WELLNESS SERVICES

Diganááts'idimidah

Yoga for couples

Gathering Engagement Event to promote healthy social activity for couples Facilitated by Sachin Sudral

AUGUST 15, 2024

Manyhorses High School

5:00pm-7:00pm

Hosted by: Wellness Team

Registration is limited to 6 couples for the event!

Each couple to receive \$50 Grocery Gift Card!

For more information or to register, please contact Karl Meltingtallow at karl.meltingtallow@tsuutina.com

INDIGENOUS YOGA

EVERY WEDNESDAY

5-7 PM AT MANY HORSES HIGH SCHOOL

TO REGISTER TEXT OR CALL SACHIN 403 619 7224

TSUUT'INA HEALTH AND WELLNESS SERVICES

COMMUNITY ENGAGEMENT Session

Door prizes!

Food Provided!

AUGUST 14, 2024

TSUUT'INA HEALTH AND WELLNESS SERVICES ENGAGEMENT SESSION TO SHARE WITH COMMUNITY REGARDING ALL AVAILABLE SERVICES AND PROGRAMS. SHORT PRESENTATIONS FROM PROGRAMS!

5:00-8:00PM

TSUUT'INA HEALTH CENTRE PARKING LOT

FOR MORE INFORMATION CONTACT JOEL FISCHER @ 403.251.7575



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TOSGUNNA BREAKFAST JULY 10



ANNUAL CELEBRATIONS

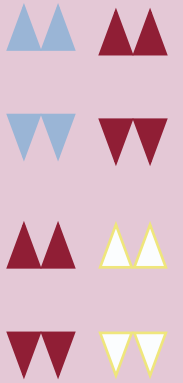
POWOW



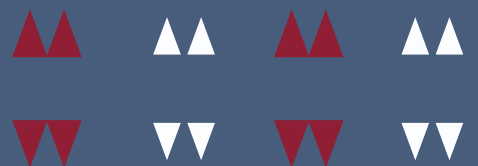
RODEO WINNERS 2024

ANNUAL CELEBRATIONS ANNUAL CELEBRATIONS









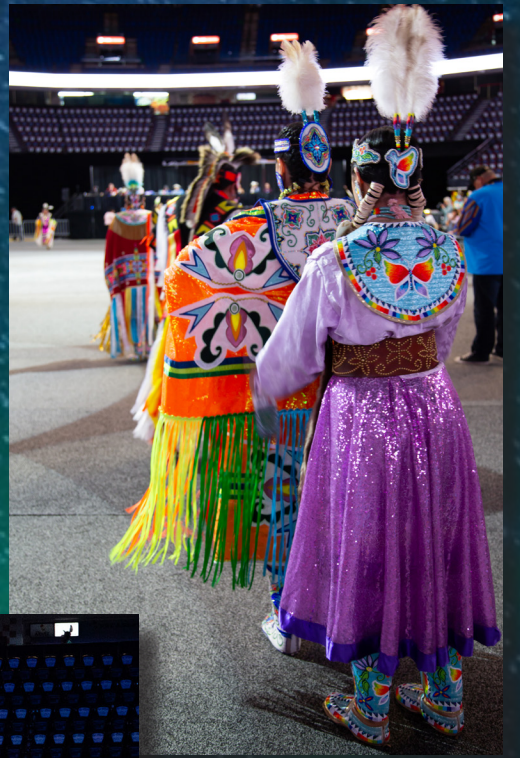
TSUUT'INA DAY

July 6, Calgary Stampede, 2024





2024 STAMPEDE POWWOW







7 CHIEFS SPORTSPLEX & CHIEF JIM STARLIGHT CENTRE

TSUUT'INA ATHLETE DEVELOPMENT PATHWAY: BECOMING A CHAMPION

7 CHIEFS SPORTSPLEX & CHIEF JIM STARLIGHT CENTRE

The 7 Chiefs Sportsplex & Chief Jim Starlight Centre is proudly offering a pathway to support Tsuut'ina youth to explore athletic development in pursuit of competitive sport opportunities to becoming a Champion.

Become a member of this team and feel the support of the Tsuut'ina Nation behind you as you unleash your potential through Sport!!

ELIGIBILITY & BENEFITS

ELIGIBILITY TO JOIN

- **Tsuut'ina Citizenship**
- **Mainstream programs:**
 - Birth years: 2008 - 2014
- **Special Olympics eligible:**
 - Ages 12 yrs to adult



BENEFITS OF JOINING

- Pride in being a Tsuut'ina athlete
- Combine Culture & Sport
- Increase Confidence in and out of sport
- Increase Skills
- Increase Athletic abilities
- Build Character
- Connect with experts, coaches & Tsuut'ina support
- Access sport clubs & competitions
- Talent identification
- Leadership opportunities
- Funding support
- Program Apparel
- Transportation support

DEVELOPMENT & CAMPS

Year Round Programming

A development program is created for you!
Age appropriate & purposeful.
Community supported

Build confidence
Gain Skills
Leadership Opportunities

Quarterly Camps

Four Camps per year

Explore new sports
Enhance current skills
Fitness Testing/ Sport Science
Talent Identification

September 14 & 15, 2024
February 15 & 16, 2025
May 31- June 1, 2025
August tba

Fitness Testing Fall/ Winter/ Spring/ Summer

RBC Training Ground

WWW.7CHIEFS.COM/7CCHAMPIONS
7CCHAMPIONS@TSUUTINA.COM

19 BULLHEAD ROAD, TSUUT'INA NATION, AB, T3T 0A6

SPORTS & COMPETITION OPPORTUNITIES

North American Indigenous Games 2027

3D Archery, Athletics (Track & Field), Basketball, Badminton, Baseball, Beach Volleyball, Boxing, Box Lacrosse, Canoe/kayak, Golf, Riflery, Soccer, Swimming, Tae Kwon Do, Volleyball, Wrestling



Special Olympics Alberta Provincial Games

Summer - Athletics, Basketball, Bocce, 10 Pin Bowling, Swimming, Powerlifting, Rhythmic Gymnastics, Softball, Golf, Soccer

Winter - Alpine Ski, Cross Country Ski, Curling, Figure Skating, Speed Skating (Short Track), Floor Ball Hockey, 5 Pin Bowling, Snowshoeing

Ice Hockey

Aboriginal Hockey Championships
Treaty Hockey Championships
Minor Hockey AA/AAA Opportunities

Provincial & National Sport Organization Championships

All Nations Volleyball Showcase
National Aboriginal Basketball

Major Games

Summer & Winter Olympic Games
Canada Summer & Winter Games
Arctic Winter Games

Alberta Indigenous Games

Athletics, Archery, Ball Hockey, Baseball, Basketball, Beach Volleyball, Box Lacrosse, Canoe/Kayak, Flag Football, Golf, Skateboarding, Soccer, Softball, Tipi Rising

CANADIAN SPORT INSTITUTE ALBERTA



Tsuut'ina Nation will partner with the Canadian Sport Institute - Alberta to ensure we follow the most current sport science practices. Fundamental Athletic Skills, Physical Literacy, Strength & Conditioning, Nutrition, Mental Performance, and Injury Prevention, Fitness Testing.

This will also allow team members to have access to training facilities across the province.

CHAMPIONS REGISTRATION

Whether you're a beginner or high performance athlete; able-bodied, para-sport, or an athlete with intellectual disability, we invite you to join us! Spaces are limited.

No Prerequisites required
Beginner to High Performance athletes welcome



REGISTER HERE



WWW.7CHIEFS.COM/7CCHAMPIONS
7CCHAMPIONS@TSUUTINA.COM

19 BULLHEAD ROAD, TSUUT'INA NATION, AB, T3T 0A6

JĪJÁ DĪNĪT'ÁSÍ CH'ÀT'ĀGHÁ

HOROSCOPES



AUG
2024

MĪZĪTS'Ī GÚDÍSÚLÍ /// LEO

JUL 23 - AUG 22

Your warmth and boldness is heightened this month. The more you do what you love, the more you shine. Don't let others' limited imagination limit you. Claim your spotlight and shine, baby shine!



TÚ YĪKŌLÍ /// AQUARIUS

JAN 20 - FEB 18

This month brings a moment of clarity and revelation. And if moments are what we have, we can string enough good ones to claim a life well-lived. Celebrate those in your life who can do this, especially in the most grueling of times.



NĪCHĪDĪNĪT'Ī TS'ĪKÁ /// VIRGO

AUG 23 - SEP 22

Trust inner hesitancy as guidance that less action taken, can offer results better than you imagined. Cocooning is a restorative practice of devotion to your pleasure and wellness. Bloom at your own pace.



TŁUK'A CHAATLADIT'IYI /// PISCES

FEB 19 - MAR 20

Tired or burnt out? Tend to your health, habits, and work schedule. Prioritize routines that are energizing. If you're not sure what those might be, notice in their absence if you feel depleted or supported.



ÁDÁGŪ-HÍ /// LIBRA

SEP 23 - OCT 22

Drop into stillness and center moments of bliss. Dare to fall into love again and again. Defy the odds and trust that your visions have found their way to you for a reason. When speaking your truth, remember that clarity is kind.



DŌMÁ ĪK'ŌYÍ /// ARIES

MAR 21 - APR 19

Learning lessons is an unending life process. There is no part of life that does not have lessons. While you are alive, there are lessons to be learned. A lesson will be repeated until it is learned. Find the will to learn it, and witness the boon return.



NĀT'ĪŪWÍ /// SCORPIO

OCT 23 - NOV 21

Talk is cheap, actions speak. Reflect what areas you could take more action in your life. If overwhelmed, make the action small and then watch it grow exponentially. You're doing better than you think you are.



ĪK'ŌYÍ /// TAURUS

APR 20 - MAY 20

Intimacy takes multiple forms and expressions. When intimacy is expressed randomly, it is a moment to remind you that affinity exists in the most unlikely of places and may come from admirers you least expect.



ĪST'Ī K'AT'INI /// SAGITTARIUS

NOV 22 - DEC 21

These next few weeks you get a boost of joy and heartfelt energy. What can you accomplish with this beneficial dynamic? Believe in the possibility of living the life created by the words you craft.



ĪK'ĀST'ŌNÁGHÁ /// GEMINI

MAY 21 - JUN 20

The charge of words and how they move from mouth to ear is clear to you this month. Words are waves of sound rippling through bodies and space. Share your waves with intentionality, and notice how they return to you.



DŌMĀ DĀ /// CAPRICORN

DEC 22 - JAN 19

Your negotiations this month may be bold and sparky. Take note of what is not working and trust that saying no to what no longer serves is not a loss. It is alignment.



MĪLŌ GŪLĪNÍ /// CANCER

JUN 21 - JUL 22

The need for personal self-expression and to serve others can be done best by embodying the joy of being playfully present. Aim for balance in all your relations.





ILÓ GUDAGAÀ-HÍ

EMPLOYMENT OPPORTUNITIES

Interested applicants must email resume and cover letter to jobs@tsuutina.com with relevant REF# in the subject line.

EDUCATIONAL ASSISTANT (3 OPENINGS):

REF# 648, 12 MONTH CONTRACT. CLOSING: AUG 20/24
CHIEF BIG BELLY MIDDLE SCHOOL

COOK (2 OPENINGS):

REF#649, FULL TIME. CLOSING: AUG 20/24
CHIEF BIG BELLY MIDDLE SCHOOL

GRADE 7 AND 8 LANGUAGE ARTS TEACHER:

REF#650, FULL TIME, MAT LEAVE. CLOSING: AUG 20/24
CHIEF BIG BELLY MIDDLE SCHOOL

CAPACITY REPORTING AND MONITORING:

REF#646, FULL TIME. CLOSING: AUG 19/24
DEPARTMENT: CONSULTATION



