

DĀ-HÍ

AT THIS POINT IN TIME



ISSUE # 16

2

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6

TÖSHKÖSHÍ
FROG

MONTH

CH'AT'ĀGHĀ
APRIL

Dzinisi gúja ɥat'a (*Good day y'all*),

These are trying times y'all! I can't believe in my lil-over-a-quarter life on what we are witnessing these days. There are very beautiful, monumental happenings to see but also very bad, and ugly things going on.

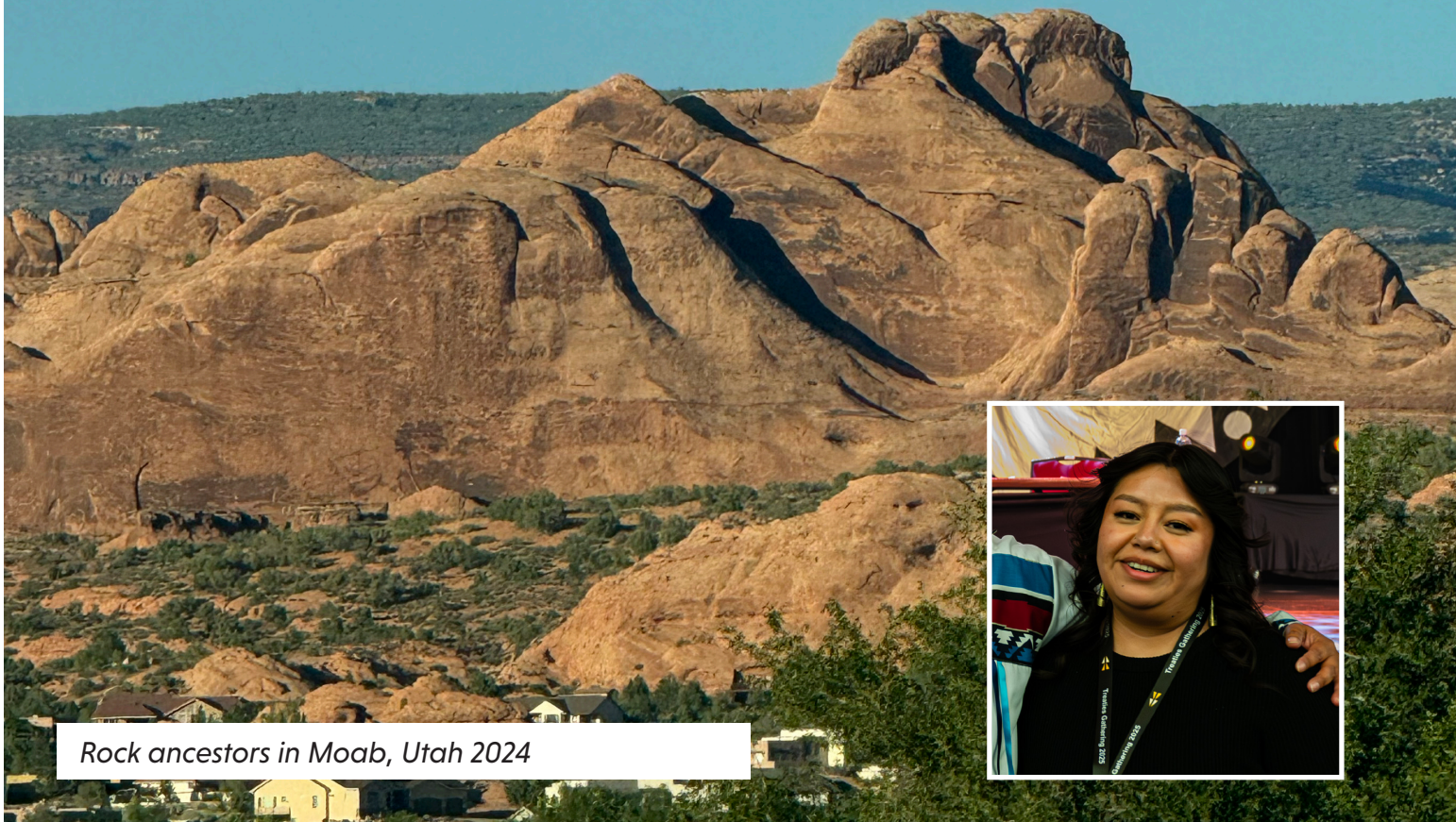
But, maybe, it's always been like this. The intense experience of being socially connected from a phone that is constantly proving what has always existed. A wonderful and tragic blend of all human experiences. I urge everyone to find balance on how much you can absorb daily. I even suggest to disconnect every few days if it's affecting your mental health. And I also believe everyone has the ability to source check, don't always believe what the algorithm is being presented to you.

Remember Treaties are still being impacted, do what you can to keep the Spirit and Intent generational.

Lastly, this newsletter is created by humans because we care about water.

Siyísgáas (Thank you) ★

– Carmen Littlelight, Managing Editor



Rock ancestors in Moab, Utah 2024



DÀ-HÍ

DÀ-HÍ meaning "at this point in time", is created in the Tsúut'ínà Nation Nínágúnīdīḱī "Communications Department". Our intention is to always reflect and represent Tsúut'ínà Nation in the best and most accurate manner. If you have suggestions for improvement or ideas for future stories or feedback on the current publication, we would love to hear from you.

Please address all comments to submissions@tsuutina.com

Sīyísgààs

STAFF

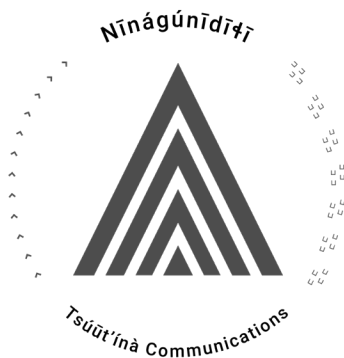
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www.tsuutina.com/events-calendar

Tōōk'ī dzīnīsī	Dīch'ī dzīnīsī	Gúút'ā dzīnīsī	Dzīnīsī tsīt'á
1 10 AM - 5 PM er Rations Distribution	2 10 AM - 2 PM Duty Counsel Legal Aid 10 AM - 5 PM Easter Rations Distribution	3	4
8	9 10:45 AM - 4 PM Youth Program Movie Trip <i>*Catholic Schools Only*</i>	10 9 AM - 2 PM Tsúūt'ínà Conservation Youth Program REGISTRATION DEADLINE Good Workers Program	11
15 REGISTRATION DEADLINE Tsúūt'ínà Princess Pageant	16 10 AM - 2 PM Duty Counsel Legal Aid	17	18 10 AM - 6 PM Community Market
Awaken the Spirit: Teaching our young people to stand on their own - Train the Trainer			
22	23	24	25
29	30	MAY 1 10 AM Tsúūt'ínà Princess Pageant	

"Erog Month" 2026

Tłúw'k'ā Ts'ídli-dí ùwā Ōgháts'ínitò-dà
COMMUNITY & RECREATION

Drop-In Open Gym

April 6th, 7th, 14th, 15th, 21st, & 28th
 4:00 PM - 6:00 PM
 April 13th, 20th, & 27th
 4:00 PM - 8:00 PM

7 Chiefs Sportsplex & Chief Jim Starlight Centre

Youth Night'z

Mondays
 5:00 PM - 8:00 PM

Drop Off: 7 Chiefs Sportsplex & Chief Jim Starlight Centre

Youth Ballet Dance Classes

Mondays
 5:45 PM - 6:45 PM

7 Chiefs Sportsplex & Chief Jim Starlight Centre

Youth Drumming Mentor Lessons

Tuesdays
 5:00 PM - 7:00 PM

Manyhorses High School

Youth Yoga Sessions

Wednesdays
 5:00 PM - 7:00 PM

Many Horses High School

Spring Rap Club

March 5th - June 5th, 2026
 Thursdays 4:30 PM - 7:30 PM
 Fridays 12:30 PM - 3:30 PM

Many Horses High School

7CC Special Olympics

Thursdays
 4:30 PM - 6:00 PM

7 Chiefs Sportsplex & Chief Jim Starlight Centre

Tłúw'k'ā Ts'ídli-dí ùwā Ōgháts'ínitò-dà
COMMUNITY & RECREATION

Youth Riding Program

Mondays - Advanced Riding Class
 Tuesdays - Beginners Class
 Wednesdays - Open Riding
 Thursdays - Roping/Ground Work
 5:00 PM - 7:00 PM

Harry Dodginghorse Memorial Agriplex

Its'ísídil'íshí ùwā Míst's'íníyóní Ágúyónà
EDUCATION & LIFE-LONG LEARNING

Tsúut'ínà Youth Financial Literacy Training

Mons & Weds until April 13th, 2026
 5 PM - 7 PM

7 Chiefs Sportsplex & Chief Jim Starlight Centre – Fieldhouse Boardroom

Good Workers Program

April 20th – July 9th, 2026
 Register by April 10th, 2026

10 Two Crossing Road

Diganádàts'ídinìdàí
HEALTH & WELLNESS

Grief & Loss Support Group

Bi-Weekly Mondays
 5:00 PM - 7:00 PM

Spirit Healing Lodge

Youth Outreach Homework Group

Tuesdays
 4:00 PM - 7:00 PM

Many Horses High School

Circle of the Treaty & Traditions

Bi-Weekly Tuesdays
 Until April 14th
 5:00 PM - 7:00 PM

Spirit Healing Lodge

Diganádàts'ídinìdàí
HEALTH & WELLNESS

Guja Food Market

Wednesdays
 2:00 PM - 4:30 PM

Bullhead Community Hall

Youth Snowboard Program

Bi-Weekly Saturdays
 Starting January 31st, 2026
 9:00 AM - 4:30 PM

7 Chiefs Sportsplex & Chief Jim Starlight Centre

Community Wellness Initiative

March 23rd - April 12th, 2026
 9:00 AM - 4:30 PM

Southland Leisure Centre
 Free Access to the Facility!

Diyi Dzinisi Ts'igunón
 SAVE THE DATE

Tsúut'ínà Community Association Launch

May 15th, 2026
 11:30 AM - 3:30 PM

Bullhead Community Hall

Tsúut'ínà Education Powwow

May 29th, 2026

7 Chiefs Sportsplex & Chief Jim Starlight Centre - Field House

20th Annual Native World Series

July 17th - 19th, 2026

Jaycee Slopitch Park

Rehumanizing Wellness Methods & Indigenous Legal Orders: Revitalizing Matrilineal Knowledge Conference

May 12th - 13th, 2026

Diyi Dzinisi Ts'igunón
SAVE THE DATE

Baby & Me Swimming Lessons

Sundays

Starting June 14th, 2026

10:00 AM - 11:00 AM

South Calgary Outdoor Pool

DIRECTORY

Tsúut'ínà Nation Contact Information:

Chief Joseph Big Plume Administration Building

9911 Chiila Boulevard, Tsúut'ínà

Nation, AB T3T0E1

403-281-4455

EMERGENCY CONTACT NUMBERS

If there is an **Emergency please call **9-1-1****

For Non Emergency inquiries please contact the following Tsúut'ínà Nation Departments listed:

Tosguna Non-Emergency Line

403-271-3777

Tsúut'ínà Nation Fire Department

403-251-9335

Covid-19 Testing Line Hours 8AM-4PM

403-258-4830

or **811** for 24 hour service

Public Works 24hr Emergency Housing Line

587-227-8772

Outreach/Wrap-Around Helpline

403-819-6602

Director of Emergency Management

(Tyler Two Guns)

403-589-0083

Tsúut'ínà Nation Roads Department

403-251-3015

LOOKING FOR MORE?

These are the recurring and upcoming events at a glance!

If you'd like more information, please go to our website

TSUUTINA.COM.





Jurisdiction and Enforcement: Introduction

SECTION	DETAILS
Jurisdiction	About have complete right to self-determination of your path for future generations.
Enforcement	First Nations Natural Laws exist to uphold our way of life while maintaining our way of being.

OUR WORLDVIEW ◀◀◀◀

Decisions are made to the benefit of the collective.

- ▶ Each individual has a responsibility to uphold, protect, educate, and care for the safety of one another in a manner of love and respect.
- ▶ Individual decisions can have an impact on everything now and in future generations.
- ▶ We have the right to maintain our way of life through our practices, culture, traditions, and enforce them.
- ▶ We lived by the understanding that we have rights and responsibilities. Our rights were gifted by Creator and upheld by our Ancestors and Elders. Our responsibilities are to each other, the collective, and the lands and resources.

TIMELINE THAT SUPPORTS OR AFFIRMS WORLDVIEW ◀◀◀◀

DATE / YEAR	EVENT
SC -1867 CONNOLLY V. WOOLRICH ET AL. (1867), 17 R.J.R.Q. 75 Commentary	"We must not abrogate indigenous traditions in favor of our own without good reason: rather we ought to consider such traditions alongside our own legal traditions. ... "That indigenous Rights and customs mattered to some degree, as much as those of the European settlers. "
Written Texts	"They promise and engage that they will in all respects obey and abide by the law, and they will maintain peace and good order between each other, and also between themselves and other Tribes of Indians, and between themselves."
Enoch River Cree Declaration, 12-13 November 2006	"To continue to call upon the United Nations, other international bodies, and States to recognize and uphold the rights affirmed in Treaties concluded with Indigenous Peoples and to develop effective mechanisms in this regard with the full participation of the Indigenous Peoples involved."





ADDITIONAL INSIGHTS ◀◀◀◀

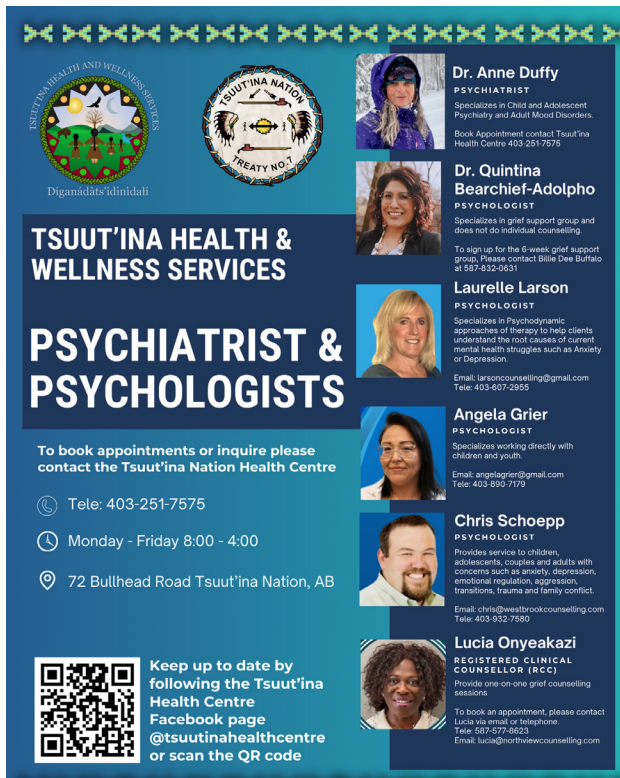
- ▶ Our traditional oral and physical practices that restore Natural Law and order are still conducted even if it is not a ratified law or policy such as banishment.
- ▶ Written texts:
 - ▶ “They promise and engage that they will, in all respects, obey and abide by the law, and they will maintain peace and good order between each other, and also between themselves and other Tribes of Indians, and between themselves and others of Her Majesty's subjects.”

SUGGESTIONS FOR NEXT STEPS ◀◀◀◀

- ▶ Collection of data and the analysis of what is and is not working in the Nation.
- ▶ Determine a wholistic approach to preventative, proactive, enforceable, and sustainable processes that ensure the collective benefits.
- ▶ Identify the collective as a source of jurisdiction.
- ▶ Research with the collective. Their input will determine the best practices for preventative, enforcement, rehabilitation practices, and resources available that will ensure the people are safe.



COMMUNITY POSTERS



TSUUT'INA HEALTH & WELLNESS SERVICES

PSYCHIATRIST & PSYCHOLOGISTS

Dr. Anne Duffy
PSYCHIATRIST
Specializes in Child and Adolescent Psychiatry and Adult Mood Disorders.
Book Appointment contact Tsuut'ina Health Centre 403-251-7575

Dr. Quintina Bearchief-Adolpho
PSYCHOLOGIST
Specializes in grief support group and does not do individual counseling.
To sign up for the 6-week grief support group, please contact Billie New Butlao at 587-832-0631

Laurelle Larson
PSYCHOLOGIST
Specializes in Psychodynamic approaches of therapy to help clients understand the root causes of current mental health struggles such as Anxiety or Depression.
Email: larsoncounseling@gmail.com
Tele: 403-907-2955

Angela Grier
PSYCHOLOGIST
Specializes working directly with children and youth.
Email: anglagrier@gmail.com
Tele: 403-930-7173

Chris Schoepp
PSYCHOLOGIST
Provides services to children, adolescents, couples and adults with concerns such as anxiety, depression, emotional regulation, aggression, transitions, trauma and family conflict.
Email: chris@westbrookcounseling.com
Tele: 403-932-7580

Lucia Onyeakazi
REGISTERED CLINICAL COUNSELLOR (RCC)
Provide one-on-one grief counselling sessions.
To book an appointment, please contact Lucia via email or telephone.
Tele: 587-577-8623
Email: lucia@northviewcounseling.com

To book appointments or inquire please contact the Tsuut'ina Nation Health Centre

📞 Tele: 403-251-7575

🕒 Monday - Friday 8:00 - 4:00

📍 72 Bullhead Road Tsuut'ina Nation, AB

Keep up to date by following the Tsuut'ina Health Centre Facebook page @tsuutinahealthcentre or scan the QR code



REDWOOD MEADOWS GOLF CLUB
OWNED & OPERATED BY THE TSUUT'INA NATION

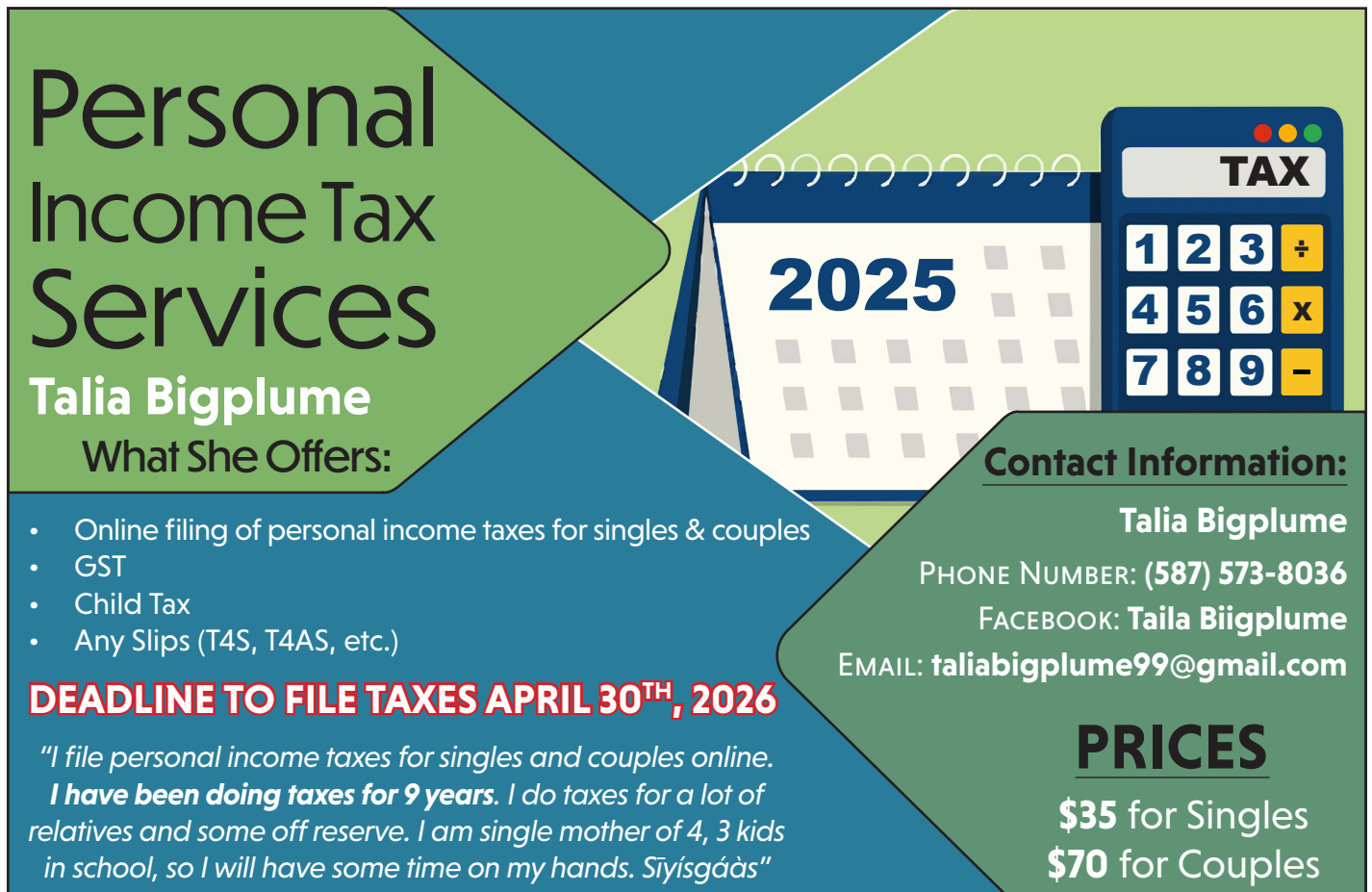
50th

ANNIVERSARY GOLF TOURNAMENT
Friends of The Tsuut'ina Nation

Saturday July 11, 2026

\$1200/Team of Four - Texas Scramble Format
Includes Meals, Golf Cart, Driving Range Access, Draw Prizes, and More...
~Sponsorship Packages Available~

Contact paddy@redwoodmeadows.com for more information



Personal Income Tax Services

Talia Bigplume
What She Offers:

- Online filing of personal income taxes for singles & couples
- GST
- Child Tax
- Any Slips (T4S, T4AS, etc.)

DEADLINE TO FILE TAXES APRIL 30TH, 2026

"I file personal income taxes for singles and couples online. I have been doing taxes for 9 years. I do taxes for a lot of relatives and some off reserve. I am single mother of 4, 3 kids in school, so I will have some time on my hands. Siyísígààs"

Contact Information:
Talia Bigplume
PHONE NUMBER: (587) 573-8036
FACEBOOK: Taila Biigplume
EMAIL: taliabigplume99@gmail.com

PRICES
\$35 for Singles
\$70 for Couples



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 PARK CELEBRATES A NEW CHAPTER: FIRST RESIDENTS MOVE IN

A HISTORIC MILESTONE FOR TSUUT'INA NATION AS COMMUNITY LIFE BEGINS AT TAZA PARK

On March 11, Taza proudly welcomed its first residents—marking the beginning of residential life in one of North America’s largest Indigenous-led developments on Tsuut’ina Nation lands. This is more than move-in day—it’s the start of a thriving neighbourhood grounded in partnership, purpose, and pride.



“We remain focused on doing things the right way, with purpose, transparency, and lasting benefit for our Nation.”

– Xàkújí Ellery Starlight

A WELCOME WITH MEANING

To commemorate the occasion, Xàkújí Zachary Manywounds presented a symbolic key and a formal welcome to one of the first homeowners—signifying not just a new home, but an invitation into a community built on respect, opportunity, and connection.

“Seeing families receive their keys is the moment the Taza vision becomes real.”

– James Robertson, President, Taza Development Corp.



VISION TAKING SHAPE

Years of disciplined planning and collaboration have brought us to this moment. As families settle in, Taza Park is evolving into a complete community—designed to welcome thousands of residents in the years ahead, with thoughtfully planned homes, parks, retail, and gathering spaces that reflect Tsuut’ina values and long-term prosperity.

“Together, we are creating more than homes—we are shaping a vibrant community that will serve families for generations.”

– Vered Amir, VP Brand Leadership & Community Engagement, Homes by Avi

COMMUNITY PRIDE IN ACTION

This milestone reflects a shared commitment by Tsuut’ina Nation, Taza Development Corp., and partners across the region. With each new key handed over, the Taza Park story grows—rooted in land stewardship, cultural respect, and a vision that looks seven generations ahead.



Ongoing Construction in Taza Park

Explore Media Coverage

Scan the QR code or visit: taza.ca/stories





Employment Opportunity

ORGANIZATION: Stoney Nakoda – Tsuut'ina Tribal Council Ltd. (G4)

DEPARTMENT: Health (G4 Health)

POSITION: Health Administration Coordinator – Full Time

POSITION OPEN UNTIL: Filled

DESCRIPTION

G4 Health is seeking a *Health Administration Coordinator* to be an integral part of our team. G4 Health is a department of the Stoney Nakoda –Tsuut'ina Tribal Council Ltd. (SNTTC), also known as "G4". The Stoney Nakoda – Tsuut'ina Tribal Council represents the Bearspaw, Chiniki, Goodstoney and Tsuut'ina First Nations. G4 Health advocates, advises, collaborates and builds capacity towards the overall health and wellbeing of the Îyethka & Tsuut'ina First Nations.

ROLE

The *Health Administration Coordinator* will report to the Health Director and will provide administrative support to the entire G4 Health Team. They will work collaboratively to meet the overall mandates and deliverables set out by the G4 Health Team.

Duties will include:

- Providing administrative support to the G4 Health Team in an effective and timely manner.
- Creating and maintaining filing systems for the various programs areas of G4 Health.
- Coordinating meetings (scheduling, confirming participants, creating meeting resource packages, taking meeting minutes & creating and sharing meeting summaries).
- Providing administrative support for community-based engagements and activities hosted by G4 Health
- Assisting with communications distribution through social media, newsletters and other formats shared with the Îyethka & Tsuut'ina First Nations.
- Coordinating G4 Health Team wellness activities
- Performing other related duties as determined by the G4 Health Team.

QUALIFICATIONS

Applicants should possess the following:

- Post-secondary education in an administrative related field is an asset but not required
- Experience in an administrative role
- Knowledge of the Îyethka and Tsuut'ina First Nations culture and customs
- Strong organization, communication and time management skills
- Ability to work independently and collaboratively in a team environment
- Excellent verbal and written communication skills
- Ability to maintain confidentiality when dealing with sensitive information and clients
- Proficiency in computer software such as Microsoft Office (Word, PowerPoint, Excel, etc.) digital meeting platforms (Microsoft Teams), and design applications (Canva)



Employment Opportunity

OTHER REQUIREMENTS

- A valid Alberta driver's license and reliable means of transportation
- Willingness to travel
- Cleared criminal record check

HOURS & LOCATION OF WORK

- G4 Health Office - Tsuut'ina Administration Building, Tsuut'ina AB
- Office Hours: 8:30 a.m. - 4:30 p.m.
- Monday to Friday (some evenings and weekends)
- Some travel required after regular work hours

SALARY

Based on qualifications and experience.

To apply for the *Health Administration Coordinator* position, please send resume, cover letter, and a list of 3 professional references to: contactus@g4health.org

This Job Posting adheres to Sections 1-9 of the Aboriginal Employee Preference Policy for Selection and Displacement.



Employment Opportunity

ORGANIZATION: Stoney Nakoda – Tsuut'ina Tribal Council Ltd. (G4)

DEPARTMENT: Health (G4 Health)

POSITION: *Health Client Navigator – Full Time*

POSITION OPEN UNTIL: Filled

DESCRIPTION

G4 Health is seeking a *Health Client Navigator* to be an integral part of our team. G4 Health is a department of the Stoney Nakoda – Tsuut'ina Tribal Council Ltd. (SNTTC), also known as “G4”. The Stoney Nakoda – Tsuut'ina Tribal Council represents the Bearspaw, Chiniki, Goodstoney and Tsuut'ina First Nations. G4 Health advocates, advises, collaborates and builds capacity towards the overall health and wellbeing of the Îyethka & Tsuut'ina First Nations.

ROLE

The *Health Client Navigator* supports community members in navigating federal, provincial, and community health systems, including Non-Insured Health Benefits (NIHB), Jordans Principle and other health services. The *Health Client Navigator* works closely with individuals, families, and healthcare teams, facilitating navigation through the healthcare system while ensuring their Treaty Right to Health. The *Health Client Navigator* provides non-clinical support to promote healing and improve healthcare outcomes for the Îyethka & Tsuut'ina communities.

Duties will include:

- Advocating for clients and their families to obtain clinical, cultural, social, financial and other required supports and resources to best meet their needs.
- Making appropriate referrals and removing barriers related to accessing services.
- Actively engaging and respectfully listening to clients and their families to support their needs and healthcare.
- Customizing resources to better meet the diverse needs of clients across different healthcare systems.
- Facilitating access to NIHB (Non-Insured Health Benefits), Jordan's Principle, and other applicable programs and services.
- Providing information on diagnosis and treatment options and facilitating sensitive discussions about a client's health journey.
- Coordinating transitions from medical facilities to home communities as required.
- Identifying trends in the issues and challenges experienced by individuals and families when seeking care, and provide this data to G4 Health to advocate for program enhancements.
- Maintaining case information, and documentation, to ensure accurate benefit utilization, and provide aggregate data tracking to G4 Health.
- Maintaining reports and documentation as required by health regulations.
- Performing other related duties as determined by G4 Health.



QUALIFICATIONS

Applicants should possess the following:

- Minimum 3 years of experience assisting clients in the healthcare system or advocating in other community setting, or equivalent experience and education/training (i.e. Diploma in Human/Social Services)
- Advanced interpersonal and active listening skills
- Advocacy, collaboration, and negotiation skills
- Experience working with Îyethka and Tsuut'ina communities
- Knowledge of Îyethka and Tsuut'ina culture, values, beliefs, and language an asset
- Ability to maintain confidentiality
- Ability to remain calm under pressure and apply sound judgment
- Ability to work independently in a fast-paced environment
- Knowledge of healthcare and community resources in Îyethka and Tsuut'ina territories
- Ability to manage multiple client cases simultaneously
- Knowledge of pediatric and geriatric health processes an asset
- Knowledge of benefits processes (e.g., NIHB, Jordan's Principle, Homecare)
- Effective oral and written communication skills
- Proficiency with Microsoft Word, Excel, Outlook, and other relevant software

OTHER REQUIREMENTS:

- Class 5 Driver's License
- Willingness to travel between Îyethka and Tsuut'ina communities
- Vulnerable sector and criminal record check

HOURS & LOCATION OF WORK

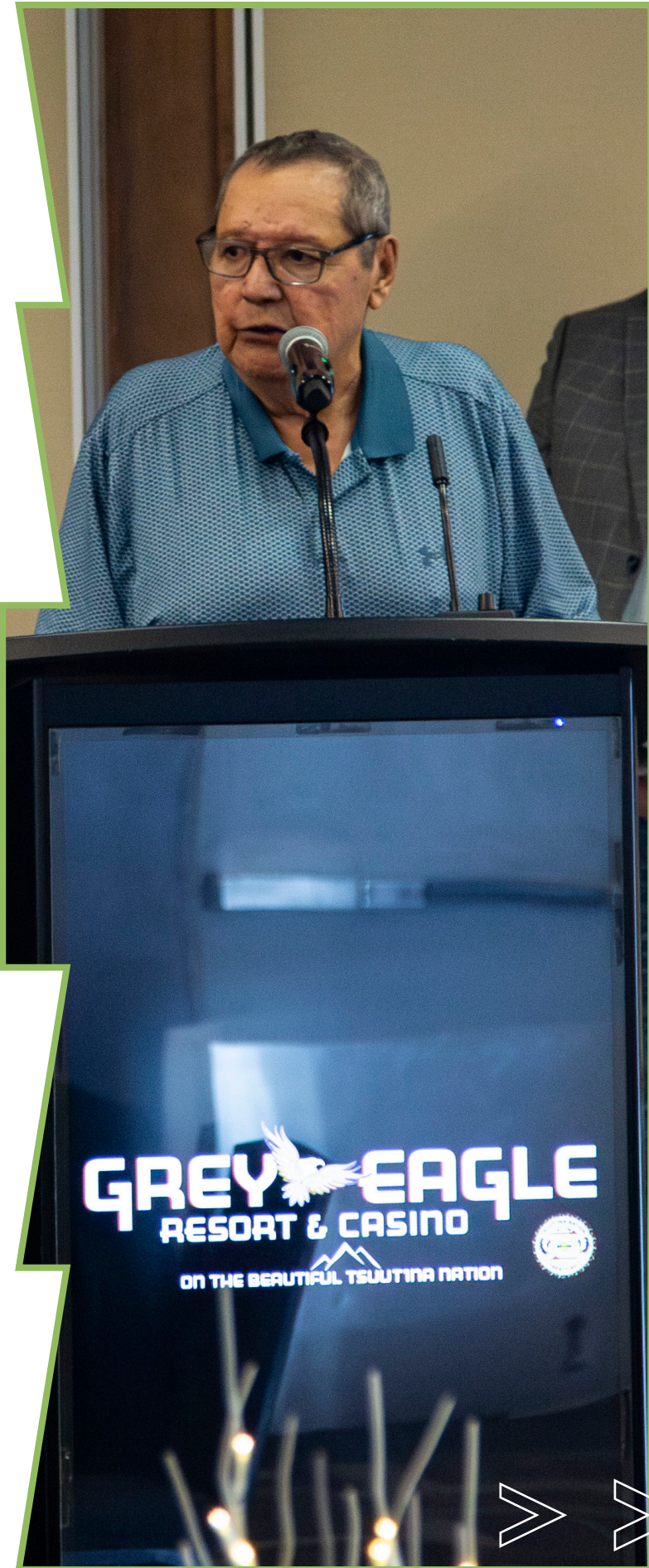
- G4 Health Office - Tsuut'ina Administration Building, Tsuut'ina AB
- Office Hours: 8:30 a.m. - 4:30 p.m.
- Monday to Friday (some evenings and weekends)
- Some travel required after regular work hours

SALARY

Based on qualifications and experience.

To apply for the *Health Client Navigator* position, please send resume, cover letter, and a list of 3 professional references to: contactus@g4health.org

This Job Posting adheres to Sections 1-9 of the Aboriginal Employee Preference Policy for Selection and Displacement.



Gūniìzh dístī-hí

"Stories in Motion"

"Stories In Motion" is a dedicated space for all Tsúut'ínà and community accomplishments. We at Dà-Hí support everyone who puts forth their best effort in life, work, and play.

Dà-Hí will always support those who commit, persist, and strive towards a better collective Tsúut'ínà future.

ATTENTION!

Trigger Warning - Deceased Animals on pages 19 - 23.

If you'd like to submit to "Stories in Motion" please email the Dà-Hí at submissions@tsuutina.com



Retirement Luncheon for Alvin Big Crow



On Tuesday, March 31st, 2026, Tsúūt'ínà Nation Citizens and Community Members gathered at the Grey Eagle Hotel to honour the career of Alvin Big Crow. Alvin and the work he's done have been an integral part of the development of Tsúūt'ínà Nation. Alvin has worn many hats in his life, including, but not limited to: friend, husband, father, grandfather, leader, cowboy and man of faith, to name a few. Alvin has been working for an impressive 60 years, with his most recent

work being done within the Community and Recreation Portfolio, running the Bullhead Community Hall. The Luncheon was emceed by Community and Recreation Executive Director Kevin Littlelight. He introduced speakers Marvin Dodginghorse, Leon Littlelight, Xàkújá Corrine Eagletail, Xàkújá Hine Crowchild, Xàkújá Leeroy Meguinis, Xàkújá Zachary Manywounds, and Xàkújá Waylon Big Plume. Each speaker reminded us of the things that Alvin Big Crow stands for and represents. He is

someone who is always there for you, who leads by example, and always encourages you to do your best in all aspects of life. He represents wisdom and patience. His presence will be missed in the workplace. As an Elder, Alvin's work is never done, but we hope that he takes time to relax and enjoy his time with family, friends and the community. Sīyísígààs to everyone who attended and helped put on this event. We wish you nothing but the best, Alvin, sīyísígààs!



Did you know? Alvin was Coach of the 1988 Sarcee Seven Chiefs Hockey team who won the championship that year. Pictured below are some of the players from that all Tsúut'ínà dream team.



BACK LEFT TO RIGHT: Ivan Eagletail (Defenceman), Shay Runner (Right Wing/Enforcer), Lance Big Crow (Goalie), Leon Littlelight (Right Wing), Leeroy Meguinis (Left Wing)
FRONT LEFT TO RIGHT: Kevin Littlelight (Water Boy), Alvin Big Crow (Coach)

Tips & Traps *with* William Big Plume

An interview with passionate Tsú t'ina trapper wanting to share his knowledge



How has the trapping season been for you?

There's no exact trapping season, as you know, we are First Nations, and we're allowed to traditionally trap and hunt anytime of the year when we want and need to. So, I don't like to call it the trapping season; I like to call it the winter season. We do have our own forms of conservation of the animals, but I want to stress that we have the right to hunt and trap year-round.

We are going into the spring season of trapping. Right now, the beavers will be coming out, and their fur is nice and fat and just getting over that winter fluff they have. Then by summer, they'll be shedding that fur because of the heat. In terms of this "winter season", it was good. I checked my traps consistently, but the thing with trapping is that it's not consistent. You're not going to go out and suddenly get a deer; you know what I mean? You set your traps, and then you must consistently check them. When you do those checks, you know, you bring in your odours, you bring in your scent, and that lingers on your trap line and your trap checks. So sometimes that'll cause the animals not to come.

But all in all, I got two beautiful sets snapped. I got a beautiful lynx and a gorgeous marten.

**"I WANT TO STRESS THAT. WE
HAVE THE RIGHT TO HUNT AND
TRAP YEAR-ROUND."**

What is a marten?

A marten is a wood sable. That's what they're called. They belong to the weasel family. An ermine, a marten, a sable, and a fisher are all from the weasel family. It's like a white-tailed deer and a mule deer. They're both deer, but they're different based on the species. It's the same with weasels.

What about your history/your family connections to trapping?

I grew up with a grandfather who was an avid hunter and trapper. So, when I lived with my grandparents, I remember coming home on the bus, and I'd have my bus driver, who was not Indigenous or not First Nations or not from Canada. And they're like, "What's that on your porch?" And on my grandpa's porch is just this line of about six or seven weasels and ermines that all have been snapped in my grandpa's trap. Trapping has always been a part of my life, right from when I was a young man.

Tell us about the trading aspect that goes along with trapping?

I still see the selling of a hide as a form of trading, as a form of bartering. It's a negotiation, "I have this pelt, and you have that pelt, and are you willing to trade for that?" It's all based on needs, right? Needs-based trading. I'll give you an example. My partner is from the Northwest Territories. A lot of trappers up there [Northwest Territories] trade within the Northern Arctic, but the thing to note again, based on that need, is that in the Northwest Territories, they don't have deer anywhere. The area is so vast, and the number of resources is so limited that deer actually don't pass the north of 60 lines. So, deer skin is a nice hot commodity up in the North.

Nice, so it still kind of does play into modern-day economics, but you often keep that traditional viewpoint alive when you are either selling or trading your wares. I understand that.

Yeah, that's exactly it. There's the fur harvest company that operates out of Ontario (<https://www.furharvesters.com>) and they set up shops in Alberta, BC, and in Saskatchewan. I believe now [April] is the time when they're doing fur auctions. So that would be the modern economic value of trapping: submitting your furs and those auctions, and they'll buy them by bulk.

How long have you and your partner been doing this?

My wife has been doing this since elementary school. Myself, again, my grandfather would take us out hunting. I would see his traps. My wife and I always laugh about this, because we always like to say, you know, we've been hunting and trapping our whole lives, but we've only been actively doing it ourselves the last five years. We'd always have the guidance of our elders or our mentors saying, "This is how you set a trap," or "This is how you skin the animal." They'll show us the whole process. It's been about the last five years that we've been doing it on our own, no Elders to catch us or correct us when we are doing something wrong. If you mess up, it's 100% on you, whereas when an Elder is guiding you, and you or they make a mistake, it's like, oh, you know, this happens, and it's not your mistake, right? But once you're out there by yourself, it's all on you.



PINE MARTEN

The American Marten (*Martes americana*) is found throughout Canada in mature boreal forests of conifers or mixed forests of conifers and hardwoods.

<https://naturecanada.ca/discover-nature/land-wildlife/the-fox/>



STOAT/ERMINE

The stoat (*Mustela erminea*), also known as the Eurasian ermine or ermine, is a species of mustelid native to Eurasia and the northern regions of North America.

<https://en.wikipedia.org/wiki/Stoat>



SABLE

The sable (*Martes zibellina*) is a species of marten, a small omnivorous mammal

<https://en.wikipedia.org/wiki/Sable>

What kind of traps do you use?

So, I personally use a Conibear. I hunt bigger animals, so I use Conibear 330s. Conibear 330s are for your lynxes, your beavers, your bigger game, your wolverines. But, I prefer Conibears as they are considered humane traps. When you use snares, sometimes they're not clean terminations. Sometimes the animals will suffer. And when animals suffer, it's not good for a lot of reasons. It's not good for the fur, it's not good for the meat, it's not good for the animal itself. So, with my Conibears, again, it's instant. They don't feel anything. It's just gone. Whereas those other ones, you'd have to check consistently, ensure that whatever, if anything is caught, it's terminated, as quickly as possible. If not, you have a poor animal who's out there, essentially defenseless not able to protect itself.

Let's talk a little bit more about wolverines and why that seems to us, from an outsider's perspective, to be your animal of choice to trap.

So, we want to say my animal, but truly, I would say every trapper's ultimate dream is to walk up and find a wolverine pelt. The wolverine is one of the most elusive creatures in North America that we have. I like to call them freaks of nature, really. Wolverines are like land sharks, they can smell blood miles away. They can smell a corpse under 20 feet of snow. The wolverine has, I believe, hollow fur, meaning the fur on their body will not frost. So, in the north, when people make parkas, they would use the wolverine as the trim around the face because your breathing wouldn't frost up. So, no matter how cold it is, no matter how wet a wolverine gets, their fur will never frost.

Now, going into that, what started me on this winter trap season in February, when they posted a wolverine that was on the west side of the reserve. And I knew, like everyone was saying, he was close to the nation, so once I seen him and how close he was, I instantly went out there and set up my traps around the Nation.

Any luck with that particular wolverine so far?

So, I took down all my traps, and I had no luck with him this year. So, the wolverine gets to live another year. I did take down my traps as I am going to be away for a long period of time. I will not keep my traps up if I'm not able to check on them regularly, to either, again, dispense or terminate an animal who, got caught in my trap.



First trap set!

CREDIT: WILLIAM BIG PLUME'S PHOTO



CREDIT: ALBERTA NATURE PHOTOGRAPHER VIA FACEBOOK



CREDIT: WILLIAM BIG PLUME'S PHOTO

Now, before I get to the last question here, is there anything exciting that you'd like to share about your business or about trapping coming up here in the future?

We do "Christmas on the Nation" every December, so I'll be showcasing some of my furs there. Another note is that my family does set up a teepee at the Calgary Stampede, so I'm planning to donate some of my hides so they can showcase them at the greatest outdoor show on earth. I just want to show that this is still what we do, you know, our family still does this even to this day. Even through all of the atrocities that our people have gone through, from residential school, the 60's scoop, to even modern-day issues, there are still some of us who were taught the traditional ways and are still actively using the skills we were taught.

For any Tsuuti'na youth or young people out there reading this, what advice would you give them if they are looking to get into trapping?

I do want to note that I'm not going to show you where my trap lines are, but I can take you out and show you how to set a trap, and what you're looking for in regards of tracks and tracking animals, where their paths are and the best place to set a trap, the best advice I can give when you're starting your own trap line.

What advice I would give to them is to *just do it*. You know, it's just something you have to decide to do. It's not something that you can be half in and half out of, if you're going to do it. Another thing, and it's in my head and I can literally hear it, is my late papa, he would always say, "*Don't be lazy.*" That was his big thing: ***you don't be lazy.*** So, if you want to be a trapper, you know, you just can't be lazy. Another thing is to find a mentor. So, finding a mentor to help you, to ask questions, to guide you in your trapping experiences. I wouldn't have been able to trap properly without my mentors.



CREDIT: COMMUNICATIONS PHOTO FROM "CHRISTMAS ON THE NATION"



CREDIT: WILLIAM BIG PLUME'S PHOTO



CREDIT: WILLIAM BIG PLUME'S PHOTO

If you're looking to learn how to trap and get into it, I'd highly suggest finding a mentor to help guide you. I do want to stress that those who don't have familial ties, I'm willing to hand off this knowledge. This isn't knowledge that, you know, should be gate-kept. I'm not keeping this knowledge just for myself. I would love to share it with anyone who wants to learn how to do this. Again, I want to note, I won't be showing them my trap lines themselves. That's a little bit of guarded information; a lot of hunters and trappers think, "Oh, you just want to learn my secret spots where the good stuff is."

Awesome. I think people really appreciate that there's a local person who is willing to not gatekeep that knowledge. So, I think that's really good, Will.

Thank you, thank you for that. Again, I want to stress that this is an inherent right for us to do this [trapping]. I was fortunate enough to have a family that actively did this. I get and recognize that not everyone has that. So, I do want to open myself up to anyone who's looking to learn and to gain this knowledge. But it does have to come with proper protocols. I do need to mention that.

So, what I mean by proper protocols is when I ask my mentors for guidance or assistance, I've always either given tobacco or given some form of an offering. Whether that's sage or medicine, or even monetary offerings, those are offerings; that's asking for permission to learn this knowledge.

Sūyísqáàs William for your time and knowledge. Good luck with your trapping and we wish you a plentiful Spring and Summer season!

Tsúūt'ínà Health Fair

The Tsúūt'ínà Health & Wellness Fair took Place on Friday March 13th 2026, at the Seven Chiefs Sportsplex and Chief Jim Starlight Centre. The fair had an amazing turn out and had plenty of Information, prizes, food, and knowledgeable people to help you learn about Health.

"When you can access resources that can improve your health, you have an increased quality of life in every way. So that's the type of thing that I think we want people to be aware of and know that it's just a question away. Even though these organizations, there's sometimes there's barriers, right? So in this case, (the Tsúūt'ínà Health Fair), it's just walking and talking to those very organizations".

- Guja Health Team

The Guja Health Team held this event in collaboration with various Internal and External Health and Wellness services. A major takeaway from this event is that everyone there wanted to remind Tsúūt'ínà Nation citizens and community members that the options and resources to better your health are available for you, all it takes is reaching out. That being said, we at Communications have done our best to compile an in depth list of the services and Health options from this years fair at the end of this article.

"THE HEALTH FAIR IS FOR THE COMMUNITY TO FIND OUT WHAT RESOURCES AND PROGRAMS THAT WE PARTNER WITH FROM THE HEALTH CENTRE, AND ALSO AROUND THE NATION"

- Guja Health Team

"Growing up, we never had that awareness of our mental and physical health, or anything like this. It was detrimental to us, but I think having that awareness now and having these events is amazing. We understand all aspects of health now, so, from a leadership perspective, it's good to see the people engage with that. We want healthy people on the nation, so for them to take that initiative to come out, it shows that our nation wants to heal."

- Xàkújá Tyson Heavenfire, Tsúūt'ínà Nation Minor Chief

We hope everyone had a safe and fun time at this years health fair, and if you missed it be sure to keep a eye on the Communications pages for news about the next event from Tsúūt'ínà Health and Wellness services.



The Men's Group takes place twice a week and they prioritize mental health, land based healing, and traditional games.



What's one thing about the health centre that you want people to know about?

"I guess just reaching out in general and getting connected, because you don't know what you don't know unless you connect. So I guess people just making that connection, and then we can help, you know, connect the dots from there."

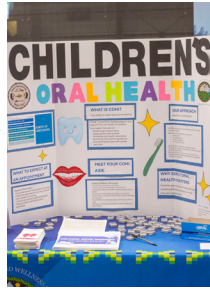
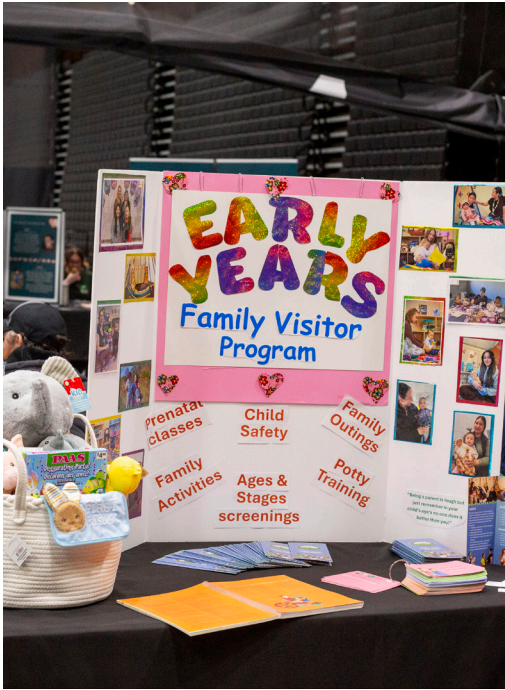
- Moriah Whitney, Medical Clerk Coordinator

What are ways that people can help access safer water solutions?

"Well, on the Nation, most homes are cistern or wells. My role is to sample the homes water supply to make sure that its safe to drink. For homeowners, I do suggest that they reach out and do it every year. Most homeowners don't do that unless there's something wrong with the water. Be proactive rather than reactive."

- Yevette Meguinis, Water Tester





What's one thing you want people to know about the outreach team?

"We meet a lot of people where they're at. Or they can come to us for help. It could be peer support, it can be anything from treatment applications, and even just like food assistance, or hygiene. Our main goal is just to meet our people with where they are at right now."

- Jewell Baptiste, Outreach Peer Support

Why are men's groups like this important for health?

"Well, it gives you the support. It helps you make friends, you know, get back in with yourself. I was grieving when I started, and now I'm actually coming out of my shell. I'm starting to hang out more and be apart of the group. It's for support."

- Albert, Four Seasons Healing Group



Services & Options from the Fair

From A - Z

ABORIGINAL FRIENDSHIP CENTRE

info@afccalgary.org
(403) 270-7379
afccalgary.org

AFNIGC ALBERTA

reception@afnigc.ca
(403) 539-5775
afnigc.ca

AUTISM CALGARY

info@autismcalgary.com
(403) 250-5033
autismcalgary.com

AWO TAAN HEALING LODGE

awotaan@awotaan.org
(403) 531-1972 & (403) 531-1976
awotaan.org

CALGARY CENTRE FOR SEXUALITY

intake@centreforsexuality.ca
(403) 283-5580
centreforsexuality.ca

CFS - FOSTER & KINSHIP

(403) 281-0121
230 Old Agency Road
Hours: Mon - Fri 8 AM - 4 PM

CFS - OUTREACH

(403) 281-0121
230 Old Agency Road
Hours: Mon-Fri 8 AM - 4 PM

CFS - POST MAJORITY

(403) 281-0121
230 Old Agency Road
Hours: Mon-Fri 8 AM - 4 PM

CHIILA WELLNESS COACHES

(403) 251-9955
trina.zirrie@tsuutinaeducation.com
jasmine.mankey@tsuutinaeducation.com
ndixon@renfreweducation.org

CMHA

info@cmha.calgary.ab.ca
(403) 297-1700
cmha.calgary.ab.ca

COMMUNITIES CHOOSEWELL

choosewell@arpaonline.ca
(780) 415-1745
communitieschoosewell.ca

COMMUNITY HEALTH

Contact: Liz Waker
(403) 251-7575
liz.waker@tsuutina.com

CRA

1 (800) 959-8281
220 4 Ave SE, Calgary, AB
T2G 5E7

DISABILITY PROGRAM

Josephine Cutknife
(403) 252-1421
josie.cutknife@tsuutina.com

EARLY YEARS

For More Info Please Contact
Chantelle Pye
chantelle.pye@tsuutina.com

ELDER'S PROGRAM

Michelle Jacobs
michelle.jacobs@tsuutina.com
(403) 281-4455

EVOLUTION EYES

info@evolutioneyes.ca
(403) 899-2207
evolutioneyes.ca

FEARISNOTLOVE

info@fearisnotlove.ca
(403) 290-1552
fearisnotlove.ca

FNCL NAVIGATOR

Contact: Gold Adiele
(403) 251-7575
gold.adielle@tsuutina.com

FISH & WILDLIFE

aep.fwdsupportcalgary@gov.ab.ca
(403) 297-6674
mywildalberta.ca

FIT FOUNDATION YOUTH HEALTH CLUB

1 (877) 323-1203
Unit 301 - 11501 Buffalo Run Blvd.
fitfoundation.ca

G4 HEALTH

Box 350 - 9911 Chiila Blvd.
(403) 685-2440
g4health.org/home

GIVELIFE ALBERTA

info@givelifealberta.ca
1 (844) 452-6838
givelifealberta.ca

GUJA HEALTH EDUCATION

Reception: (403) 251-7575
Pharmacy: (403) 251-6700
Hours: Mon-Fri 8 AM - 4 PM

H&WCULTURAL COORDINATOR

Heather Meguinis
(403) 281-2082
heather.meguinis@tsuutina.com

INDIGENOUS HEALTH PROGRAM

UofC Cumming School of Medicine
ihprogram@ucalgary.ca
cumming.ucalgary.ca/mdprogram/future-
students/indigenous-health

INDIGENOUS MENTAL HEALTH

indigenouswellnesscore@primarycarealberta.ca
For Health Advice Call: 811
albertahealthservices.ca/info/Page11949.aspx

LAND BASED HEALTH & WELLNESS

Reception: (403) 251-7575
Pharmacy: (403) 251-6700
tsuutinahealthandwellness.com

MAKOYOH'SOKOI (WOLF TRAIL)

info@wolftrail.ca
3330 Hospital Drive NW Calgary, AB
wolftrail.ca

MAN VAN

info@prostatecancercentre.ca
(403) 943-8888
prostatecancercentre.ca/the-man-van/

MEDICAL TRANSPORTATION

Reception: (403) 251-7575
Pharmacy: (403) 251-6700
tsuutinahealthandwellness.com

MISKANAWAH

East Location: (403) 247-5003 Ext. 1
West Location: (403) 247-5003 Ext. 2
miskanawah.ca

NANOTESS CATALIZING HEALING

support@nanotess.com
(587) 322-4490
nanotess.com

OCYA

ca.information@ocya.alberta.ca
(403) 297-8435
ocya.alberta.ca

PLANET YOUTH

Instagram:
@planetyouthcalgary
planetyouthcalgary.ca

POTENTIAL PLACE MENTAL HEALTH

clubmail@potentialplace.org
(403) 216-9250
potentialplace.org

RENFREW EDUCATIONAL SERVICES

renfrew@renfreweducation.org
(587) 287-5746
renfreweducation.org

SAFELINK

info@safelinkalberta.ca
(403) 508-2500
safelinkalberta.ca

SAFELINK - TESTING

calgaryclinic@safelinkalberta.ca
(403) 508-2716
safelinkalberta.ca/testing/

SERVICE CANADA

1 (800) 622-6232
offices.service.canada.ca/
en/OfficesInProvince/AB/id

SKIPPING STONES

info@skippingstone.ca
(587) 333-4342
skippingstone.ca

SUNRISE HEALING LODGE

nasgeneral@nass.ca
(403) 261-7921
nass.ca

TOSGUNA

info@tsuutinapolice.com
(403) 251-9660
tsuutinapolice.com

TSUUT'INÀ GRANT WRITER

Dawn Mabbott
dawn.mabbott@tsuutina.com
(403) 281-4455

TSUUT'INÀ NATION CLINIC

Reception: (403) 251-7575
Pharmacy: (403) 251-6700
tsuutinahealthandwellness.com

TTN HEALTH & WELLNESS

Reception: (403) 251-7575
Pharmacy: (403) 251-6700
tsuutinahealthandwellness.com

VICTIM SERVICES

(403) 428-8398
calgarypolice.ca/about-us/our-people/
victim-assistance-support-team.html

WATER TESTING/COHI

justice.poitrasonespot@tsuutina.com
(403) 251-7575
Facebook: Tsuut'ina Nation COHI Program

WELLSPRING CANCER SUPPORT

info@wellspringalberta.ca
(587) 747-0260
wellspring.ca/alberta

YOUTH PROGRAM

Instagram:
@tsuutina.youth.program



Skate with Zach Whitecloud

OF THE CALGARY FLAMES

On March 4th, 2026, hundreds of Nation Citizens and Community members packed the hallways of the Seven Chiefs Sportsplex and Chief Jim Starlight Centre to try and meet with local talent and Indigenous Flames defenceman Zach Whitecloud. From one sliding door to the other, fans eagerly lined up and awaited the appearance

of Whitecloud for his post-skate autograph session. Communications' "field reporter" Chris Elser was able to sneak their way through the crowd of people to snap some photos of the madness and get a few words from Event Coordinator/Hockey program director Kyle Dodginghorse and Xàkújá (Minor Chief) Tyson Heavenfire.



What is the event going on here today?

So, we have Zach Whitecloud from the Calgary Flames coming out and signing some autographs. He just got off the ice with our Big Belly Middle School hockey program.

What do these kinds of events mean to the Tsúut'ínà community and the hockey community?

I think it's huge because they get to see a First Nations player who's playing at the highest level, and if they see him doing it, it gives some hope that they can achieve it themselves.

Anybody you want to give thanks to for this event?

Just thanks to the Calgary Flames for allowing him to come out, and Zach himself for taking the time out of his busy schedule to come.

- Kyle Dodginghorse, *Tsúut'ínà Hockey Program Director*

Xàkújá (Minor Chief) Tyson Heavenfire and Hockey Program Director Kyle Dodginghorse thanked everyone for coming out and presented two blankets to Zac Whitecloud and his team.

"IT'S WITH THE ONGOING SUPPORT OF OUR HOCKEY PROGRAM AND OUR HOCKEY DIRECTOR, TO BE ABLE TO IGNITE THESE KINDS OF INITIATIVES, TO HAVE PEOPLE LIKE ZACH WHITECLOUD COME OUT AND SUPPORT OUR YOUTH AND TO COME OUT TO THE FIRST NATIONS."

- Xàkújá Tyson Heavenfire, *Tsúut'ínà Minor Chief*



ZACH WHITECLOUD HAS MADE AN IMMEDIATE IMPACT WITH THE CALGARY FLAMES BY IMMEDIATELY PLAYING UPWARDS OF 20+ MINUTES A GAME AND TAKING A STRONG COMMUNITY LEADER ROLE.



A huge sūyísgáàs to Zach Whitecloud and all those who made this event possible!



WE'RE SO PROUD TO REVEAL THIS YEAR'S INDIGENOUS CELEBRATION LOGO, DESIGNED BY LOCAL ARTIST KEEGAN STARLIGHT!
- Calgary Flames Via Facebook

Calgary Flames

INDIGENOUS CELEBRATION JERSEY

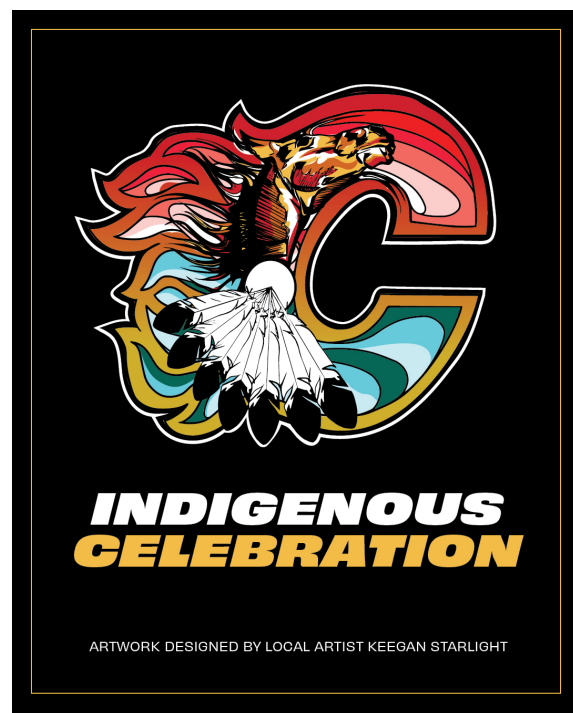
DESIGNED BY KEEGAN STARLIGHT

As some of you may know, local Tsúut'ínà Artist Keegan Starlight was behind this year's Calgary Flames Indigenous Celebrations jersey design. We at Communications were lucky enough to have Keegan stop by and answer some impromptu questions about the experience.

Tell us about your process with the Flames and how that began?

It's actually been quite a bit of a process, and it started all through Brent Dodginghorse. For the past few years, because he sits on the Flames board, he has always told me, "I'm gonna get you to do some logos for them [Calgary Flames]." And he kept telling me for like the past two years, and I'm like, okay, just whenever you get it, we'll get it done. And then finally, last year, back in November (2025), he called saying, "Are you available for a call? Someone from the Flames is gonna call you." I was like, "Dope!"

They called me and said, "We want you to do this logo for the Indigenous Celebration jersey. Can you get it done for us? March 7th is when we wanted to unveil it [the design]." I said, "Yeah, I can get that done. How many variations of the logo do you want?" They said they just wanted one... and for anybody who's an illustrator or an artist, that drives them nuts, because you always want to have different variations of your work, it's like brainstorming, right!



But the process was really easy. The Flames organization had so much feedback off the cuff, and then they had their own internal graphic designer who would help me through, like what I needed, and with the technical abilities and stuff. I learned how to use Adobe Illustrator for this, so overall it was great. They're very supportive, I mean, I couldn't have asked for a better client.

What was it like incorporating Tsúūt'inà culture into such a beloved brand?

It was definitely a surreal experience. It really brought me back because growing up in my household, the Flames were playing [on the TV] all the time. Every season, my dad was always watching it. My brothers are big hockey fans, and my sister is like probably one of the biggest hockey fans; she's got the Flames license plate and everything. So, it was massive for me.

It definitely is a dream come true. You know, like it's about time. I know that a majority of this Nation are Flames fans. Definitely a sea of red out here. But to have that Tsúūt'inà flare shown on a Calgary Flames Jersey, even if it's just a one-off jersey, is probably one of the biggest achievements I've had in the last few years.

You worked with your daughter on this project as well?

Yep. So, my daughter, Brielle, was actually a huge part of the project because I was having such a hard time figuring out what I wanted to do. My daughter just said, "Hey, what if you drew *Blasty*? You know?" and I was like, "Oh my God," it's like the light bulb went off, and my wife was like, "Can you add in some of your colours that you do with all your other paintings?"

Do you have anything you want to say to the Tsúūt'inà Youth who are out there trying to see themselves in your shoes?

I think being given the opportunity is one thing, but taking that step to do the opportunity, that's the biggest thing that you can do. My advice to the youth is to just do it. Just do it! If the opportunity is there, don't second-guess it. If you try and fail, that's still learning. But if you try and you just crush it, then you know you are on the right path.

PHOTO CREDIT: Medina, Alex. "Photo Gallery - Flames 2026 Indigenous Celebration Jersey." Calgary Flames, March 4, 2026. <https://www.nhl.com/flames/multimedia/galleries/photo-gallery-flames-2026-indigenous-celebration-jersey>.




KEEGAN STARLIGHT

KEEGAN STARLIGHT IS FROM THE TSUUTINA NATION AND HAS BEEN A PROFESSIONAL ARTIST FOR MORE THAN 20 YEARS, WITH HIS WORKS FEATURED THROUGHOUT ALBERTA AND ACROSS CANADA. HE IS A PROUD FATHER OF 3 CHILDREN AND LOVING HUSBAND TO WIFE AMANDA.

KEEGAN'S ART PRACTICE STEMS FROM HIS TRADITIONAL UPRISING AND CLOSE CONNECTION TO HIS NATION. HIS ART PRACTICE RANGES FROM WORKING WITH PORTRAITURE AND HIS PALETTE CONSISTS OF BRIGHT VIBRANT COLORS AND APPLYING IT TO TRADITIONAL ANIMALS THAT THE FIRST NATIONS PEOPLES RELY ON. HIS WORK ALSO DESCRIBES THE CONNECTION TO THE LAND WE LIVE ON, THE IMPORTANCE OF CULTURE, AND MAINTAINING THE TRADITIONAL WAYS THAT THE ANCESTORS KEPT ALIVE.


WORKING ON THIS PROJECT HAS BEEN A DREAM COME TRUE FOR KEEGAN AND HE HOPES THAT THIS LOGO WILL INSPIRE OTHERS TO PURSUE THEIR DREAMS AND TO KEEP THE CREATIVE SPIRIT ALIVE. HÍY HÍY.

INDIGENOUS CELEBRATION



FAMILY

FAMILY IS EVERYTHING. KEEGAN'S DAUGHTER BRIELLE WAS THE INSPIRATION FOR THE SHOULDER PATCH, SPENDING TIME WITH HER DAD IN THE STUDIO DRAWING AND MAKING MEMORIES LED TO THE CREATION OF THIS UNIQUE PIECE HONOURING INDIGENOUS CULTURE.



CORE SYMBOLISM

1. THE PINK SWIRLS REPRESENT THE SKY AND THE PRAYERS THAT THE CHINOOKS CARRY TO THE CREATOR. WARM CHINOOK WINDS ARE PREVALENT IN SOUTHERN ALBERTA ONE OF VERY FEW PLACES ON THE PLANET THAT CAN EXPERIENCE THEM.
2. THE GREEN AND BLUE SWIRLS REPRESENT HEALTHY EARTH AND WATER. HAVING A CLEAN AND HEALTHY HOME MAKES FOR A HEALTHY COMMUNITY.
3. KEEGAN HAS DEPICTED BLASTY IN HIS OWN UNIQUE WAY, WITH THE PIERCY MANE FLOWING INTO THE EMBERS OF THE FLAMING C.
4. THE 7 FEATHERS REPRESENT TREATY 7 AND ALL ITS NATIONS.
5. KEEGAN UTILIZED HIS SIGNATURE COLOUR PALETTE WHEN CREATING THIS PIECE, MIXING BRIGHT AND BOLD HUES WITH THE FAMILIAR COLOURS ASSOCIATED WITH THE CALGARY FLAMES BRAND.



Tosguna Graduation

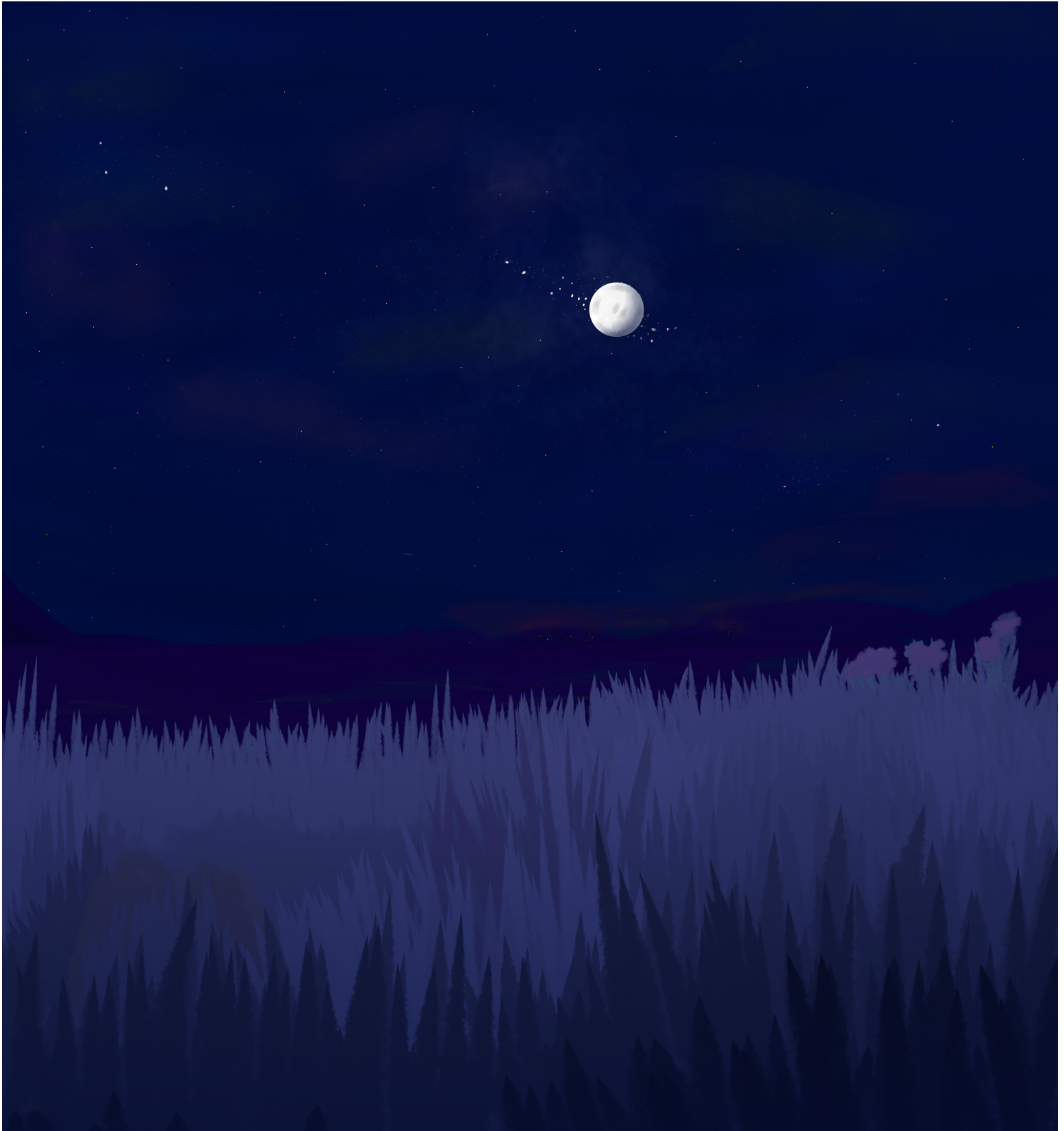
"Congratulations to Class 266 on their graduation on March 13th, 2026. We are proud to recognize Tsúut'ínà Nation Police Service officers Josiah and Wyatt, who successfully completed their training alongside the Calgary Police Service. We warmly welcome them to the Tsúut'ínà Nation and thank the Calgary Police for their continued partnership and support. Gújàká! (Good work)"

- Tosguna via Facebook



Phot Credit:

Congratulations to my brother Josiah Big Plume!
From William Big Plume and Family

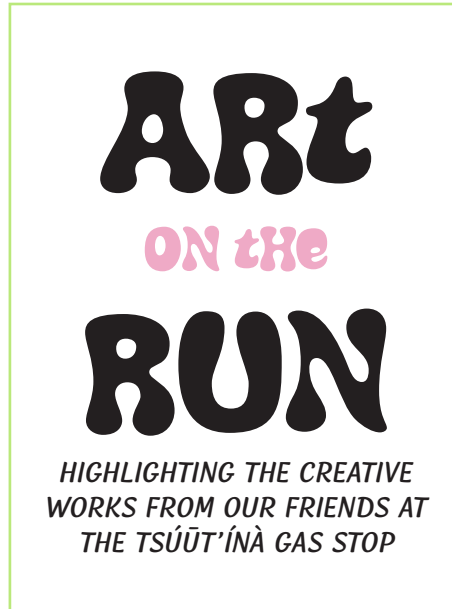


Broken Moon

ARTIST: Dillon Whitney Manywounds

MEDIUM: Digital Painting Made With Krita

FOR ENQUIRIES PLEASE CONTACT: dillonmanywounds1123@gmail.com



"My name is Chanei Ermineskin-Omeasoo. I am a small artist from Treaty 6 (Maskwacis) currently working in Tsuutina at Tsuutina gas bar. My only social media representation for my art is found on Instagram: @artistfromtreaty6. Hope you enjoy the images ☺. I'd love to share/create more art with the community"

- Chanei Ermineskin-Omeasoo, Artist & Employee at TAZA Park East Gas Stop

You can see these works of art in person at the new TAZA Park East Gas Stop or check her out on instagram @artistfromtreaty6



D Z I N I S I
G U J A

Happy Birthday Julie!
April 29th
Love From, Family ❤️

Happy Birthday Randy Whitney!
April 13th
Love, The Family

Happy Birthday Dallas Whitney-Manywounds!
April 13th
Love, Keanu & Family

Happy Birthday Kevin Runner!
April 7th
Love, Your Family

Happy Birthday Cayda!
April 24th
Love From, Family ❤️

Happy Birthday Paulie Whitney
April 20th
Love From, the Comms Dept ❤️

Happy Birthday Diqí Dzinisí Gúja Sízá Kisikawasan Starlight!
April 20th
Níts'ádásní from Noo, Alex, Aubrey, Oskayah, úwa Eowyn



Happy Birthday to my dear sister, Jessica!
Reach for the stars!
Happy 23rd Birthday!
From Your Favourite Sibling, Dairq (Darien Big Belly [Saddleback])



Happy 68th Birthday to Nation Elder Dolly Big Plume. May the Creator continue to bless you and guide your path always.
With all our love, Brian, Loretta (Mark), Austin, Nicole, Angelina (Scott), and Cody, and your grandchildren, Hayden & Stella.
April 18th



Happy 86th Birthday to our Matriarch and our Granny (Niihisuh), Keitha Manyhorses!
Love From, The Manyhorses Family



Happy Birthday to our awesome Dad, Taylor Bigcrow!
April 1st
Thank you for all you do for us everyday, we appreciate you so much. Also happy 3 year sobriety were all so proud of you!



Happy Birthday to the B-Day twins, Luna Big Plume-Lafond (9th Birthday) & Kaleb Big Plume (2nd Birthday)!
April 27th
Love From, Your Family!

Happy Birthday to our fierce leader, Violet Meguinis! We love you!
April 18th
From, the Consultation Team!



Happy Birthday Glenna!
April 18th
From, Family

Happy Sweet 16th Birthday to Laney & Peyton!
April 13th
April 14th
Love, Mom!



Iló Gudagaà-hí Employment Opportunities

To apply, please send your resume to: jobs@tsuutina.com. Please include in the subject line: **JOB TITLE & REF#** to ensure that it is received.

Find More Information & Jobs Online at: www.tsuutina.com/job-seekers/

CAREER EMPLOYMENT COUNSELLOR REF#2604-01

DEPARTMENTS: BAEC - Indigenous Skills and Employment Training Strategies

DESIGNATION: Full-Time

VACANCIES: One (1)

COMPETITION CLOSURES: **April 15th, 2026 @ 11:59 PM MST**

(Late submissions will not be accepted)



LAND DEVELOPMENT SUMMER STUDENT

DEPARTMENTS: TAZA

DESIGNATION: Summer 2026

VACANCIES: One (1)

COMPETITION CLOSURES: **Until Filled**



COMMUNITY ENGAGEMENT STUDENT ASSISTANT SUMMER STUDENT

DEPARTMENTS: TAZA

DESIGNATION: Summer 2026 (May – August)

VACANCIES: One (1)

COMPETITION CLOSURES: **Until Filled**



ACCOUNTING SUMMER STUDENT

DEPARTMENTS: TAZA

DESIGNATION: Summer 2026

VACANCIES: One (1)

COMPETITION CLOSURES: **Until Filled**



ADMINISTRATION/OFFICE MANAGEMENT SUMMER STUDENT

DEPARTMENTS: TAZA

DESIGNATION: Summer 2026

VACANCIES: One (1)

COMPETITION CLOSURES: **Until Filled**



CHIEF EXECUTIVE OFFICER

Email: Ceo@g4tc.org

Address: Stoney Nakoda –

Tsúut'ínà Tribal Council Ltd.

P.O. Box 350, 9911 Chiila Blvd.

Tsúut'ínà Nation, Alberta T3T 0E1

DEPARTMENTS: G4 Health

DESIGNATION: Full-Time

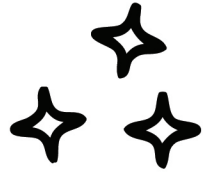
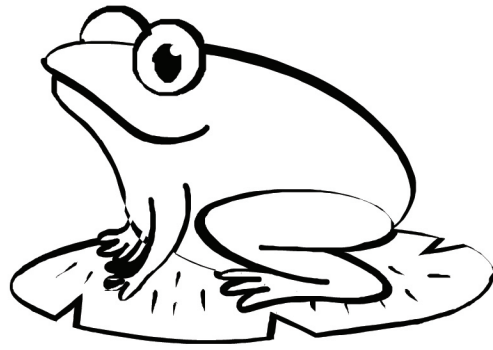
VACANCIES: One (1)



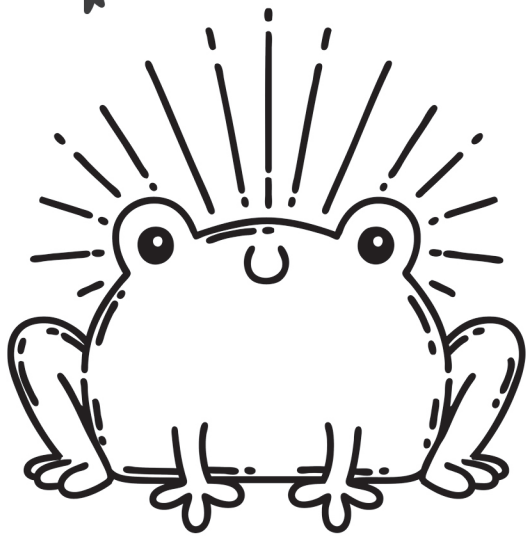
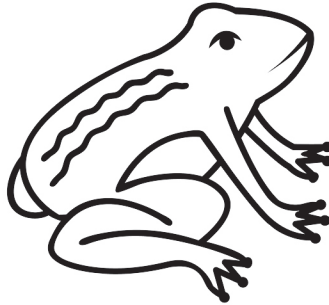
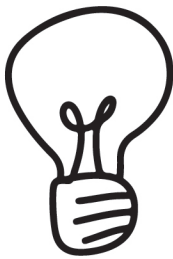
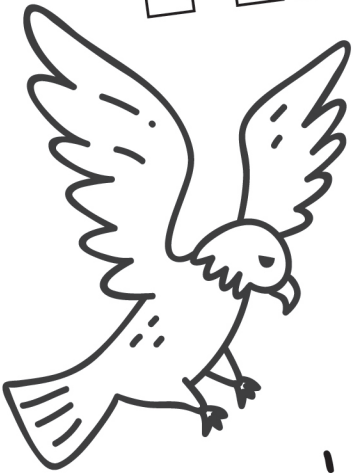
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FUN

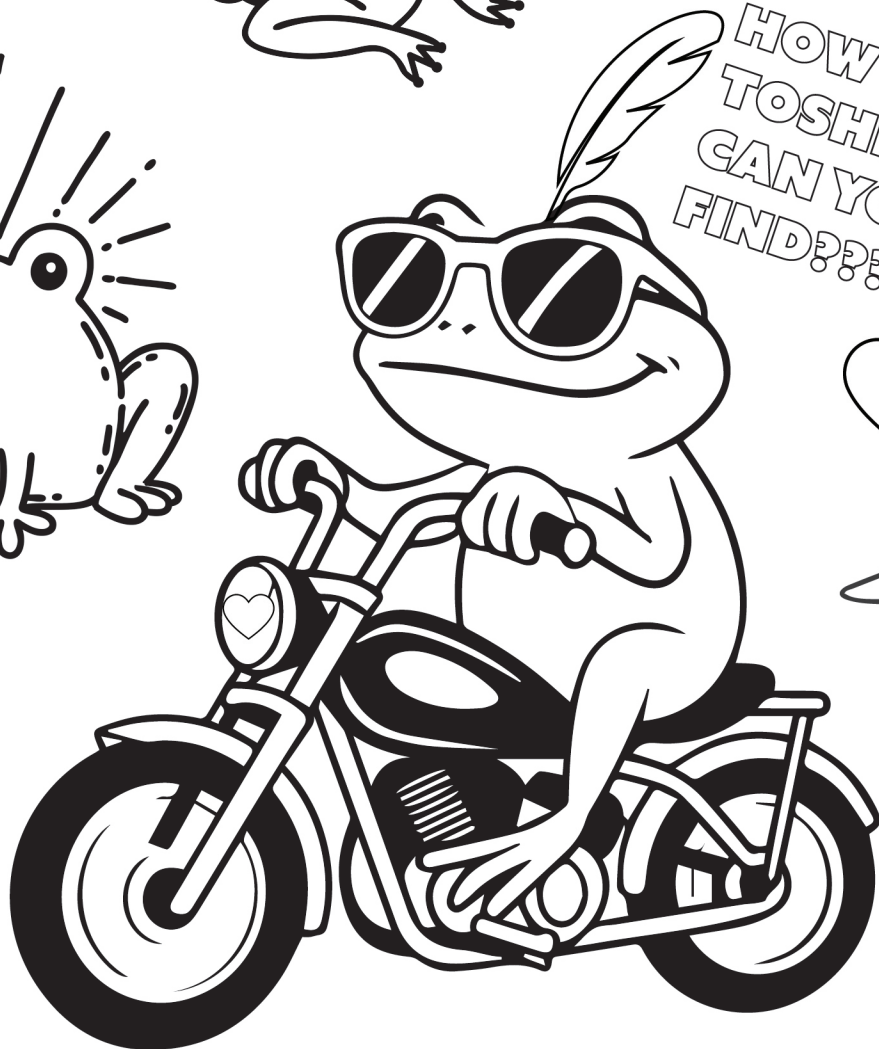
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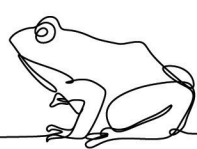
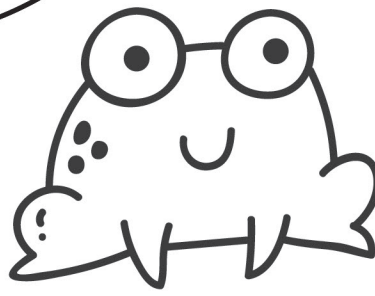
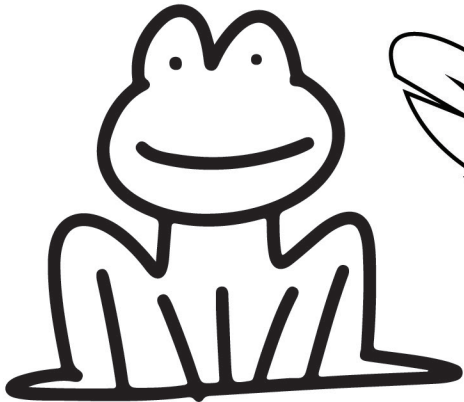
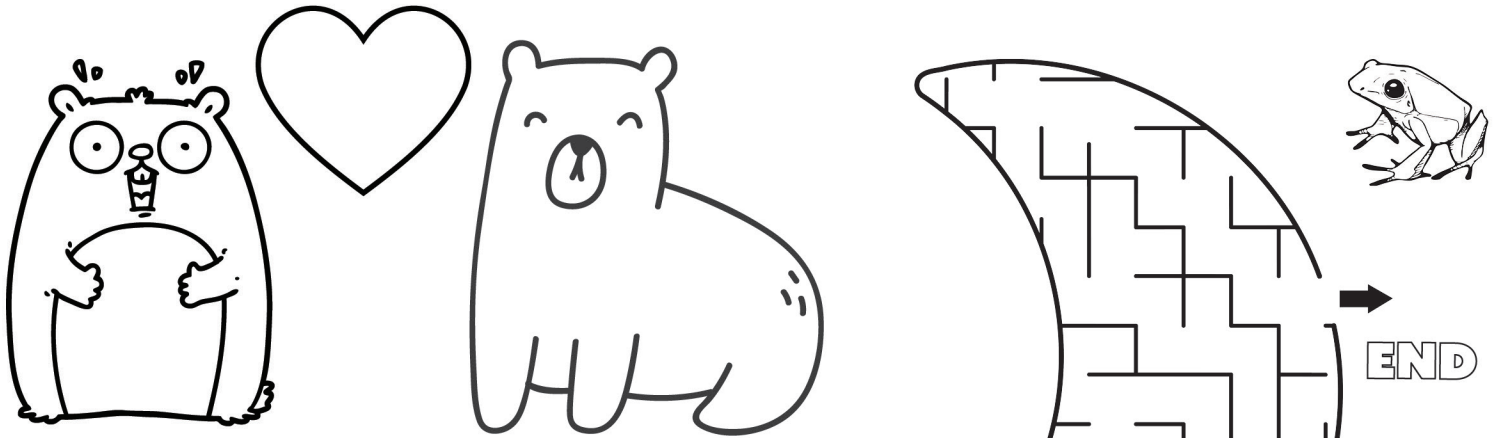


eee



HOW MANY
TOSHKOSHI
CAN YOU
FIND???





WORD SEARCH PUZZLE
ANIMALS

1

- ELEPHANT
- KOALA
- DOLPHIN
- JELLYFISH
- LION
- SCORPION
- PANDA
- CHAMELEON
- WOLF
- MOSQUITO
- SWAN
- LOBSTER
- HIPPOPOTAMUS
- GIRAFFE
- SNAIL
- PARROT
- ORANGUTAN
- WHALE

H	G	N	M	O	S	Q	I	F	E	S	C	O	R	I	O	M	P	E	T
E	A	K	O	A	N	D	M	L	C	H	A	M	E	L	E	O	N	A	N
D	M	H	C	I	R	T	S	O	A	E	N	L	S	O	F	S	I	B	A
G	F	W	E	L	P	S	E	G	S	L	I	O	N	N	F	Q	W	E	T
O	R	O	C	T	U	R	W	I	L	D	T	D	J	P	A	U	S	A	U
H	D	O	G	N	E	I	O	G	O	R	I	L	L	A	R	I	H	J	G
S	I	D	O	P	C	P	D	C	B	C	Q	P	F	F	I	T	L	E	N
I	H	P	L	K	A	N	O	A	S	U	T	W	L	A	G	O	L	L	A
F	Y	E	P	G	O	R	P	L	T	H	D	O	L	I	O	R	A	F	R
Y	A	C	I	O	C	F	R	A	E	C	W	G	P	M	R	I	M	E	O
L	P	K	P	R	P	E	L	O	R	T	R	T	A	U	A	F	G	O	S
L	B	E	A	R	D	O	P	K	T	F	N	O	I	N	S	F	R	D	O
E	S	R	I	H	N	E	T	S	W	A	M	A	L	L	I	A	U	O	M
J	N	A	W	L	E	Q	U	A	H	T	N	S	A	N	G	R	M	L	G
C	W	B	O	H	G	I	N	P	M	A	C	J	G	N	S	G	A	P	H
A	O	T	S	E	A	R	E	N	W	U	R	T	A	F	E	R	O	H	I
L	F	S	T	D	H	L	P	S	H	T	S	K	N	A	T	Y	P	I	P
F	U	R	N	C	E	H	E	D	G	E	H	O	G	R	O	D	H	N	A
L	E	A	G	E	L	F	L	E	H	N	F	L	A	M	I	N	G	O	H
O	P	I	K	W	G	R	A	H	S	O	E	J	E	L	O	R	R	A	P

- OCTOPUS
- PIG
- HEDGEHOG
- FROG
- ANTELOPE
- LLAMA
- KANGAROO
- SHEEP
- GORILLA
- HYENA
- WOODPECKER
- DOG
- CROCODILE
- EAGLE
- FLAMINGO
- BEAR
- OSTRICH
- SHARK



NEVER MISS AN UPDATE

GET THE APP

The app uses state-of-the-art technology to notify Tsuut'ina Yíná of breaking news, documents, videos, and events instantly delivered via push notifications.

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- ▶ **SURVEYS**
- ▶ **EVENTS**
- ▶ **NEWS**

