

DÀ-HÍ

AT THIS POINT IN TIME



ISSUE # 17

2

0

2

5

ʔIGHAZĀ
EGG

LAYING

MONTH

CH'AT'AGHĀ
MAY

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

It has been over a year since I quit coffee.

I have more pocket money and there's less trash I have to worry about.

But I really miss the taste and the smell. It was honestly one of my most favorite beverages. I drank coffee everyday, multiple times a day, and before going to bed. I loved regular coffees, iced coffees, the various forms of lattes, and I would drink it black just because. I don't have a real reason. Why would anyone give up one of their favorite things?

It could be from over indulging a little too much on my end. I can honestly say I struggle with over indulging. I've been alcohol free for over 7 years and now fully sober from other stuff for over a year. I'm learning how to exist with new perspectives and living with a brain chemistry that's foreign to me. It's quite painful somedays to raw-dog feelings and remember unfavorable memories.

The human experience is terrible and wonderful if I'm being honest.

Anyway, celebrate your sober relatives, even if they can be short and cranky, it's hard being clean in these streets. And again, this newsletter has been created by real humans.

Siyisgaas (Thank you) ★

– Carmen Littlelight, Managing Editor



Beach in Huatulco, Mexico 2024



DÀ-HÍ

DÀ-HÍ meaning “at this point in time”, is created in the Tsúut’ínà Nation Nínágúnīdīḥī “Communications Department”. Our intention is to always reflect and represent the Tsúut’ínà Nation in the best and most accurate manner. If you have suggestions for improvements, 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

Sīyísgáàs

STAFF

MANAGING EDITOR *Carmen Littlelight*

GRAPHIC DESIGN SPECIALIST *Chris Elser*

GRAPHIC DESIGNER *Nicole Adams*

MULTI-MEDIA DESIGNER *Ryan Running Rabbit*



9911 Chilla Blvd.
Tsúut’ínà AB T3T OE1
(403) 238-6251

COMMUNICATIONS@TSUUTINA.COM

SUBMISSIONS@TSUUTINA.COM

www.TSUUTINA.com

[instagram.com/TSUUTINACOMMUNICATIONS](https://www.instagram.com/TSUUTINACOMMUNICATIONS)

[facebook.com/TSUUTINACOMMUNICATIONS](https://www.facebook.com/TSUUTINACOMMUNICATIONS)

[youtube.com/@TTNCOMMUNICATIONS9959](https://www.youtube.com/@TTNCOMMUNICATIONS9959)

© 2026 by Tsúut’ínà Nation. All rights reserved. Dà-Hí newsletter is published monthly for distribution in Tsúut’ínà Nation. The publisher reserves the right to accept or reject any advertising or editorial material. All advertising created by the publisher or its company are not considered a work made for hire and the publisher retains the copy write to all advertisements created for the advertiser. All editorial, stories, layouts, graphics, and advertisements may not be reproduced without written permission of the publisher.

ʔlgházā ch'at'āghá

Dzīnīsī yīk'ā	Dzīnīsī ʔónā	Ákíyī dzīnīsī	
3	4 9 AM - 4 PM Red Dress Day Ribbon Skirt Making Workshop	5 10 AM - 2 PM MMEIP Awareness Walk 11 AM Tsuut'ina Elders Day	
10	11	12	
17	18	19 9:30 AM - 3 PM ID Clinic	
24 31	25	26	



www.tsuutina.com/events-calendar

Tōōk'ī dzīnīsī	Dīich'ī dzīnīsī	Gúút'ā dzīnīsī	Dzīnīsī tsīt'á
		<p>1 8 AM Annual Tsuut'ina Day Celebration Drive-Thru</p> <p>10 AM Tsuut'ina Education Princess Pageant</p> <p>TSUUT'INA DAY</p>	2
6	<p>7 5:30 PM - 6:45 PM John Ware/Cedarbrae Transition Commun-I-Tea Event</p>	<p>8 1 PM Mother's Day Tea & Bingo</p> <p>5 PM - 10 PM Red Dress Powwow</p> <p>9 AM - 12 AM Driving While Indigenous</p>	<p>9 10 AM - 2 PM Mother's Day Hike with Recreation</p>
13	<p>14 5:30 PM - 7:30 PM Tsuut'ina Tosguna - Stronger Together</p>	<p>15 11:30 AM - 3:30 PM Tsuut'ina Community Association Launch</p>	16
20	21	<p>22 11 AM - 6 PM Community Market</p>	<p>23 11 AM - 6 PM Community Market</p>
<p>27 1 PM - 7:30 PM CCP Event - Wusa Tsúūt'ínà Natsid Gula (Together a Stronger Tsuut'ina is Possible)</p>	<p>28 Time TBA Tsuut'ina Open House</p>	<p>29 12 PM - 9 PM Tsuut'ina Education Powwow</p>	30

Egg Laying Month 2026

Tłúuk'á Tsítłi-dí ùwā Ōgháts'ínítò-dà
COMMUNITY & RECREATION

Drop-In Open Gym

May 5th, 7th, 12th, 19th, & 26th

4:00 PM - 6:00 PM

May 6th, 11th, 13th, 20th, & 27th

6:30 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

Manyhorses High School

Spring Rap Club

March 5th - June 5th, 2026

Thursdays 4:30 PM - 7:30 PM

Fridays 12:30 PM - 3:30 PM

Manyhorses High School

7CC Special Olympics

Thursdays

4:30 PM - 6:00 PM

7 Chiefs Sportsplex & Chief Jim Starlight Centre

Tłúuk'á Tsítłi-dí ùwā Ōgháts'ínítò-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

It'sítłitł'ishí ùwā Místs'íníyóní Ágúyónà
EDUCATION & LIFE-LONG LEARNING

Good Workers Program

April 20th – July 9th, 2026

10 Two Crossing Road

Tsuūt'ínà Education Powwow

May 29th, 2026

7 Chiefs Sportsplex & Chief Jim Starlight Centre - Field House

Diganádàts'idiinìdatł
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

Manyhorses High School

Guja Food Market

Wednesdays

2:00 PM - 4:30 PM

Bullhead Community Hall

Spring Prenatal Classes

Tuesdays

1:00 PM - 3:00 PM

Tsuut'ina Health Centre

Diganádàts'idiinìdatł
HEALTH & WELLNESS

Child Care Level 1 - Group #2

Starting May 25th, 2026

Register in person or call

(403) 238-0166

CERC - Sparrow Nest

CAEC/GED

Every Tuesday

CERC - Sparrow Nest

Diłi Dzinisi Ts'igunón
SAVE THE DATE

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

May 12th - 13th, 2026

Baby & Me Swimming Lessons

Sundays

Starting June 14th, 2026

10:00 AM - 11:00 AM

South Calgary Outdoor Pool

50th Anniversary Golf Tournament: Friends of the Tsuut'ina Nation

July 11th, 2026

Redwood Meadows Golf Club

20th Annual Native World Series

July 17th - 19th, 2026

Jaycee Slopitch Park

Tsuut'ina Nation Annual Golf Classic 2026

July 24th - 26th, 2026

Redwood Meadows Golf Club

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

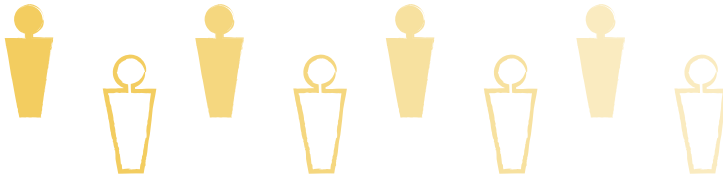
LOOKING FOR MORE?

These are the recurring and upcoming events at a glance!

If you'd like more information, please go to our website **TSUUTINA.COM**.



COMMUNITY POSTERS



ADMINISTRATION GUNAHA CLASSES

Description: Gunáhà Classes
Fridays 10am-12pm at the Chief Joseph Building Veteran's Hall.
We encourage all administration staff attend if possible.

May 8th - Cancelled

May 15th - Council Chambers ✨
Intro to simple conversations and survival phrases

May 22nd - Council Chambers
About Me: Introduction, age, birthday, kinship

May 29th - Council Chambers
Conversations, survival phrases, sentence structuring

June 5th - Council Chambers
Intro to medicines, plants, herbs vocabulary

June 12th - Council Chambers
Intro to travel, directions, land features vocabulary

June 19th - Council Chambers
Intro to Ámà traditional vocab

Check in at front desk of Chief Joseph Administration Building.
For questions or inquiries:
cieran.starlight@tsuutina.com

MAY

Whats happening at Sparrows Nest?

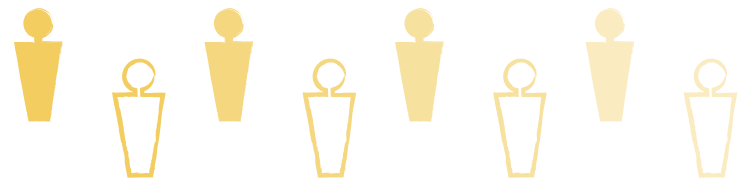
May 4-7 **Child care lvl 1**
May 11-14
May 18-21 *Last day for Group 1 is May 21*

Tuesday's CAEC/GED
Every Tuesday of the month

19 ID CLINIC
Mustard Seed - AHC & Birth Certificates

18 Office Closure
Victoria Day

25 Childcare Lvl 2
Register Now! In person or Call 403-238-0166





INVESTING IN TSUUT'INA YOUTH

HIGHLIGHTS FROM TAZA'S HIGH SCHOOL PRESENTATION AND CAREER FAIR PARTICIPATION

On April 11, the Taza team visited Many Horses High School to share their career journeys—from high school beginnings to where they are today. Xàkújá Zachary Manywounds opened with an inspiring message: the students are tomorrow's leaders, and one day they will be in the driver's seat safeguarding investments for the Tsuut'ina. We are grateful to learn with and from Tsuut'ina youth and are already looking forward to our next visit.



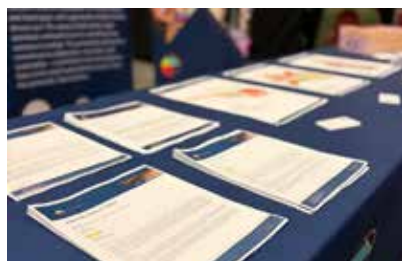
“Your road won't be a straight highway. It will always be under construction. But if you keep tending it—with the right skills, the right people, and the willingness to grow—you'll find yourself exactly where you need to be, and ready for what's next.” — Jennie Price, Communications Manager

TAZA AT THE CAREER FAIR: FOUR SUMMER PLACEMENTS FOR TSUUT'INA STUDENT

Our team attended the Grey Eagle Event Centre career fair with four paid summer placements dedicated to Tsuut'ina students:

- ◇ Accounting
- ◇ Land Development
- ◇ Community Engagement
- ◇ Administration

We're currently interviewing for the positions and will introduce the newest Tsuut'ina hires in the June Da-hi.



2026 CONSTRUCTION SEASON: WORK PLAN, PHASING, AND KEY DATES

The Construction Season Opener Bulletin is your go-to resource for what's unfolding in Taza's community villages. Inside, you'll find details on priority projects, phases and timelines, anticipated milestones, and potential impacts.

In the Bulletin:

- ◇ **2026 Focus Areas:** Priority projects and targets
- ◇ **Important Dates:** Key timelines and milestones
- ◇ **Impacts:** Traffic and accessibility considerations

Scan the QR code to read the full bulletin and stay informed.



OUR COMMITMENT TO YOUTH

- ◇ **Create pathways:** Real work experience for Tsuut'ina students
- ◇ **Share knowledge:** Mentorship and classroom-to-career stories
- ◇ **Build together:** Transparent updates on projects shaping the future

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!





Don't Wait, Vaccinate!

Tsuut'ina Health and
Wellness Services
Community Health Team

Why is it Important?

Vaccines can protect you from dangerous, contagious diseases like measles or whooping cough

These diseases can cause serious long-term harm or even cause death

What ages are vaccine given?

2 Months

4 Months

6 Months

12 Months

18 Months

4 Years

Grade 6

Grade 9

To book an appointment
please call the Health Centre at
403 251-7575



Alberta Land Based Education

Proposal for Land-Based Education Workshops and Mini Learning Kits

To: Education Program Manager
From: Brooklyn and Kelly Gordon, Founders of Alberta Land Based Education
Date: April 20, 2026
Subject: Indigenous & Inuit Land Based Learning Workshops & Kits (Alberta Now Booking 2026)

Overview

Invite schools, daycares, or learning centres to partner for immersive indoor and outdoor workshops, specifically designed and co-facilitated by Inuit, Indigenous, and Métis Elders. These are designed to promote Indigenous land based education and incorporation, ideal for Truth and Reconciliation Calls to Action, staff PD, and classroom enrichment.



About the Founder: Kelly Gordon

Inuvialuit & Owichya Gwich'in | Land-Based Artist & Cultural Educator
 Based in Cochrane, Alberta (Treaty 7 Territory)

Rooted in traditional teachings passed down by Northern Elders, specializing in:

Traditional Skills: Hide tanning, sewing, and harvesting

Philosophy: Living in relationship with the land and animals

Methodology: Hands on learning that builds cultural identity, confidence, and community respect



Land-Based Workshop Opportunities



1. Introduction to Land-Based Education: Hide Tanning

Our flagship workshop. Participants work with elk or white-tailed deer hides, learning to build frames and perform the fleshing process.

The Take-Away: Each student receives a mini hide frame kit (including nates and sinew) to apply their skills and create a personal place to keep.



2. Traditional Culinary Arts

We offer Bannock making workshops where participants explore traditional food practices. For full-day events, a Bannock Burger lunch option is available.



3. Consultation & Program Development

We support schools and organizations in designing and implementing their own sustainable land based initiatives.

Indigenous, Inuit, and Métis Mini Learning Kits

Kit Category	Description
Traditional Craft	Mini Hide Tanning, Ribbon Skirt Learning, and Medicine Pouch Kits.
STEM & Structure	Mini Tipi Making, Igloc Making, and Arrow Making Kits.
Music & Food	Drum Making and Make-Your-Own Bannock Kits.

Custom Kits can be created to meet specific curriculum or program needs.

Why Partner With Us?

Authentic Connection: Programs are led by experienced cultural knowledge holders and Elders.

Gross-Curricular: Aligns with Social Studies, Art, Science, and History outcomes.

Reconciliation in Action: Provides a tangible way to advance reconciliation through respectful, hands on engagement.

Flexible Delivery: Based in Cochrane, AB, we travel across Canada for in school, outdoor, and virtual

Fun Landbased Educational Calls to Action

Enrich your educational community to help you post-traditional learning in education, and extend to answer your educational corporation. To book a workshop, order kits, or schedule a meeting with Kelly Gordon, please contact us below.

Working Together We Rise,
 Kelly Gordon,
 Alberta Land Based Education



Email: albertalandbasededucation@gmail.com
Phone: (780) 802-2174
Location: Cochrane, Alberta (Serving Canada-wide)

REDWOOD MEADOWS GOLF CLUB

OWNED & OPERATED BY THE TSUU T'INA NATION

50th

ANNIVERSARY GOLF TOURNAMENT

Friends of The Tsuu T'ina Nation



\$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



Gūniìzh dístī-hí

"Stories in Motion"

"Stories In Motion" is a dedicated space for all Tsúūt'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 Tsúūt'ínà future.

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





April 9th - 12th, 2026

Alberta Treaty Hockey Championships

An Interview with Kevin Littlelight
Coach for U13 7 Chiefs Hockey

What

was your role in this year's tournament? What did that look like for you?

I am a coach for the U13 7 Chiefs hockey team, and I am the Executive Director of the Community and Recreation Department that 7 Chiefs Hockey falls under. 7 Chiefs coaches are volunteers, we must have coaching level 2 under Alberta Hockey regulations, and you know it's a commitment to give back to the community and, at the same time, help and support our players to be competitive and have fun.

As the Executive Director in charge, it's a chance to review where we are as a Nation in hockey, and it is an opportunity to build off successes and what we need to work on. For me, it's exciting times, because there is a lot of support from the Head Chief and Minor Chiefs to evolve and grow our program to really utilize our facilities and give our players the tools they need to succeed.

As a parent, what do you hope that the kids take home from this tournament?

My player is a 7 Chief, and for him, he likes to be with his 7 Chiefs team, as he puts it. There are a lot of positives around this tournament besides the actual game, like the pride of where we come from, being with his peers, a safe space, racism is down to basically non-existence, and playing in front of his home crowd is a positive memory. The experience offers an opportunity to meet other Nations' players and form lifelong friendships, and it's a chance of rewarded fun. These players have played gruelling schedules all year, and it's a great way to end the season.

Could you speak about the importance of this event?

On many levels, this event is hugely important. At the foundation of it all, it's the player; they are supported in an active way that builds them as a

*Congratulations to all the **Tsuut'ina** youth who participated in the tournament! **Siyísgáas** to all the event organizers, players, families, and volunteers who made this tournament possible.*



person and gives them that outlet where they can have fun and be competitive. Our people have faced such adversity, often addiction and other very bad influences have plagued us as Indigenous communities, so getting our kids to enjoy and live without those influences is a great step in building them and building healthy communities. It brings us together as communities, it really communicates to our young that they are important and they get that support of being confident.

You've been involved in this tournament for many years; how does it differ from today as compared to 15 years ago?

The skills of the players on the Treaty landscape have greatly improved. It's faster hockey. Competitive hockey has grown. I believe with social media, hockey in our communities has become even more popular as a sport. I believe parents are more involved and sometimes even a bit more competitive than the players themselves, which is a good thing. The sport has grown, the tournament has grown, and it's not going to stop growing. Alberta Treaty Hockey has become an institution.



Siyísgáàs (Thank You) Kevin Littlelight! We appreciate your time and contribution.



As a proud Tsuut'ina man, parent, and coach, what does the Treaty's tournament mean to you?

This is the first time we hosted the Treaties in a larger capacity, and I know it will only get bigger for us as host arenas. It gives me a great sense of community and appreciation for all the coaches that are volunteers, the parents that are making an effort of getting their kids to the rinks all year, spending thousands on their players to live and participate in hockey culture, to our Head Chief and Minor Chiefs that are there, and support, that ensure we have hockey, and no money can replace the efforts of those working to have a tournament of this magnitude like Kyle Dodgninghorse, Marty Wildman, the rest of the organizers, Destiny Whitney, and the 7 Chiefs Sportsplex staff. It means gratitude and a cornerstone event to look forward to.



Congratulations Shayne Manywounds!

U15BC Gold in Wolf with Horse Lake Thunder

Lots of love and support from Mom & Dad

Vote for **Nathan Meguinis** to be The People's Artist

Presented by Johnny Depp



[Register](#) [Support](#) [Login](#)

Nathan Meguinis

Art is life — childhood outlet turned foundation as Treaty 7 muralist. The good stress for each project, production to completion.

← SHARE



Currently 5th

IN THEIR GROUP

VOTE

You decide who will appear in *Artforum Magazine*, take home \$25,000, and display their work at The Art of Elysium's Salon!

Voting for the Top 20 ends Thursday the 14th of May at 7PM PDT

07 10 55 53
Days Hours Minutes Seconds

Help Nathan Meguinis move on to the next phase of the competition!



SCAN THE QR CODE TO VOTE!

Vote Ends Thursday May 14th at 7 PM PDT

<https://peoplesartist.org/2026/nathan-meguinis>

Suprise Landing at the Gas Stop



Submitted by Lorriane, *Nation Gas Stop Employee*

MMEIP Awareness

May 5th, 2026



May 5th is the National Day of Awareness for the Missing, Murdered, and Exploited Indigenous Peoples (MMEIP). We honour and remember the Missing and Murdered loved ones identified by families and communities everywhere, including Tsuut'ina Nation. These photos were taken on the MMEIP Walk hosted by Tosguna on Tsuut'ina Nation. Sīyísgáàs Kendall Manyhorses for submitting your photos. Sīyísgáàs to everyone who participated in and helped organize the walk.

If you see something, say something, sīyísgáàs!

Less Walk



COMMUNITY SUBMISSIONS



Photos Submitted by Kendall Manyhorses

HAPPY

T S U U T ' I N A !

DAY!



We are known to be brave, benevolent, generous, and clever strategists'. Our diverse Nation of traditional protocols, cowboys, athletes, students, leaders, visionaries, and modern-day warriors speaks to our way of life. Our soul is revealed through our customs, language, culture, traditions, and history. We exhibit this today through our economic ventures and Nationhood to enhance our way of life for our people and our community.



Tsuut'ina Education Princess Pageant

May 1st, 2026



ʔlgházā ch'at'āghá | Xadáguzidí

Friday the 1st of May was a beautiful one as many young girls came to compete to be crowned a Tsuut'ina Princess. Steven Crowchild was the Master of Ceremonies, Elder Bernice Starlight did the opening prayer, and Jonathan Kaiswatum gave the welcome remarks.

After honouring the 2025 - 2026 outgoing Princesses the Judges were introduced; Elder Bernice Starlight, Courtney Simeon (1998-1999 *Chiila Princess*), Karesha Meguinis (2013-2014 *Junior High Princess* & 2014-2015 *Senior High Princess*), Christina Heavenfire (2022-2023 *Tsuut'ina Education Senior High Princess*), and Tionne Big Plume (2023-2024 *Tsuut'ina Education Senior High Princess*).

During the pageant the contestants presented three categories, a speech in Tsuut'ina, a speech in English, and they presented their talent.

2026 - 2027 PRINCESSES

TINY TOTS PRINCESS:

ZITKASA RABBITT-STARLIGHT

DIVISION 1 PRINCESS:

WICHAHPI RABBITT-STARLIGHT

DIVISION 2 PRINCESS:

RORY RABBITT-STARLIGHT

JUNIOR HIGH PRINCESS:

CECILLIA BIG PLUME

SENIOR HIGH PRINCESS:

CELLIA AMOS-MANYWOUNDS







2026 - 2027 RUNNER UP PRINCESSES

TINY TOTS:

1st Runner Up:

ARIELLA HEAVENFIRE-MEGUINIS

2nd Runner Up:

SHANIA YELLOWBIRD-CROWCHIEF

DIVISION 1:

1st Runner Up:

LUNA BIG PLUME-LAFOND

2nd Runner Up:

KENZLEY MEGUINIS

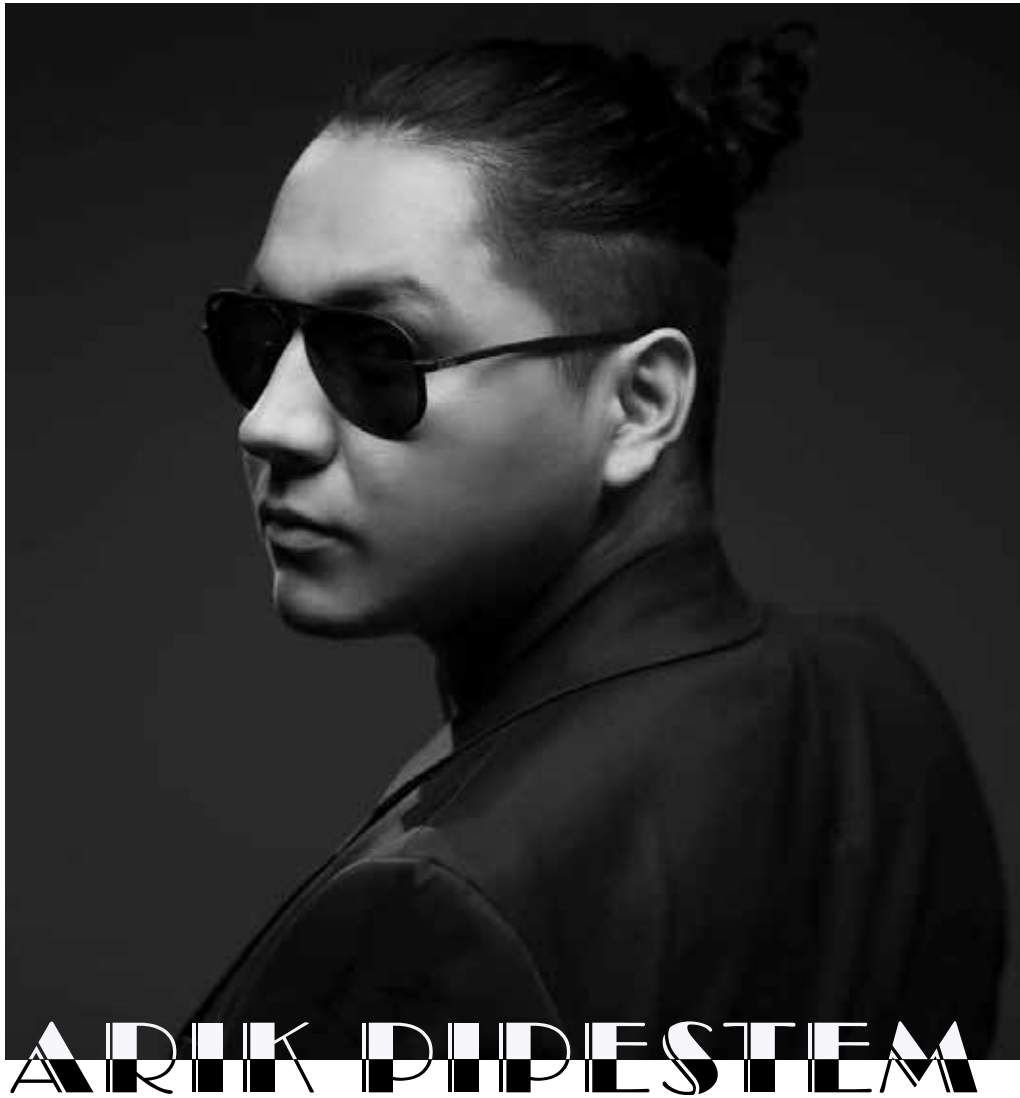
From Bullhead to Broadway

An Interview with Arik Pipestem

This spring Arik Pipestem was in a local production of the Broadway Musical Hairspray put on by The Painted Fish. It ran from April 23rd to May 3rd, 2026. The Painted Fish is a volunteer organization theatre company based in Calgary, Alberta, whose goal is to give people of any background the opportunity to do theatre from ages 5 - 85.

He was the show's choreographer and played the role of Corny Collins on stage. Arik stole the show with his experience, displaying his talent and skills to the audience, along with showing clear dedication to his craft by nailing all of his lines, songs, and comedic timing!

Siyísgáàs Arik Pipestem for doing this interview with us, and we are looking forward to watching the rest of your career!



For those who don't know, can you please tell us about yourself and what you do?

I am Arik Pipestem from the Tsuut'ina Nation.

I am a professional dancer and a world-renowned entertainer. Trained in many dance styles such as ballet, salsa, bachata, hip hop, jazz, musical theatre and of course, hoop dance.

Now these days, as I get older, I am seen in movies on the big screen, theatre productions and more recently, animation.

How long have you been performing in the arts?

I've been performing in all forms of stage and media for over 25 years.

Tell us about your creative journey, how you got into it, and what keeps you going.

The start of my journey is a sad one. I've pursued this life of performance to escape a very abusive home life, when I look back it was either continue with the path I'm on via performance, or end it.



So, I continued my performance journey and I've never looked back. The new family and friends I've chosen along that path are what keeps me going.

Who are some of your biggest inspirations in theatre and in life?

I have quite a few inspirations in my life, but I'll name 2 for you all today:

First there's my late hoop dance brother, Nakotah Larance. we had met when I joined Cirque du Soleil in 2010, he was my hoop dance rival in a way, like the characters Goku and Vegeta from the anime Dragon Ball Z. No matter how good I got at hoop dance, Nakotah was always one step ahead of me. He was my drive to become a better hoop dancer. Unfortunately, he passed away in 2019.

Second is my mentor, Cynthia Ward, who pushed me into





Do you have any other upcoming projects that you'd like to talk about or promote?

I have quite a few upcoming projects that involve the streaming services Netflix and Crunchyroll, but due to NDA's that's all I can disclose at this time. However, I am in a movie called *Smudge the Blades* which will be opening the Toronto international film festival this September, alongside actors like Cody Lightning (*Marvel's: ECHO*), Paulina Alexis (*Reservation Dogs*) and Ed Helms (*The Hangover Trilogy*) to name a fine few.

performances and showed me how to navigate this huge world when no one else would. I dare say I would not have accomplished what I have or even be alive if it was not for her love and guidance.

Who are some of your biggest inspirations in theatre and in life?

I was hired as the Choreographer of this production, one of my requests is that I get to play the character Corny Collins (*one of my favourites*).

This was a passion project for me as *Hairspray* is one of my favorite musicals.

The *Painted Fish* reached out to me due to my background in dance as well as my last musical I was a part of and had a hand in choreographing, *Bear Grease*.

What are your roles in this performance?

The Choreographer and the character Corny Collins.





Do you have any advice for youth or anyone who wants to pursue the performing arts?

Never let anyone hold you back from your ambitions and dreams. Family or otherwise.

And make a lot of friends! They are the most valuable treasure you can have.

Anything else you'd like to add or talk about?

I am currently looking for performers for my soon-to-be touring dance and theatre production *The Echo of Ghosts*.

This will also be made into a feature film.

If you have a passion for performance and dance, I encourage you to send an audition application to [**arikipipe@gmail.com**](mailto:arikipipe@gmail.com)



MONTHLY REVIEWS

Point Sushi

Restaurant Review



If you ever want to try a different sushi place, definitely check out Point Sushi. Especially if y'all are introverted. Your interactions with staff are limited to being seated and checking out. You order by tablet, and your food comes on a mini bullet train. Perfect for those who just want to eat. Highly recommend the cream puffs! <3

BY CARMEN LITTLELIGHT

The Calgary Expo

Event Review

The Calgary Expo was a three-day-long haven for the lovers of all things nerd! It was my first time attending the Calgary Expo. I went to see the Hobbits as they made a stop in Calgary for the 25th anniversary of The Lord of the Rings. The Expo has panels where you can sit in and learn about the guests, the shows they were on, and even ask them your own burning questions! I was very excited about some guests attending the event, including actor Josh Holloway (Lost), voice actor Jim Cummings (Winnie the Pooh), and voice actor Bill Farmer (Goofy).

Once I arrived, I truly learned the scale of the Calgary Expo. Parking was overcrowded, the lines to get your passes were long, and the new BMO building is so massive that it takes time to walk around inside and outside of the building. We arrived at the Lost panel featuring Dominic Monaghan and Josh Holloway with 20 minutes left. The shopping area was so busy but so exciting to see all the various kinds of things you could see and buy!

The second panel we attended was for voice actors Jim Cummings (Winnie the Pooh) and Bill Farmer (Goofy). I went dressed up in all my best Winnie the Pooh clothes and accessories and felt right at home, I even shed a tear when they spoke in character.

Next, we watched the taping of Jim Cummings' podcast Toon'd In, with guest Erica Durance (Smallville), who I learned grew up in Three Hills. This was a fun panel to see, and I shed another tear as Jim Cummings comforted Erica Durance in the voice of Winnie the Pooh. Truly a memory I will never forget.

The evening ended with the Hobbits panel, they came out with Calgary Flames jerseys on, smiling and waving to the crowd. The first thing discussed was the lack of rats in Calgary and all of Alberta, so the cast questioned the audience about rats. They also played some games on stage, discussed behind-the-scenes moments, and even recreated a Quidditch scene from Harry Potter with Dominic Monaghan playing the Golden Snitch. It was funny to watch.



I had a very good time at the Calgary Expo seeing all the people dressed up in cosplay and other costumes, going down to the shops, and my favourite and most unexpected part, seeing the panels. I can't wait to see what guests they bring out next year!

BY NICOLE ADAMS

Canon A-1 35mm Camera



Late last year I wrote a review for the Canon AE-1 Program, the predecessor to the Canon A-1 35mm camera. They are both incredibly enjoyable cameras to shoot and share many similarities, however the A-1 incorporated a feature set that is still a mainstay offering on today's flagship models. PASM (Program, Aperture Priority, Shutter Priority, and Manual). Today you typically see these on a dial all neatly lined up for selection, but in 1978 this was much different, there were steps and controls that were relatively unheard of for the day.

The A-1 really shines once in hand, especially if your model still has the small action grip. It's relatively small and easy to maneuver for everyday shooting. I have had my model for about a month now and it is the camera I reach

for when I'm leaving the house most days lately. I spend most of my time in aperture priority mode, scrolling between f/1.4 and f/8 with relative ease and speed on the control wheel. A camera like this really allows me to focus on composing and why I so strongly recommend this camera and it's sister model the AE-1 Program. The A-1 in most cases these days is quite a bit cheaper while offering more quality of life improvements. In 2026 you can expect to find an A-1 in decent usable condition for about \$100 - \$150 whereas the AE-1 Program is sitting around \$200 - \$300. The AE-1 P has spent the better part of the last 5 years being recommended as one of the most beginner friendly models readily available, so its price has inflated significantly.

It's nice to have a camera that does some of the thinking for you. Knowing the ins and outs is important, but we're all after the same chase at the end of the day. Photos that bring us joy. Here are a few of mine with the Canon A-1.



Lenses: FD 50mm 1.4, 28mm 2.8, and 35-105mm 3.5
Film Stock: Kodak Ektar 100
Lab: London Drugs Richmond

BY RYAN RUNNING RABBIT



**Happy Birthday
Aiden and
Dennis!**
May 16th & 17th
Love,
Amilia

**Happy Birthday
Deanne Simon!**
May 27th
From Income
Support
Department

**Happy Birthday
Mama D!
(Deanne S.)
Love you always.**
Love,
Milly, Blane,
& Justice

**Diya Dzinisi
Guja Uncle Ben!**
May 22nd
Love,
Eleody &
Emerson

**Happy
Birthday Sheila
Manhorses!**
May 2nd




From, Eva
Manhorses

**Happy 1st
Birthday to my
twins Videl &
Vivian Growchild!**
May 14th
Love,
Your Family

**Happy Birthday
Patrice Meguinis!**
May 7th
From Income
Support
Department

**Happy Birthday
Marvin
Dodginghorse!**
May 1st



**Happy Birthday
Mom/Granny
(Regena Growchild), we
love you beyond measure
and wish you a wonderful
birthday. Thank you for
all the love you give us. We
appreciate you so much.**
May 4th
Love, Tonya, Tishaun,
Luke, Ayvah, Isa,
& Baby Dwayne

**Happy Birthday
Jason Bruketa!**
May 6th
From Income
Support
Department

**Happy Birthday
Mary Starlight!**
May 5th
From Income
Support
Department

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/

WAREHOUSE ASSISTANT AND
MAINTENANCE
REF#2605-01

DEPARTMENT: Foodbank

DESIGNATION: Full-Time

VACANCIES: One (1)

COMPETITION CLOSURES: **May**

19th, 2026 @ 11:59 PM MST

(Late submissions will not be accepted)



BUS ATTENDANT
REF#2605-03

DEPARTMENT: Tsuut'ina Education

DESIGNATION: Full-Time

VACANCIES: One (1)

COMPETITION CLOSURES: **May**

20th, 2026 @ 11:59 PM MST

(Late submissions will not be accepted)



NISK'A ENGAGEMENT
COORDINATOR
REF#2605-02

DEPARTMENT: Nisk'a

Management and Research
Department (Formerly L.E.R.D.)

DESIGNATION: Full-Time, Fixed-Term

VACANCIES: One (1)

COMPETITION CLOSURES: **May 20th,**

2026 @ 11:59 PM MST (Late

submissions will not be accepted)





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.

- ▶ **JOB OPENINGS**
- ▶ **SURVEYS**
- ▶ **EVENTS**
- ▶ **NEWS**

