

# DÀ-HÍ

AT THIS POINT IN TIME



ISSUE # 14    2    0    2    6

---

MĪTSĪ    DĪGÒYÍ    CH'ÀT'ĀGHÁ  
BALD    EAGLE    MONTH    -    FEBRUARY





# The Editor's Note



Dādánast'ádā (*How are all of you?*),

Tīyā gújā ānīst'ā (*I'm very good*).

We are into the month of Love!

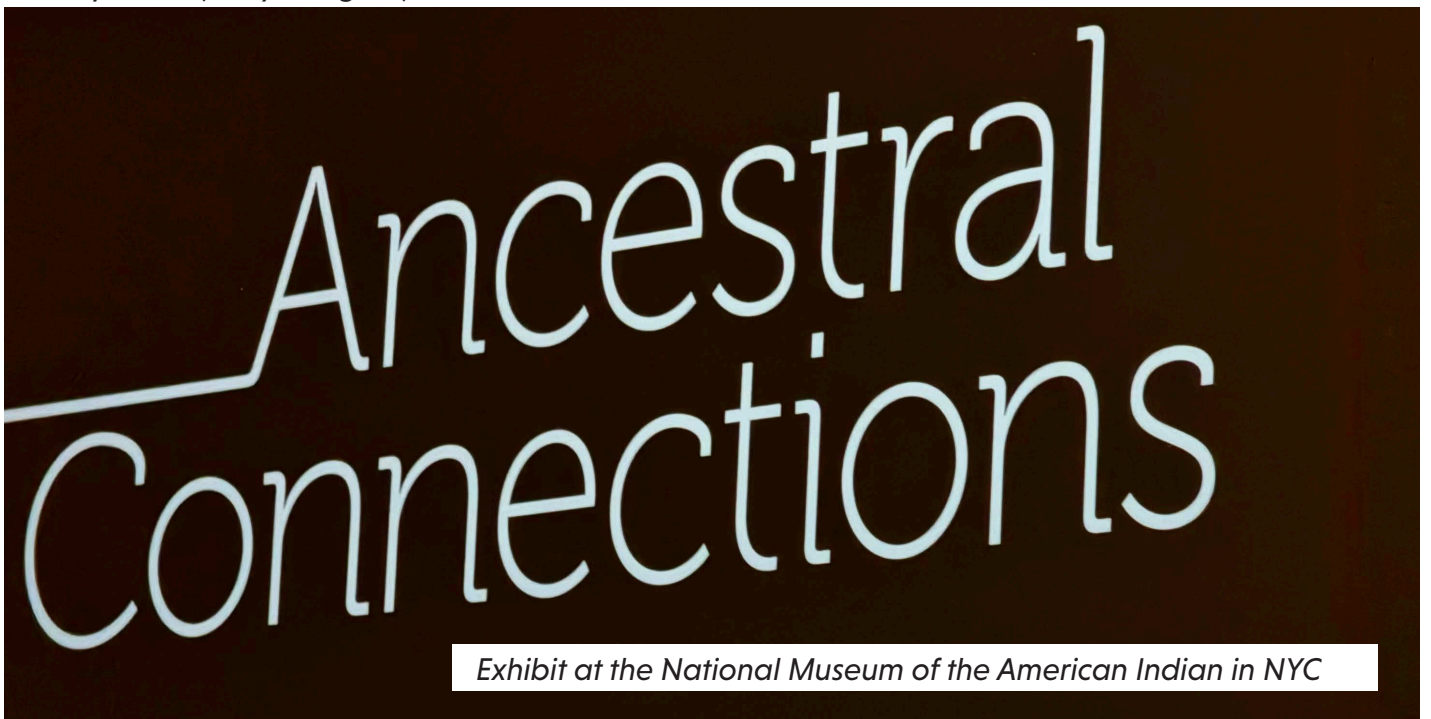
I am a true advocate for love in all senses of the word. I truly love myself, my friends, and my family. We as individuals can get lost in striving for romantic love and putting all our energy into searching for an idea. In reality, loving yourself will lead you to where you want to go and who is meant to be in your life as your person. You don't have to love all of it, but you can appreciate your timeline and forgive yourself. I think that's how you can learn to love the hard parts of you. It's how you can learn to show love to those around you. It doesn't have to be loud and immediate. It's going to take time, and there are so many beautiful moments during that process. Love yourself and show up for yourself.

However, if you are coupled, love yourselves as much as you love each other! Be proud of your journeys together, and celebrate each other as much as you can. Show up for each other in the quiet moments, support one another through the hard times in your own ways, and most importantly, trust each other even when you're scared. You are both blessed you met each other in this lifetime ♥.

Remember, you're important, you're kind, you're beautiful, you're a light in the dark, Creator loves you, and you're a little bit rezzy lol!



Nānáyīstsónī (*See you again*)!



# DÀ-HÍ

**DÀ-HÍ** meaning "at this point in time", is created in the Tsúut'ínà Nation Nínágúnīdīᑦ "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 improvement, 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](mailto:submissions@tsuutina.com)

Sīyísgáàs

---

## STAFF

---

**MANAGING EDITOR** *Carmen Littlelight*

**COMMUNICATIONS COORDINATOR** *Desiree Jacobs-Labelle*

**GRAPHIC DESIGN SPECIALIST** *Chris Elser*

**GRAPHIC DESIGNER** *Nicole Adams*

**MULTI-MEDIA DESIGNER** *Ryan Running Rabbit*

---



9911 Chiila Blvd.  
Tsúut'ínà AB T3T 0E1  
(403) 238-6251

[COMMUNICATIONS@TSUUTINA.COM](mailto:COMMUNICATIONS@TSUUTINA.COM)

[SUBMISSIONS@TSUUTINA.COM](mailto:SUBMISSIONS@TSUUTINA.COM)

[www.TSUUTINA.com](http://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)

# Mĩtsĩ dīgòyí ch'at'aghá

Dzĩnĩsĩ yĩk'ā	Dzĩnĩsĩ ?ónā	Ákíyĩ dzĩnĩsĩ	
1	2 4 PM - 8 PM TTN Recreation Drop-In Open Gym 5:45 PM - 6:45 PM Youth Ballet Dance Classes 5 PM - 8 PM Youth Night'z - 2026 Vision Boards	3 5 PM - 8 PM TTN Recreation Drop-In Zask'a (Winter) Prenatal Class Basketball 4 PM - 7 PM Youth Outreach Homework Group 5 PM - 7 PM Youth Drumming Mentor Lessons 5 PM - 8 PM Triple P Parenting Classes	
Round Dance Feb. 3 <sup>rd</sup> 6 PM at Grey Eagle   First Nations Ed			
8	9 4 PM - 8 PM TTN Recreation Drop-In Open Gym 5:45 PM - 6:45 PM Youth Ballet Dance Classes 5 PM - 8 PM Youth Night'z - Valentine's Crafts	10 5 PM - 7 PM Youth Yoga Sessions 1 PM - 3 PM Zask'a (Winter) Prenatal Class 4 PM - 7 PM Youth Outreach Homework Group 5 PM - 7 PM Youth Drumming Mentor Lessons 5 PM - 8 PM Triple P Parenting Classes 5 PM - 8 PM TTN Recreation Drop-In Basketball	
15	16 4 PM - 8 PM TTN Recreation Drop-In Open Gym 5:45 PM - 6:45 PM Youth Ballet Dance Classes	17 1 PM - 3 PM Zask'a (Winter) Prenatal Class 4 PM - 7 PM Youth Outreach Homework Group 5 PM - 7 PM Youth Drumming Mentor Lessons 5 PM - 8 PM Triple P Parenting Classes 5 PM - 8 PM TTN Recreation Drop-In Basketball	
22	23 4 PM - 8 PM TTN Recreation Drop-In Open Gym 5:45 PM - 6:45 PM Youth Ballet Dance Classes 5 PM - 7 PM Grief & Loss Support Group 5 PM - 8 PM Youth Night'z - Field Trip	24 1 PM - 3 PM Zask'a (Winter) Prenatal Class 4 PM - 7 PM Youth Outreach Homework Group 5 PM - 7 PM Youth Drumming Mentor Lessons 5 PM - 8 PM Triple P Parenting Classes 5 PM - 8 PM TTN Recreation Drop-In Basketball	





[www.tsuutina.com/events-calendar](http://www.tsuutina.com/events-calendar)

Tōōk'ī dzīnīsī	Dīich'ī dzīnīsī	Gúút'ā dzīnīsī	Dzīnīsī tsītl'á
<p>4</p> <p><b>2 PM - 4:30 PM</b> Guja Food Market</p> <p><b>4 PM - 8 PM</b> TTN Recreation Drop-In Volleyball</p> <p><b>5 PM - 7 PM</b> Youth Yoga Sessions</p>	<p>5</p> <p><b>4 PM - 8 PM</b> TTN Recreation Drop-In Open Gym</p> <p><b>4:30 PM - 6 PM</b> 7CC Special Olympics</p>	<p>6</p> <p><b>3 PM - 5 PM</b> TTN Recreation Outdoor Rink Drop-In</p>	<p>7</p> <p><b>TIME TBA</b> Our Roots, Our Fire, Our Future Together Round Dance</p>
Educators' Conference February 3 <sup>rd</sup> , 4 <sup>th</sup> , & 5 <sup>th</sup> - All Day In-Person			
<p>11</p> <p><b>10 AM - 12 PM</b> Beyond The Streets Workshop</p> <p><b>2 PM - 4:30 PM</b> Guja Food Market</p> <p><b>4 PM - 8 PM</b> TTN Recreation Drop-In Volleyball</p>	<p>12</p> <p><b>4 PM - 8 PM</b> TTN Recreation Drop-In Open Gym</p> <p><b>4 PM - 6 PM</b> TTN Post Secondary - University of Calgary Visit</p> <p><b>4:30 PM - 6 PM</b> 7CC Special Olympics</p>	<p>13</p> <p><b>9 AM - 10 AM</b> Administration Gunaha Classes</p> <p><b>3 PM - 5 PM</b> TTN Recreation Outdoor Rink Drop-In</p>	<p>14</p> <p><b>9 AM - 4:30 PM</b> Youth Snowboard Program</p>
<p>18</p> <p><b>2 PM - 4:30 PM</b> Guja Food Market</p> <p><b>4 PM - 8 PM</b> TTN Recreation Drop-In Volleyball</p> <p><b>5 PM - 7 PM</b> Youth Yoga Sessions</p>	<p>19</p> <p><b>9 AM - 3 PM</b> Mobile Optometry Clinic</p> <p><b>10 AM - 6 PM</b> Art &amp; Craft Community Market</p> <p><b>4 PM - 8 PM</b> TTN Recreation Drop-In Open Gym</p> <p><b>4:30 PM - 6 PM</b> 7CC Special Olympics</p> <p><b>4:30 PM - 6:30 PM</b> Family Literacy Night</p>	<p>20</p> <p><b>9 AM - 10 AM</b> Administration Gunaha Classes</p> <p><b>3 PM - 5 PM</b> TTN Recreation Outdoor Rink Drop-In</p>	<p>21</p>
<p>25</p> <p><b>2 PM - 4:30 PM</b> Guja Food Market</p> <p><b>4 PM - 8 PM</b> TTN Recreation Drop-In Volleyball</p> <p><b>5 PM - 7 PM</b> Youth Yoga Sessions</p>	<p>26</p> <p><b>4 PM - 8 PM</b> TTN Recreation Drop-In Open Gym</p> <p><b>4:30 PM - 6 PM</b> 7CC Special Olympics</p>	<p>27</p> <p><b>9 AM - 10 AM</b> Administration Gunaha Classes</p> <p><b>3 PM - 5 PM</b> TTN Recreation Outdoor Rink Drop-In</p>	<p>28</p> <p><b>9 AM - 4:30 PM</b> Youth Snowboard Program</p>

"Bald Eagle Month" 2026

Thúw'ā Tsĩdlĩ-dĩ ũwā Ōghátsĩnĩd-dā  
COMMUNITY & RECREATION

**Drop-In Open Gym**

**Mondays**

**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

**Drop-In Basketball**

**Tuesdays**

**4:00 PM - 8:00 PM**

7 Chiefs Sportsplex & Chief Jim  
Starlight Centre

**Drop-In Volleyball**

**Wednesdays**

**4:00 PM - 8:00 PM**

7 Chiefs Sportsplex & Chief Jim  
Starlight Centre

**Drop-In Open Gym**

**Thursdays**

**4:00 PM - 8:00 PM**

7 Chiefs Sportsplex & Chief Jim  
Starlight Centre

**Drop-In Outdoor Rink**

**Fridays**

**3:00 PM - 5:00 PM**

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

Thúw'ā Tsĩdlĩ-dĩ ũwā Ōghátsĩnĩd-dā  
COMMUNITY & RECREATION

**Youth Yoga Sessions**

**Wednesdays**

**5:00 PM - 7:00 PM**

Many Horses High School

**Youth Drumming Mentor Lessons**

**Tuesdays**

**5:00 PM - 7:00 PM**

Many Horses High School

**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

**7CC Special Olympics**

**Thursdays**

**4:30 PM - 6:00 PM**

7 Chiefs Sportsplex & Chief Jim  
Starlight Centre

Gūjā Nĩnágútsĩdĩ  
SOCIAL DEVELOPMENT

**Triple P Parenting Classes**

**Starts January 13<sup>th</sup>, 2026**

**Tuesdays**

**5:00 PM - 8:00 PM**

Child & Family Building

Gúnāhā ũwā Nĩnĩshā  
LANGUAGE & CULTURE

**Administration Gunaha Classes**

**Fridays (6 Weeks)**

**Starting February 13<sup>th</sup>, 2026**

Chief Joseph Big Plume  
Administration Building

Diganádàts'idinĩdāĩ  
HEALTH & WELLNESS

**Youth Outreach Homework Group**

**Tuesdays**

**4:00 PM - 7:00 PM**

Many Horses High School

**Guja Food Market**

**Wednesdays**

**2:00 PM - 4:30 PM**

Bullhead Community Hall

**Zask'a (Winter) Prenatal Classes**

**Tuesdays**

**1:00 PM - 3:00 PM**

Tsuut'ina Health Centre

**Mobile Optometry Clinic**

**Thursday, February 19<sup>th</sup>, 2026**

**9:00 AM - 3:00 PM**

Tsuut'ina Health Centre

**Youth Snowboard Program**

**Bi-Weekly Saturdays**

**Starting January 31<sup>st</sup>, 2026**

**9:00 AM - 4:30 PM**

7 Chiefs Sportsplex & Chief Jim  
Starlight Centre

**Grief & Loss Support Group**

**Bi-Weekly Mondays**

**Starting February 23<sup>rd</sup>, 2026**

**5:00 PM - 7:00 PM**

Spirit Healing Lodge

Gwaghā sīdó'ĩ sīdó-dĩ  
CHIEF EXECUTIVE OFFICER

**Our Roots, Our Fire, Our  
Future Together Round Dance**

**Saturday February 7<sup>th</sup>, 2026**

Bullhead Community Hall



External

EXTERNAL EVENTS

**Art & Craft Community Market**

**February 19<sup>th</sup>, 2026**

**10:00 AM - 6:00 PM**

Bullhead Community Hall

**Beyond The Streets Workshop**

**Wednesday, February 11<sup>th</sup>, 2026**

**10:00 AM - 12:00 PM**

Tsuut'ina Nation Police Service

**University of Calgary Visit**

**Thursday, February 12<sup>th</sup>, 2026**

**4:00 PM - 6:00 PM**

Bullhead Adult Education

Īts'isidit'ishí iwā Mists'iniyóní Āgúyónā

EDUCATION & LIFE-LONG LEARNING

**First Nations Educators' Conference**

**February 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup>, 2026**

**All Day In-Person Conference**

Grey Eagle Resort & Casino

**First Nations Educators'**

**Conference 2026 Round Dance**

**Tuesday, February 3<sup>rd</sup>, 2026**

**6:00 PM**

Grey Eagle Resort & Casino

**Family Literacy Night**

**Thursday, February 19<sup>th</sup>, 2026**

**4:30 PM - 6:30 PM**

Chief Big Belly Middle School

**LOOKING FOR MORE?**

These are upcoming events at a glance! If you'd like more information about these events, please go to our website [TSUUTINA.COM](https://tsuutina.com).

# DIRECTORY

## Tsuut'ina Nation Contact Information:

### Chief Joseph Big Plume Administration Building

**9911 Chiila Boulevard, Tsuut'ina**

**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 Tsuut'ina Nation Departments listed:

### Tosguna Non Emergency Line

**403-271-3777**

### Tsuut'ina Nation Fire Department

**403-251-9335**

### 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**

### Tsuut'ina Nation Roads Department

**403-251-3015**

# 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 30<sup>TH</sup>, 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. Sīyísgààs"*

**2025**

**TAX**

1 2 3 ÷  
4 5 6 x  
7 8 9 -

## Contact Information:

**Talia Bigplume**

PHONE NUMBER: **(587) 573-8036**

FACEBOOK: **Taila Biigplume**

EMAIL: **taliabigplume99@gmail.com**

## PRICES

**\$35** for Singles  
**\$70** for Couples

**WELCOME BABY**

Tsuut'ina Nation Children  
(must have registered parent)  
**BORN AFTER APRIL 1 2024**

**Can receive \$500 Purchase Order to Babies "R" Us**

To assist with the purchase of newborn baby essentials examples: Car seat, bathtub, towels, blankets, wash cloths, clothing, soaps/lotions, hygiene set, nursing pillow, nursing pads, diapers, wipes, bottles, formula etc.

**Contact Stephanie Manywounds**  
stephanie.manywounds@tsuutina.com  
403-437-7745

**TSUUT'INA NATION PROPERTY MANAGEMENT**

To: All Nation Employees and Nation Citizens  
From: Ashley Big Plume, Facility Manager  
Date: January 14, 2026  
Re: Ramp Parking – Elders and Disabled ONLY

Please be advised that the Ramp is reserved for parking of Elders and those with Disabilities you must have a handicap tag displayed at all times, Zero Exceptions.

Security has noticed throughout the day, there have been a number of staff members and Nation citizens parking on the ramp causing limited parking for elders and those with disabilities.

Please be courteous and refrain from parking on the north or south entrances of the ramp.

Let's all work together to make our facility accessible and convenient for everyone! Thank you for your understanding and cooperation.

Regards,  
*Ashley Big Plume*

Ashley Big Plume,  
Facility Manager  
Cc: C.E.O. Raymond Sinclair  
H.R. Manager Holly Starlight  
Health & Safety Star Koshuk

Chief Joseph Big Plume Building  
3911 Chilo Boulevard  
Tsuu T'ina, AB T3T0E1

403.269.4455  
Direct Line

ashley.bigplume@tsuutina.com



# Iló Gudagaá-hí

## Employment Opportunities

To apply, please send your resume to: [jobs@tsuutina.com](mailto: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/](http://www.tsuutina.com/job-seekers/)

### SENIOR LEGAL COUNSEL

REF#2601-23

**DEPARTMENT:** Legal

**DESIGNATION:** Full-Time

**VACANCIES:** One (1)

**COMPETITION CLOSURES:** **February, 5<sup>th</sup>, 2026 @ 11:59 PM MST**

(Late submissions will not be accepted)



### EXECUTIVE ASSISTANT

REF#2601-24

**DEPARTMENT:** Off Reserve Residency

**DESIGNATION:** Full-Time

**VACANCIES:** One (1)

**COMPETITION CLOSURES:** **February, 10<sup>th</sup>, 2026 @ 11:59 PM MST**

(Late submissions will not be accepted)



### LEGAL COUNSEL

REF#2601-22

**DEPARTMENT:** Legal

**DESIGNATION:** Full-Time

**VACANCIES:** One (1)

**COMPETITION CLOSURES:** **February, 5<sup>th</sup>, 2026 @ 11:59 PM MST**

(Late submissions will not be accepted)



### TENANT SERVICES COORDINATOR

Req #793

**DEPARTMENT:** Canderel

**DESIGNATION:** Full-Time

**VACANCIES:** One (1)

**COMPETITION OPENED:** **January 28<sup>th</sup>, 2026**



### INDIGENOUS PROGRAMMING SPECIALIST

HERITAGE PARK

**DEPARTMENT:** Heritage Park

**DESIGNATION:** Permanent Full-Time

**VACANCIES:** One (1)

**COMPETITION CLOSURES:** **February, 5<sup>th</sup>, 2026** (Late submissions will not be accepted)



### CONVERSION SET UP CREW

JOB NUMBER: J0126-0735

**DEPARTMENT:** Grey Eagle Resort & Casino

**DESIGNATION:** Contract

**VACANCIES:** Five (5)

**COMPETITION CLOSURES:** **February, 6<sup>th</sup>, 2026** (Late submissions will not be accepted)



### JUNIOR TECHNICAL ASSISTANT

JOB NUMBER: J0126-0584

**\*\*NATION MEMBERS ONLY\*\***

**DEPARTMENT:** Grey Eagle Resort & Casino

**DESIGNATION:** Permanent Full-Time

**VACANCIES:** One (1)

**COMPETITION CLOSURES:** **February, 9<sup>th</sup>, 2026** (Late submissions will not be accepted)



### SLOT CAGE CASHIER

JOB NUMBER: J0126-0804

**DEPARTMENT:** Grey Eagle Resort & Casino

**DESIGNATION:** Permanent Part-Time

**VACANCIES:** One (1)

**COMPETITION CLOSURES:** **February, 9<sup>th</sup>, 2026** (Late submissions will not be accepted)





## TIMELINE THAT AFFIRMS OUR WORLDVIEW

DATE / YEAR	EXPLANATION
<b>1614</b> <i>the first Anglo Powhatan War</i>	A Peace Treaty – considered the 1 <sup>st</sup> 2-Row Wampum Treaty – agreeing to live side by side.
<b>1763</b> – <i>The Royal Proclamation King George III</i>	The Crown in the Right of Great Britain and Ireland directive to all Her subjects must have permission of the Indians to access the lands for settlement to the depth of the plough. Recognized Sovereignty and Title.
<b>1764</b> <i>Two Row Wampum</i>	To live side by side with the Settler people – not to interfere with each other.
<i>Imperial Treaties 1 to 11</i>	Our Elders refer to the Treaty as one Treaty with each Treaty area having a responsibility.
<b>1969</b> <i>Red Paper Preamble</i>	“To us who are Treaty Indians there is nothing more important than our Treaties, our lands and the well-being of our future generation.”



## ADDITIONAL INFORMATION

### 1970 – Citizens Plus - Red Paper quotes

- ▶ “To preserve our culture it is necessary to preserve our status, rights, lands and traditions” – B2. The unique Indian Culture & contribution.
- ▶ “the Federal Government is bound by the British North America Act, Section 91, ss. 24, to accept legislative responsibility for “Indians and Indian lands”. B3. Channels For Service.
- ▶ “The Indians are the beneficial (actual) owners of the lands. The legal title has been held for us by the Crown to prevent the sale or breaking up of our land.” B.6. Indian Control of Indian Lands.







## NEXT STEPS ◀◀◀◀

We made Treaties and Treaty alliances Nation to Nation in trade and commerce as a collective.

Determine your pathway to protect your lands collective and the use of traditional lands between First Nations and other entities.

- ▶ First Nation to First Nation trade agreements or First Nation government to federal/provincial/municipal government.
- ▶ Protection of Inherent Rights: Our way of life including hunting, fishing, gathering and harvesting (we take what we need including protocol and ceremonies).

## COLLECTIVE ACTIONS ON SOVEREIGNTY ◀◀◀◀

- ▶ Before Treaty – Through self-determination and ceremonies we shared the land.
- ▶ Day of Treaty – We shared with newcomers to the depth of the plough.
- ▶ Day after Treaty – One-sided relationship of treaty.
- ▶ Implementation of Treaty - “Living side by side”.











# Gūnììzh 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@tsuufina.com](mailto:submissions@tsuufina.com)



# A SEPARATION STORY

AS TOLD BY BESSIE MEGUINIS

NARRATED BY DR. BRUCE STARLIGHT

January 20<sup>th</sup>, 2026

The art students at Many Horses High School were excited to share the world premiere of their hand-drawn animated short film at the semester one student awards. The Animation was titled "A Separation Story: How the Tsuut'ina Separated", and was animated completely by the students themselves with the help of Quickdraw Animation Society. Quickdraw

Animation Society is a member-driven not-for-profit community that supplied the students with animation know-how and the equipment to use. The short film was about 6 and a half minutes long and was animated beautifully by the students to help represent Tsuut'ina's history. This project took more than 3 months of hard work to be created. Each scene required

hours of prep work, research, and patience from the students.

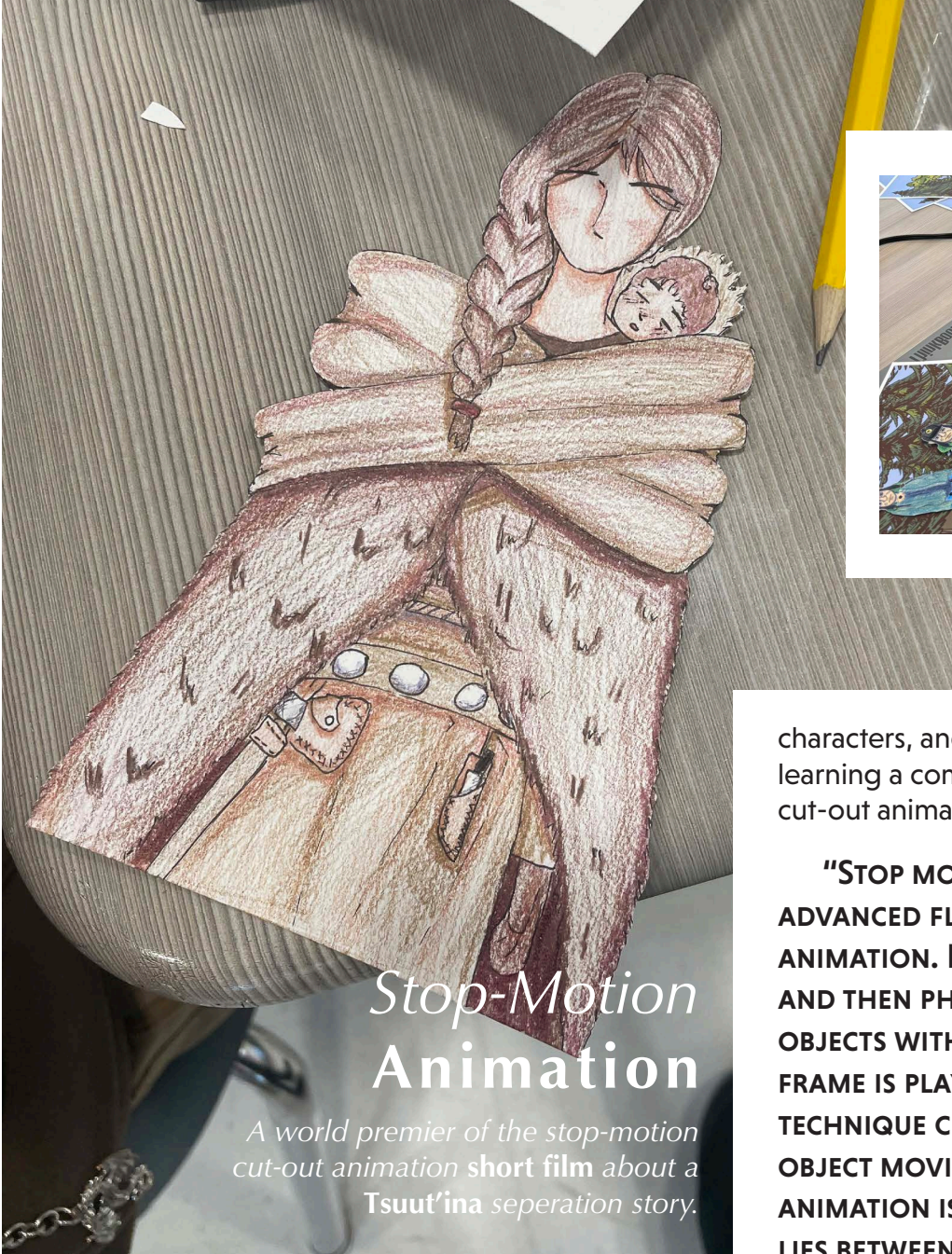
After the students spent time with Dr. Bruce Starlight learning the language and story, they then went onto starting the production side of the project. With help from Quickdraw Animation Society, students began recording dialogue, creating storyboards,



A still from short film created by the students of MHHS, "A Separation Story: How the Tsuut'ina Separated."

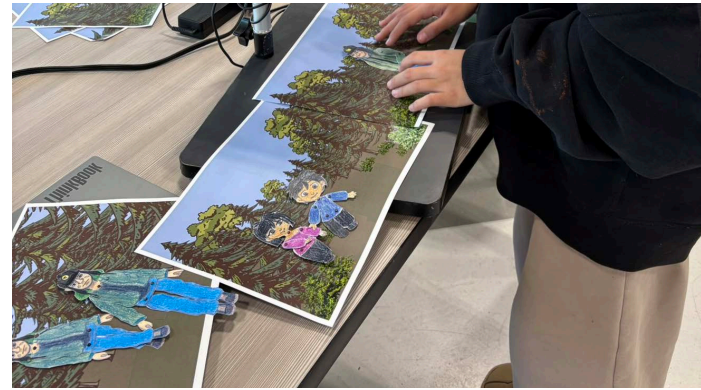
**MANY HORSES HIGH SCHOOL X  
QUICKDRAW ANIMATION SOCIETY  
SHORT ANIMATED FILM WORLD PREMIER**





## Stop-Motion Animation

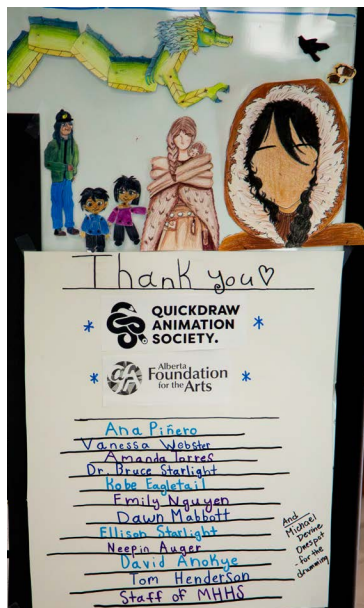
*A world premier of the stop-motion cut-out animation short film about a Tsuut'ina separation story.*



characters, and backgrounds, all while learning a completely new medium, called cut-out animation.

**"STOP MOTION ANIMATION IS AN ADVANCED FLIPBOOK-STYLE FORM OF ANIMATION. IT INVOLVES PHOTOGRAPHING AND THEN PHYSICALLY MANIPULATING OBJECTS WITHIN YOUR FRAME. AS EACH FRAME IS PLAYED IN SEQUENCE, THE TECHNIQUE CREATES THE EFFECT OF AN OBJECT MOVING ITSELF. STOP MOTION ANIMATION IS A TECHNIQUE WHOSE SECRET LIES BETWEEN EACH FRAME OF THE ACTION."**<sup>1</sup>

WE AT THE COMMUNICATIONS DEPARTMENT WOULD LIKE TO GIVE A HUGE CONGRATULATIONS TO THE STUDENTS ON THE SHORT FILM'S WORLD PREMIER! SȲÍSGÁÀS FOR PUTTING SO MUCH TIME AND DEDICATION INTO THIS PROJECT.



Cut-out animation is a 2D form of stop-motion animation and is the best way to introduce beginners to stop-motion animation. The students not only had a goal of presenting their art but also wanted an opportunity to have the story and language immortalized and preserved through the short film they created. By no means was this a small effort of a few, but instead a collective accomplishment of many. The drumming heard in the animation was performed by Michael Devine Onespot, and the narration of the story was done by Elder Dr. Bruce Starlight. The project was supported with the help of the Alberta Foundation for the Arts, Quickdraw Animation Society, and the Many



Horses High School staff, along with many others.

To create an animated rendition of one of the many Tsuut'ina separation stories is truly a large accomplishment. Not only for the students and staff but for the Wusa of the Tsuut'ina Nation.

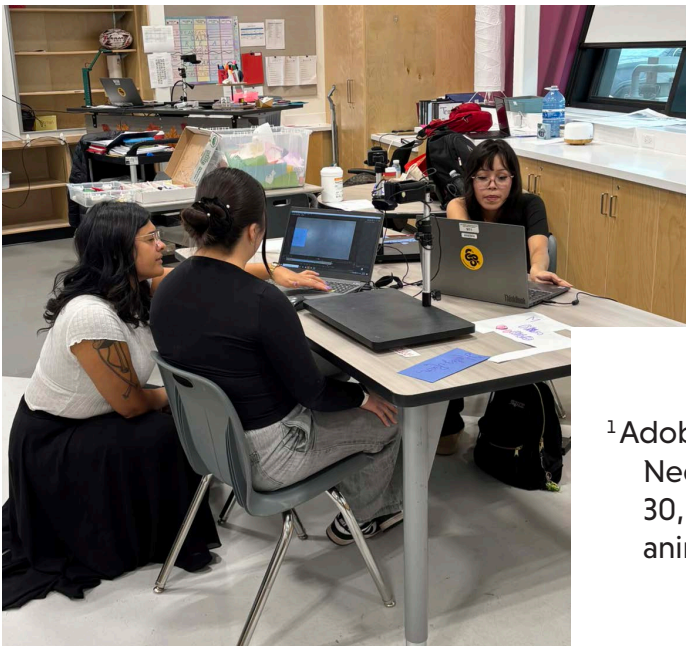
For those of you who would like to see it, please use the QR Code or search for "A Tsuut'ina Separation Story - Art 10/20 Animation Project" on YouTube.



**"WE'VE BEEN BASICALLY WORKING SINCE THE BEGINNING OF OCTOBER. WE MET WITH DR. BRUCE STARLIGHT FOUR TIMES TO LEARN THE STORY AND LEARN THE LANGUAGE. WE SPENT ABOUT AN HOUR EACH TIME WITH HIM, AND IT WAS VERY ENCOURAGING TO THE STUDENTS [TO LEARN] ABOUT THEIR CULTURE AND THE STORY. HE WANTED US TO MEET FOUR TIMES, BECAUSE HE SAID THAT WE NEEDED TO HEAR IT AT LEAST FOUR TIMES IN ORDER TO BE ABLE TO RETELL IT OURSELVES."** - Shelly Bryant, *MHHS Art Teacher.*



**"[THE ANIMATION PROCESS] FOR ME HAS BEEN EXHAUSTING, A BIT DIFFICULT, AND SOMETIMES IT MADE ME FEEL LIKE I DIDN'T WANT TO DO IT. BUT I KNEW AROUND THIS TIME (DURING THE ANIMATING PROCESS) [THAT'S WHEN] IT WAS GOING TO GET FUN."** - Melvida Heavenfire, *MHHS Student*



<sup>1</sup>Adobe. "Stop Motion Animation: Everything You Need to Know | Adobe." Adobe. Accessed January 30, 2026. <https://www.adobe.com/creativecloud/animation/discover/stop-motion-animation.html>.





**"Wow. The puppets are so small, I didn't expect them to be that small."  
- Ryan Running Rabbit, Attendee at the World Premiere**



**The puppets** in these images show the small size of the puppets used to create the animated short film. Each puppet was hand drawn by the art students at Many Horses High School and they are all done with such care and incredible detail.





Sīyísgáàs to the the students and Shelly Bryant for inviting us to the world premiere!











# BUFFALO ROUND-UP

January 14<sup>th</sup> - 15<sup>th</sup>, 2026

**At the buffalo round-up,** we had the opportunity to witness so much happening throughout the day. We learned about the careful and coordinated process of containing the buffalo, vaccinating them, and ensuring their overall health and well-being. This time is also used to tag and track each animal, which helps with long-term monitoring and herd management.

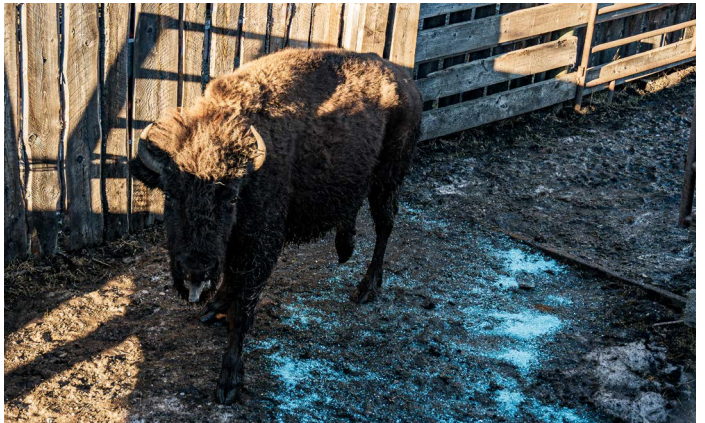
The day was full of movement and emotion—highs and lows alike. At times, the buffalo managed to break free, reminding us of their incredible strength and spirit. Other moments showed just how calm and cooperative they can be when everything goes smoothly. Each experience offered a deeper appreciation for the skill and patience required to work with such powerful animals.



We also learned more about their size and growth. Calves typically weigh between 400 and 500 pounds, while adult females range from 900 to 1,000 pounds. Some of the larger bulls can reach an impressive 1,700 pounds. During the process, dewormer is sprayed on the buffalo, followed by antibiotic shots to help keep the herd healthy.



The round-up is carried out by a dedicated core crew of seven people, supported each year by many returning volunteers who generously give their time and energy. We also learned fascinating facts about buffalo anatomy—such as how their horns are hollow, with blood flowing through them. While horns can break off, especially in calves, they do have the ability to regrow.



Overall, the buffalo round-up was an educational, eye-opening experience that highlighted the balance between tradition, care, and respect for these remarkable animals. Special thanks and shoutout to Camille Whitney and Clayton Whitney for all of their hard work!







*"Watching the buffalo being tagged for the first time at Buffalo Round-Up was something I'll always carry with me. The patience and respect shown to the animals created a powerful... almost a sacred atmosphere that reminded me of the responsibility we hold in caring for them." -*

*Neel Ray, A First Time Attendee*



**Round-Up Team:**

1. Royal Whitney, 2. Noah Dodginghorse 3. Starlin Big Plume 4. Marshall Two Guns 5. Joshua Crowchild 6. Riley Dodginghorse 7. Malone Big Plume 8. (Behind) Kenny Big Plume 9. Brennen Starlight 10. Trenten Heavenfire 11. (Behind) Bill Dodginghorse 12. Colten Wildman 13. (Behind) Cory Perry 14. Chaz Crowchild 15. Devyn Starlight 16. Tiffani Whitney [Not Pictured] Camille Whitney & Clay Whitney - Siyís-gáàs for all of your hard work in making this event happen!







# *Sūyisgáàs to the Paddocks Staff and the Round-Up Crew*





# MONTHLY REVIEWS

## Heated Rivalry

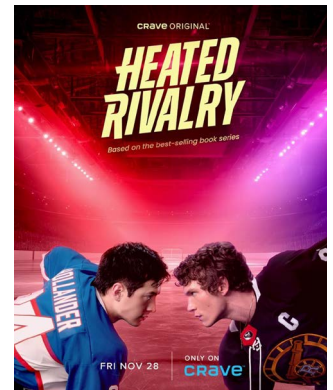
### A TV Show Review

As a two-spirited individual, I really hold this series in my heart. It was so interesting to see a profound love story between two athletes in a major sport. Especially between two men! It's usually so taboo! I binged the entire series in one night, and in the last episode, I cried. I really love it when a series makes me look within, and I really appreciated the aesthetics they executed within a low budget. I watch hockey occasionally, so that was easy to absorb, but I didn't expect the real-life situations that felt personal and relatable. I highly recommend it to adults as it's not family-friendly, but it's very realistic. Especially the communication issues within the first few episodes. It taught me that you need to speak your truth no matter what!

5/5 stars ★★★★★

\*RATED TV-MA OR 18+\*

BY CARMEN LITTLELIGHT



## Marty Supreme

### A Film Review

If you're wondering if the new Timothy Chalamet movie *Marty Supreme* lives up to the hype...then I'd say yes. Is this movie for everyone? Definitely not. Before you see this movie, please be advised that it is 100% not a kid-friendly movie as it is rated R!



*Marty Supreme* is an A24 film that is loosely based on the story of real-life American ping pong player Marty Reisman, whose aggressive 1950's New York hustler attitude lands him in a variety of troubling situations. This movie has a great cast, amazing set/costume design, and a unique look at the sport of "table tennis" (more commonly known as ping pong). So, should you see this movie? Well, that's up to you, but I thought it was at the very least a well-made film. Not my favourite but also not the worst thing ever, not even close. And once again, please be advised that it is 100% not a kid-friendly movie as it is rated R!

★★★★☆ 4 / 5 stars

\*RATED R OR 18+\*

BY CHRIS ELSER



## Calling My Spirit Back

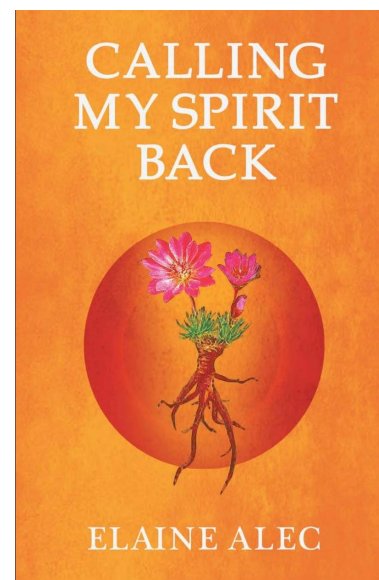
### A Book Review

I came across the book *Calling My Spirit Back* on social media a few years ago, and after seeing all the positive reviews, I wanted to read it. I finally found the time to read it during my trip last fall. My interest in reading books by Indigenous authors was sparked after completing my Indigenous Studies minor at MRU. I searched for books that shared real-life experiences and stories of Indigenous resilience. Elaine Alec is an Indigenous author from the Syilx (Okanagan) Nation and Secwepemc (Shuswap) Nation. She shared her journey of survival from trauma, racism, and the impacts of colonialism through self-exploration. Additionally, this book explains how Indigenous knowledge, teachings, and ceremonies led to her healing.

Alec displayed an authentic experience through her brave story, and I look forward to reading her most recent book titled, *Coming of Age: Overcoming Trauma to Achieve Self-Determination*. The reviews of her new book are just as good, and both books are options to read if you're looking for stories of personal growth and self-acceptance from an Indigenous perspective.

BY DESIREE JACOBS-LABELLE

\*TRIGGER WARNING - MATURE AUDIENCES ONLY\*



## One Battle After Another

### A Film Review



*One Battle After Another* is a quietly intense film that focuses less on spectacle and more on the emotional cost of conflict. It explores how trauma lingers, how resilience is built in small moments, and how "winning" a battle doesn't always mean finding peace. The performances feel grounded and human, letting the story breathe instead of forcing drama. Leonardo DiCaprio—one of my personal favourite actors—brings a raw, restrained performance that feels deeply human rather than showy.

Teyana Taylor, fresh off her Golden Globe win, is equally compelling, adding emotional weight and nuance that really elevates the story. But my absolute favourite part of the film is the sound design. It feels distinct and intentionally stylized, using silence, ambient Jazz-inspired music, and subtle shifts in sound to create tension and heighten the mood. Rather than relying on a heavy score, the film lets constant music, muffled sounds, and sudden quiet moments do the work, pulling you deeper into the characters' inner worlds.

It gives the film its own voice and makes the experience feel immersive and memorable. It's not a fast or flashy watch, but if you like reflective, character-driven films that sit with you afterward, this one hits.

☆☆☆☆☆ 4 / 5 stars

\*RATED R OR 18+\*

BY NICOLE ADAMS



# NEW YEAR NEW ME?

STAYING CREATIVE IN  
UNCREATIVE TIMES.  
HISTORICALLY.

RYAN RUNNING RABBIT











My name is Ryan Running Rabbit; I work for Tsuut'ina Nation Communications. I submit content to the Da-hi that we create on a monthly basis. Photography is not just a part of my job; it is also a passion of mine. When I'm not taking pictures for the Nation, I'm making pictures for clients, or I'm making pictures for me. Except when I'm not.



Call it writer's block, or however you would imagine this for a photographer. It's something that plagues every creator at some point in their endeavours to express. We all deal with it differently. Sometimes the block refuses to yield for an extended period of what feels like forever. I have been taking photos in some capacity for the better part of 8 years now, but in 2025, for almost 5 months, I didn't take a single photo. I lost the urge for a lot of this period, but there were days where I carried a camera around most of the day... and nothing. This was coming off the heels of a strong 2024, which I would call my most successful year as a photographer at the time. It's something that really got me down while I was evaluating my past year. I really had to think about it.







The short answer for staying creative is that I don't have one. This can be a short story with a few pretty pictures, if you want it to end here. The long of it is that the waiting is sometimes necessary. Getting out of my head and just going for it. I was caught up trying to force another successful year. Square pegs, round holes, etc. However, after a series of unfortunate and costly happenings over these few months, I found myself on the other side of a creative drought. In a new place with new faces, I picked up my cameras again and just started shooting. The bookings and opportunities started to return. Refreshed, I was fortunate that for the second year in a row, I was able to call the previous year my most successful year (2024 and now 2025).



The takeaway id that the progress is not linear. Sometimes it battles you, and you find yourself learning after the fact like I did.



Camera: Hasselblad 503CX

Lens: 80mm

Photos Shot and Developed by Ryan Running Rabbit



**Atlichìní?óna**  
**Dzinisà**  
**Tsuut'ina!**

*Atlichìní?óna*  
*Dzinisà*  
*Happy*  
*Valentine's Day*



Get ready to share the love  
Tsuut'ina!

Here at the Da-Hi we want to  
help make sure you have a real  
wicked Valentine's Day, so we're  
here to help you spread the love!  
Please cut these cards out on the  
next page and share them with  
your all of your family, friends,  
or co-workers! Please cut and  
fold to share the full card on the  
back cover of the Da-Hi.

**Happy**  
**Valentine's Day**  
**Tsuut'ina!**



**To:**

**From:**

**To:**

**From:**

**To:**

**From:**

**To:**

**From:**

**To:**

**From:**

**To:**

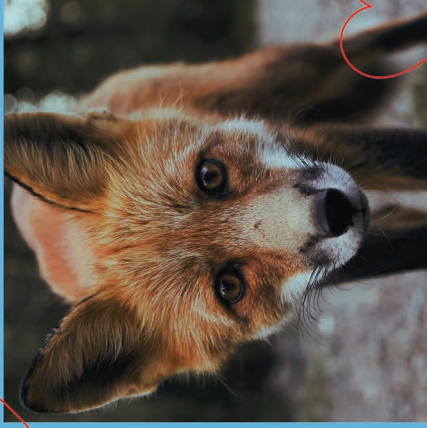
**From:**



**GUH , ILL MEET  
YOU IN THE  
MIDDLE**



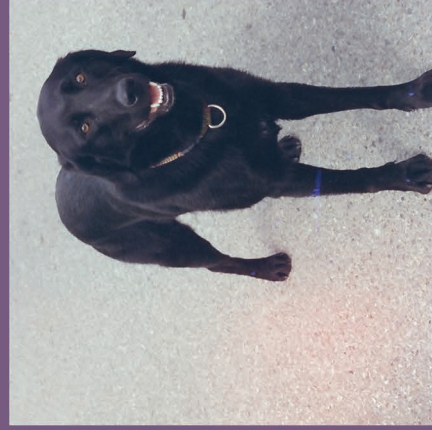
**COME HOME!  
I MISS YOU**



**JUST MISSING  
ER**



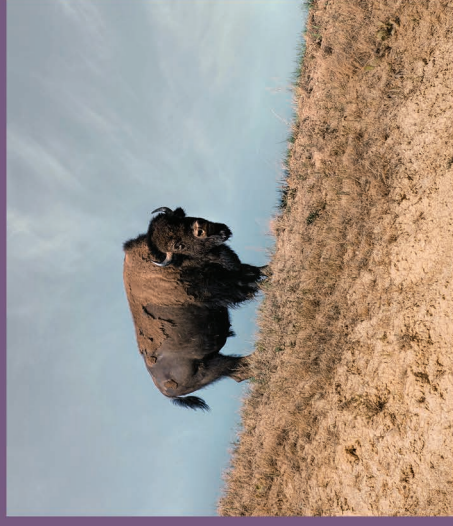
**I WAS AT YOUR  
HOUSE BUT THE DOGS  
CHASED ME AWAY**



**I DIDNT KNOW SHE  
WAS YOUR SISTER**



**TREATY ME RIGHT**





# DÀ-HÍ CALLOUT

AT THIS POINT IN TIME

We'd like to see:

- **Zaas pictures (Babies)**
- **Artwork**
- **Nation Events**
- **Birthdays and Shout-outs**
- **Milestones**
- **Tsuut'ina Memories & Stories**
- **Animal Sightings (wild animal photos or pet profiles!)**
- **Reviews**
- **Articles, and More!!!**

Want us to cover your next event? Send a request & we will include a feature in the upcoming newsletter!

Ultimately, this newsletter cant exist without one major thing...

## THE NATION!

Sīyisgáàs

2026 Febuary submission deadline is: **February 25<sup>th</sup>, 2026**  
SUBMISSIONS AFTER THIS DATE WILL BE IN THE NEXT EDITION





**The Guja Health Team  
Invites You To The!**



**Tsuut'ina Health & Wellness Fair**

**Friday, March 13, 2026**

**10:00am - 2:00pm**

**@ The Seven Chiefs Sportsplex**

**Lunch will be available  
Swag & Door Prizes!**






**THE MAN VAN®**  
By Prostate Cancer Centre

**UNIVERSITY OF CALGARY**

**... AND MANY MORE!**

**Follow us on social media!**

**@Guja\_Team**

**@Guja Health Education**





Mĩtsĩ dīgòyí ch'àt'āghá | Zāsk'à

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!



Pius Littlelight — "Untitled. 2024" (Digital Artwork)



Cieran Starlight — "Tu-Til Yinsin" (2019, Painting)

How to View & Purchase  
Visit: Taza Park Sales & Marketing Centre

Purchase: Scan the QR code to inquire how purchase and learn more about the artists behind the artworks.



## CELEBRATING TSUUT'INA NATION ARTISTS AT THE TAZA PARK SALES & MARKETING CENTRE

Every three months, Tsuut'ina artist Stephanie One Spot curates a new collection at the Taza Park Sales & Marketing Centre—inviting visitors into a living dialogue between Tsuut'ina culture, community, and contemporary art. As a key member of the Tsuut'ina Language and Culture Advisory Working Group, Stephanie ensures Taza's artistic expression reflects Tsuut'ina values, with each piece honouring place and story.

This rotating series creates meaningful exposure for both emerging and established Tsuut'ina artists. We welcome you to experience the works in person and, if you're moved, to purchase a piece—proceeds directly support the Tsuut'ina artists behind the art. Continue reading to discover who's featured in this collection and scan the QR code to learn more about the artists and their practices.

### FEATURED ARTISTS & WORKS

Pius Littlelight — "Untitled. 2024" (Digital Artwork)

A sunset over the mountains from Tsuut'ina Nation rendered with a mandala sun, honoring his daughters' Indian heritage. A vivid reflection of place, identity, and the majesty of the land.

Cieran Starlight — "Tu-Til Yinsin" (2019, Painting)

A powerful commentary on the ongoing lack of clean drinking water for First Nations. Dark blue veins represent main waterways; black X marks identify First Nations in Alberta under "do not consume" or "boil water" advisories.

Maria Onespot — "Knowledge" (Painting)

Explores learning through books in conversation with the Land and Oral history. Themes of curiosity, innocence, and spirituality persist amid the digital age of information, forming the focal point of the composition.



Maria Onespot — "Knowledge" (Painting)



The moon & it's beautiful bright light. Taken on Runner Road from George & Rosie Runner's old corral.  
Photo Submission by Jackie Runner



*Atlichinil'ona  
Dzinisa*

*Happy  
Valentine's Day*



HAPPY VALENTINE'S DAY

ATLICHÎNÎ?ÓNA DZINISĂ

ATLICHÎNÎ?ÓNA DZINISĂ

HAPPY VALENTINE'S DAY

