

DÀ-HÍ

AT THIS POINT IN TIME



ISSUE # 14
2
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6

MONTH

CH'ÀT'ÀGHÁ - FEBRUARY



The Editor's Note



Dādānast'ādā (*How are all of you?*),

Tiyā gújā áníst'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!



Nānýīstsónī (*See you again*)!



DÀ-HÍ

DÀ-HÍ meaning "at this point in time", is created in the Tsúüt'ínà Nation Nínágúnídì̄tì "Communications Department". Our intention is to always reflect and represent the Tsúüt'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

Siyísgáàs

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Mitsi dīgoyí ch'at'āghá

Dzīnīsī yīk'ā	Dzīnīsī ?ónā	Ákīyī dzīnīsī
1	<p>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</p>	<p>3 5 PM - 8 PM TTN Recreation 1 PM - 3 PM 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</p> <p>Round Dance Feb. 3rd 6 PM at Grey Eagle First Nations Ed</p>
8	<p>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</p>	<p>10 5 PM - 7 PM 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 TTN Recreation Drop-In Basketball</p>
15	<p>16 4 PM - 8 PM TTN Recreation Drop-In Open Gym 5:45 PM - 6:45 PM Youth Ballet Dance Classes</p>	<p>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 TTN Recreation Drop-In Basketball</p>
22	<p>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</p>	<p>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 TTN Recreation Drop-In Basketball</p>





www.tsuutina.com/events-calendar

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

"Bald Eagle Month" 2026

Tlúw'k'ā Ts'ídlí-dí ñuwā Ōghátsínítò-dà
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

Tlúw'k'ā Ts'ídlí-dí ñuwā Ōghátsínítò-dà
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

Gūjá Nínágútsítsí

SOCIAL DEVELOPMENT

Triple P Parenting Classes

Starts January 13th, 2026

Tuesdays

5:00 PM - 8:00 PM

Child & Family Building

Gúnahá ñuwā Nínishá

LANGUAGE & CULTURE

Administration Gunaha Classes

Fridays (6 Weeks)

Starting February 13th, 2026

Chief Joseph Big Plume
Administration Building

Mítśi dīgoyí ch'at'āghá | Zāsk'ā

Diganádàts'idiñidač

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 19th, 2026

9:00 AM - 3:00 PM

Tsuut'ina Health Centre

Youth Snowboard Program

Bi-Weekly Saturdays

Starting January 31st, 2026

9:00 AM - 4:30 PM

7 Chiefs Sportsplex & Chief Jim Starlight Centre

Grief & Loss Support Group

Bi-Weekly Mondays

Starting February 23rd, 2026

5:00 PM - 7:00 PM

Spirit Healing Lodge

Gwàghā sidóʔí sidó-dí

CHIEF EXECUTIVE OFFICER

Our Roots, Our Fire, Our

Future Together Round Dance

Saturday February 7th, 2026

Bullhead Community Hall

External
EXTERNAL EVENTS

Art & Craft Community Market

February 19th, 2026
10:00 AM - 6:00 PM

Bullhead Community Hall

Beyond The Streets Workshop

Wednesday, February 11th, 2026
10:00 AM - 12:00 PM

Tsuut'ina Nation Police Service

University of Calgary Visit

Thursday, February 12th, 2026
4:00 PM - 6:00 PM

Bullhead Adult Education

Íts̄tsidit̄l̄ishí ùwā M̄ists̄in̄iyóní Āgúyónà

EDUCATION & LIFE-LONG LEARNING

First Nations Educators' Conference

February 3rd, 4th, & 5th, 2026
All Day In-Person Conference

Grey Eagle Resort & Casino

First Nations Educators' Conference 2026 Round Dance

Tuesday, February 3rd, 2026
6:00 PM

Grey Eagle Resort & Casino

Family Literacy Night

Thursday, February 19th, 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.

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

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

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. Siyísgáàs"

2025



Contact Information:

Talia Bigplume

PHONE NUMBER: (587) 573-8036

FACEBOOK: Taila Biigplume

EMAIL: taliabigplume99@gmail.com

PRICES

\$35 for Singles

\$70 for Couples



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,
Facility Manager
Cc: C.E.O. Raymond Sinclair
H.R Manager Holly Starlight
Health & Safety Star Roshuk

Chief Joseph Big Plume Building
891 Chillo Boulevard
Tsuu T'ina, AB T3T 0E1

403.281.4455
Direct Line

ashleybigplume99@gmail.com

Iló Gudagaà-hí

Employment Opportunities

ILÓ GUDAGAÀ-HÍ

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/

SENIOR LEGAL COUNSEL

REF#2601-23

DEPARTMENT: Legal**DESIGNATION:** Full-Time**VACANCIES:** One (1)

COMPETITION CLOSES: **February, 5th, 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 CLOSES: **February, 10th, 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 CLOSES: **February, 5th, 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 28th, 2026**



INDIGENOUS PROGRAMMING SPECIALIST

HERITAGE PARK

DEPARTMENT: Heritage Park**DESIGNATION:** Permanent Full-Time**VACANCIES:** One (1)

COMPETITION CLOSES: **February, 5th, 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 CLOSES: **February, 6th, 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 CLOSES: **February, 9th, 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 CLOSES: **February, 9th, 2026** (Late submissions will not be accepted)





TIMELINE THAT AFFIRMS OUR WORLDVIEW ◀◀◀◀

DATE / YEAR	EXPLANATION
1614 the first Anglo Powhatan War	A Peace Treaty – considered the 1 st 2-Row Wampum Treaty – agreeing to live side by side.
1763 – The Royal Proclamation King George III	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.
1764 Two Row Wampum	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.
1969 Red Paper Preamble	“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).

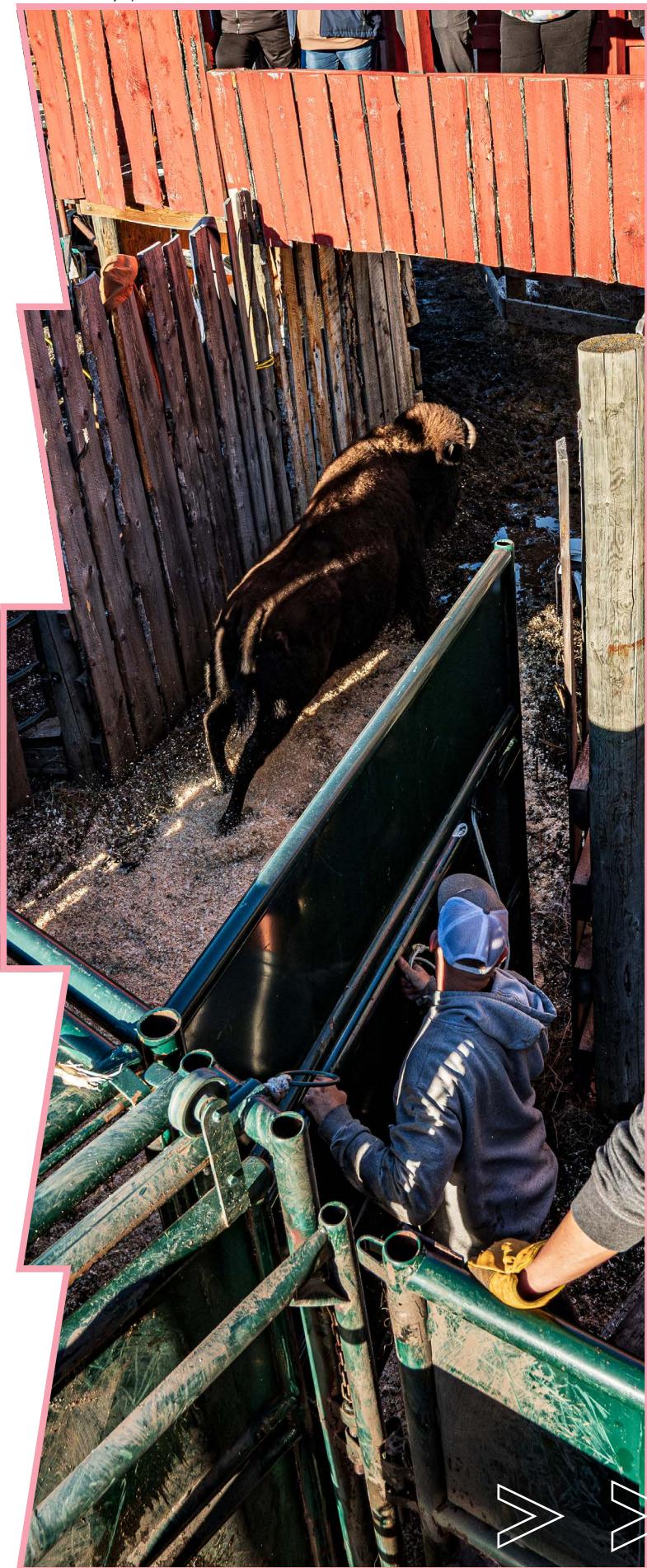
COLLECTIVE ACTIONS ON SOVEREIGNTY



- ▶ 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 Tsúüt'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 Tsúüt'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



A SEPARATION STORY

AS TOLD BY BESSIE MEGUINIS
NARRATED BY DR. BRUCE STARLIGHT

January 20th, 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."

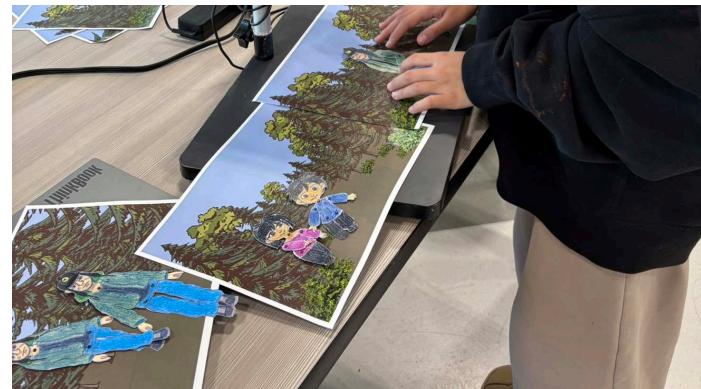
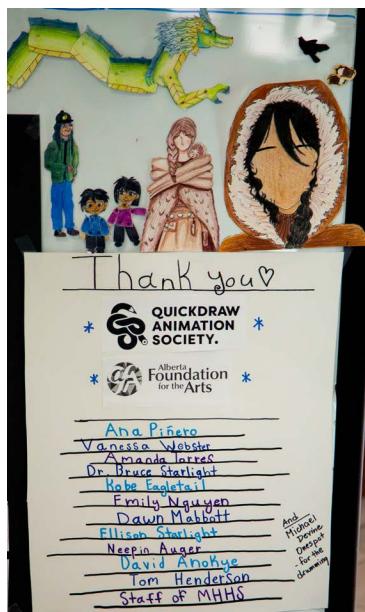
**MANY HORSES HIGH SCHOOL X
QUICKDRAW ANIMATION SOCIETY
SHORT ANIMATED FILM WORLD PREMIER**



Stop-Motion Animation

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

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



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."¹

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

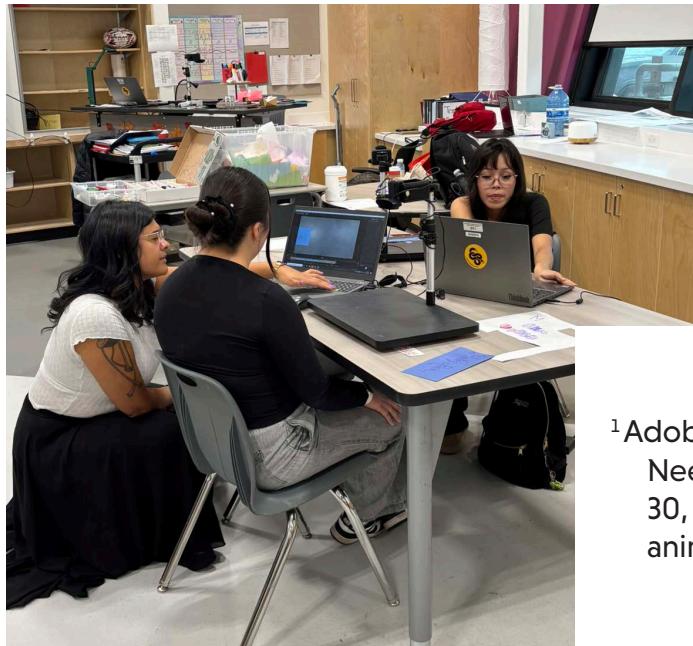
Horses High School staff, along with many others.

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.

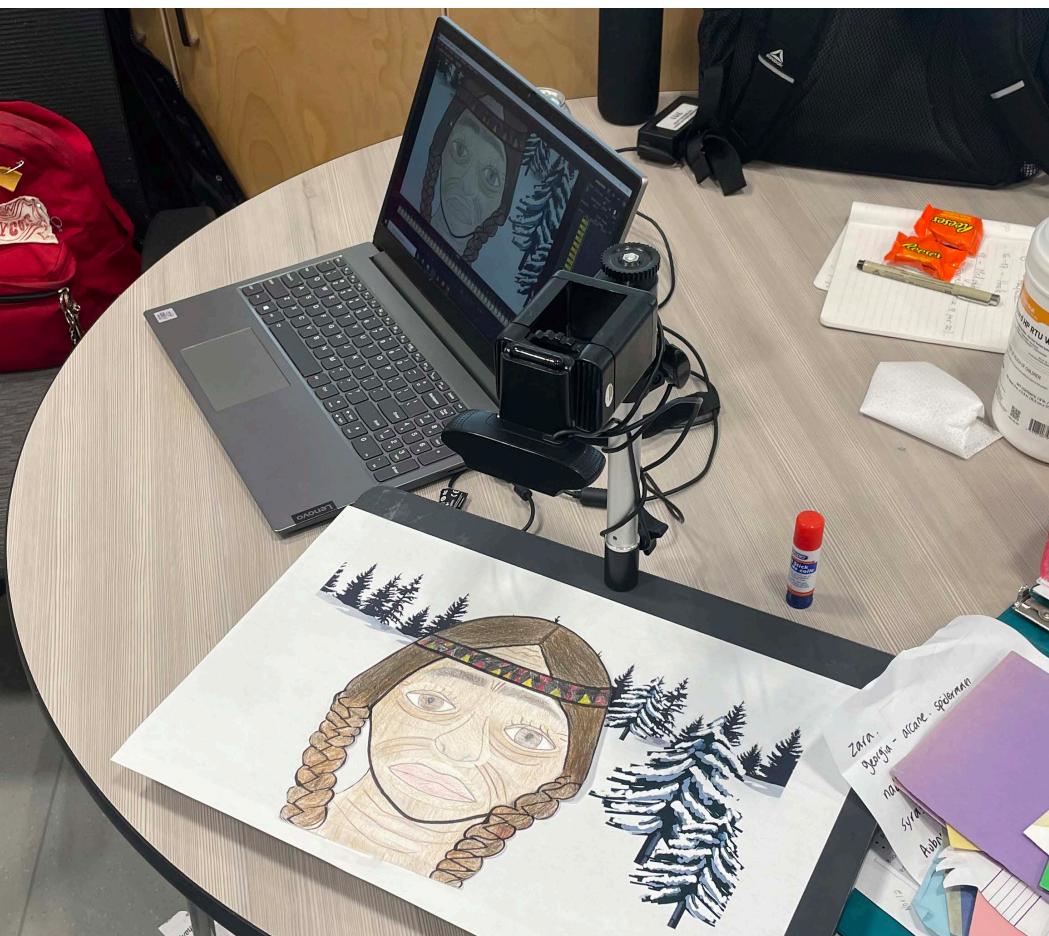


"WE'VE BEEN BASICALLY WORKING SINCE THE BEGINNING OF OCTOBER. WE MET WITH DR. BRUCE STARLIGHT FOUR TIMES TO LEARN THE STORY AND LEARN THE LANGUAGE. WE SPENT ABOUT AN HOUR EACH TIME WITH HIM, AND IT WAS VERY ENCOURAGING TO THE STUDENTS [TO LEARN] ABOUT THEIR CULTURE AND THE STORY. HE WANTED US TO MEET 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

¹Adobe. "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!







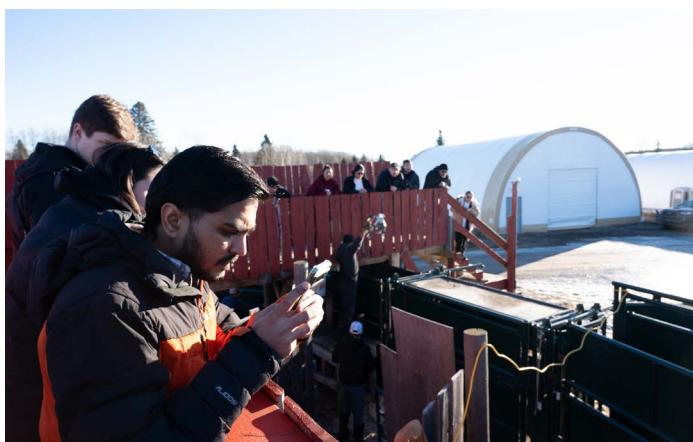
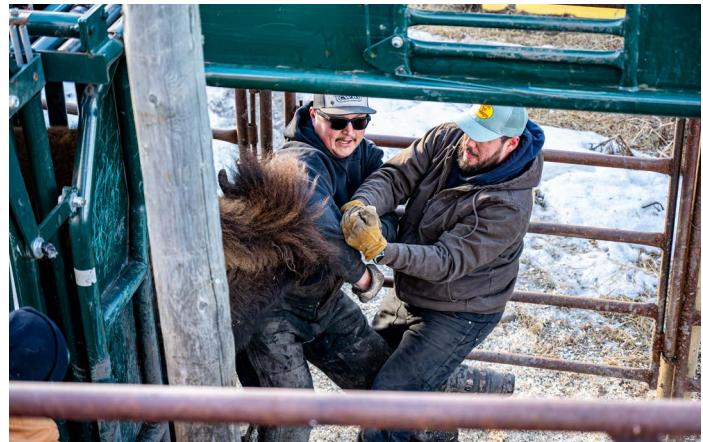
BUFFALO ROUND-UP

January 14th - 15th, 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 - Sīyísgáàs 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

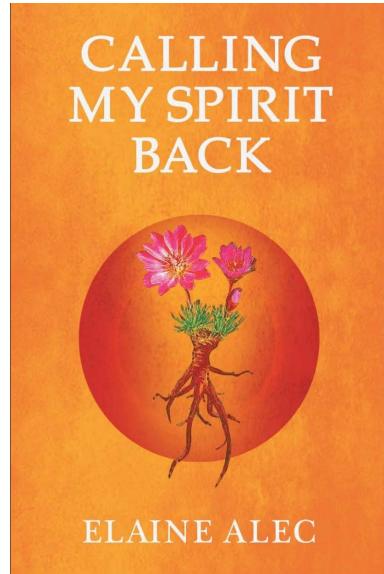
A Book Review

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 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.







KENTMERE PAN 400

4782

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

Atlichiní?óna
Dzinisà
Tsuut'ina!

*Atlichiní?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:

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To:

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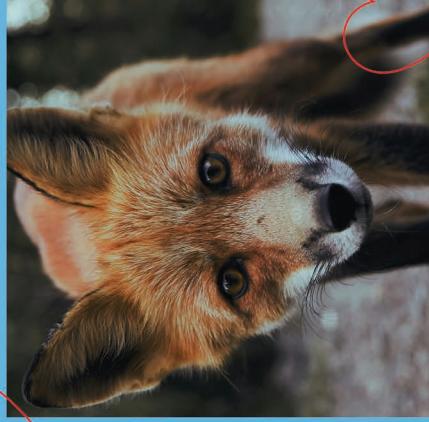
To:

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COME HOME!
I MISS YOU



CUH, ILL MEET
YOU IN THE
MIDDLE



TREATY ME RIGHT



JUST MISSING
ER



I WAS AT YOUR
HOUSE BUT THE DOGS
CHASED ME AWAY



I DIDNT KNOW SHE
WAS YOUR SISTER



Gūnìzh dístí-hí
"STORIES IN MOTION"

DÀ-HÍ CALLOUT

AT THIS POINT IN TIME

We'd like to see:

- **Zaas pictures (Babies)**
"Stories in Motion" is a dedicated space for all Tsuut'ina and community accomplishments. We at Dà-Hí support everyone's effort in life, work, and play. Dà-Hí will always support those who commit, persist, and strive towards a better future for the Tsuut'ina future.
- **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 can't exist without one major thing...

THE NATION!

2026 February submission deadline is: **February 25th, 2026**

SUBMISSIONS AFTER THIS DATE WILL BE IN THE NEXT EDITION

Meet Geordie MacPherson
New Director of Human Resources

Tsúut'ina Nation is pleased to welcome Geordie MacPherson as our new Senior Human Resources Director, effective October 15th, 2025.

Geordie joins the Nation with over 20 years of experience in Human Resources leadership, organizational development, and Indigenous partnership work. A Certified Executive Coach (CEC) and Chartered Professional in Human Resources (CPHR), he is recognized for building respectful, inclusive, and high performing workplaces grounded in culture, collaboration, and community.

A non-status descendant of the Mohawks of Kanesatake (Kanehsatà:ke), Geordie brings a deep respect for Indigenous governance, knowledge systems, and the unique strengths of each Nation. Through his work with Wakiya Solutions, he has had the honour of working alongside and mentoring members from Nations such as Witchekan, Tataskweyak Cree Nation, among others. His experience spans both corporate and Nation settings, including serving as Vice President, People & Experience for Tundra Process Solutions, and his current role as Chair of the Board of Directors for CPHR Alberta, representing HR professionals across Alberta, Northwest Territories, and Nunavut.

In joining Tsúut'ina Nation, Geordie shared: "It is an honour to be welcomed into this community and to contribute to the values, traditions, and strength of the Tsúut'ina people. I look forward to walking along side our leadership and staff as we continue to build a respectful, equitable, and thriving Nation together."

Please join us in welcoming Geordie MacPherson to Tsúut'ina Nation. Together, we will continue to move forward in the spirit of respect, collaboration, and shared growth.

• Pet Parade

Start featuring some furry friends in the L

start with ours! Send us yours at submit

Rocks

Kana

Nicknames: Roxy, Roxy Boy, Baby Boy, Rocks-A-Roo

Age: 15 Years Old

Zodiac Sign: Aquarius

Fun Fact: She has

many more, coming soon

Age: Fresh, 3 Months Old

Zodiac Sign: Aries

Fun Fact: He wants to talk

something to say

Sam

Nicknames: Puppy, Good Boy, & many more, coming soon

Age: Fresh, 3 Months Old

Zodiac Sign: Virgo

Fun Fact: He hunts his cat

brother, Rocks, like a cat would

enjoy

Yoshiro

Nicknames: Cisco

Age: 1 Year Old

Zodiac Sign: Pisces

Fun Fact: Harness, Loves TV.

Named after New York Mets

starting catcher Francisco Álvarez

Parent: Ryan Hummer

Design Specialist

Caviar

Benson III

Nicknames: Barry, Benswan

Age: 9 years Old

Zodiac Sign: Capricorn

Fun Fact: Grew up in Montreal

Design Specialist

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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!

Logos: Fit Foundation, The Man Van, University of Calgary, Canada Revenue Agency, SafeLink Alberta, Renfrew Community Association, Prostate Cancer Centre.

Social Media: Follow us on social media! [@Guja_Team](#) [@Guja Health Education](#)

QR Code: Scan the QR code for more information.



Mitsi dīgoyí ch'at'āghá | Zāsk'a

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-Tii Yinsin" (2019, Painting)



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, 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-Tii 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.

Užichinijóna
Dziniša

Happy Valentine's Day

HAPPY VALENTINE'S DAY

ATLICHÍNÍ?ONA DZINTSÀ

ATLICHÍNÍ?ONA DZINTSÀ

HAPPY VALENTINE'S DAY

