

DÀ-HÍ

TSUUT'INA NATION



TSUUT'INA PRINCESS PAGEANTS
EDUCATION & TSUUT'INA SCHOOLS

WELLNESS GATHERING
HEALTHY LIVING HOSTS

CULTURE

All the things that make Tsuut'ina uniquely Tsuut'ina

7

DEPT. & BUSINESSES

News from Departments, Services and Businesses around the Nation

12

SPORTS & REC.

Athlete of the Month, up-coming events and media coverage

28

ART & MEDIA

Artist of the Month, upcoming events and media coverage

32



ENTERTAINMENT

Everything that entertains; horoscopes, crosswords, and more

36



APR

'THE PRINCESSES AND THE FROG'

This month we honor the young women and girls in our community

20



The Sundance

6

Elder Interview

Shirley Meguinis

9



Tsuut'ina's Princesses



20

Education Princess Pageant



Departments

Elders On The Move!

30



Entertainment

Video Game Reviews

36





Assembly Of First Nations

12

Education
National Form

Departments

Healthy Living Hosts
Wellness Gathering



26

Horoscope

Happy Birthday ARIES



39

DÀ-HÍ

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Dà-Hí is created in the Tsuut'ina Nation Communications Department. Our intention is to always reflect and represent Tsuut'ina Nation in the best and most accurate manner. If you have suggestions for improvement or ideas for future stories or feedback on the current issue, we would love to hear from you. Please address all comments to communications@tsuutina.com. Siyisgaas.

DÀ-HÍ

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Story to

THE NATION

THE SUNDANCE

By Jordan Big Plume

The Sundance has always been a sacred ceremony to indigenous peoples across Turtle Island. Each tribe has different ceremonial protocols but all have the common spiritual belief of being in touch with Creator and Mother Earth. Through sacrifice, an individual who is on a journey for deeper meaning and purpose in their life would make a commitment to the Creator. They would bring offerings to the Great Sundance and pray for healing and blessings for the upcoming year.

The Tsuut'ina people held Sundances as they were our ancestor's foundation and connection to the spiritual world. During the many years of colonization that our people faced, the most sacred ceremony, the Sundance was outlawed by the Canadian Government in 1895.

The roots of our traditional ancestors were so strong that this ceremony has

been passed down to generations and is still being practiced today. It is our responsibility as indigenous people to keep what we have left of our heritage alive; we need to reach deep within and grab hold of something greater than ourselves, to hold on to the connection with the Creator (God, or Maker).

We all crave a connection, as human beings maybe we long for the spiritual connection we may have lost. We were one with our Mother Nature not above natural law.

There isn't a specific recorded date when the last Sundance was held in Tsuut'ina. According to three different documents one by Victoria Whitney, stated that the last Sundance was held in 1885; Diamond Jenness recalls 1890; and Treaty 7 documentation stated 1892. A factual date will never be known.

The Tsuut'ina people held annual Sundances in midsummer around what would be late July or early August. The Sundance lodge which was horseshoe-shaped consisted of a central post or a good sized tree set about four feet into the ground; a circle of forked posts surrounded this central post but an opening was left towards the East. From the forked tops of these encircling posts, long poles sloped upward and rested near the top of the center post. Finally branches or small trees with the leaves still attached would lean against the outside of the structure. Drums and hollow bone whistles were used throughout the ceremony. Pipes were a constant to offer to the Creator for the prayers offered each day. The Sundance itself had a duration of seven days, three days for the construction of the lodge and four days for the ceremony.

"Givers of the Dance" fasted and are in control for five days. If a young man had taken vows to undergo torture, the ordeal took place in earlier morning. Not more than two men were "tied up" on any one-day. Men were chosen for the purpose that they themselves had undergone the ordeal, then proceeded to attach the thongs on the breast of each young man was kneaded, he was asked to be cut deep or shallow. The skin and flesh were drawn up and cut entirely through, in the wound a stick was stuck through the flesh. The man went to the center post where two ropes hung from the top, with this he secured himself with a loop, one over the stick attached to each side of his breast. The young men then would rise and approach the post, embraced a silent prayer. The young man then pulls at the ropes jerking the loops attached to his skin. The singing begins and the young men dance; they would blow their whistles and lean back as they dance.

If after a great amount of time of dancing that the loops did not succeed in tearing skin which had sticks through them, the men would come and jerk the young man by the shoulders causing the skin to tear loose. The length of a man's life was believed to be proportional to the time consumed from dancing before the skin tore away.

During my research I found an excerpt from a book titled "The True Spirit and Original Intent of Treaty 7". I was lucky enough to find an excerpt from our traditional Tsuut'ina Elders Hilda Big Crow, Tom Heavenfire and Helen Meguinis. The reading as follows:

"According to Hilda Big Crow, the Tsuut'ina believed that land was owned by all. Tom Heavenfire said,

"Land was to be shared by all and from this flowed the fundamental law [to] respect all things and everybody around." The Earth was honored through

different ceremonies and societies and with dances like the Sundance, Ghost Dance, Tea Dance, and Women Round Dance. As Helen Meguinis put it, "Mother Earth was very sacred; we didn't chop down trees if we weren't going to use [them]."

Land was sacred because the Great Spirit gave us the land. Leaders of the Tsuut'ina were elected by elders on the basis of bravery or success in the buffalo hunt and also on the basis of how they lived and the kind of knowledge they possessed that would help their people. These leaders worked in the community to help people from doing wrong. Social organization was based on clans and societies. The Tall Hat Society had responsibility for powwows, the Shell for peacekeeping, and the Prairie Chickens for dancing. Like the clans, some societies had bundles like the beaver bundle or medicine pipe bundle. An act of bravery was required to enter some societies.

The rules of these societies operated around the belief that you had to be honest with yourself in all things. Spiritual values were passed on in societies, and functions such as naming children were handled by them as well. Clans functioned on the authority of the leaders of extended families, whose decisions had to be respected. Some of the clans were the Middle House, Big Plume, Big Belly, Starlight, Big Knife, and Crowchild. Celebrations would be accompanied by feasts for the clan members. The Pipe Society was responsible for law and order and peacemaking. Crimes were usually punished individually, with specific breaches having a given punishment. The last Sundance was held in 1892.

The Tsuut'ina still have two bundles, the beaver bundle and the medicine pipe bundle. "At the first sound of thunder we take them out and prey with them and also at the going out of the thunder," explained Meguinis. "The Sundance was stopped because the missionaries intervened and said it was too cruel to us and that we were not animals to be practicing this type of cruelty to ourselves." Helen Meguinis felt that the treaty eroded many of the customs and traditions that the Tsuut'ina had in earlier times. The right to go anywhere, for example, was limited by the Indian Act Legislation."



NEWS FROM THE NATIONS

Stories about First Nations from around the World



OIL MAY FLOW IN “BLACK SNAKE”

With thousands of American Indians arriving in Washington, D.C. this week to participate in a protest against the Dakota Access pipeline, on Tuesday, March 7, 2017, U.S. District Judge James Boasberg denied an injunction brought by the Standing Rock and Cheyenne River Sioux tribes to halt construction on the pipeline. The tribes argued that the pipeline, referred to by water protectors as the “black snake,” constructed under Lake Oahe violates their tribal citizens the right to practice their ceremonies, which are reliant on clean water and asked the judge to suspend construction until their claim could be resolved. Dakota

Access, the company building the pipeline, had already “modified the pipeline workspace and route more than a hundred times in response to cultural surveys and Tribes’ concerns regarding historic and cultural resources,” Boasberg writes. Rerouting the Dakota Access Pipeline (DAPL) around the lake “would be more costly and complicated than it would have been months or years ago.” “Trump and his friends at Big Oil have not won,” Standing Rock Sioux Chairman Dave Archambault said in response to the judge’s ruling. Oil company’s representatives say oil may flow through the pipeline as early as next week.

SENATOR'S DEFENCE OF RESIDENTIAL SCHOOLS

An attempt by Conservative Senator Lynn Beyak to paint the residential school system as “well-intentioned” is akin to defending actions taken by Adolf Hitler against the Jewish people in the Second World War, NDP MP and residential schools survivor Roméo Saganash said Thursday. “It equals saying what Hitler did to the Jewish [people] was good, that he wasn’t ill-intentioned in doing what he did. So, that’s why it’s unacceptable,” Saganash said in an interview with CBC News outside the House of Commons. “I think she should resign, because we don’t need those kinds of people either in Parliament or the Senate,” Saganash said. “If one reads the definition of genocide under the UN convention, it’s pretty clear to that effect that forcibly removing children constitutes genocide, OK? That’s the gravity of the comment in my view.” As reported Wednesday by CBC News, Beyak

told colleagues in the Red Chamber Tuesday that she wished the commission’s report, which conducted an exhaustive six-year study of the system, had focused “on the good” aspects of the schools rather than the atrocities children faced. She said “good deeds” and the “remarkable works” of teachers and administrators have largely gone unacknowledged, noting many Indigenous peoples still retain the Christian faith they learned while attending these institutions. Assembly of First Nations National Chief Perry Bellegarde says he’s disappointed a Conservative senator is peddling this view. “The residential schools were profoundly damaging to First Nations. Children were forcibly taken from their families and homes for the express purpose of trying to eradicate our languages and our identities. This was an attempt at genocide,” he said.

SHUSWAP BAND CARVES CANOES FOR 1ST TIME IN 60 YEARS

The Little Shuswap Indian Band in B.C.’s Shuswap region is carving canoes for the first time in over 60 years. The band partnered with the Okanagan Indian Band to relearn canoe-making skills and every day band members have been working on the shores of Little Shuswap Lake at Quaaout Lodge carving out two large canoes. Tanner Francois with the Little Shuswap Indian Band said canoe carving is a way of bringing back an important cultural practice after almost 60 years. “It’s a big thing for us,” he said. “The last time we built a canoe, just from listening to some of the elders, they were either really young or were just newborns.” Learning canoe skills has been like

jumping into a new world, he said. “I didn’t grow up with any of this,” he said. “Being able to be taught to do something my ancestors were doing — it’s like I’m following in their footsteps.” “All I’m providing is a refresher” Frank Marchand with the Okanagan Indian Band has been helping the band build the canoes. Marchand, who has been carving canoes on and off for the past 25 to 30 years since he was young, said it was an amazing opportunity to pass on his skills. “In this territory, no one’s forgotten how to make canoes. They remember a grandpa or a great-grandpa making these canoes. All I’m providing is a refresher,” he said.

CONTENT SOURCE 1. <http://nativenewsonline.net/currents/oil-may-flow-black-snake-early-next-week-federal-judge-allows-construction-continue> 2. <http://www.cbc.ca/news/politics/senator-defence-residential-schools-genocide-1.4017202> 3. <http://www.cbc.ca/news/canada/british-columbia/shuswap-band-carves-canoes-for-1st-time-in-60-years-1.4014195>

AN AFTERNOON WITH ELDER

SHIRLEY MEGUINIS



NAME: SHIRLEY MEGUINIS

PARENTS: MARY AND PROSPER PASQUAK

INDIAN NAME: "CREE WOMAN"

The Team had managed to catch up with this busy lady, Shirley Meguinis, Child & Family's Culture Coordinator. From a humble upbringing as a farm girl, to her

journey away from home as a mother of three. Fast forward a number years, she also diligently pursued Post Secondary Education despite age boundaries. Shirley

proves that education doesn't stop and morphing culture with academics can lead to a generous life. *Siyisgaas Shirley!*

We had the privilege of sitting down with Child and Family Services Cultural Coordinator Shirley Meguinis. She is the wife of late Harvey Meguinis and has been a community member for many years raising her three children in Tsuut'ina.

Shirley brought us back to her childhood and her experiences living in Saddle Lake, Alberta in Cree country. She remembers the tiny house her parents and ten siblings shared, being the eldest she can always remember helping her mother. With no running water or electricity, herself and her mother would take pails and walk half a mile for water in order to make breakfast for the family. What she remembers the most is how, not only her own family, but also the whole community lived off the land, hunting, fishing and growing food in their garden.

At the young age of five Shirley experienced a foreign world as she was sent to Provincial school. Shirley only spoke the Cree language up until this point in her life; she can remember her mother teaching her two sentences in English, her name and how to ask to use the washroom. Shirley as a youth remembers the abuse and trauma

she experienced and witnessed at the boarding school, but she explains that those memories were a whole other story, "I learned not to think about it, everything I saw and what I felt, I just put away and numbed myself with all the trauma and pain I never truly dealt with. It took a long time to be able to get to that place where I could tell my story and my experiences; having my culture and traditional way of life taken away not only from myself but my people. As a child my language was first, then came the culture through the oral teachings of my elders and how they used to do things, the language determined our culture and our way of life."

As a young woman she met Harvey Meguinis while attending Drumheller High school. Shirley said this where the "courting" happened, it would turn out that the young lovers would finish school but Shirley would not go home to her parents instead she came to Tsuut'ina nation with Harvey. Shirley's mother and father, Mary and Prosper Pasquayak, gave Shirley an ultimatum either she would come home or stay in Tsuut'ina and get married. At the young age of eighteen she married Harvey. She remembers a

priest refusing to marry them as the legal age at the time was twenty-one. She recalls they had to have two relatives sign their marriage certificate because they could not sign for themselves.

It was hard for Shirley when she first came to live here in Tsuut'ina hardly knowing anyone; she spoke of the Tsuut'ina elders at that time and remembers the kindness they showed her. The late Harvey's grandmother Bessie, the late Emily Meguinis (mother-in-law) and his Aunties were mentors for Shirley. The older women that also guided her included Jean Dodginghorse, Pat Whitney, Gloria Runner and many others as time went on. Shirley spoke of how she felt these mentors in her life carried her through to finish growing and getting to know the community. "I think that's how people got accepted, in a female perspective, the older women would mentor and guide the younger girls and it truly developed a sense of belonging and then you start mastering the teachings of a community and what their language and culture is."

Over time Shirley and the late Harvey Meguinis would welcome three children, Vincent, Traves and Janil. Currently she has 8 grandchildren and one great-grandchild. "The children always came first," she remembers their old house and how her husband helped build it as the late Harvey had done training to become a carpenter, then would become employed with Sarcee Builders. She was so proud of the home her and her husband made for their children and they didn't have much but with a lot of hard work, together as a family they had it all.

Education has always been a foundation for Shirley and she is proof that we never stop learning in all stages in the circle of life. Shirley tried to further her education but found it difficult to find schools that taught an Indigenous perspective. She first attended Mount Royal University but transferred to Muskwa-cis College, which had the indig-



SHIRLEY MEGUINIS



enous perspective she sought out for. She studied some psychology and Cree indigenous studies. Prior to this, Shirley and her husband, late Harvey Meguinis, studied at the National City University in San Diego and took training on youth development.

Shirley encourages all youth that you can still seek an indigenous education, it's so important to learn your language whether it's Tsuut'ina, Blackfoot, or Cree. Once you master your traditional teachings (language, culture and way of life) that is something that can never be taken away from you, and is passed on to future generations. "My dad used to say the mind is powerful and with a spiritually based mind, it is stronger. When the mind is struggling you depend on Creator and your prayers will get you through the circle of life."

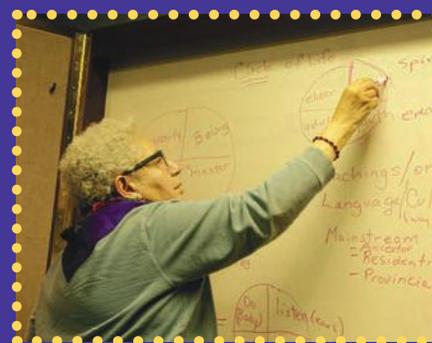
Shirley wants to encourage the youth that you have to learn how to listen, feel, and observe and move on to your destined plans. "Spirituality is nothing new, it's an ancestral teaching that they prayed through sweats and ceremonies and they depended on Creator to guide them, and that's what the



young people need. The youth need to go back and get to know their spirit and feel good about themselves by learning the language, culture and traditional way of life. We are strong spiritual beings and he, Creator, can help us. Especially the youth they are trying to identify who they are, they need to pray; Creator would never turn us down we have such strong spirits.

"Some of the things happening in our community like drugs and alcohol, has made itself a culture because it chases their own spirit away, the substance takes over the mind. It leaves them helpless, where they can't be responsible adults. It's not the Native way; to be Native is being able to belong and master our teachings and being independent and then you get to the point in life where I am, that you can tell your story and share the teachings with your grandchildren."

Shirley has continued to be the foundation of her family, even through the really hard times, when she lost her son, the late Vincent Meguinis and one year after, her beloved Harvey who was a leader of the family and the community. Through her grieving, she still finds strength in teaching and in education. "I believe I was left to guide my grandchildren in their lives."



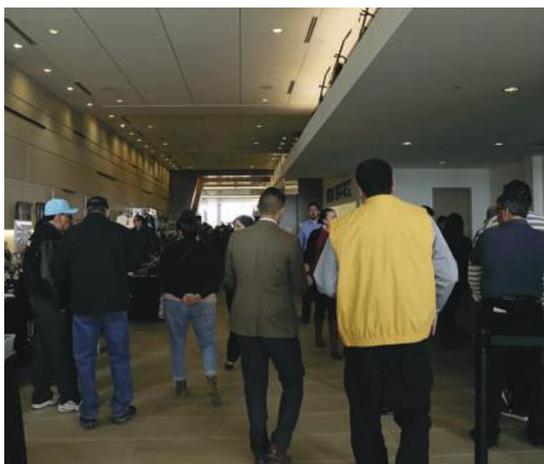
She worked many years with the Education department and loves mentoring the youth.

"Language is the only way to save the culture and to maintain the traditional ways of life. Listen to your elders and take the treasures they hold because once those teachings are gone there is no way of getting those back. Don't waste time learning useless things like alcohol and drugs; take the time and the effort to speak your language and to really listen and observe in your own journey and to find spiritual well-being. I hope this connects and helps somebody because what I say is not mine, once I say it, I have given it away."



ASSEMBLY OF FIRST NATIONS

FIRST NATION DIRECTORS EDUCATION NATIONAL FORUM



The Assembly of First Nations held an education forum hosted at Grey Eagle Resort & Casino over the course of two days. Photographed above is our *Xakiji [ah-kee-jih]*, Chief Lee Crowchild, with Reggie Crowshoe, Regional Chief Bobby Cameron, and National Chief Perry Bellegare. The audience, education directors and participants alike, had stood along with the Chiefs when the Bear Child drum group sang an honoring song. This displays that not only music is universal, respect for different cultures can be obtained and education is one of many resources to learn about each other.



EDUCATION IN THE CITY

FEBRUARY/MARCH STUDENT AWARDS

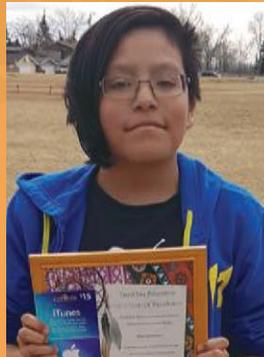
ACADEMIC OF THE MONTH

SHANIA LITTLELIGHT



ATTENDANCE OF THE MONTH

HAYLIE CROWCHILD ONESPOT



HAROLD CROWCHILD ONESPOT



ATHLETE OF THE MONTH

JODEN CROWCHILD



JOSHUA ONESPOT



MOST IMPROVED OF THE MONTH

TYESE WARD SIMON



HEAVENLY JACOBS



MOST IMPROVED OF THE MONTH

MARIA JACOBS



VERA BIG PLUME



NIZHONI SIMEON



ALIERA SIMON



EDUCATION IN THE CITY

FEBRUARY/MARCH STUDENT AWARDS

MOST IMPROVED OF THE MONTH

JOHNNY STARLIGHT

CORBIN OTTER

VITA CROWCHILD-DIXON

MOTIVATION OF THE MONTH

ISABELLE JACOBS



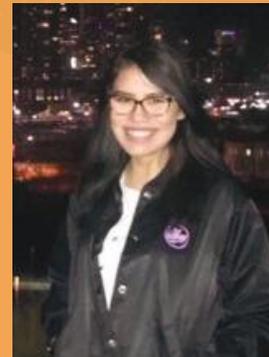
MOTIVATION OF THE MONTH

TYISHA MEGUINIS

MIRACLE DODGINGHORSE

SIERRA BIG PLUME

KIMI CRANE



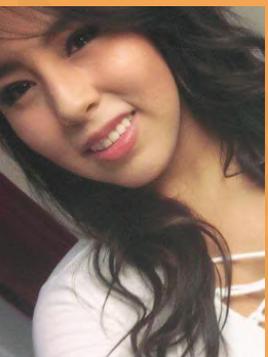
MOTIVATION OF THE MONTH

GINA CROWCHIEF

JAVIN FOX

ROSANNA STARLIGHT

TALAYNA MONTOUR SADDLEBACK



IN ORDER FOR A MINOR TO RECEIVE THEIR PER CAPITA DISTRIBUTION (PCD) UPON TURNING EIGHTEEN (18) YEARS OF AGE – ATTENDANCE AND PARTICIPATION IN A BMO FINANCIAL LITERACY WORKSHOP IS MANDATORY.

NOTICE TO MINORS

Tsuut'ina Nation Minors who will be turning eighteen (18) years of age this year be advised:

As a requirement of the Tsuut'ina Nation Capital Trust Agreement each minor must satisfactorily complete an educational program approved by the Nation with respect to personal financial planning and money management.

Bank of Montreal (BMO) Financial Literacy Workshops is scheduled for the following date in order to accommodate this requirement for the minors:

TUESDAY, JULY 4, 2017 – 5:00 P.M. SHARP

LOCATION: GREY EAGLE RESORT AND CASINO

Additional workshops will be scheduled in the new year.

Contact 403-238-6412 if further information is required.

JOB OPPORTUNITIES

Department: Tsuut'ina
Child and Family Services

Position: Admin Support

Closed: Friday May 5,
2017 at 3:00pm

Department: Tsuut'ina
Museum/Culture

Position: Museum
Custodian/Maintenance

Closed: FRIDAY April 28,
2017 at 3:00pm

Department: Tsuut'ina

Education- Bullhead Adult Casual (Casino)

Education Centre

Job ID: J0317-0560

Position: Summer Student
Placement Counselor

Closed: April 28, 2017

Open: Wednesday April
19, 2017

Closed: Wednesday April
26, 2017

SALARY: \$20.00/per hour

Grey Eagle Resort &
Casino

Position: Casino Server-



FOR FULL INFORMATION PLEASE CONTACT TSUUT'INA NATION HUMAN RESOURCES DEPARTMENT

jobs@tsuutina.com



EMERGENCY PREPAREDNESS WEEK

MAY 7-13 2017

IS YOUR FAMILY PREPARED?

Watch for upcoming media releases on
Communication on the Nation & Tsut'ina
Communications



TSUUT'INA NATION CITIZENS NOTICE

EASTER HAMS AND GIFTCARD

TO BE HANDED OUT

Wednesday April 12/17 12pm-5pm
Thursday April 13/17 9am-5pm

BULLHEAD COMMUNITY HALL



ONE PER HOUSEHOLD

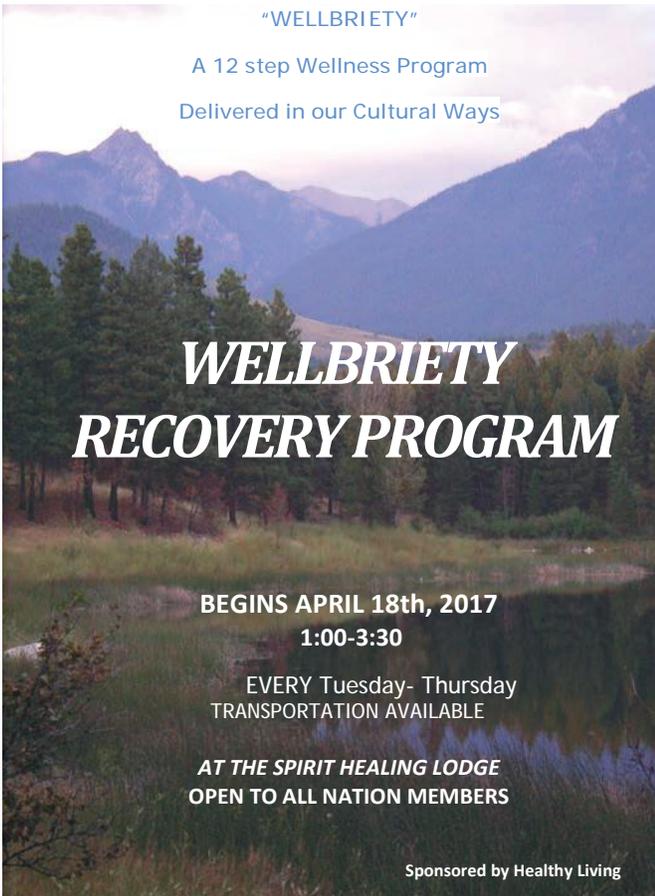
Must be picked up by the listed homeowner/renter



ANY QUESTIONS CONTACT CONTINGENCY DEPT 403 281 4455

"WELLBRIETY"

A 12 step Wellness Program
Delivered in our Cultural Ways



WELLBRIETY RECOVERY PROGRAM

BEGINS APRIL 18th, 2017
1:00-3:30

EVERY Tuesday- Thursday
TRANSPORTATION AVAILABLE

AT THE SPIRIT HEALING LODGE
OPEN TO ALL NATION MEMBERS

Sponsored by Healthy Living

RELAPSE PREVENTION



WANT TO STAY SOBER?

**LEARN THE EARLY WARNING SIGNS &
COPING SKILLS NECESSARY TO MAINTAIN A
LIFETIME OF ABSTENIENCE**

JOIN OUR RELAPSE PREVENTION PROGRAM

WHERE: THE SPIRIT HEALING LODGE

WHEN: MONDAYS AND FRIDAYS
1:00-3:30 P.M. (ONGOING)

Starts APRIL 10th 2017

(REFRESHMENTS WILL BE AVAILABLE)

COMMERCIAL PROJECTS ON TSUUT'INA NATION

TSUUT'INA POLICE STATION

Surface works out for tender. Contractor completing building construction



ALL CHIEFS SPORTSPLEX/JIM STARLIGHT COMMUNITY HALL

Piling ongoing. Grade beams starting early April 2017



HEADSTART/CHIILA EXPANSION PROJECT

Concrete slab poured, interior construction ongoing. Roofing starting at High School portable



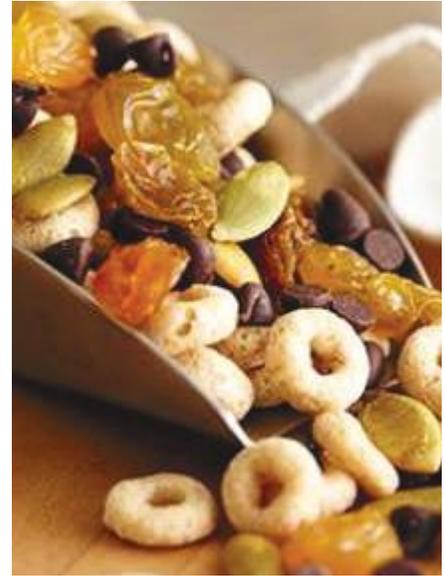
HEALTH IN THE COMMUNITY

HOMEMADE TRAIL MIX!

Another easy, non-perishable snack to take on the road. Make individual snack packs by scooping 1 cup of mix into a small bag or container. Keep the rest of the snack mix in an airtight contained read for snacking!

INGREDIENTS

- 6 cups of dry cereal such as Cheerios, Shreddies or Corn Bran
- 2 cups pretezels
- 2 cups nuts such as unsalted peanuts, almonds or pecans
- 1 cup seeds such as sunflower or pumpkin
- 2 cups dried fruit such as cranberries, chopped pitted dates, dried apricots, banana chips, dried apple
- 1 cup chocolate chips or yogurt covered raisins



PLACE YOUR AD HERE

FIND OUT HOW YOU CAN PLACE AN ADVERTISEMENT
IN DÀ-HÍ, A TSUUT'INA NATION PUBLICATION.

CONTACT US FOR INFORMATION
COMMUNICATIONS@TSUUTINA.COM



THE MIDWIVES ARE HERE! THE MIDWIVES ARE HERE!

Indigenous communities across Canada have always had midwives. It has only been in the last hundred years that this practice has been taken away from our communities. This occurred for a number of reasons, including colonization and changes in the health care system in Canada. As a result of losing midwifery, many rural and remote Indigenous communities are currently required to deliver their babies and access care outside of their communities. Despite these changes, there are still some Indigenous midwives practicing in a variety of settings across Canada. The vision of these midwives is to one day see “An Aboriginal midwife working in every Aboriginal community”.

Currently, there are many schools across Canada that offer midwifery education. Mount Royal University holds two spots for First Nation students. There are some community based education programs specific to Indigenous midwives. If you are curious, visit these links:

<http://aboriginalmidwives.ca/aboriginal-midwifery/community-based-programs>

<http://www.mtroyal.ca/ProgramsCourses/FacultiesSchools>

*Centres/ HealthCommunity
Education/Programs/
BachelorofMidwifery/*

The Health Centre has reached out to a local group of midwives to co-teach some of the prenatal classes. The midwives in this practice have a collective world wide experience working with people from all walks of life. There are no First Nation’s midwives within a local practice that we have found (yet) but these women are all very passionate about the right to self-determination and empowering families.

Midwives specialize in low-risk pregnancy and are publicly funded. This means there is no cost to the family and they can help you deliver your baby at home, in birthing centres, and in the hospital. You can choose where you want to have your baby. If you would like more information as to how midwives in Alberta work or would like to have a midwife, visit this link: <https://abmidwives.ca/what/facts>



HEALTH CENTRE HARM REDUCTION TIPS

What is opioid dependency programming?

The program provides methadone or suboxone for people who are dependent on Opioids. Opioids include drugs that come from the opium poppy (such as morphine and heroin) as well as man-made painkillers (such as Demerol, Tylenol #3, Fentanyl, and Percocet).

Methadone and suboxone are substitution drugs. When you are on the right dose you will not have cravings for opioids and no drowsiness – you will feel normal. You can stay on methadone for many years. This way, people have a chance to regain control over their health and their lives without having to worry about cravings.

Most programs are able to assist people with other needs such as linking with counsellors and housing supports. People who are pregnant are always prioritized and it is safe for pregnancy.

For further information about what to expect from an opioid dependency program visit:

<http://www.albertahealthservices.ca/assets/programs/ps-1000286-odp-info-for-applic.pdf>

For further information of where to go for opioid dependency program you can call the Addiction Help Line: 1-866-332-2322

Is the cost of opioid dependency programming covered?

Yes. The cost of the medication is covered by NIHB. The medical transportation is also covered for the clinic visits as well as the pharmacy visits that are required to get the medication.

How is opioid dependence different from alcohol dependence?

Evidence supports that long-term methadone or suboxone programming, in conjunction with treatment and recovery support, leads to less relapse than abstinence-based programs that are often in support of alcohol dependence. This is because of the psychological but also the physical cravings that often lead to relapse in someone who experiences opioid dependence. This is why, in response to the public health crisis related to fentanyl in Alberta, the government is trying to increase access to opioid dependency programming. That being said, the opioid dependency programs see a wide range of people, from those who are dependent upon fentanyl or heroin to those who are dependent on Tylenol with codeine (example, Tylenol #3).

There is no ‘one size fits all’ but these are some of the options people can be made aware of.

Tsuut'ina Education Princess Pageant

SR. HIGH SCHOOL EDUCATION PRINCESS

Cherokee Eagletail

SR. HIGH SCHOOL EDUCATION PRINCESS RUNNER-UP

Christian Anne Manywounds

JR. HIGH SCHOOL EDUCATION PRINCESS

Tatum Whitney

JR. HIGH SCHOOL EDUCATION PRINCESS RUNNER-UP

Dade Eagletail

ELEMENTARY SCHOOL EDUCATION PRINCESS

Kaylene Big Plume-Kahnospace

ELEMENTARY SCHOOL EDUCATION PRINCESS RUNNER-UP

Natayja Big Crow

TINY TOT EDUCATION PRINCESS

Rosalija Simon

TINY TOT EDUCATION PRINCESS RUNNER-UP

Leasha Crowchild

Tsuut'ina Nation Education hosted their very 1st Annual Princess Pageant. The main goal is to include our Nations children that attend schools outside of the Nation; to celebrate their amazing talents and skills. Jennifer Big Plume and Cara Big Plume had the great honor of coordinating such an exciting event, the following is a personal letter from the Pageant coordinator Jennifer who explains this event to honor the young women of our nation and show how these young ladies are such inspiring and talented individuals who are so capable of conquering their dreams.

«-----»

When Cara and I started working with the students who attend school in the city we would collaborate ideas on how we can connect and motivate them not only to graduate but to recognize their accomplishments. We work with the students and the families on a daily basis and over time we got to know them all personally. We listen to them when they voice their concerns, struggles, strengths and we thought what we can do to help them all.

We have come up with many different ideas including tutoring to help them truly understand what they are learning. Taking them to post-secondary schools to show them what they can succeed in, awards to acknowledge what they've already worked so hard for and recently a princess pageant for the young ladies who wish to not only represent themselves but their families and their nation.

We held our 1st annual Tsuut'ina Education Princess Pageant on March 21, 2017 for the tsuut'ina girls who attend school in CCSD and CBE. There is not enough words to express how proud we are of all the young ladies who made the decision to want to take on such a big responsibility. It was hard work, busy days and long nights but in the end it was all worth it. Every single girl who participated in the princess pageant deserves recognition and praise. All these young ladies are extremely talented, very bright and are true role models already. I love their perseverance and cannot wait to continue to watch them grow and see what they can do with their future.

YOU DID AMAZING GIRLS!

- | | |
|------------------------------|----------------------|
| Aneshia Big Crow | Jade Eagletail |
| Leasha Crowchild | Shari Anne Otter |
| Kiah Simeon | Raylynn Whitney |
| Rosalija Simon | Tatum Whitney |
| Kaylene Big Plume-Kahnospace | Kimi Crane |
| | Cherokee Eagletail & |
| Natayja Big Crow | Christian Rose Many- |



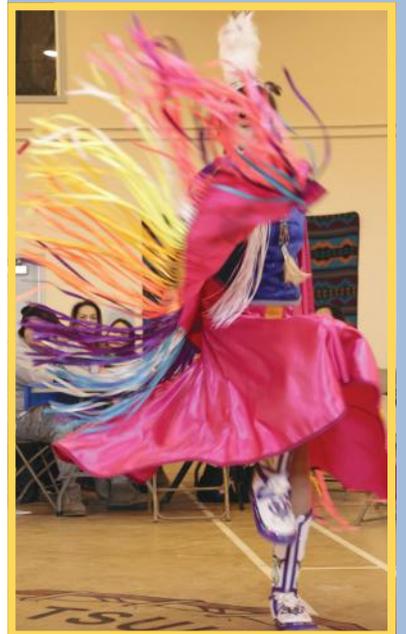
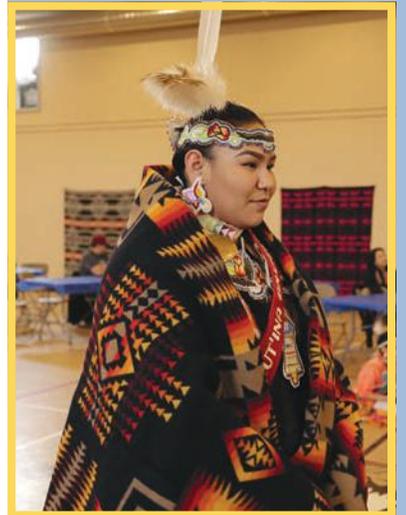
It was a wonderful experience and we are grateful to have shared it with the girls and their families'. We know our princesses will do us proud.

Of course we could have not put this pageant together without help. We would like to acknowledge and thank the following people: Elders Vanora Big Plume, Keitha Manyhorses and Bernice Starlight for their support in the tsuut'ina language. Our judges Amber Big Plume(2013 Calgary Stampede Indian Princess), Eva Meguinis(2011 Calgary Stampede Indian Princess), Livia Manywounds (2007 Calgary Stampede Indian Princess). CCSD liaison Wanda First Rider, CBE graduation coach Michelle Finley, Elders Bernice Starlight & Gloria Runner. Donovan Big Plume & Trish Big Crow for providing the breakfast. Good luck Donovan on your basketball endeavors.

Natayja Big Crow and her tsuut'ina 7 Chief's hockey team for providing the lunch. Good luck Natayja on your hockey endeavors. Emil Starlight for the sound system, Caylem Simeon for MC duties, The Refreshed Program for our graffiti poster, Louie Starlight and Hal Eagletail for drumming, Aimee and Cherokee Eagletail for the handmade purses for the judge's gifts, Lola Beaver for the beaded rings for judges gifts, Marcie Two Guns for the sashes.

Lastly we would like to thank all the families who helped their daughters in this milestone. They could not have done it without your love and support. We hope all our princesses continue to work hard and feel the pride when they represent themselves and our nation.





Tsuut'ina Nation School Princess Pageant



The Tsuut'ina Nation School's have crowned three new princesses, to represent our Nation for the up coming year. All of the contestants did an amazing job. All the girls were so beautiful dressed in their regalia. The judges had their work cut out for them as the girls did their Tsuut'ina and English speeches and also showed off their dancing skills and one courageous contestant Asayda Eagletail-Crowchild sang a beautiful round dance song. All the girls that competed in the pageants should be so proud of themselves for having the courage to reach for your dreams and be positive role models within our community.

TSUUT'INA SENIOR HIGH SCHOOL PRINCESS

Phoenix Heavenfire

TSUUT'INA MIDDLE SCHOOL PRINCESS

Isabella Rabbit-Onespot

TSUUT'INA CHILA ELEMENTARY SCHOOL PRINCESS

Asayda Eagletail



On April 4th The Tsuut'ina School's had their Annual Princess Pageant. We would like to congratulate our new 2017 Princesses

Chiila Princess- Asayda Eagletail
Runner up-Jaliessa BigCrow-Lefthand
Middle School Princess-Isabella Rabitt-Onespot
Runner up-Jewel Manywounds-Whitney
High School Princess -Phoenix Heavenfire

The Committee would also like to acknowledge all participants for working so hard. We encourage you all to continue being role models!

The Role of the Tsuut'ina School Princess is to promote and represent the culture and language on behalf of the School. Attend school regularly, have good academic standing, speak the language and be proficient in the English language. Be knowledgeable of the culture and history and be aware of the present status of First Nations people in Canada. It is expected that the Princess will be a role model for her peers, she will be honest, caring and considerate to others. She will represent young women of the future.

Siyisgaas
Tsuut'ina School Princess Pageant Committee



4TH ANNUAL TSUUT'INA HEALTH FAIR



Even though the weather had been slightly gloomy, the Administration Building was filled with booths and inquisitive participants who were offered information on health and health issues. This fair is a huge advantage to the community, especially since it is specific to First Nation needs. Thanks to the Health Centre for letting Communications know, and take care of yourself!



LIFE SKILLS PROGRAM

April 10 2017

9:00 AM – 12:00 PM

Spirit Healing Lodge

Transportation Available

Daily Incentive

PRIORITISING
 TIME MANAGEMENT
 WORKING INDEPENDENTLY
 CREATIVE THINKING
 BUILDING CONFIDENCE
 LEADERSHIP
 LISTENING SKILLS
 HANDLING DISAPPOINTMENT
 NETWORKING
 RECOGNISING DIVERSITY
 COOPERATION
 POSITIVE THINKING
 PROBLEM SOLVING
 CONFLICT MANAGEMENT
 NEGOTIATING
 COMMUNICATION




TOSHKOSHI CH'AT'GHA - 2017

DZINISI YIK'A SUNDAY	DZINISI ONA MONDAY	IKIYI DZINISI TUESDAY	TAAK'I DZINISI WEDNESDAY	DIICH'I DZINISI THURSDAY	GUUT'A DZINISI FRIDAY	DZINISI TSITL'A SATURDAY
						1
2	3 UNDERSTANDIN ANGER	4	5	6	7	8
9	10 INTAKE RELAPSE PREV. UNDERSTANDIN ANGER	11 GOAL SETTING	12 GOAL SETTING	13 GOAL SETTING	14 ACTIVITY RELAPSE PREV.	15
16	17 GOAL SETTING RELAPSE PREV. UNDERSTANDIN ANGER	18 GOAL SETTING Well-Briety	19 GOAL SETTING	20 GOAL SETTING Well-Briety	21 ACTIVITY RELAPSE PREV.	22
23/30	24 VALUES RELAPSE PREV. UNDERSTANDIN ANGER	25 VALUES Well-Briety	26 VALUES	27 VALUES Well-Briety	28 ACTIVITY RELAPSE PREV.	29

TSUUTINA NATION WELLNESS GATHERING

The Healthy Living Program was very honored to host an Wellness Gathering that wanted to spark self awareness, while touching on base points for over all Physical, Mental and Spiritual health.

The Healthy Living Staff presented a video looking into their own personal struggles with loss and addictions, over coming those challenges in a healthy way. The Communications team had the pleasure of attending this event and we would like to commend the Healthy Living staff for your bravery of letting the community know the struggles each one of you overcame, thus shaping you into positive role models. Jason Burketa (ED) and Director Yolanda Jacobs presented the Healthy Living staff with Staff Appreciation gifts for their dedication and hard work. Yolanda Young Pine-Crowchild, Tammy Crowchild, Heather Meguinis, Tessie Big Plume, Jori Manywounds, Corrine Eagletail-Frazier, Sandra Onespot, Richard Leblanc, Sherry Crowchild and Greg Twoyoungmen Jr were given handmade plaques. The Event was a two day gathering, the first presenter was Dr. Darien Thira who explained insight on Decolonization and how it pertains to mental, physical and spiritual health. Clara Hughes, six time Olympic Medalist, then spoke of the importance



of physical health and how there is direct link between physical and mental well being. Her personal struggle with mental health and depression and how she overcame her struggles with physical activity.

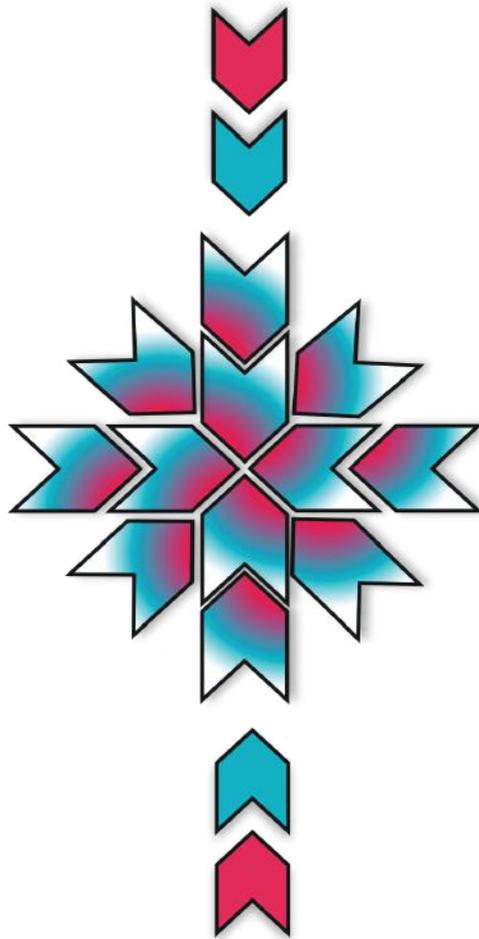
Madelaine McCallum spoke about discovering "the Fire Within" with her personal life story. When Madelaine left her home community her goal was to break the unhealthy cycles of addiction. Her story of survival leaves no one indifferent. She tells the story of how

it took many years to break the cycle of violence and broken relationships to emerge change, rebirth and how she is named Strong Earth Woman. Karen Wells had a amazing presentation on how children are our Sacred Bundles Parenting Program. Historically our children were the focal point of our people. When this was disrupted through residential schools, child welfare scoop and many other tactics used by the colonizers, our communities were broken. Rebuilding and remembering our children will only strengthen and bring harmony and peace back to our people. "Kiit Hypnotist - Mind Master", describes the sentiment of every performance literally a positive attitude and constant state of mind. Kiit delivers a powerful message of limitless possibilities.

Ryan McMahon is an Anishinaabe comedian, writer, media maker and community activator based out of Treaty 1 territory (Winnipeg, MB). One of the most decorated Indigenous comedians/writers/media makers working today, Ryan's voice has become vital to both Indigenous & non-Indigenous communities, his comedic storytelling style is fast-paced, loose & irreverent as he explores the good, the bad & the ugly between Indigenous Country & the mainstream.



"Decolonizing The Mind"



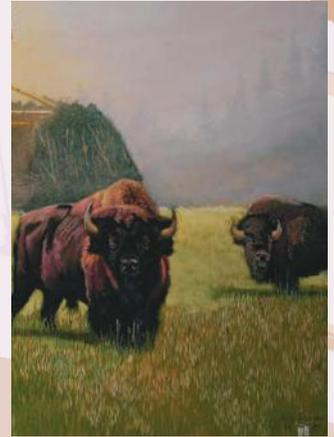
TTN ELDER'S CONFERENCE



THE ELDERS PROGRAM was proud to host a meeting at the Stoney Nakoda Resort for a fun filled relaxing getaway for our Elders. Many information sessions were held from the Police, Drug awareness and Mcinnis and Holloway presented on Final testaments and Will's. The week was filled with delicious meals and laughter, during dinner they had the great pleasure of

having three gentleman from Tibet say a prayer and sang a traditional song in Tibetan to bless the Elders and the meal served that evening. The last night Michelle Jacobs did an amazing job of hosting a gala where the Elders were dressed up to the nines, paired with amazing food, followed by a performance from Michelle Thrush.





MICHELLE THRUSH, a First Nation actress and First Nations Activist, was invited to the conference and displayed a remarkable skit of transitioning between ages. She started off as child version of herself, casually morphing from teen to adult hood. She then began to color her hair with flour, you read right, and began to dress in Kokum(Grandma, Granny) fashion, changing her speech and stance. She made the entire audience laugh and engaged everyone respectfully.



GUNAHA LANGUAGE IMMERSION WORKSHOP

On March 13th to 17th, the Tsuut'ina Gunaha Institute partnered up with the Indigenous Language Institute to host an Immersion Methodology Training Workshop for members of the Tsuut'ina Gunaha Institute, Education, Head Start, and Daycare Staff. We would like to thank the Indigenous Language Institute, Bullhead Adult Education Centre, Caterers, Attendees, and especially our Elders/Speakers for making this training workshop an overwhelming success. We apologize in advance for anyone we forgot to mention.



Language and Culture go hand in hand, without a dialect a culture is not complete. Language is also just not spoken word and ears, it is used visually and with feel. The language revitalization in Tsuut'ina had started with a few prayers and hopes that it could be more. Colonization had been made a huge dent, not just indigenous languages and cultures had suffered, groups from around the world had unfortunately lost their languages and shortly after the cultures with them.

The most important sources we learn languages from is our Elders and our young children. There is a generation gap that is at an odd stance of revitalization the language and adjusting to the developing world. We could blame many sources of losing a language, technology being our main one, but it also can be integrated as well through our social outputs. It also helps develop language apps to accomdate those who cannot simply put down their smart phones.

"The limits of my language means the limits of my world." - Ludwig Wittgenstien. Those who are apart of the gap, while we still have the chance, can enroll in offered courses, engage with the community more, hear from an elder first hand. The resources may seem limited and unattainable, but all it takes is that first step. It also starts with attending workshops.



TSUUT'INA LANGUAGE CLASSES FOR THE TSUUT'INA NATIONS

Elder quotes

- * “Once our language is saved, our community is saved.”
– Gerald Meguinis
- * “You must retain the language; you must learn it.”
– Jean Dodginghorse



Information

The Tsuut'ina Gunaha Institute is offering Tsuut'ina Language classes to all nation departments in the effort to revitalize the language and have more exposure in the community. The language sessions are flexible and we are able to work with your department on a schedule that works for you. It will run over 10 sessions program, each session an hour. Content will cover basic greetings, feelings, introductions and basic conversation to help your department and employees interact in the community with basic knowledge of the

Tsuut'ina Language. This is an opportunity to not only learn the language for yourself but also to integrate and familiarize nation employees with community members.

Contact: Ben Pipestem the Community Language Teacher

Office: 403-238-9455

Email: bpipestem@tsuutina.com

JOSH LITTLELIGHT

ARTIST OF THE MONTH



Who are you and what do you do?

Hi, I'm Josh Littlelight, my Indian Name is "One Boy". My grandparents are Frank and Heather Littlelight. At the time I'm an illustrator and a graphic designer for the Tsuut'ina Nation. On my free time I like painting, drawing, carving and taking on huge art projects

How do you prefer to work, do you have a devoted studio space?

I like to think I can work anywhere since my laptop and tablet are what I need to illustrate and graphic design. I do have a work studio at my house though and its upside down with my creative madness.

What is integral to your work as an artist?

The thing that is most important to me as an artist is to set your goals higher then you believe you can achieve, in my mind thats the only way you can discover what your true potential is. To paint or draw something that you didn't think you would be able to. Because once you are finished you did something that the previous you would have thought was impossible

How has your practice changed over time?

My practice has changed more mentally then physical I feel like I have always practiced my art a certain way but my understanding of the world around me and how it effects my art as changed. Art is a representation of ones self so in my eyes the way you do art will never change its just how you take it in and understand it that changes.

What work do you most enjoying doing?

I enjoy doing large scale art projects. The time and effort that goes into them I feel is more rewarding and satisfying then small projects, but I mostly catch myself doing digital drawings/ designs due to the complexities I can achieve in a short amount in time.

What memorable responses have you had to your work?

One of the most memorable responses I have had towards my work was when I went to New Zealand and was at a important symposium. During one of the key speakers I was doodling on a napkin and the C.E.O of the major art schools in New Zealand walked by and asked if he could use it quick as an example so I agreed. He ended up showing everyone at the symposium stating that they need to strive to do more art like that and asked everyone to write there numbers down so I would have art contacts in New Zealand.

Do you encourage others to live the artistic life?

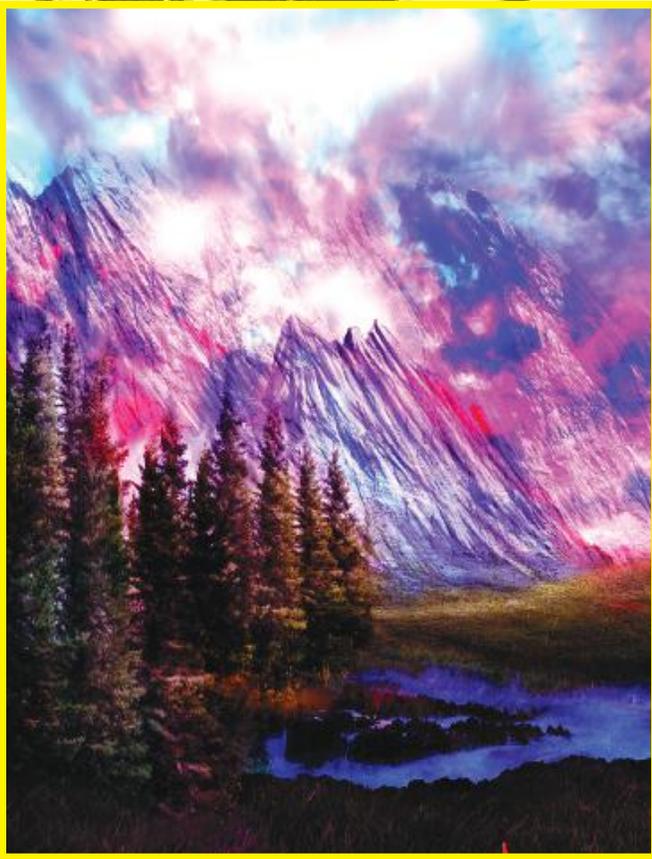
Yes I strongly agree with this, I believe everyone should do some form of art, it can be very relaxing and inspiring. The things people come up with is amazing.

What do you dislike about the art world?

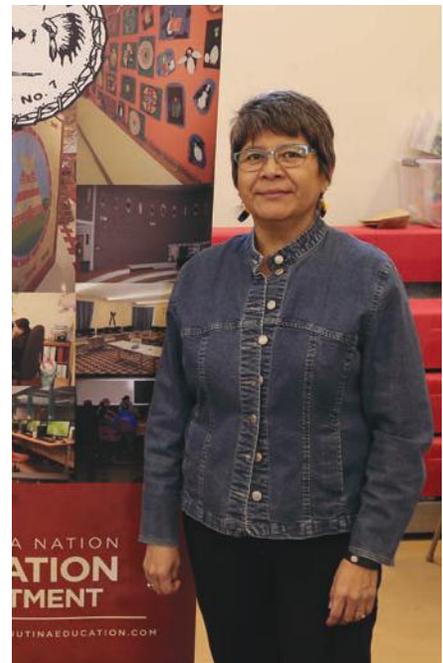
Theres nothing that I dislike about the art world its just the people within it, what I mean is when people have the need to classify art, which art is good which is bad why they painted this why its famous why its not. I feel art is a interpretation of ones soul so I don't think any art is bad or good its what they where trying to interpret. It doesn't matter if the greatest painter in the world painted flowers or a child painted flowers they both painted flowers and interpreted what they saw and felt so I don't feel the need to judge it, if you took the time and dedication to paint something your happy with, thats all you need

Where would you like to take your art?

I would like to take my art across the world in all aspects of life, have a piece of art In all countries in all cities.



Post secondary Education Fair



TTN Communications had been invited to the Annual Post Secondary Education fair, filled with information booths of schools and institutions all over Alberta. We hope this event inspired many, and we surely enjoyed meeting new people, hiy hiy!

APRIL EMPLOYEES OF THE MONTH

Councilor Leeroy Meguinis has taken the initiative to start an Employee of the month award for Nation employees. Meguinis cites that there are many hard working individuals in and around the Nation who are seldom recognized for the work they contribute. For the Month of April 2017, Theresa Big Plume and Angela Heavenfire received framed awards and \$100 directly from Council Member Meguinis. Theresa Big Plume works with the Membership Department and Angela Heavenfire is the Payables Supervisor for the Finance Department. Councilor Meguinis takes great pride in recognizing the nations employees and hopes this incentive will continue in hopes of recognizing and show casing the nations hard workers and bring value to the nations and its employees.

Hiy Hiy, never forget someone does care and notices the dedication you put into your work.



CARBON TAX LEVY EXEMPT FOR ON RESERVE RESIDENTS

With Alberta being the only Province to introduce a new "Carbon Tax" in 2017, we want to show how this effects indigenous communities and how residents living ON reserves are fully TAX EXEMPT and here are resources that can help you remove these charges off your energy bill for GOOD!

Carbon Levy billed on First Nations lands when Section 87 of the Indian Act states we are exempt from Taxes and That Canada Revenue agrees to exemption as well as Alberta Climate leadership.

Direct Energy has agreed to the Exemption providing your Status Card is submitted to them and account number is on the form: i have made copies of the form to be filled out and are available via request We will require the status card for each individual, as required by Canadian Revenue Agency, or a Temporary Confirmation of Registration Document.

You may refer to the following links from Canada Revenue Agency on the type of documentation required for the GST exemption, which is also the documentation required for the carbon levy exemption:

<http://www.cra-arc.gc.ca/.../t.../gst-tps/frstntns/menu-eng.html>

<http://www.cra-arc.gc.ca/E/pub/gm/b-039/b-039-e.html>

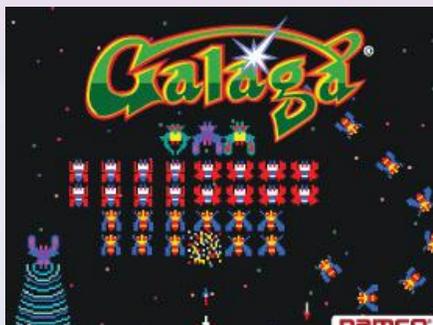
Proof of Indian status status Indians must present proof of registration under the Indian Act in order to acquire property or services on a reserve, or for delivery to a reserve, without paying the GST/HST. They would generally show to the vendor their original Certificate of Indian Status card (status card) or original Temporary Confirmation of Registration Document (TCRD). Status cards and TCRDs are issued to eligible Indians by Aboriginal Affairs and Northern Development Canada (AANDC).

If anyone has further questions our wonderful Treaty Initiatives Department can answer any questions and forward the application for Direct Energy as shown below or contact your energy provider for more details.

GST Exemption Certificate request		Direct Energy Regulated Services	
Email: DESRInquiries@directenergy.com Fax: 1-877-420-3777			
Postal Mail: POBOX 1520, 639 5TH AVE SW CALGARY, AB T2P 6R6			
<small>Please write clearly and then review your request for accuracy. If the information is illegible or incomplete, your request may not be processed.</small>			
Information about Applicant			
Business Name			
Last Name			
First Name			
Address (number, street)		Unit or Apartment	
City		Province	
Postal Code (A9A9A9)	Email	Phone Number	
Exemption Information			
Certificate Number			
Type of Certificate			
<input type="radio"/> Government <input type="radio"/> Native <input type="radio"/> Other			
Certificate Expiry Date (YYYYMMDD)			
Account Information			
Account Number			
<small>Please provide all Site IDs. If your exemption is based on your band or treaty number please indicate the sites where service is supplied on a reserve. If you have additional Site IDs, please provide on an attached page.</small>			
Site ID#1		Site ID#2 (if applicable)	
Site ID#3 (if applicable)		Site ID#4 (if applicable)	
Site ID#5 (if applicable)		Site ID#6 (if applicable)	

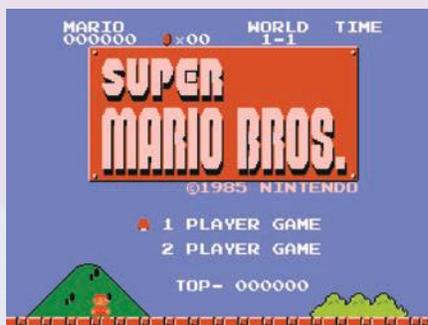
SO YOU THINK YOU CAN PLAY?

Not all of us can sit for hours(maybe days even) and indulge in a virtual reality, some even frown upon it. But who cares, these virtual gems are for those can sit for hours on end not knowing which time of the day, week, month, or year is it! Don't worry 80's babies, we included you too.



GALAGA

A Japanese shoot-'em-up arcade game developed and published by Namco Japan and by Midway in North America in 1981. The game play of Galaga puts the player in control of a spacecraft which is situated at the bottom of the screen. With enemy aliens arriving in formation at the beginning of a stage, either trying to destroy, collide, or capture the spaceship, with the player progressing every time alien forces are vanquished. This game is a awesome classic. Anyone born in the 80's or before will know how amazing this game can be with hours upon hours of fun trying to better the previous score. If your looking for a good old school game this is the one for you! Definitely 7 out of 10 dudes.



SUPER MARIO BROS

This platform video game was developed and published by Nintendo for the Nintendo Entertainment System. Super Mario Bros. was released in Japan and North America in 1985, and in Europe and Australia two years later. In Super Mario Bros., the first person player controls Mario. In a two-player game, the second player can play as Mario's brother Luigi. The story travels through the Mushroom Kingdom in order to rescue Princess Toadstool from the antagonist Bowser. What can I say about this game that hasn't been said about the epicness. If you do not know what Mario Bros. is were you where born under a rock? This game calls to all the kids born in the 80's and after, I would give this game a solid 10 out of 10, tubalur.



THE LEGEND OF ZELDA

This video game is a high-fantasy action-adventure series created by Japanese game designers. It is primarily developed and published by Nintendo. The series' gameplay incorporates elements of action, adventure, and puzzle-solving games. The series centers on Link, the main character and the hero. Link is often given the task of rescuing Princess Zelda and the kingdom of Hyrule from Ganon, who is the antagonist of the series. This game like Super Mario Bros is very well done. At the time when it came out it was revolutionary, the concept has never changed and has never needed to, kick the door down and save the princess it's a must have for anyone. A definite 9 out of 10.

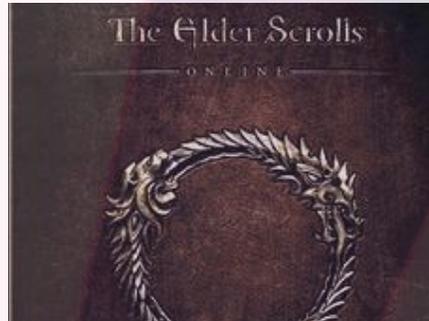




grand theft auto

GRAND THEFT AUTO

An action-adventure series known to be an 18+ rating. Primarily developed by Rockstar North and published by Rockstar Games. Majority of the series are set in fictional locales influenced by actual cities. The gameplay focuses on an open world where the player can choose missions to progress an overall story, as well as engaging in side activities. Different protagonists who attempt to rise through the ranks of the criminal underworld, although their motives vary in each game. This game may not have the typical action hero, it does have its fair share of different antagonists alongside the main characters. Film and music veterans have voiced characters, including Ray Liotta, Burt Reynolds, Dennis Hopper, Samuel L. Jackson, James Woods, Debbie Harry, Phil Collins, Axl Rose, and Peter Dinklage. This game has by far the greatest re-play value of any other games on this list. Just the countless hours wasted playing the game and not even doing the "Main Story" of the game just having fun with friends. There is so many titles for this game I can't even begin to talk about which one to start playing. I would rate this one a 10 out of 10.



THE ELDER SCROLLS

A series of action role-playing open world fantasy video games primarily developed by Bethesda Game Studios and published by Bethesda Softworks. The series is known for its elaborate and richly detailed open worlds and its focus on free-form gameplay. Morrowind, Oblivion, and Skyrim. These games are just visually spectacular with so much to do in such a little time. These games will take over your life don't plan on sleeping until you have had enough. I wouldn't even know where to start with these games you can do and be whatever you want for the most part. This is another game I would give a 10 out of 10 just for the sheer size of it, it can be mind boggling.



TSUUT'INA NATION GUNAHA LANGUAGE CROSSWORD

D K G A N C V ? D A Y Y K V L D
 J Z N Q H L H P I N Z L N T W K
 D N Y Z K G L O G T R A Y B Y R
 V N R B T J A V ? N S Z H Q M N
 N A G U W A R ' R A L ' X G T Y
 Z Z A Z V L M D T B T A A C I G
 T O S H K O S H I A D ' H G B ?
 A T I L G D J M D A ' O I X H M
 H S Z N R O V B G Z D H I B D A
 G I A R I P ' U Y I T N C Q K Z
 A S A R L L Z S S W I B B J J R
 D G S M T I A D T D L Y T N N Q
 I A K T D P I T O R D D D X D X
 D J Q I V B V H A D B M M Z Z J
 T Q D Y J J C X J X P Q M B B Y

Xadaguzidi – Spring (season)

Xatalini – Spring (water)

Toshkoshi – Frog

Naguwa – Play

Ts'ogha – Outside

?its'agha – Bird

Ch'at'agha – Sun



Chodisdi – It is sunny

Cho?at'i – It is raining

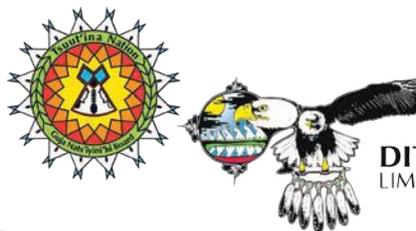
Chodini – Thunder

Didagha – Calf

Tsisga – River

?ighaza – Egg

Zaas – Baby



APRIL HOROSCOPE

Find your sign below to see what the month of April 2017 has in store for you



Dōmá Īk'ōyí

"ARIES" Mar 21 - Apr 19

If you've felt that you've been held hostage somewhat by the stars demands, which aren't always favorable to your own plans, or trapped between contrasting emotions that won't show you which way to go. Have faith in yourself, follow your intuition and sure, the future won't be completely rosy at times: you'll have to make hard choices. Spring has a way of shedding the old and pouring new opportunities, but only if you get up and grab them. Your unstoppable! Your the rainbow after the rain!

Īk'ōyí

"TAURUS" Apr 20 - May 20

Just when your leaving your house this morning, don't forget to lock up and give the children a pat on the back. Don't be embarrassed by your actions today



Mīzīts'īgúdísulí

"LEO" Jul 23 - Aug 22

When asked to perform in a successful powwow drum group, consider all your options before accepting. Whilst we are not all superhuman.



Nāt'ūwí

"SCORPIO"

Oct 23 - Nov 21

Everything you do today will be a lousy job, its just one of those days and the effort would be best spent surfing websites about mucky buttons.



Tú Yīkōhí

"AQUARIUS"

Jan 20 - Feb 18

Loved ones need to be reminded of your talents frequently, and at length, this month. Try the subtle approach at first, but be prepared to play the drum when Uranus becomes luminous around the 8th



Īk'āst'ónághá

"GEMINI" May 21 - Jun 20

All the ideas you've ever had will be totally blown out of control. Position yourself well, for the revolution is almost here.



Nīchīdīnītōdī Ts'íká

"VIRGO" Aug 23 - Sept 22

In biscuits one can find sweet, sweet redemption. Make sure you share it will pay off in the end.



Īstí K'at'ini

"SAGITTARIUS"

Nov 22 - Dec 21

When asked if you're OK today, you may feel tempted to respond with your wrath. You have a personality that makes people smile.



Tłúk'á Cha Átládīt'iyí

"PISCES" Feb 19 - Mar 20

Gloomy times lay ahead. If you think it's my job to tell you good news, you're wrong pal. You're going down! Release your anger safely,



Mīlò Gūlīnī

"CANCER" Jun 21 - Jul 22

Armchair politicians will affect your life today as they rise from their dank caves and begin to conquer the known world.



Ádágù-hí

"LIBRA" Sept 23 - Oct 22

Mercury's enchantment of five of the Saturnian moons indicates house cleaning will succeed in a similar way as seen in the movie Mary Poppins but without the need for finger clicks, singing and hats.



Dōmā Dā

Dec 22 - Jan 19

People around you may seem distant today, do not worry though there just amazed by your glow



Proudly brought to you by Dít'oník'odza Limited Partnership and Guja Nats'iyini'hi Board



2nd Annual Tsuut'ina Nation Jr Rodeo



DATE:

May 7, 2017

LOCATION:

Harry Dodginghorse
Memorial Agriplex

START TIME:

Ground Events 10:00am

START TIME:

Main events 1:00pm

ENTRY DATES:

April 26-28, 2017

8:00am - 4:00pm.

It is an open rodeo,
no cards required

**REGISTRATION
INFORMATION**

(403) 258 4631

ACCEPTING ENTRY

April 26th to April 28th

8:00 am - 4:00pm



The Tsuut'ina Nation is not responsible for injuries, loss or theft

Contact Information: Kevin Starlight (403)397-4872

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