

DÀ-HÍ

TSUUT'INA NATION



THE MONTH OF LOVE

SINGLE OR TAKEN, WE HAVE SOMETHING FOR EVERYONE

CHIEF AND COUNCIL ORIENTATION

A RECAP OF THE WEEK LONG GATHERING

CULTURE

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

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TSUUTINANATION.COM



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gathering

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FEB

**A MONTH
OF LOVE**

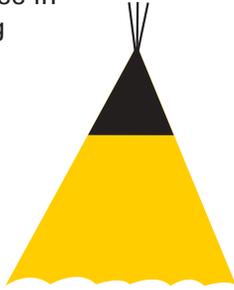
Love is in the air and we have something for everyone to celebrate

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New Tepee

A retelling of the story painted on the tepee in the admin building

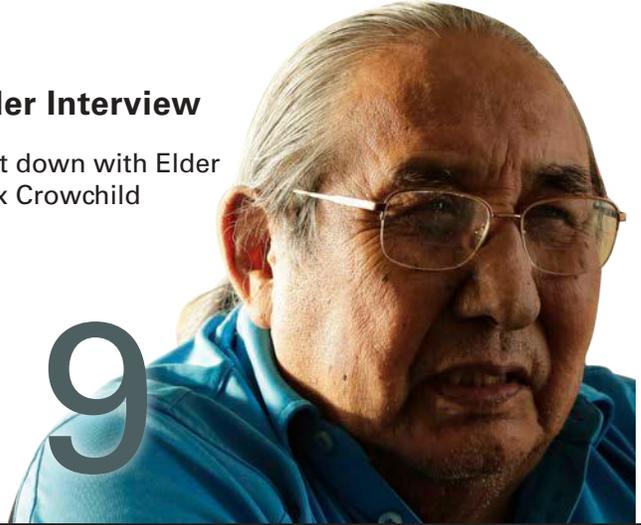
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LOVE LOVE LOVE
There's a little something for everyone this year



Artist of the Month

Check out Bishop Pipestem who is currently enrolled in an institute all the way in Ontario.

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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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History of the Buffalo Tipi

**BASED ON THE STORY TOLD BY EDWARD ONESPOOT -
RECORDED NOVEMBER 8 1979**

A boy and his father were going hunting down south in Belly Hillys. They were gone maybe overnight. The father shot two buffalos- killed one and wounded the other, which ran away.

His father opened the stomach of the killed buffalo, took the guts out and said, "I'll try to catch up to the other buffalo and kill it. Stay here and watch this so the coyotes or anything won't eat it." With that, the father left with his little dog to go after the other buffalo.

He went quite a ways and it was getting dark. He found the buffalo and killed it, taking the guts out to clean it.

Then it started to blow from a big storm to a blizzard. He couldn't find his way back to his little son.

The little boy had seen the storm coming his way. He didn't sit there and wait, he tied up his horse to a bush and crawled right inside the dead buffalo carcass and covered the skin over himself.

The storm blew and drifted over the buffalo but the little boy was warm all night inside the buffalo, where he had a dream, he saw the buffalo tipi- *when you get older some day you paint me up the way I am standing.*

The next morning his father was looking for him. His father seen the horse standing tied at the bush. He looked around and saw part or half of the buffalo where he left it, it was beneath the snow. He went over and kicked the buffalo in the stomach. Then he heard something coming from inside the buffalo- "Father is that you?"

The father didn't move or touch the snow, he just started to cry, he was so happy that his son was alive. The father started to dig him out and push the snow away. He took his son out of the inside of the buffalo with his little blanket. His father asked him, "How did you get in there?"

The little boy said, "It was just in my mind, cause it was the safest place to hide. I didn't want to go lie down in the bushes where my horse is because it was too much of a blizzard, so I stayed here."

They got their buffalo and took it home.

When they got home, they started to give everybody some buffalo meat. That's what you do when you kill a buffalo like that, you divide it up amongst the tipis.

They had a good meal. The little boy kept the dream inside his head, no one asked what happened until he was grown up...

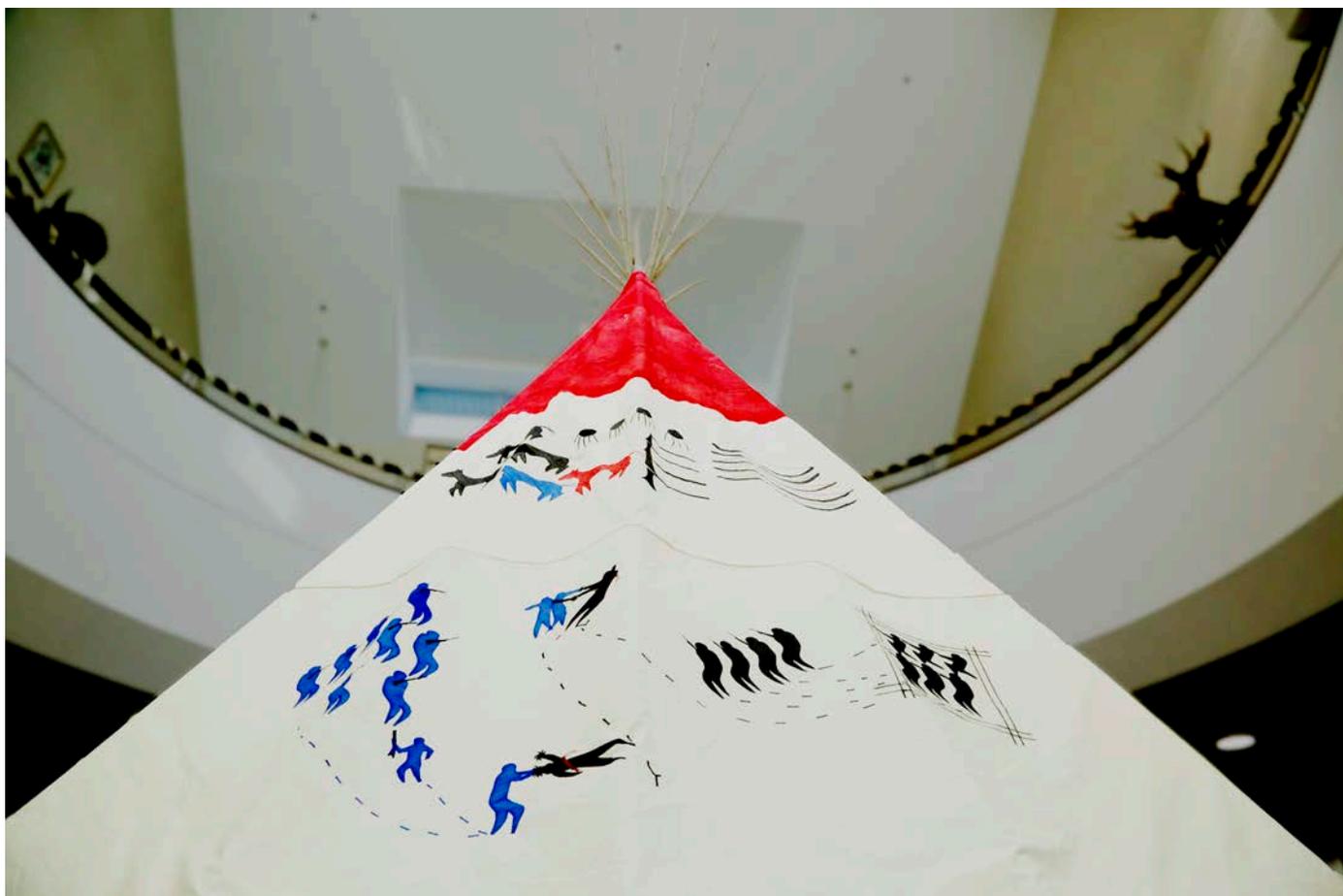
One day his mother asked him, "How did you save yourself that day?" And when he answered, she asked, "Did the buffalo say anything to you?"

He gave me something really good, a big tipi to paint. *Paint it yellow, black at the top, buffalo on each side of the tipi to be a male and female also don't take the discription right away until you are old enough.*

And that's exactly what the boy, now man, did. So who ever your family is that goes into the tipi, remember the story and you'll have good luck.

LOOKING BACK

BULLHEAD WAR STORY



KEEP OUR STORIES ALIVE >>>

IN COLLABORATION WITH PROPERTY MANAGEMENT AND DEANNA STARLIGHT, THE ADMINISTRATIVE BUILDING HAS A NEW TEPEE.

THE TIPI DEPICTS STORY OF: IN THE YEAR 1860, AT NOSE HILL ABOUT 100 MILES EAST OF EDMONTON, CREES WERE ENGAGED IN BUILDING A FORT, WHEN UNEXPECTEDLY A SARCEE

WAR PARTY CAME UPON THEM, IN WHICH LITTLE CHIEF WAS THE LEADER. THE SARCEES IMMEDIATELY ATTACKED THE CREES. A FIGHT FOLLOWED LASTING A FEW HOURS. ONE OF THE CREES, BOLDER THAN THE REST, RUSHED OUT OF THE FORT CARRYING A HOLY ITEM AND A GUN. HE WAS SHOT IN ONE FOOT BY MANY HORSE. BLOOD ALSO FIRED AT HIM. HE MADE AN ATTEMPT TO ESCAPE BUT BULLHEAD SHOT AND AFTWARDS SCALPED HIM AND CAPTURED HIS GUN.

**this story was received from Tsuut'ina Nation Property Management, the story is posted in the admin building*



NEWS FROM THE NATIONS

Stories about First Nations from around the World

TRUTH AND RECONCILIATION

The Truth and Reconciliation Commission made public on Tuesday its final report into the history and legacy of Canada's residential school system. The final report, obtained by CBC news a day before its official release, is a detailed account of what happened to indigenous children who were physically and sexually abused in government boarding schools, where an estimated 3,200 children died from tuberculosis, malnutrition and other diseases resulting from poor living conditions. In an exclusive interview with CBC News Network's Power & Politics, Justice Murray

Sinclair, the chair of the commission, estimates the death toll to be much higher because burial records were "so poor." In a summary report released earlier this year, the commission published 94 "calls to action" urging all levels of government — federal, provincial, territorial and aboriginal — to work together to change policies and programs in a concerted effort to repair the harm caused by residential schools and move forward with reconciliation.

YEAR-LONG FIRST NATIONS CELEBRATION

The City of Vancouver is turning Canada's 150th birthday into a year-long celebration of First Nations culture, art and music. Called Canada 150+ — the plus sign denoting the years of Indigenous history predating colonization — the celebration's theme is 'Moving Forward Together' and is a response to the Truth and Reconciliation Commission's calls to action. The celebration will include three new events in the summer including *The Drum is Calling Festival*, *the Gathering of Canoes*, and *A Walk for Reconciliation*. There will also be an installation from the

Vancouver Native Housing Society of life-size, Aboriginal housing structures from several First Nations traditions. We encourage you to participate, a once-in-a-lifetime immersive experience that, at its heart, features the cultural traditions, art, music, and much more of our three host Nations, the Musqueam, Squamish, and Tsleil-Waututh." More information on the celebration will be released in early 2017, the City said. Canada 150+ will be funded through a \$2.313-million grant from the Government of Canada and \$2.4-million from the City of Vancouver.

HINTERLAND WHO'S WHO VIDEOS SPEAKS IN INDIGENOUS LANGUAGES

In honour of Canada's 150th anniversary, the Canadian Wildlife Federation has released a collection of videos in six Indigenous languages. The videos are available in Woods Cree, Denesuline, Inuktitut, Mohawk, Oji-Cree and Ojibwe. The videos are part of the series *Hinterland Who's Who* which are a collection of

short public service announcements on Canadian wildlife. The federation has been making the videos since the 1960s in English and French, but it is the first time they've recorded them in Indigenous languages. The organization hopes to continue to make videos available in Indigenous languages.

1) cbc.ca/news/indigenous/canadian-wildlife-federation-hinterland-who-s-who-videos-indigenous-languages 2) bc.ca/news/politics/truth-and-reconciliation-94-calls-to-action 3) globalnews.ca/news/3153816/vancouver-to-ring-in-canadas-150th-birthday-with-year-long-first-nations-celebration/

AN AFTERNOON WITH ELDER **ALEX CROWCHILD**

Elder Alex Crowchild welcomed Communications with open arms one afternoon. We sat down while he was grinding sage but he assured that it was alright to sit with him. We

greatly appreciate Alex taking the time to tell us about his childhood to adulthood and now. We recommend sitting with our elders, near and far to hear the stories they have

and the insight they can give. We left Alex's home feeling incredible gratitude from the amount he was able to share to people he didn't know very well.



Alex Crowchild has grown up and lived in Tsuut'ina his entire life. He knows how to fluently speak the language, how to hunt and how to practice the traditions. Today, he shares with us a few stories from his life. From growing up as a community hunter, to regaining his faith and culture and living life after death.

Alex grew up as a Community Hunter, a tradition we have been loosing but with the right guidance can regain. "As a young guy, I don't how old I was, 9 or 10, Great Grandfather Pat Grasshopper, blessed me to be a community hunter."

In those days, if you killed a deer, moose, or elk, you would cut one piece of meat for your supper and then give the rest out- to everybody. It was only if you went back out hunting the next day and got another one, you could keep it. "I grew up in that era where there was still traditional ways. I seen it, I lived it."

One experience of hunting with his father and his uncle, Frank Big Crow, describes how his spirit came to be.

About the time when they were in Bragg Creek near Redwood Yard, [Alex shows diagram on his kitchen table, becoming very animated and lively as he relived the tale], Uncle Frank was to make lots of noise on this side [points] and I was to be 'bells ringing' on the other side [points again]; when we heard a shot.

I trotted the horses up this way [tracing the way with his finger], I jumped off and tied them. I grabbed my 22 and ran in the bushes. I was running and all of a sudden he whistled, "Over here," and I seen my dad by a big spruce tree, and I seen Frank running. We both ran to my dad.



Alex Crowchild, 2017

Bang [Bangs hand on table]... There was a bear laying there. I said 'Gee I'm gonna kill a bear next'. My dad didn't say anything. He told Frank, 'it attacked me, I had to kill it. Look at that [points up] they born yesterday, it had two little cubs, they were born last night. They're not going to survive. Their mother attacked me because I got between them. You have to kill them.'

[Pat Grasshopper] said 'come on, I'm gonna tell you something, we're gonna talk. So I sat at the foot of his bed. 'My grandson, we did a ceremony for you, because you ate that bear; you are to never kill a bear as long as you live.'

He went on to explain 'Listen to me, I'm gonna tell you a story. This bear that your dad killed, his spirit

"My dad said 'give your gun to your uncle' I gave my gun; my dad said 'don't look at them'"

He had to kill the two cubs. He said 'they're going to starve to death, there's no one to feed them, to raise them.'

"I never forgot it." Alex goes on to explain about how he ate the kidneys. Great Grandpa





Alex Crowchild with Mavis Crowchild (Nee Running Bird) 2016

is going to look after you for the rest of your life. You are never to meet with a white bear, a white bear will attack you and kill you.'

A lot times while I was hunting, I would see a bear and I would just aim. I never killed it though and then I realized what he did, that it was true. My guardian angel is a bear.

Today, Alex remains a strong advocate of prayer. He prays for his family and the community and gives the simply powerful advice of "today, just enjoy it."

"That's life, that's the way it is," he tells us. "I always pray for everybody, not only Tsuut'ina, but the human

beings. That's the way I was told, the messages they gave me."

"When my wife died, 2007, her spirit came to me". It is truly difficult losing a partner, some of us can only imagine and feel sympathy, and some can truly bond over the experience... "She had that sickness for 31 years, she lived with it..."

"We lived here all our life," When we first met when she was 15, she was babysitting, Her dad told her, 'that old man?' 'Yeah?' You're going to get married to that man."

"When we got married May 2 1964. All we had was a cook stove and

an apple box for a chair. We had a wobbly table [laughs].

"We had Valerie in 1964, Cameron 1966, Herb in 1968 and Timmy in 1972. After that we raised 4 children from Hobbema,"

"Eight months after she passed. She called me, I said 'what', she said, 'you're so pitiful, you're not even trying to learn to cook for yourself. 'I know how to cook,' I told her, 'I know how to cook Cornflakes [laughs].'

I still joke with her even though she's gone, that's how much I believe in the spirits. When she came to me she said, 'I pity you, you sit there, I watch you pray every night and you're pitiful' she said. 'Go, tonight before you go to bed, open the window and you pray. You ask God to give you another one of his daughters, to you, to live your life out with. To keep you company, you'll have a companion and you won't be so lonesome'."

"January 8th, Grey Eagle Casino opened. I went there, the non-smoking section. I said 'hello, you don't smoke is that why you're sitting here?' 'yeah', she had her coffee and she sat down and we were talking."

"I looked at her, 'Mavis', 'yeah?' I told her, 'will you marry me?' She said yeah. Three cups of coffee [laughs]."

"Mavis and I, as long as we have each other, we wake up today, we're going to enjoy it."

We give a huge Siyigaas to Alex Crowchild for taking the time to answer our questions and giving us some very valued insight. Please take time out of your life to sit down with an or two elder, they are our keepers of our history and we are their messengers. Hiy Hiy!

DEPT. POSTINGS

INFORMATION FROM DEPARTMENTS/
BUSINESSES & SERVICES

PUBLIC NOTICE

ATCO Pipelines, a division of ATCO Gas and Pipelines Ltd., would like to inform you of the proposed installation of a 508 mm (20") natural gas transmission pipeline (the Southwest Calgary Connector), and a 324 mm (12") lateral pipeline (the South Glenmore Lateral), primarily within the Southwest Calgary Transportation/Utility Corridor (TUC).

The Southwest Calgary Connector and South Glenmore Lateral installations are part of ATCO's Urban Pipeline Replacement (UPR) Program. In 2014, ATCO received approval from the Alberta Utilities Commission (AUC) to proceed with its UPR Program. The Program will see high-pressure natural gas transmission pipelines in Calgary and Edmonton neighbourhoods recommissioned to lower-pressure natural gas distribution service or abandoned and new, modern high-pressure natural gas transmission pipelines installed primarily within the TUCs that surround the cities. The Program will modernize the natural gas network and add the capacity needed to meet the growing demand for natural gas in two of Alberta's largest centres.

ATCO proposes to begin construction on the Southwest Calgary Connector in the fall of 2017. This project will include:

- The installation of a 508 mm (20") natural gas transmission pipeline that will run 14 km within the TUC from the Sarcee Trail SW/Glenmore Trail SW interchange to Spruce Meadows Trail (HWY 22X).
- The installation of the South Glenmore Lateral, which is a 324 mm (12") natural gas transmission pipeline that runs 1.9 km primarily within the TUC along the extension of 90th Ave SW.
- Related above ground facilities.

The attached map provides the proposed routes for the pipelines.

Join us at an Open House on **February 2, from 4 to 8 p.m.**, at the Grey Eagle Resort & Casino's Crow Flag and Eagle Robe rooms, 3777 Grey Eagle Drive, to learn more.

For more information and specific details about the project, please visit www.atcopipelines.com/upr. If you have any questions or concerns, contact us at **1-855-802-7546**.

Questions regarding this project can be directed to:

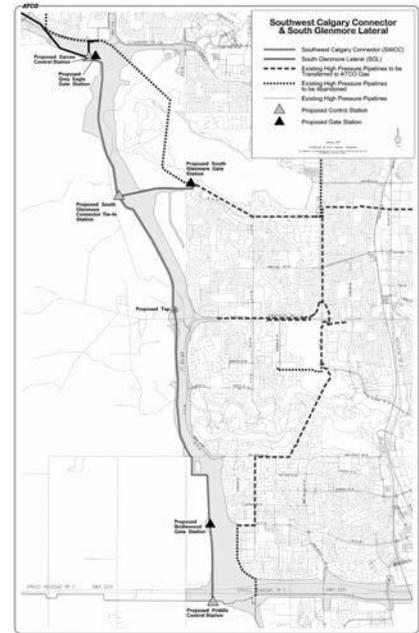
Frederic De Caigny
1200, 909 – 11 Avenue SW Calgary, AB T2R 1L8
Phone: (403) 245-7159
Email: Frederic.DeCaigny@ATCO.com

All media inquiries can be directed to:

Kelly Bowman
Phone: (403) 245-7300
Email: Kelly.Bowman@ATCO.com

ATCO provides reliable and efficient delivery of natural gas and is committed to operational excellence and superior customer service while ensuring the safety of our employees and the public.

ATCO | Safety First. Always.



WINTER PRENATAL CLASS SCHEDULE

Midwives will be guest speaking at some of the classes:

- January 11: Changes in Pregnancy
- January 25: Nutrition in Pregnancy
- February 1: Childbirth
- February 15: Childbirth
- March 1: Childbirth
- March 15: Birth Plan
- March 29: Postpartum Changes
- April 5: Breast Feeding
- April 19: Infant Care

**EVERY 2ND WEDNESDAY
1:30 – 3:30 PM**

EDUCATION IN THE CITY

JANUARY STUDENT AWARDS

CONGRATULATIONS TO ALL THE STUDENTS!

ACADEMICS OF THE MONTH

TRENTEN WHITNEY



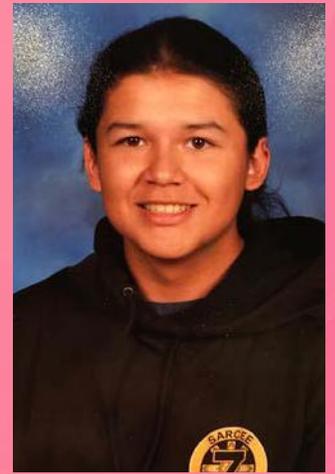
CASSIDYBRUISEDHEAD



DANTE BIG PLUME



TREVON WHITNEY



ARTISTS OF THE MONTH

MICHAEL CROWCHILD



LOLA BEAVER



It's not easy being a student, but Tsuut'ina Nation is proud of all of you, have confidence in your studies, you're doing great!

JANUARY STUDENT AWARDS

MOST IMPROVEMENT OF THE MONTH

ALAYJA POUCKETTE



DENEAH BIG PLUME



SIMON CALVERT

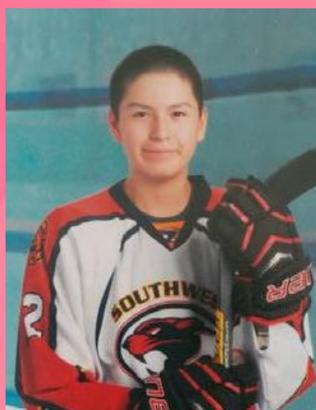


SHANICIE SCOUT

SHANICIE REQUESTED HER PHOTO TO NOT BE POSTED BUT WE'RE STILL VERY PROUD OF HER

ATHLETES OF THE MONTH

LANDON MCHUGH



RAYLYNN WHITNEY



DESARAE MEGUINIS



CHEROKEE EAGLETAIL



MOTIVATIONS OF THE MONTH

TIANNAH ROMAN



CREEDENCE KAHNAPACE



ATTENDANCE OF THE MONTH

PARIS OTTER



TBA

STUDENT FROM BISHOP GRANDIN GRADE 10 EXCEPTIONAL ATTENDANCE

NOTICE TO MINORS

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.

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 are scheduled on the following dates for the year 2017 in order to accommodate the requirement for the minors:

***MONDAY, JANUARY 9, 2017 – 5:00 P.M. SHARP
TUESDAY, APRIL 14, 2017 – 5:00 P.M. SHARP
TUESDAY, JULY 4, 2017 – 5:00 P.M. SHARP
TUESDAY, OCTOBER 3, 2017 – 5:00 P.M. SHARP***

LOCATION: GREY EAGLE RESORT AND CASINO

Parents of TTN minors turning 18 years of age during the 2017 year please ensure your child(ren) are signed up for one of the above workshops prior to turning 18 years of age. Contact Leanne Crowchild at 403.238.6412 in order to enroll your child and receive further information regarding the process.

ADMIN BUILDING REMINDERS:

MAIL BOXES without Locks- Please pick up your mail, it is being held for the time bring at the front reception in the Administration building

PURCHASE ORDER'S- PO's will not be ready for pick up until Friday's after 1:00PM



Thank you for your understanding - Main Reception

NOTICES:



Family Court Worker Program

Do You Need Help with Family Court?

- **Guardianship Application?**
- **Parenting Orders and/or varying parenting orders?**
- **Child Support?**

The Family Court Worker can help clients who have matters in family court and/or are making an application to Family Justice Services.

The Court worker can explain the procedure of applying to Family Court and what is expected of the client in family court.

*The Family Court worker **cannot** give legal advice.*

To contact the Court Workers or access any of the other services that Tsuu T'ina/Stoney Corrections Society provides:



Jennifer Big Crow, Court worker
Office (403) 238-5649
Cell (403)968-7555
jbigcrow@tsuutina.com

ALBERTA IMPAIRED DRIVING PROGRAMS

1. **Crossroads** is a 3.5 hour course (Cost \$125) designed to prevent impaired driving for those with 2 Immediate Roadside Sanctions (suspensions). Includes:

- identifying how alcohol impairs driving skills even at lower blood alcohol contents (BACs)
- considering the potential risks and consequences of drinking and driving
- recognizing personal high - risk situations for drinking and driving
- developing an action plan to avoid drinking and driving

2. **Planning Ahead** is a 1 day course (Cost \$275) for first - time impaired drivers, with the goal of preventing impaired driving. Includes:

- learning how to separate drinking and other drug use from driving by making an action plan
- understanding the importance of zero tolerance for impaired driving
- learning how impairment by alcohol and drugs affects driving abilities
- how lifestyles centered around alcohol and other drugs leads to higher risk for impaired driving and other life problems

3. **IMPACT** is a weekend live (Cost \$850) - in alcohol and / or drug use assessment and pre - treatment course for repeat impaired drivers with 2 or more convictions in a 10 - year period. Includes:

- looking at how alcohol and / or drug use has affected participants' lives
- measuring the problems alcohol and / or drug use may have caused
- creating an action plan to deal with these problems
- an Assessment Summary Report with recommendations for follow - up

FOR MORE INFORMATION, PLEASE CONTACT:

1.800.272.5698

Website – informalberta.ca

MEMBERSHIP:

TSUUT'INA DINA DIK'ANA LAA
(TSUUT'INA NATION CITIZENSHIP DEPARTMENT)
9911 Chitla Blvd., Tsuu't'ina, Alberta, T2W-6H6
Telephone (403) 238-6305 & (403)238-6143 Fax (403) 238-7616

Posted: January 03, 2017

Intake Beginning January 09, 2017
FORM 4-ADULT VOTE
APPLICATION DEADLINE
APRIL 28, 2017

Adult Vote Test Date is May 19, 2017
Contact the department for details
FOR THE JUNE 2017 ADULT VOTE

TSUUT'INA DINA DIK'ANA LAA
(TSUUT'INA NATION CITIZENSHIP DEPARTMENT)
9911 Chitla Blvd., Tsuu't'ina, Alberta, T2W-6H6
Telephone (403)238-6143 Fax (403) 238-7616

Date: January 03, 2017

The Next Citizenship Evaluation Board Quarterly Meeting on Completed Applications for Citizenship is **Friday, March 17, 2017.**

Cut-off for Minor Applications: **Friday, March 10, 2017**
For Minor Applications, an affiliation with the other Parent's First Nation must be completed by our department staff with each Minor Application to confirm the minor has not been registered with another First Nation. The cut-off date ensures time to complete this step.

Cut-off for Marriage and Initial Applications: **Wednesday, February 15, 2017**
Marriage and Initial Applications Test Date: **Wednesday, February 22, 2017**

There is a separate timeline for the Form 4-Adult Vote Application Process.

If you have any questions or concerns, please contact the department ☎
Siyisgaas,

TSUU T'INA DINA DIK'ANA LAA Staff



TSUU T'INA DINA DIK'ANA LAA
 (TSUU T'INA NATION CITIZENSHIP DEPARTMENT)
 9911 Chiila Blvd., Tsuu T'ina, Alberta. T2W-6H6
 Telephone (403) 238-6305 & (403)238-6143



SCIS APPLICATIONS

(SECURE CERTIFICATE OF INDIAN STATUS)

Mondays and Wednesdays Weekly

9:00am to 3:00pm

(15 to 20 minutes per application)

Call the above listed numbers to book an appointment

Walk-ins available for Elders on non-appointment days

NON-TSUU T'INA APPLICANTS MUST PAY A \$20 CASH FEE

Requirements for your appointment:

Adult Application (ages 16 and older)

1. Original Birth Certificate
2. Current Gov't issued picture ID
3. Provincial Health Care Card (not needed if passport is used or client has 2 current Gov't issued pictures ID's)
4. Marriage Certificate/Name Linking Documents (if applicable)

Child Application (ages 15 and younger)

1. Original Birth Certificate that has Parental information
2. Only one parent's signature is needed and parent must have Gov't issued picture ID
 - (a) If court documents giving one parent sole custody are present than only that parent's signature and Gov't issued picture ID is needed
3. Marriage Certificate (if applicable)

Note: Photocopies of Birth Certificates, ID's or Court Documents **WILL NOT** be accepted and Original Birth Certificates will be kept until certified and returned by the department staff



DEADLINE EXTENDED

TSAG has extended the deadline for program applicants to **FRIDAY FEBRUARY 17, 2017 at 4:00 p.m.**

This is an amazing opportunity for First Nations Certified Professional Firefighting Training,

CONTACT Courtney Bigplume or Genevieve

Dodginghorse at 403.974.1400 for more information or sign up at Tsuut'ina Human Resources.

This is an amazing opportunity. Full forms and details are available online.

FIRST NATIONS FIREFIGHTERS

CERTIFIED PROFESSIONAL FIREFIGHTING TRAINING

Course Candidates are eligible for IFSAC and Pro-Board Certification upon successful completion

7 WEEK COURSE

February 27, 2017 - April 13, 2017

MON - FRI: 8:30AM - 4:30PM, daily

**Located at the Leduc Country Fire Services Regional Training Center
606-21 Avenue, Nisku, Alberta**

CERTIFICATIONS ISSUED UPON SUCCESSFUL COMPLETION:

- NFPA 1001 Level 1
- NFPA 1001 Level 2
- NFPA 472 HAZMAT Awareness Level
- NFPA 472 HAZMAT Operations Level

TSAG COVERS THE FOLLOWING:

- FULL INSTRUCTION & EXAM FEES
- FULL COURSE TUITION
- INTERNATIONAL CERTIFICATION FEE
- ACCOMMODATION & MEAL ALLOWANCE
- MILEAGE (1 VEHICLE/DEPARTMENT)

****ONLY 16 CANDIDATES WILL BE SELECTED****

First Nations
Technical Services
Advisory Group





TSUUT'INA NATION DND ADMINISTRATION OPPORTUNITY

THE DND ADMIN PROGRAM WILL BE HOLDING A PRE-TRAINING ON THE UXO COURSE PROVIDED BY TEEEX & TEXAS A&M ON MARCH 6TH-10TH, 2017 AT THE BULLHEAD HALL

The top 5 Candidates screened from this Pre-training will be chosen to go to College Station, Texas for the April 17-May 12, 2017 UXO Technician level I Course.

Please note that upon completion of the TEEEX Course, UXO Techs will have contractual obligations to work on and off the Nation to fulfil awarded contracts. This work is Seasonal/Part time with some as needed winter contracts.

There are several Prerequisites that applicant must meet in order to attend the UXO Technicians level 1 course.

The position is a Seasonal/with some winter contracts/ part-time as needed UXO Technician level 1 position.

REQUIREMENTS:

- Must be willing to travel extensively for long-term on-site work.
- Will be responsible for the following general types of duties: UXO surface sweeps, UXO subsurface

clearances, UXO avoidance and supporting geophysical/ UXO surveys. Proficient with current metal detectors.

- Prepare firing systems, both electric/non electric.
- Assist in the inspection of Material Potentially Presenting an Explosive Hazard (MPPEH)
- Construct UXO-related protective works. (Safe working procedures & environment)

SERIOUS INQUIRIES AND APPLICANTS THAT ARE INTERESTED IN ATTENDING- CONTACT ANDREW JR ONESPOT: phone (403) 281 4416 OR email aonespot@tsuutina.com

JOB OPPORTUNITIES

DEPARTMENT: Tsuut'ina Roads Maintenance

POSITION: Automotive Service Technician

CLOSES: Feb 15

DEPARTMENT: Tsuut'ina Treaty Initiatives

POSITION: Treaty Initiative Executive Assistant

CLOSES: Feb 15

CLOSES: Feb 16

DEPARTMENT: Tsuut'ina Finance Department

POSITION: Administrative Assistant

CLOSES: Feb 17

DEPARTMENT: Roads Maint.
POSITION: Mechanic Apprentice
CLOSES: Feb 16

DEPARTMENT: Office of the Peacemaker
POSITION: Executive Assistant

please email jobs@tsuutina.com for more information



(403) 238 - 6107
CAREERS@TSUUTINA.COM





CHIILA ELEMENTARY GETS SKI FIT!

This school year marks our second year in partnership with the Ski Fit North program at Tsuut'ina Middle School.

On Thursday, students in grades 5 through 8 had the opportunity to hear Olympian Cassie Campbell speak to them about unity in adversity and the importance of completing school, grade by grade.

After the talk, Cassie was right alongside our grade 8 class,

they fell on skis.

All of our students participated, with positive attitudes and open minds, in this program.

Led by Olympian and program director, Beckie Scott, the students learned basic balance and agility skills while on skis.

The school yard around Tsuut'ina was a place of laughter, determination, teamwork and smiles while every student was outside, being physically active.



GUNAHA LANGUAGE INSTITUTE SESSION



The Gunaha Language Institute continues to engage the community with gatherings.

If you would like to learn more, don't hesitate to contact.

**TTN POST SECONDARY PROGRAM & BULLHEAD ADULT
EDUCATION CENTRE ARE HOSTING OUR**

3RD ANNUAL EDUCATION & TRADES FAIR

- ✔ INTERESTED IN GOING TO POST SECONDARY?
- ✔ INTERESTED IN A CAREER IN TRADES?
- ✔ WANT TO FURTHER YOUR EDUCATION?
- ✔ WANT A BRIGHTER FUTURE?

**BULLHEAD COMMUNITY HALL
THURSDAY – MARCH 16TH, 2017
11:00AM – 3:00PM**

**DROP IN AT YOUR CONVENIENCE!
OPEN TO ALL COMMUNITY MEMBERS!
THERE WILL BE DOOR PRIZES!
SNACKS WILL BE PROVIDED!**



**IF YOU HAVE ANY QUESTIONS YOU CAN CALL THE OFFICE AND ASK FOR:
CAMILLE WHITNEY OR CHARITY ONESPOT 403.974.1400**



Tsuut'ina Education NSTEP Tsuut'ina Health Veggie Plant Fundraiser (proceeds 50/50 with NSTEP and Tsuut'ina Education)

<p>Herb Planter-15 inch Tasty selection of 5 different herbs hexagonal planter \$30.00</p>	
<p>Cherry Tomato Hanging Basket-12 inch RED Get your veggies direct from your garden \$25.00</p>	
<p>Veggie Planter 16 inch Pick your salad- carrots, peas, lettuce, cherry tomatoes, strawberries and cucumbers \$35.00</p>	
<p>Sun Hanging Basket – 12 inch MIXED So pretty! \$30.00</p>	
<p>Shade Hanging Basket -12 inch MIXED AMAZING! \$30.00</p>	

Order Due Date: **WED. FEB. 15, 2017 (ORDERS OPEN WED. JAN. 24, 2017)**

Orders to be placed through www.healthyhunger.ca (See instruction page)

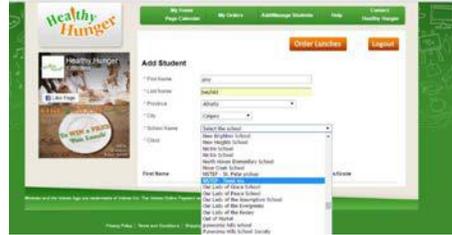
Plant Pick up Date: **Thursday June 1, 2017 Tsuut'ina Health Center 2-5 PM**

Disclaimer: The above photos are stock photos and may not represent the appearance of the final product.

How to order Veggie Plants online with Healthy Hunger Tsuut'ina

4 Easy Steps:

1. Use the link: <https://www.healthyhunger.ca/#> to create an account by clicking on 'No Obligation Sign Up'
2. Fill out form with your information then login on left corner.
3. Select 'NSTEP Tsuut'ina' for 'School Name' and 'Tsuut'ina pick up' for 'Grade'. Click on 'Add Student' next click 'Order Lunches'



4. Place order and pay with Visa, Mastercard or Interac. Note \$.30 fee plus 3% credit card fee will be added. You will see total cost before finalizing order.

Plant pick up is Thursday June 1st 2017, 2-5pm at Tsuut'ina Health Centre

Awo Taan Triple P Parenting Classes
Thursday evenings in **March**

Dates: **March 2, 9, 16 & 23 2017**
Time: **5:30pm-9:00pm**

Everyone Welcome

Meals & cooking classes provided by: **GUJA & Community Health**
Call 403-251-7575

Location: **Spirit Healing Lodge**
Transportation
Supper
Childcare available

Email: heather.meguinis@tsuutina.com / shannon.beavis@tsuutina.com / aneufeld@onehealth.ca

You are invited to attend the: 4th Annual Tsuut'ina Health Fair

Chief Joseph Big Plume Administration Building
Wednesday March 1st @10:00AM-2:00PM

Doorprizes

- Bicycles
- Cookware
- Bicycles!
- Yoga Mats
- Bicycles!!

Tsuut'ina Dr. Thomas Murray Health Centre

BLACK BEAN THEME!



THE HEALTH EDUCATION TEAM RAN A 31 DAY HEALTH CHALLENGE ON FACEBOOK, AND IT WAS A GREAT SUCCESS! WE HAD SO MANY ENTRIES, AND A LOT OF FUN. YOU CAN CHECK OUT THE CHALLENGE ON FACEBOOK IF YOU WOULD LIKE TO TRY IT. SOME OF OUR FAVORITE CHALLENGES:

DRINK ONLY WATER TODAY – NO POP, JUICE, ETC.

FIND 10 MINUTES ALONE TO BREATHE, RELAX AND REFLECT.

MAKE A SALAD WITH DINNER TONIGHT.

THIS MONTH THE GRADE 8 GUJA NUTRITION PROGRAM AND THE CHIILA WELLNESS TEAM EACH MADE A DELICIOUS RECIPE WITH BLACK BEANS. TRY THESE AT HOME!



BAKED CHEESY QUESADILLAS

INGREDIENTS:

- BLACK BEANS, DRAINED & RINSED
- SALSA
- SPRINKLE OF CUMIN (OPTIONAL)
- SHREDDED CHEESE BLEND
- GREEN ONION
- WHOLE WHEAT TORTILLAS
- OIL (FOR BRUSHING THE TORTILLAS)
- SOUR CREAM AND SALSA (GREEK YOGURT IS A GREAT SUB!)

DIRECTIONS:

1. PREHEAT OVEN TO 375
2. SPRINKLE AN OPEN TORTILLA WITH BLACK BEANS, GREEN ONION, CHEESE AND A PINCH OF CUMIN. HERE YOU CAN ADD OTHER INGREDIENTS IF YOU WANT LIKE CHOPPED PEPPERS, CORN OR CHICKEN.
3. FOLD TORTILLA IN HALF AND PLACE ON LIGHTLY GREASED BAKING SHEET.
4. BRUSH THE TOP OF THE QUESADILLA WITH A SMALL AMOUNT OF OIL. PLEASE IN OVEN AND BAKE FOR 20-25 MINUTES UNTIL CHEESE IS MELTED AND TORTILLAS ARE LIGHTLY BROWNED.
5. CUT INTO WEDGES AND SERVE WITH SALSA AND SOUR CREAM (OR PLAIN GREEK YOGURT)



HOMEMADE BAKED TORTILLA CHIPS

INGREDIENTS:

- 6 TORTILLAS (FLOUR OR CORN)
- OIL OR COOKING SPRAY
- SALT

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES FAHRENHEIT
2. BRUSH THE TORTILLAS WITH OLIVE OIL USING PASTRY BRUSH OR USE THE BACK OF A SPOON.
3. CUT THE TORTILLAS IN CHIP-SIZED SHAPES.
4. ARRANGE THE CUT-OUTS ON A BAKING SHEET AND SPRINKLE THEM WITH SALT.
5. BAKE AT 350 FOR 5 TO 7 MINUTES, UNTIL SLIGHTLY BROWNED AND CRISPY. THEY WILL CRISP MORE AS THEY COOL OUT OF THE OVEN.

EASIEST BLACK BEAN SALSA!!!

add instant fiber and thickness to salsa by mixing a scoop of black beans to a bowl of regular store salsa! add a pinch of cumin and squeeze lime juice for delicious "homemade" salsa!

Let's all
feel the
love



**Valentine's Day is for everyone,
This year, we try and provide some ideas
and history for everyone to 'feel the love'**

Love Dance

OWL DANCE



The Owl Dance originates from the Cree and is a dance done with couples. During a traditional dance, the woman asks the man to dance. He is not supposed to refuse. However, if he does refuse, he must pay the woman whatever she wants and then tell the entire crowd at the powwow exactly why he refused. An Owl dance is simple: two steps with your left foot forward, one step with your right foot back, all to the beat of a drum. The drum group will sing the owl dance song. It is not necessarily romantic—sisters Owl dance with brothers and sons Owl dance with their mothers. At every powwow, there are beautiful Indian women who owl dance with beautiful Indian men. The owl dance is meant to show the connection of two brief vacations from loneliness.

Looking for love?

BACHELOR OF THE MONTH



Jesse "Patches" Pelletier

What are you looking for in a mate? Someone that can cook, clean, bead, sew, and are into Powwow and Roundances. Someone who has 12 kids so we can go ballin every 20th- just jokes.

Why are you single? Waiting for the right one

What's your perfect dream date? Powwow and Twonie Tuesday

What's your salary? Saaaa nope

What colour is your snaggin blanket? Lime green, purple and black

Can you make bannock? Yes

Who's your mum? Heather Pelletier. My dad is Sam Pelletier.

What's your best line? "I'm Blackfoot," cuz I'm not from here.

What's your favorite Powwow song? I'll sing it to you on our first date. I'll make a song for you.

How can the ladies get a hold of you? Snap me: [patches14can](https://www.instagram.com/patches14can)



***Thank you to Jesse for being a good sport and allowing us to profile you. This feature was done in good fun and is not meant to be taken seriously. We also thank Paxton Goodstriker for all of his "help" and contribution*

Already Taken?



Date Night Ideas For The Lovebirds On A Budget

Stargaze 0!!

Stargazing is a very affordable with a starting price of zero!. It is also a good way for you and your spouse to connect with nature well getting some exercise. So grab astronomy book and impress your spouse with how much you know of the cosmos.

DISPOSABLE CAMERA DAY \$

It's time to put the smart phone down and plan a disposable camera day. The price for this date can be affordable. Make sure you get outside and plan a day trip, hike, swim and capture every moment, this is awesome due to the fact you can take all the pictures and use them as a scrap book present, way to hit two birds with one stone

GAME NIGHT \$

Who has the need for expensive bars or restaurants, just stay home and play games!. Plan a quite or loud night out with you and your spouse playing classic games like Jenga, checkers or monopoly, If its retro video games your into try going on the Internet and playing Tetris, Centipede or Mario. You and your spouse can compete for the high score

SCAVENGER HUNT \$\$

What better way to show your spouse how creative you can be, by hosting a scavenger hunt. Have one person arrange clues around a new area or town making sure to not to get your spouse lost or anything, and end it with a big surprise!.

FOREIGN MOVIE NIGHT WITH A TWIST \$\$

Pop in an international film but skip the subtitles. Instead, try guessing what's going on just by watching the plot unfold (bonus points for narration). Maybe knowing a little French will pay off.

0 = No money needed wow
\$=10-20\$

\$\$=20-50\$
\$\$\$=you're spending too much 50\$+

Hearts on our sleeves

Thank you to our Elders for these messages of love

To my
Children
Grand children
Happy Valentine's
Day:
Love you all!
xxxx Grandma

H.V to all Tsuu
TINA Nation To
Tsuu TINA Nation
Elders.

To Be
Caring, Healthy
& understanding
to all
E.R.C.C

H. B. my Val
sister.

Have a HAPPY
2017.

HAPPY
VALENTINE
GREETINGS
TO MY
CHILDREN, GRAND
CHILDREN
GREAT GRAND
CHILDREN
LOVE
MARIA

HAPPY
VALENTINES
ALL MY CHILDREN
Love you
Gloria LL

2017
Happy Valentines
Day
To My GrandChildren
& Children. Love
You All. God
Bless you
Bunny

Happy Birthday
Sean
+
Happy
Valentines

I love frybread.

Happy Valentines Tsuut'ina!



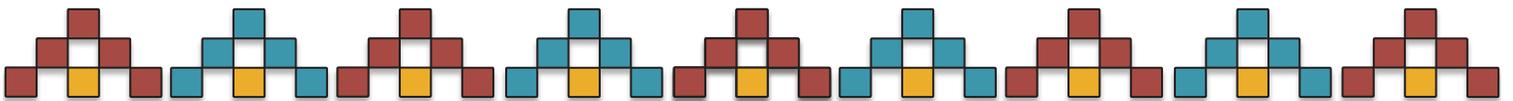
Chief and Council Orientation 2017



January 16th - 20th, Chief and Council hosted a week long Orientation at Bullhead Hall. The Orientation was opened to Elders and those who registered as space was limited.

Facilitated by Kevin Littlelight, the event saw many presentations from community members and staff. It was also very mindful to include tradition, culture and even a bit of humor!

For all those who were able to attend, it is hoped the event provided new light on the inner workings of your Nation.





Chief Lee Crowchild

of all the mechanics that make the Nation move from day to day. Those that did listen in, learned how big a task it is to manage the Nation and all the needs. One of the things introduced is "fire". Fire has always been a part of ceremony, gatherings and meetings and we had very good young men and women keeping the fire going continuously the whole week.

The process of change begins with the re-introduction of community and cultural values. Fire represents the beginning of change. Bringing in the elder women to start the week with prayer laid out the foundation of being protected by our mothers and grandmothers. Our elder

Thank You

Thank you to all the people who attended and supported our Council orientation from January 10th - 20th. It was time for the community to hear the same things that the council hears in meetings.

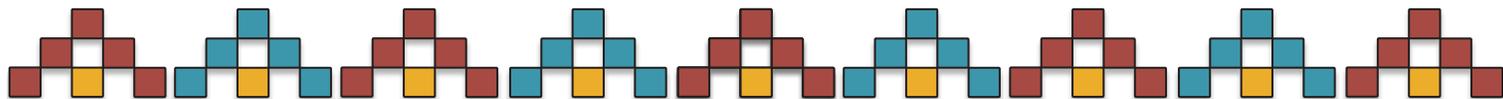
It is important that the community be informed and apprised

men closed the door at the end of the meeting with wise words of encouragement to the council and for the people to hear. I thank them for that.

The week was long and presentation after presentation informed me, as Xakji, to the intricacies of the Nation. I believe that it also gave the community the chance to better understand where we stand, and also, to know that the road ahead of us is still a steep climb and there are no overnight answers. Council members were also happy to have the community present and to feel that a much clearer picture is being given and that the people will stand and support them as they make necessary decisions to guide the Nation.

Thank you to all the staff that supported the week but a much bigger thank you to the whole community that came out to listen. I plan to have many more open meetings where the community can come in and listen. Please feel free to ask me or any other council member for an ear to listen to your voice of concern and support

Siyaagas;
Xakji Cho Dinidi K'azi
Chief Lee Crowchild



Athlete of the Month

AMELIA LIMAS



Amelia Limas is the 5 year old daughter of Felicia-Ann Dodging-horse and Poncho Limas.

She loves barrel racing and is fortunate enough to make her home in Cowboy Capitol of the World—Stephenville, Texas. Living in Stephenville gives her the opportunity to pursue her dreams, the average day is 70 degrees and she's able to ride everyday, all day.

Right now Felicia and Poncho commit all their time to helping

Amelia become the best that she can possibly be. She rides horses everyday with Billie Ann Harmon, a successful barrel horse futurity trainer and WPRA member. She ropes calves every week with many time World Champion JJ Hampton. Stephenville is the best place for her to be. Amelia participates in every junior rodeo event, this includes barrel racing, breakaway roping, goat tying and pole bending.

"She started goats roping and breakaway roping this winter and she practices every single day" says Poncho who is a PRCA National Circuit Finals Champion. "I'm proud that she understands the difference between first and second place, she always wants to win and it shows".

Carman Pozzobon, a Canadian Finals Qualifier says **"Amelia is very talented and she's at such a young age - she's going to go far in barrel racing. She has great parents who are there for her."**

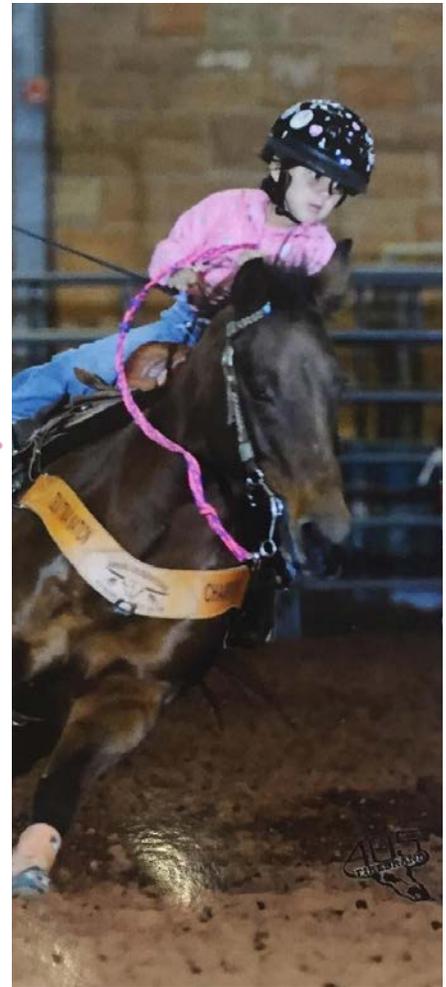
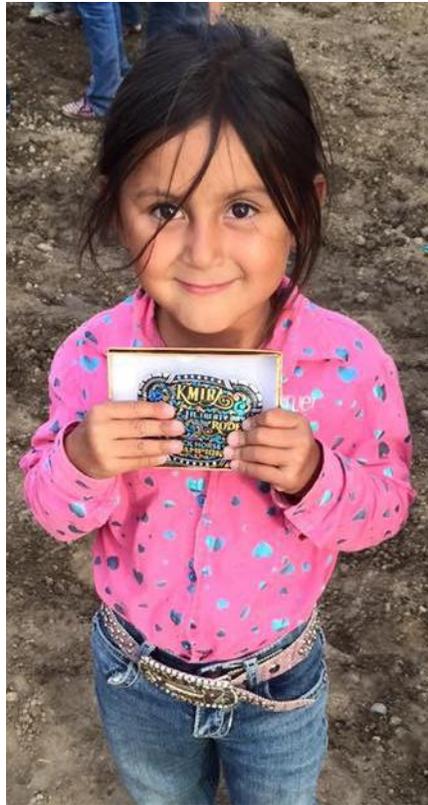
"She has everything she needs to be a Champion, she has the right kind of attitude, the right kind of training and more importantly she has the right kind of people in her life. It'll be a horse race where ever she goes, but theres only one 1st place and if it's not her - she understands. She knows how to win and lose and I think that's helped her a lot because she hates losing". Says Amelia's mom Felicia.

Amelia would have won every single junior rodeo she has entered from June 2016 to January (present time) 2017 if she hadn't knocked barrels. **"I knock barrels sometimes, I might have been leaning or not giving my horse enough room so I practice on sitting where I need to and giving my horse enough room to turn, I**

have to ride lots better" says five year old Amelia.

A huge advantage to Amelia being home schooled is the flexible schedule, she has lots of time to ride and practice every day and she is currently training a small pony. She has already trained three pony's over the last year and she's not even six years old. "I like training pony's because my dad trains and when I'm older I want to train barrel horses like Billie Ann" says Amelia.

"I think its great, she's a cowgirl, she's had pony's buck and run off with her and she just laughs about it. She is fearless and that's made all the difference" her dad stated.



Way to go Amelia! We're excited to watch your next riding season!



360 Meals and Coaching

STARTING FEBRUARY 1ST MONDAYS AND WEDNESDAYS

6-8PM

BULLHEAD HALL KITCHEN

TSUUT'INA RECREATION PRESENTS MEAL PREPPING WITH 360 MEALS AND COACHING. THIS WILL BE A MONTH LONG COURSE GOING TWICE A WEEK. THE PURPOSE OF THIS MEAL PREPPING COURSE IS TO SHOW THOSE WHO WANT TO START MEAL PREPPING, HOW TO MEAL PREP, WHAT TO DO, WHAT FOODS TO USE, HOW TO COOK THE MEALS AND THE PROPER NUTRITION FOR ALL MEALS ALSO MEALS WILL BE COOKED AND MADE DURING THE CLASS.



FIRST 20 REGISTERED, OPEN TO ALL NATION AND COMMUNITY MEMBERS. PLEASE REGISTER WITH WAYLON OR SHELBY AT THE BULLHEAD HALL OR EMAIL US AT [WBIGPLUME@TSUUTINA.COM](mailto:wbigplume@tsuutina.com), [SHELBY.03@HOTMAIL.COM](mailto:s Shelby.03@hotmail.com) CONTACT NUMBER 587-577-7497

RECREATION PROGRAMS FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Bootcamp 12pm 1 Powwow program 6:30-7:30pm 360 meals & coaching 6-7:30pm	Bootcamp 12pm 2 Youth Night 6-8pm	3 VBALL NIGHT 6-9PM	4
5	Bootcamp 12pm 6 Powwow program 6:30-7:30pm 360 meals & coaching 6-7:30pm	REFRESH 7	Bootcamp 12pm 8 Powwow program 6:30-7:30pm 360 meals & coaching 6-7:30pm	Bootcamp 12pm 9 Youth Night 6-8pm	10 VBALL NIGHT 6-9PM	11
12	Bootcamp 12pm 13 Powwow program 6:30-7:30pm 360 meals & coaching 6-7:30pm	VALENTINES REFRESH	14 Bootcamp 12pm 15 Powwow program 6:30-7:30pm 360 meals & coaching 6-7:30pm	Bootcamp 12pm 16 Youth Night 6-8pm	17 VBALL NIGHT 6-9PM	18
19	Bootcamp 12pm 20 Powwow program 6:30-7:30pm 360 meals & coaching 6-7:30pm	REFRESH 21	Bootcamp 12pm 22 Powwow program 6:30-7:30pm 360 meals & coaching 6-7:30pm	Bootcamp 12pm 23 Youth Night 6-8pm	24 VBALL NIGHT 6-9PM	25
26	Bootcamp 12pm 27 Powwow program 6:30-7:30pm 360 meals & coaching 6-7:30pm	REFRESH 28				



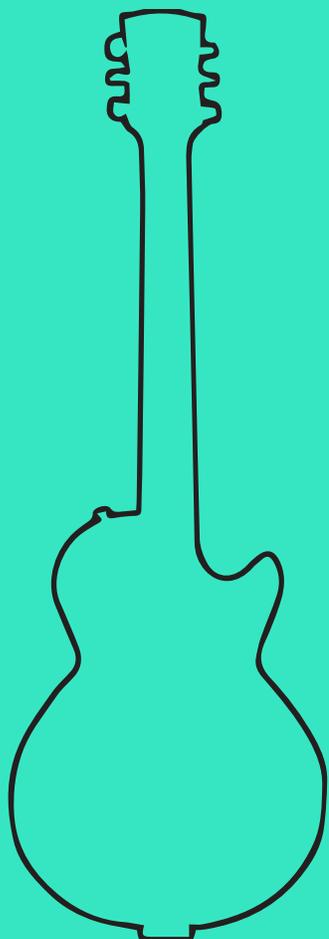
Tsuut'ina Nation wishes luck to Ben Crowchild and Raine Starlight in their up coming President's Day Hockey Tournament in Phoenix, Arizona. They play for the Southwest Midget 1 Cougars. We also wish luck to Walking Blue Bear Onespots who is attending and playing for Southwest Midget 2 Cougars.

Play well, we're rooting for all of you here here at home!

ARTIST OF THE MONTH

Strumming from Tsuut'ina all the way to Mississauga; Communications was lucky enough to catch up with **BISHOP PIPESTEM** during his break from school.

While he is away from home, he is pursuing his love for music at MetalWorks Institute in Mississauga Ontario, where most musical legends are born. Communications wishes the best of luck to Bishop on his studies, Tsuut'ina Nation is proud!



BISHOP PIPESTEM

PARENTS: CYNTHIA AND VINCENT PIPESTEM

INDIAN NAME: DIGOYI CHO-TS'I "WHITE THUNDERBIRD"



AN INTERVIEW WITH BISHOP PIPESTEM

When did you start playing? And do you play other instruments?

I started playing guitar at the age of seven, just recently I am learning how to play piano, sing and any other instrument I can try learn.

Who and/or what inspired you?

My older brother Tanner and my dad, I've watched them play songs and jam together before I started playing. I received my first electric guitar from my older brother Tanner, he challenged me to restring and tune his guitar, in exchange I can have his electric guitar.

What is your dream as a musician?

My dream as a musician is to inspire other people with my music, and to let my music to allow me to travel.

What was your first time on stage like?

My first time ever playing in front of a crowd was in grade six for a classroom talent show. Later that year our music teacher hosted a school concert in which I played the guitar part for seven nation army by the White Stripes and Waiting on the World to Change by John Mayor. I was very nervous and I had a lot of stage fright. Until this day, I still get nervous before I play on stage,

playing well live is much different than playing well in the studio.

What made you choose to go to school in Mississauga rather than else where? And what was the process like?

I was researching schools for music and came across MetalWorks Institute, I was quite skeptical about applying because I wasn't sure if I would get accepted. If it wasn't for Ellison who told me to apply and also helped out with the application, then I most likely wouldn't have applied.

As soon as I got accepted I had to audition with my instrument, which Mabel Wong helped me prepare for. When I moved to Mississauga, I arrived two days before my classes started, so I basically had two days to find a place to live, luckily everything worked out.

How have you adjusted to moving away for school?

It was hard at first, being away from family and friends for so long and so far, it could really get to you. But other than that I've adjusted quite well, I was able to wake up early enough to get to classes an hour before (despite not having a phone for the first month), I made more friends from school who can sing, play multiple instruments, produce and mix music.

What advice do you have for inspiring musicians on the Nation?

Follow your own path/dreams and not others, everyone achieves success in different ways. Also, learning the theory, business and history of music can be very beneficial to your music career.

Which artist/musician/band would you recommend for people to check out at the moment?

If you're looking for a more Indie Rock/Alternative type, then I would

suggest Rural Alberta Advantage, Arctic Monkeys, Mumford and sons. For a more Blues Rock, I would suggest John Mayer, Eric Clapton, Santana, The Allman Brothers Band. If you like EDM/Techno/Trance / Dubstep/House somewhere along those genres then I would suggest Swedish House Mafia, Hardwell, Tiesto, Skrillex, Deadmau5, Steve Aoki, Knife Party.

There are so many upcoming new artists as well, so many to name. If you are looking for a new artist to listen too than I am happy to provide some, doesn't matter the type of genre.

What is an interesting/funny memory you have whether on stage or at school?

Just recently, I actually forgot one verse of a song when I was performing at an open mic hosted by Joel Martin, I was literally singing the song right before I played and as soon as I was performing, my mind just went blank. After I finished my set, the lyrics came back to me.

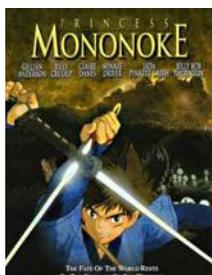
You can follow Bishop on snapchat: at: bpipestem7 and/or find him on Facebook!



Valentine's Day

Popcorn Corner

The Perfect Films To Watch for Netflix "And No Chills" Night. We've got the perfect picks for your Family, BFF, Issuu, Bro and if you're plain old by your lonesome- we have movie choice for that!



Princess Mononoke (1999 - Hayao Miyazaki)

If you're celebrating this joyous commercial holiday with the family, this will help you pick which child is your favorite since one of them will be quiet throughout. Kids love animations, adults love animations, this is definitely an almost family friendly animation (rated pg-13 with some violence if you're sensitive to that kind of stuff). One of Hayao Miyazaki's classic pieces that can make you feel like you need to save the forest and run with the wolves, and it has a killer soundtrack for you instrumental buffs out there. 9/10 for the fam!



500 Days of Summer (2009 - Marc Webb)

Who doesn't love a good Joseph Gordon Levitt film? Or maybe you prefer Zoey Deschanel? Or both? Either way this is an excellent film to watch with one or many of your best cousins. You grew up together, cried together, pushed each other off hay bales and laughed when they cried. This could also be a back ground film while you both talk about why Grandma won't give either of you her bannock recipe.



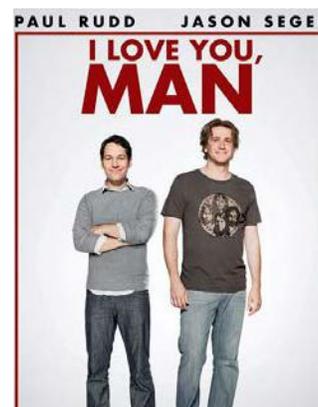
Celeste and Jesse Forever (2012 - Lee Toland Krieger)

You've probably scrolled pass on this on Netflix or you've seen it in the \$5 bin at Best Buy. If you're boycotting this Valentine's Day (or you didn't get a date it's okay to admit it) and you have your spinach pizza ready with a nice glass of Coca-Cola on your couch, this film will either make you feel like an empowered single person or you will cry along with Rashida Jones. Have a good V-Day!



Somewhere in Time (1980 - Jeannot Szwarc)

Dr. Quinn Medicine Woman and Superman hook up- need we say more? This classic spans time and makes your heart gush with hopeless love. Next time you find yourself hanging out with your Issuu, this really is the perfect movie to watch. Asides from a lil kissing- it's completely PG and makes you believe in love all over again. Sigh, what could be better this valentines?



I Love you man (2009 - John Hamburg)

What kind of people would we be without our best friends/bros? If you have one or two or more and you just can't get a date(don't even lie), kick back with a bro and talk about bro stuff while cringing at Paul Rudd trying to get a bro himself. Just remember V-day falls on a Tuesday, can't get ham together crying over you know who and now they stay with so and so.



TRUTH AND RECONCILIATION

Gunaha Institute held a showcase for deans, principles, and education boards from all of Canada to encourage the knowledge and mistranslated history of First Nations culture. Generations upon generations are lacking education immensely, especially the traumatic experiences and real life accounts residential schools have left behind. Arthur Bear Chief from Siksika Nation, only briefly

mentioned his decade of time at Old Sun residential school, bravely speaking in front of complete strangers about one of his most traumatic memories. The showcase also demonstrated different powwow dances, traditional cuisine (fry beard, bannock, and berry soup of course), education within Tsuut'ina Nation, and the Tsuut'ina language revival.



 [cbc books.ca](http://www.cbc.ca/books)

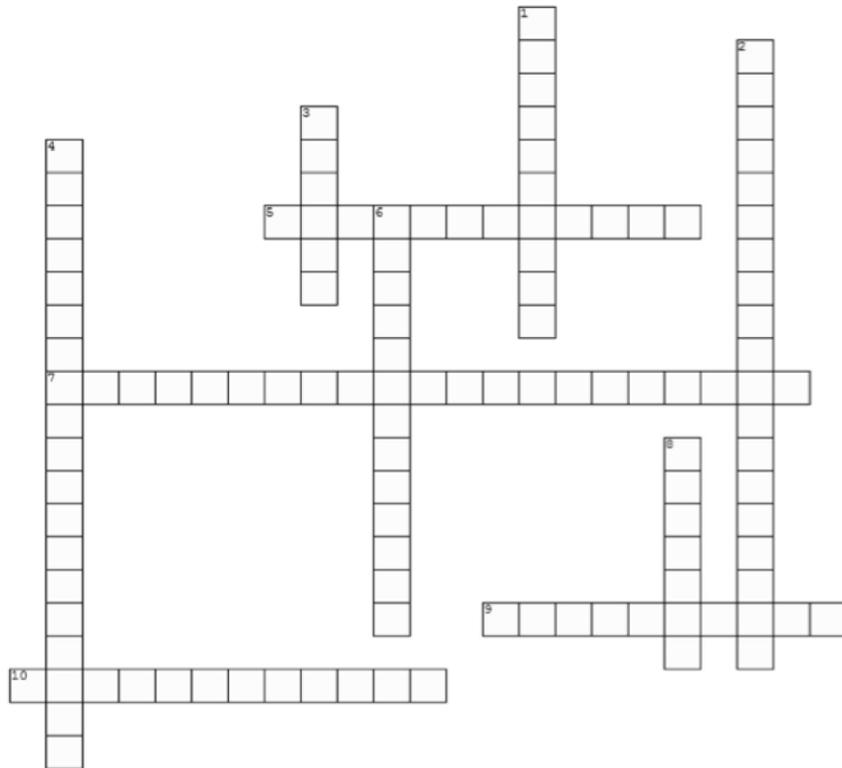


HOW I WROTE IT

Tsuut'ina Nation had the very honor of inviting a residential school survivor and author, Arthur Bear Chief from Siksika Nation. His book accounts from the harsh reality from his childhood at Old Sun Residential School, now Old Sun College. He like so many others had to open old wounds, battle with addictions, stand in court to relive the trauma. My Decade at Old Sun, My Lifetime of Hell is available online

photo credit: <http://www.cbc.ca/books/2017/01/arthur-bear-chief-how-i-wrote-it.html>

TSUUT'INA GUNAHA INSTITUTE CROSSWORD



ACROSS

- 5. I love you
- 7. Cupid
- 9. I miss you

- 10. Sweet heart

DOWN

- 1. Heart
- 2. Groundhog Day

- 3. Hug Me
- 4. Valentine's Day
- 6. Be mine
- 8. Candy

BIRTHDAY ANNOUNCEMENTS!



Feb 14th Happy Birthday and Valentines day to two very special woman Mother/ Sister/ Grandmother/ Aunt Josephine "Bunny" Big Plume &

Aunty Marie "Pixie" Dodginghorse- they are birthday twins love you both so much
- Maryann Big Plume

A Birthday shout out to My little guy Dason BigPlume who Turns 7 February 8, Lots of Love from Mom, Tyese, Dalayah and Baby Dustin!

Happy birthday to Kevin Littlelight February 16th, from the family, nieces and nephews, and of course your offsprings, Carmen, Charlize and Connor.



February HOROSCOPE

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



Tú Yíkōhí

Jan 20 - Feb 18

Body odour may haunt your chances with a decent conversation today. Brown is your unlucky colour for today. Avoid it wherever possible. Shallow puddles may deceive you today. Also, Happy Birthday!

Nīchīdīnītōdī Ts'iká

Sept 22 - Oct 22



And this was what was written in a sandwich in Mexico. Strangeness, huh? This week you will see "a new hope" arrive in the form of a whiny farmer.

Ádagù-hí

Oct 23 - Nov 22



Lavender is a good smell for you today. Other odours may leave you feeling poorly. Combovers will suddenly attract you this week as you attempt to get a hospital appointment for an eye problem.

Nātt'ūwí

Nov 23 - Dec 21



Hopefully the pains you're currently experiencing will disappear over the coming hours. The odds that you'll escape today without a serious injury, is most likely

Nātt'ūwí

Aug 23 - Sept 22



Don't trust anyone today. Stay inside until today is all over and done with. Don't trust this horoscope either. All your problems cannot be solved by putting them in one basket full of bannock.

Dōmā Dā

Dec 22 - Jan 19



Live like you would like and you will part this world a happier person. Although you may spend a good deal of your life in the hole. Your appetites may increase today as the doctors finally remove the scissors they left inside you during your last operation.

Tłúk'á Cha Átládīt'iyí

Feb 19 - Mar 20



Not that today is going to be the worst day in your life, but...paraffin is an effective way of erasing

memories. Going to the movies is an excellent way to spend your hours. I mean, final hours of the day, obviously. Not of your life.

Dōmá Īk'ōyí

Mar 21 - Apr 19



Hopefulness can be a virtue, but naivety can bring you trouble. Dave is not a name you want to associate with today. Not unless he has money. It's hard to tell.

Īk'ōyí

Apr 20 - May 20



Testing your ability to walk on water should be done at the beach, not in the middle of the office. This is just an analogy to some part of your well-being which is not entirely clear to me.

Īk'āst'ónághá

May 21 - Jun 20



Half of what I say makes no sense the other half is pure gold, purer than any snow that ever fell. Purer than the white

cover on that classic Beatles' album.

Mìlò Gūlíní

Jun 21 - Jul 21



Google is about to take over your life - play responsibly. Jumping up and down is great fun and encouraging others to do so is a fine way to pick out the unworthy

Mìzīts'īgúdísúlí

Jul 22 - Aug 21



Your computer is filled with Spyware and viruses. Please find a way to clean it without forcing me to dole out solicitations to various websites and their software.

OFFICE STAFF TO MAKE YOU LAUGH

The Following are stories submitted by Crystal Whitney- if you have stories you would like to share, please send them! communications@tsuutina.com

I shared a small office with a coworker. This one day their child wasn't feeling well and my coworker asked if their child could wait with them at work.

Well I didn't see it as a big deal, so I agreed and said just as long as no senior staff knew they were here.

The child hid quite contently under their parent's desk, listening with headphones to their iPad.

Some Council came in to discuss matters coming up. As they debated, our assistant CEO came in to ask my coworker about an upcoming meeting. When the assistant CEO was done talking suddenly you heard a long loud fart come from the direction of my coworker.

The room went dead silent. Council and the assistant CEO were all looking at my coworker.

Without skipping a beat, my coworker, bright red, said excuse me and tried to continue his conversation with the assistant CEO.

But it was too late, Everyone heard the loud farting sound and awkwardly got up and left our office.

Once everyone left My coworker looked under his desk and told his child '---- come on! Everyone thought that was me!'

Wonderful Office Memories!

Just the other day, I was told an incredible cute story by two of my staff members.

The two staff members were discussing office matters when a Council Member came in and asked, while overly gesturing with his hands, 'Do you ladies has a power bar?'

Both staff immediately stood up and said 'Yes!'

Staff member one, immediately left the room to go to where our office stores electrical power bars for the office, while staff member two went

straight to their treasure trove of goodies in a desk drawer.

Both returned back to the member of Council at the same time...one with an 'electrical power bar' used for plugging in electrical equipment and the other one with a 'power bar' of the protein variety.

The Council Member looked flustered and said 'No, no! You know, the thingy that stores files!'

To which both answered while laughing 'Oh! A USB!'

Fond memories to a momentous experience in working with such amazing individuals. Thank you for everything! I cherish each and every memory! I am truly honoured to have worked so closely with each and everyone of the Tsuut'ina employee crew ~ CCW ~

'Be Brave and Take Risks: You need to have faith in yourself. You don't have to have it all figured out to move forward.' R.T.Bennet

THE LOCKED ROOM



TEAM BUILDING EXERCISE

The Communications Team spent an hour last week attempting to escape from a crazed killer in 'The Locked Room.' Truth be told we were almost collected... Luckily as a team should, we came together and escaped with a minute to spare (and a few hints). We recommend heading over yourself to see who has the brains and who cries in the corner. And yes, we all still like each other.

IN APPRECIATION OF CRYSTAL WHITNEY

THIS MAGAZINE WOULD NEVER HAVE CONCEPTUALIZED WITHOUT YOUR DIRECTION AND DEDICATION AND WE WILL NOT FORGET THAT.



CRYSTAL WHITNEY AT CANDEREL CONFERENCE- TRUST US, IT TOOK A LOT TO FIND A PHOTO OF CRYSTAL. SHE'S A QUICK ONE AND ALWAYS IN ACTION. WE HOPE THIS PHOTO DOES YOU JUSTICE.

On behalf ourselves in the Communications Department, Special Events, Information Technology and anyone who has had the pleasure of working with Crystal Whitney- words are inadequate to express our gratefulness and appreciation of your leadership, friendship and the person that you are.

Working under you as Chief of Staff has been an honor and privilege. We learned a lot from you and will continue to learn from you as you start your new position in the community.

We know that wherever you are, you will always be successful. Your passion and talent for seeing the bigger picture while tending to the little details is unsurpassed. We're sure you won't miss our countless texts, emails and calls throughout the day asking for guidance with one issue or another but we hope you'll miss us too!

While we'll miss you in our daily interactions, we know you are still working for the Tsuut'ina Community and will never be far. This is not goodbye but a thank you for all you have done for us and all that you do. We wish you all the best and congratulate you on your new position with Emergency Preparedness.

Don't forget us little guys as you go on to put out new fires!

**Tsuut'ina Nation Youth Program
& Healthy Living present:**

YOUTH WELLNESS GROUP TALKING CIRCLES

**Every Thursday beginning February 9, 2017
5:30-7:00pm at Spirit Healing Lodge**



DOOR PRIZES | SNACKS & BEVERAGES PROVIDED

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