

DÀ-HÍ  
AT THIS POINT IN TIME

MITSI DIGOYI CH'AT'AGHA · BALD EAGLE MONTH  
FEBRUARY 2018

# DÀ-HÍ

TSUUT'INA NATION MAGAZINE



# DÀ-HÍ

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## ILLUSTRATOR

Josh Littlelight

**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](mailto:communications@tsuutina.com). Siyisgaas.

## DÀ-HÍ

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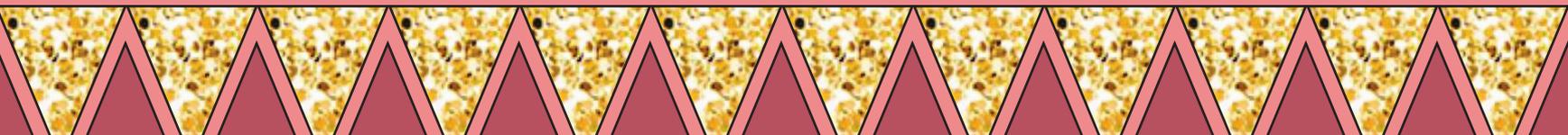
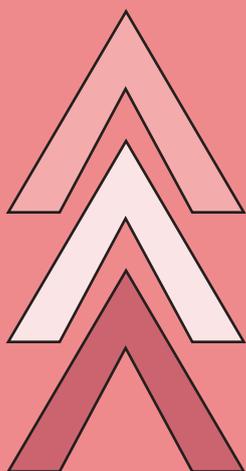




# *Sich'ini Pona*

FEB

A MONTH OF LOVE  
& FIGHT NIGHT



# NATION NEWS

INFORMATION FROM DEPARTMENTS/  
BUSINESSES & SERVICES

35 Many Horses Road  
Tsuut'ina Nation, Alberta  
P: 403.238.3500 | F: 403.238.3530  
peacemaker@tsuutina.com

## OFFICE OF THE PEACEMAKER



### PROGRAM MANDATE:

*The Peacemaking initiative involves diversion of matters from court to the Tsuut'ina community peacemaking for resolution of conflict*

Peacemaking is a program to support restore peace and harmony in our community if two parties have situations and it is to bring them to a traditional

setting with Elders and Peacemakers and these parties come to an agreement to restore peace. Many of our referrals are through court services where offenders are referred by the court.

### HOW TO ACCESS:

Requests for Peacemaking can originate from:

- R.C.M.P.
- Tsuut'ina Police (Tosguna)
- Tsuut'ina Schools
- Tsuut'ina Administration, such as Human Resources
- Elders
- Clans and Families
- Programs and Agencies

Self-referrals from within the community are also welcome to help individual Tsuut'ina residents resolve disputes.



**Loni Big Crow**

Coordinator

Years of Service: 10 years

(Coordinator as of May 2017)

### VISION STATEMENT:

*To mediate fairly, in a safe place to reach a responsible solution*

*"On behalf of The office of the Peacemaker, we would like to send out our appreciation to all our Elders and Peacemakers, past and present. Without all of your hard work and dedication to our program, we could not carry out peacemaking successfully."*

TSUUT'INA DINA DIK'ANA LAA

# CITIZENSHIP DEPARTMENT

**PROGRAM MANDATE:** *To provide services and follow processes and procedures to the Nation Citizens and other First Nations.*



**Colleen Simon**  
Citizenship Clerk

**Theresa H. Big Plume**  
Registrar and Dept. Manager

**Lisa Whitney**  
Administrative Assistant

*Some of the Tsuut'ina Citizenship Department Responsibilities are as follows and there are extensive processes and procedures for each component:*

Completed the Citizenship Code Amendment Project which ran February 2010-July 2011, and now we process and follow in accordance to the following: Tsuut'ina Citizenship Code First Amendment May 24, 2011, Tsuut'ina Citizenship Code First Amendment Regulations July 04, 2011.

In-take and process Citizenship Applications which are approved four times a year with our Citizenship Evaluation Board Members. We provide a Citizenship Checklist on the applications process and deadlines. Each Tsuut'ina Citizen file is maintained in the department with confidentiality.

We process SCIS Applications, please call to schedule an appointment which are Mondays and Wednesdays, Elders are prioritized and can come any time.

We have two boards that assist us with some of our processes, the Tsuut'ina Citizenship Evaluation Board and the Tsuut'ina Citizenship Tribunal Board. We have an Adult Vote tentatively annually in June of every year.

We organize and give out Christmas Gifts every year. We process the Per Capita Distribution Payments when they are given out. We purchase Insurance for every Nation Citizen. We assist and pay for the Funeral Expenses from the Insurance for each Nation Citizen in accordance to the approved Tsuut'ina Funeral Policy Procedures

**The Citizenship Department is located in the Chief Joseph Big Plume Admin Building on the second floor and can be reached at: 403.238.6305 or 403.238.6143 | Fax 403.238.7616**

# RESIDENCY / REGISTRY PERMITS



**Jaclyn Big Plume**  
Permits and Residency Clerk  
Years of Service: 4 years

**OUR MANDATE** is to carry out the Policies of the Tsuut'ina Nation Government, with regards to issuing permits for both Nation & Non nation members. Maintaining detailed record(s) that ensure an accurate database is being developed



The Permits Clerk is located in the Public Works Building, for more information, please contact Jaclyn Big Plume at [JaclynBigPlume@tsuutina.com](mailto:JaclynBigPlume@tsuutina.com)

# BMO SPONSORS GRADE 5B



Submitted by Sonya Dodginghorse

A huge thank you to BMO for the sponsorship for the Grade 5B Mentorship Program. This program focus's on mental health awareness, promoting physical activity, nutrition and overall wellness. The Mentorship Program consists of monthly presentations from various First Nation role models, field trips, and

activities. Although we as teachers and parents cannot solve all our children's problems, at the very least we can provide the means and tools to allow them to realize their self-worth, that they belong, and that they are valued citizens. We need to be able to show kindness, compassion and love towards one another and that these values of human beings exist in this fast-paced changing world.

# SPRING BANK

## *Tsuut'ina Plans for Awareness and opposition to Springbank Dam*

*Submitted by Nadine Crowchild with Diane Meguinis*

The Springbank dam proposal is something all Tsuut'ina people should be aware of and talking about. As proposed, it is a massive and permanent dry dam located right at Tsuut'ina's boundary. During a flood, it would store up to 70 million cubic meters of water behind a massive berm facing Tsuut'ina. It would back up water onto Redwood Meadows, and then release a huge amount of water downstream, again through Tsuut'ina Nation. Chief Lee Crowchild has voiced his total opposition to this project, citing unknown effects on air quality, water quality, flooding onto Tsuut'ina and to the province's failure to even consider the impacts on Tsuut'ina. Also, there are water management solutions that would help both for floods and droughts.

But understanding the impacts of and mounting a campaign against this proposed dam is a major undertaking. One that includes surrounding communities. That is why Chief Crowchild assigned Diane Meguinis to form a committee to start the process of gathering information, educating Tsuut'ina and providing research to Chief and Council as they work to affirm Tsuut'ina's Sovereign right to stop this project. Diane led a 5-day session that included not only staff and Council members, but also neighbors from Redwood Meadows, Bragg Creek and Springbank who share our concern over this proposed dam.

Lead by a professional project management trainer, the session helped Tsuut'ina and our neighbors focus on and understand the resources, communications and science that will be needed to not only fight the Springbank dam, but to propose viable alternatives that are in Tsuut'ina's interests. Chief Crowchild encourages anyone interested in learning more about the Springbank dam to contact Diane Meguinis ([diane.meguinis@tsuutina.com](mailto:diane.meguinis@tsuutina.com)).

Nation meetings and information sessions about the dam will be announced soon.



# FIREHALL- FOOD BANK



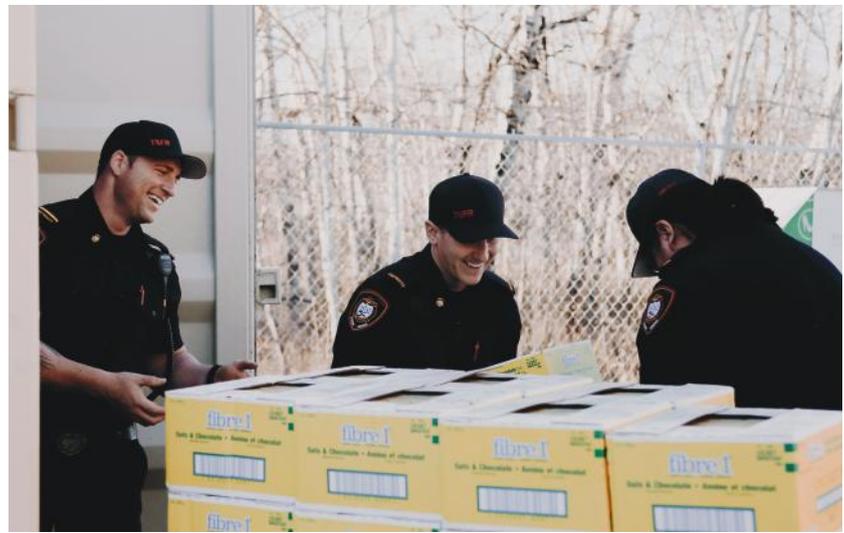
*Submitted by Crystal Whitney*

The Tsuut'ina Nation Fire & Rescue Service had an amazing opportunity to volunteer at the Nation Food Bank. The experience was humbling and heartwarming. We are so proud of our Nation for developing this amazing program and providing possibilities for the community to contribute to the Food Bank. The service they provide to Nation is beyond incredible.

Christmas is often a time full of anxiety and fear. When those worries are met with unexpected hope, lives change. When families are given the opportunity to celebrate a Christmas through the love and support of our community, hope comes shining through. Christmas becomes so much more meaningful when shared with others.

We encourage other departments and Nation employees to lend a helping hand to this amazing community program.

From all of us at the Tsuut'ina Nation Fire & Rescue Services and the Food Bank, thank you for coming together to bring hope and share the joy with children in our community.



# LEGAL DEPARTMENT



**Terry Braun**  
*General Counsel*



**Gilbert Eagle Bear**  
*Assistant General Counsel*



**Pearl Crowchild**  
*Legal Assistant*

## Who is the Legal Department?

The Legal Department is staffed by two lawyers, Terry Braun and Gilbert Eagle Bear and the legal assistant, Pearl Crowchild. Combined Terry and Gilbert have 30 years of legal experience.

## What does the Legal Department do?

The Legal Department provides general legal services to the Tsuut'ina Nation, as well as its affiliated companies and entities, including the following:

- Attending meetings with Chief and Council and Senior Management and provide advice in relation to legal issues arising at those meetings.
- Attending meetings with third parties, including other governments, businesses and individuals;
- Attending meetings with Aboriginal Affairs and Aboriginal Relations to advance the interests of the Tsuut'ina Nation;
- Advising committees and commissions and boards that have been formed to advance the economic interests of the Tsuut'ina Nation;
- Drafting and negotiating agreements, contracts, leases, band council resolutions, directives, and notices;
- Preparing pleadings, motions, claims and other legal documents to advance, protect or defend the interests of the Tsuut'ina Nation;
- Drafting and assisting with drafting, laws, by-laws, policies, procedures, codes and other governing documents of the Tsuut'ina Nation.

## Does the Legal Department provide help to Nation Citizens?

The Legal Department does provide some legal services to Nation Citizen, however, since the priority of the Legal Department is providing general legal services to the Nation as a whole, it does not have the ability to deal with all inquiries. The Legal Department does not provide advice or assistance where it involves a dispute between two Nation Citizens. Further, the Legal Department does not have the capacity to attend Court on behalf of a Nation Citizen. Wherever possible, the Legal Department does try to provide referrals to Nation Citizens to deal with their legal matters.

## When can I see a lawyer with the Legal Department?

It is strongly recommended that any Nation Citizens call the Administration Building to book an appointment ahead of time. The Legal Department does have to balance a number of different priorities and deadlines, so it not always able to take appointments on short notice.



TSUUT'INA LEGAL DEPARTMENT  
PRESENTS:

**THE LETTER OF THE LAW SERIES**  
*UNDERSTANDING THE LEGAL TERMS OF  
THE LIMITED PARTNERSHIP AGREEMENT  
WITH CANDEREL*

**WEDNESDAY, FEBRUARY 21<sup>st</sup>, 2018**  
**4:30 PM - 6:00 PM**

**CHIEF JOSEPH BIG PLUME BUILDING  
VETERAN'S HALL**



For more information please contact  
Terry Braun, General Counsel, [tbraun@tsutina.com](mailto:tbraun@tsutina.com)

# TSUUT'INA FINANCE



## *Did You Know?*



DID YOU KNOW THAT YOU CAN RECEIVE YOUR  
PAY STUB THROUGH EMAIL? IF YOU WOULD  
LIKE YOUR EMAILED, PLEASE CONTACT US  
BY EMAIL AT [PAYROLL@TSUUTINA.COM](mailto:PAYROLL@TSUUTINA.COM) WITH  
YOUR PREFERRED EMAIL ADDRESS.

DID YOU KNOW THAT T4 SLIPS WILL BE MAILED  
OUT FEBRUARY 28TH? IF YOU HAVE RECENTLY  
MOVED, PLEASE FORWARD YOUR CURRENT  
ADDRESS BY EMAIL TO [PAYROLL@TSUUTINA.COM](mailto:PAYROLL@TSUUTINA.COM)  
SO THAT WE CAN GET YOUR T4 SLIP TO YOU.

# ZAB JUDAH



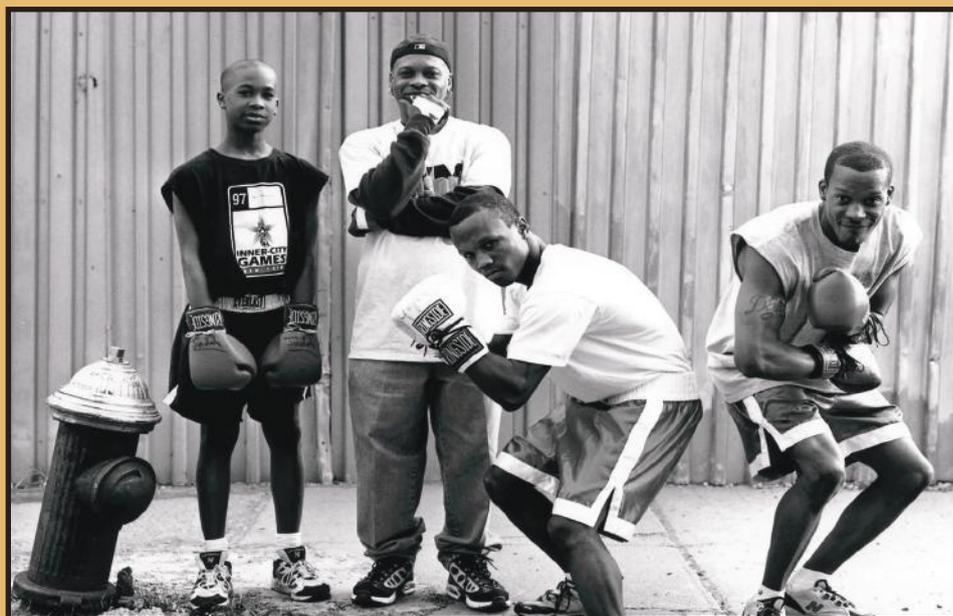
The Communications team had the unbelievable honor of sitting down with the six-time, three-time division World Champion Boxer Zab Judah, it was truly a pleasure to sit down with such a genuine, courageous, inspiring person. Zab talked about the struggles of growing up in the projects of Brooklyn New York, and how his determination to preserve lead him all over the world and his mission in life is to give back and push others forward- how one's struggle does not define your path in life that truly anyone can achieve greatness.

Zabdiel Judah, better known as Zab Judah, was born on October 27th 1977, in Brownsville, New York City USA. Zab is the son of Katharine Hines and three-time World Champion Kick Boxer Yoel Judah. Growing up in Brownsville New York in the 80's was a time when struggle did not discriminate against anyone, Zab remembers the sky-high project buildings in which he would grow up in and were his fight began at the

age of six years old when his father would teach he and his brothers the art and love for the sport of boxing. Yoel Judah was a martial artist and three-time world champion kick boxer and would become a boxing trainer. Zab remembers as a young child watching his father fight at Madison Square Garden, in a jam-packed stadium. He recalls walking out to the ring holding his father's World Champion Belt and the powerful feeling of the crowd yelling his father's name, "Judah, Judah, Judah." Alone in the dressing room with his father, he said, **"I am going to do this one day, I am going to be here."** Zab was warned right there it would take hard work and dedication but he could do it. Now Zab's boxing career has taken him all over the world, and has taken the sport to another level. While Zab

is the only one of his brothers to win the World Champion title, they all had successful careers in the business. They were all taught, "What you put in is what you get out" and never say that you can't. Zab's fighting career now spans over twenty-two years. He made his first professional fighting debut in Florida fighting against Michael Johnson in 1996. Throughout his career, he has faced many struggles in life, but there has always been a fire inside him that kept him grounded and fighting for more. Zab talks about how these hard times in his life were the stepping stones of his life and how he struggled with anger, hurting and demolishing people and taking away from those he has loved and that now he has the opportunity to give back and make positive changes.

Zab's first World Champion title

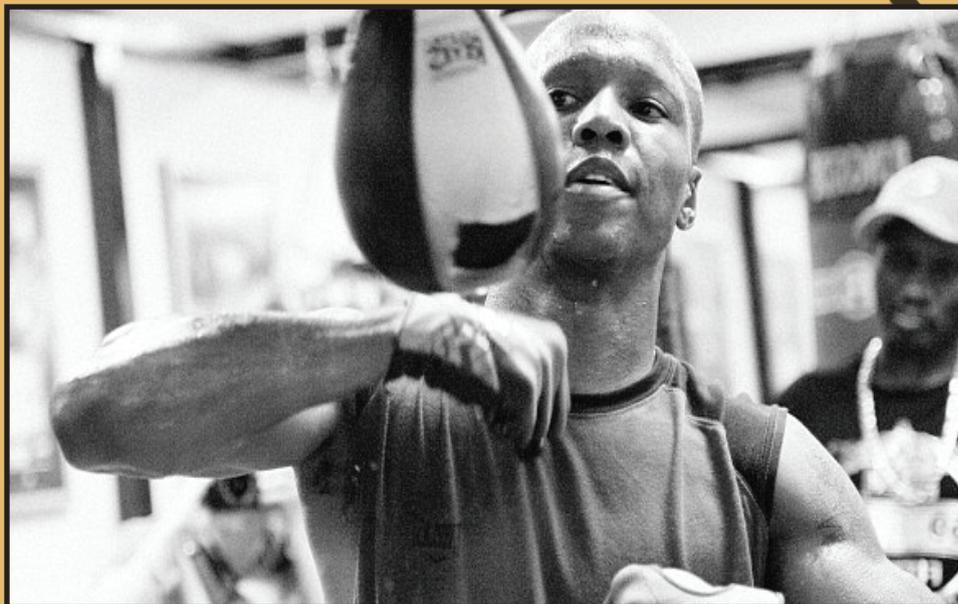




was in 1998 when he won the USBA Interim Light Welterweight title. Throughout the years he would come to spar off with countless men but one notable man he went toe to toe with was Floyd 'Money' Mayweather, scoring a few hits on the legendary boxer and letting the world know that the man was human after all. While it didn't end with a technical win for Judah, it was a match for the books as more than a dozen security officers and police officers had to rush into the ring to manage the situation.

Over twenty years and three divisions and six world titles since, Zab has entered a phase in his life of giving back and making a difference to those around him, he started the *Judah Foundation* where he works with the youth and also volunteers teaching a nursing assistance class and helps at an adult day care facility treating patients with dementia.

Zab talks about how far he has come from being a kid in the projects to making it on the world stage inside and outside the ring he is so grateful for everything that has pushed him on his path, it was a big fight that he

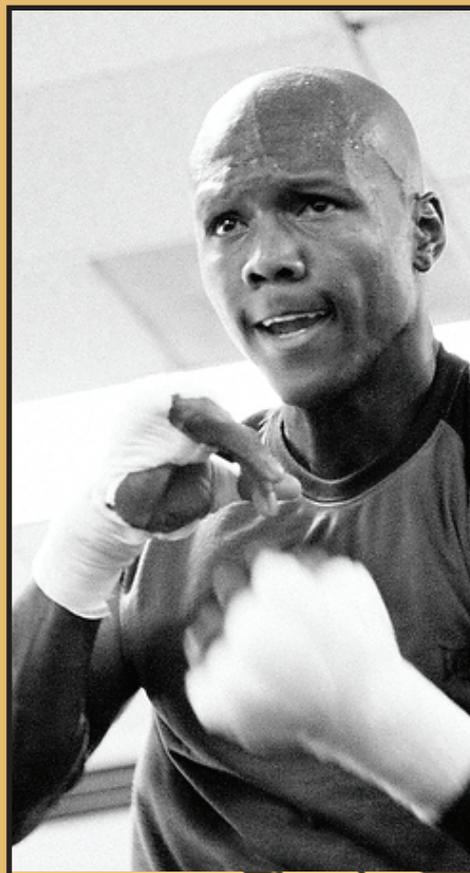


as won in his personal life and is the foundation of his family. His biggest lesson is that you can push through anything day by day, struggle to struggle that with some heart and the means to persevere and adapting to different people, and environments is where you learn to be your greatest self.

**You have to figure out what only you can bring to the table,**

what sets you apart from everyone and to be fearless of your own greatness and that God will put you in situations that bring to the limit but it's your will and destiny will pave the way for you to achieve greatness and success and find your light in life and never stop chasing it.

*Thank you Zab Judah for taking the time to inspire our Nation and congratulations on your win at the Grey Eagle Events Centre, we look forward to seeing you again in April.*





Thank you to the amazing fighters on Dekada's 'Fight Night' ticket for attending Tsuut'ina Youth Night on Thursday, January 25th at Bullhead Hall and delivering some amazing speeches.

Community member and skilled fighter, Zac Manywounds opened the evening and spoke to the youth about growing up in Tsuut'ina and how he himself has faced many obstacles in his life and how he turned those challenges into personal growth and opportunities. Zab Judah then took the stage and the time to really talk and engage with the youth about how 'We are a Champions' and we can do anything we set our minds to. He talked about how you can set any goal and tips on how to achieve those goals. Honored guest, Gwyn Lewis also spoke about

setting goals and related on a local level as he fights out of Calgary and has ties to the Nation.

Thank you to the collaborative effort of our Nation departments- Special Events, Youth Program, Property Management, Child and Family, Recreation, and Early Intervention for sponsoring 'Zab Zone' T-shirts and boxing gloves for every child who attended, thank you to the fighters for your inspirational words and autographing the shirts and gloves. Also, thank you to the Lands Department for the sponsorship of the food and a huge thank you to the Grey Eagle Event Center for donating tickets to every youth in attendance. This event would not have been possible without your involvement, especially that of Dekada Fight Night for coordinating this event with the Communications Department.



# GREY EAGLE RESORT & CASINO DEKADA FIGHT NIGHT



# ZAB JUDAH YOUTH NIGHT

THE GREAT FIGHT



**DEKADA FIGHT NIGHT**

**RESULTS**

**MAIN EVENT**  
 JUDAH VS. RINCON  
 WINNER: ZAB JUDAH

**CO-MAIN EVENT**  
 ONOLUNOSE VS. PALACIOS  
 WINNER: ALBERT ONOLUNOSE

**FIGHT 4**  
 TAM VS. LUJANO  
 WINNER: ALVIN TAM

**FIGHT 3**  
 RETI VS. TOALA  
 WINNER DEVIN RETI

**FIGHT 2**  
 MANYWOUNDS VS. SCHMIT  
 WINNER: JUSTIN SCHMIY

**FIGHT 1**  
 LEWIS VS. DIEGO  
 WINNER: GWYN LEWIS

# ZAC MANYWOUNDS

## How did you first get into the full-contact combat sport of MMA?

A: Growing up my Father (Dean Manywounds) watched a lot of boxing and for some reason I just wanted to be a part of what those athletes did. When MMA came around I thought to myself "do I take the risk on my dream? Or just keep it as thought in the back of my mind & heart?" well I took the risk.

## How did a background of track and field help you with martial arts? Did you play any other sports growing up?

A: Track & field was a massive help to me. With all the cardio training and stress training I had to do really helped when I transition over to combative athletics as I never really stopped training after my teens. Also I play Basketball my whole life here in Tsuut'ina for the Air-hawks, Buffaloes and AAAA ball with Lord Beaverbrook High school" back in my teens.

## How do you stay motivated and disciplined in your training?

A: I love it! Every hour, every minute and every second of it! I get so excited when I get called for a fight from my head coach at Dynamic MMA, Also my children Marcus & Avarie drive me to never give up.

## What's your favorite move/

## submission to use in any fight?

A: well when it comes to boxing I love my right body hook. When it comes to MMA I love my left head kick and for submission then I'd say the standing guillotine choke.

## What's the hardest hit you've ever taken?

A: Hardest hit would come from Matt "the kid" Krayco! He is my training partner and he hits so hard lol. Each camp I think of his power and it makes me move better in actual fights.

## How did your first Pro win over Cyril Glover feel different then your first recorded amateur win against Bryce Berry?

A: It was amazing to be able to use all my skill set as a Pro. Elbows, knees, head-kicks, ground and pound vs. just low-kicks, no elbows, no head kicks and no ground and pound. It was also a little more intimidating.

## What was the transition like going from Amateur to Professional?

A: There was a higher intensity in training! Way more hours and commitment had to be put into training because as an amateur I could have a poor record and go pro with a clean slate. As a pro that is your record forever.



## HIGHLIGHT REEL

- Became a father at **19** to my son Marcus who gave me the drive to never give up on anything.
- Became a Fighter at **24** with the best gym in Calgary Dynamic MMA.
- **2013** Broke my arm two days before my last armature fight and still fought with it.
- Became a Pro Fighter in **2013**.
- **2013** Started Training community members at the old arena.
- **2014-Current** Started working for Sarcee Gravel with the best crew a supervisor/manager could have ever asked for.
- **2015** my beautiful daughter Avarie was born.
- **2016** I completed addictions treatment to overcome my addiction and got married to my supportive / beautiful wife.
- **2017** made a comeback in boxing moving my professional record to 2-0

**ATHLETE OF THE MONTH:**  
ZACHARY ELIAS MANYWOUNDS

**GRANDPARENTS:** The Late Peter Manywounds & my amazing grandmother Muriel Manywounds

**SPORT:** Currently a professional combative athlete "Boxing, MMA, Kick-boxing"



**TSUUT'INA GUJA BULLHEAD  
TO SEVEN CHIEFS FITNESS 90  
DAY GET FIT CHALLENGE**

**SCF 90 Day Get Fit Challenge Winners**

**FEMALE WEIGHT LOSS**

**1st place Irene Crowchild:**  
Starting weight 233.4lbs Ending  
weight 222.6lb  
Total weight loss: 10.8lbs

**2nd place Danielle Crowchild**  
Starting weight: 179.2 Ending weight: 169.4  
Total weight loss: 9.8lbs

**3rd place Eva Meguinis**  
Starting weight: Ending weight:  
Total weight loss: 5.6lbs

**4th place Janelle Crane**  
Starting weight: 266.8 Ending weight: 263.0  
Total weight loss: 3.8lbs

**MALE WEIGHT LOSS**

**1st place Jesse Pelletier**  
Starting weight: 326.8 Ending weight: 307  
Total weight loss: 19.8lbs

**FEMALE MUSCLE MASS**  
**1st place Delan Bigcrow**  
Starting weight: 160.8 Ending weight: 163.0  
Muscle Gain: 2.2lbs Inch gain: 1.5 inch  
loss: 1.7

**2nd place Deedra Rowan**  
Starting weight: 135.0 Ending weight: 132.8  
Weight loss: 2.2 Inch gain: 1.5 inch loss: 1.6

**MALE MUSCLE MASS**  
**1st place Tyler Cutknife**  
Starting weight: 217.9 Ending weight: 211.6  
Total weight loss: 6.3lbs inch gain: 2.2 Inch  
Loss 4.6

**2nd place William Big Plume**  
Starting weight: 236.8 Ending weight: 230.6  
Total weight loss: 6.2lbs inch gain: 3.5 Inch  
loss: 6

**3rd place Kole Runner**  
Starting weight: 240 Ending weight: 234.8  
Total weight loss: 5.2lbs inch gain: 4.5 inch  
loss: 2.5



**If you could have one dream fight with anyone, who would it be?**

A: Devon "Mr. Boomtruck" Smith! He is an amazing fighter but I don't really like him because I wanted to fight him and things just kept getting in the way! One day hopefully.

**How did you get your nickname of 'The Last Warrior'?**

A: my coach (Vince Gentile) said "Hey Warrior, let's just call you that ok?" On weight-in day I wrote last by accident lol. We have now just changed my nickname to my full name.

**Would you mind if your children chose to pursue a career in MMA?**

A: I would love it if my children or any other kids from Tsuut'ina did MMA or boxing!

**What advice do you give to the youth on the Nation if they wanted to get into the sport?**

A: If it something you truly want make sure you fall in love with it, Have fun in it, push yourself beyond your limits because it's just going to be you in that ring, mat or cage on fight day. Have a very open mind as every day you will learn something new.

**What do you want to be remembered for at the end of your career?**

A: A guy that took a chance to inspire people, even it is just one I'd truly be happy and a person that would fight anyone, anytime and anywhere.

**We all are so proud of you Zac and all that you have accomplished and how you are truly an inspiring person in our community!**





# JOSEPH "INDIAN JOE" BIG PLUME 2018 ANNUAL CLASSIC 8-BALL TOURNAMENT

The 3rd Joe Big Plume Memorial Pool Tournament which was held January 5, 6, 7th was a huge success with 333 players from all over 11 different categories, it brought so much business to our very own Casino, Hotel & Event Centre throughout the whole weekend, the family would like to thank each and every one of you who supported us in our fundraising, also to our sponsors Tsuut'ina Chief & Council, Tsuut'ina Contingency Program, AOS Electricity, Weasel Head Construction, Eagle Travel, Eagle Law, Qaulico, Eagle Septic, Grey Eagle Resort & Event Centre Staff, Walmac Amusements, Big Country Amusements, Canuck Amusements, Snakestitch, the Cuesports crew for the streaming & Stephanie Toy for stepping up and running the entire tourney we couldn't have done it without her she didn't expect to run it but it was by far no challenge for her and she totally saved us along with her crew, also the fanatics Lydia McHugh & Ira McHugh for also stepping in and running the scotch doubles tourney, Serena Taylor for our awesome logo, Josh Littlelight for our poster, David Meguinis for singing the memorial song at the opening ceremonies also Michael Meguinis if we missed anyone we are truly grateful for any kind of help we received we are looking forward to the 4th and final year of the memorial see you in 2019. .... here are pictures from the weekend, Congratulations to all the winners!

***Siyisgaas from the bottom of my heart,  
Maryann Pretty Youngman (Big Plume)  
Granddaughter of the late "Indian Joe"***



# SPORTSPLEX

Construction Completion is currently on schedule for Nov 1st, 2018

## CONSTRUCTION PROGRESS

**Main Mezzanine** – Pre-Eng. Steel frame erection continuing.

**Community Hall** – North Exterior metal cladding complete. West and South Wall continuing.

**Community Hall** – Roofing installation commencing.

**Arena #1** – Q-Deck for bleachers completed.

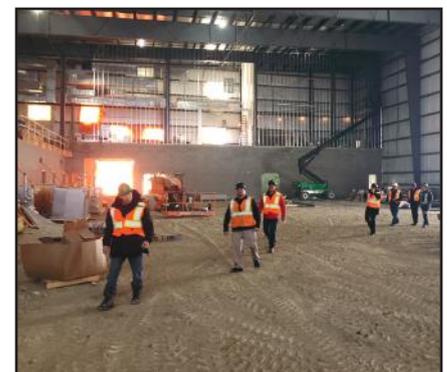
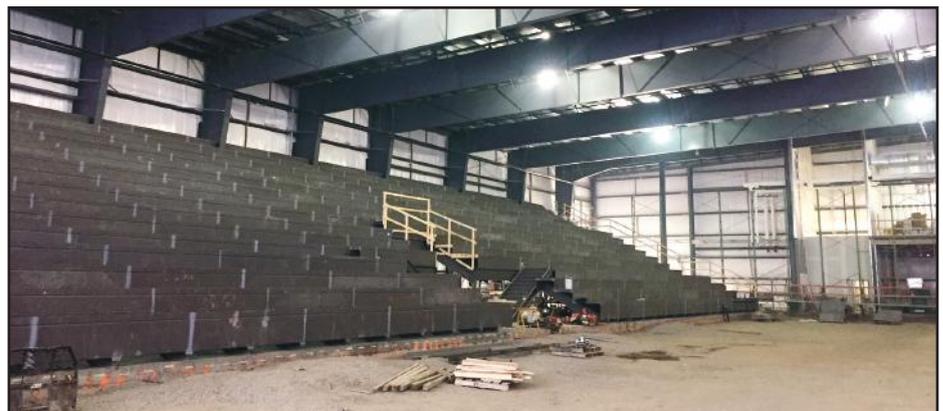
**Arena #1** – Pre-Eng steel for seating installed.

**Arena** – dressing room concrete block wall erection continuing.

**Arena #2** – Concrete block wall on South wall commencing.

Duct Work install continuing out of Mechanical Room.

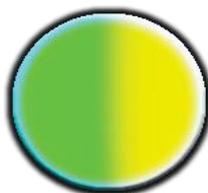
Stud wall and drywall work on Arena Mezzanine commencing.



# NOTICES

## ANNOUNCEMENTS

Diyi Dzinisi Guja Tsuut'ina



**Dorothy Runner** - February 3rd

**Patricia Simon** - February 3rd

**Alvin Big Crow** - February 4th

**Jean Dodginghorse** - February 6th

**Frieda Dodginghorse** - February 11th

**Jesse Starlight** - February 12th

**Casey Big Plume** - February 12th

**Josephine S. Big Plume** - February 14th

**Marie Dodginghorse** - February 14th

**Charles Crowchild** - February 15th

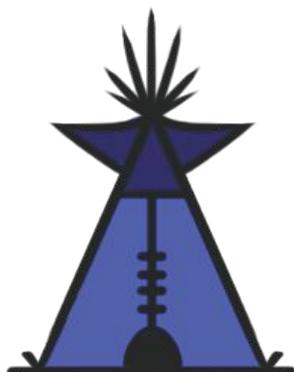
**Flora Simon** - February 16th

**Sammy Simon** - February 17th

**Josephine R. Big Plume** - February 18th

**Nancy Big Crow** - February 19th

**Floria Whitney** - February 28th



# HAPPY BIRTHDAY

- February 3rd-  
Desi Cayenne  
*Love Justine Crowchild*
- February 5th-  
Kalil Crowchild  
*Love Mom,  
Damien and Xylo*
- February 5th-  
Samone "Goodstriker" Whitney  
*Love Natalie and Husband*



Small Business Initiatives, Employment Resource Center & Economic Development Present:

# THE POWER WITHIN WORKSHOP

**Monday, February 5th  
10AM - 4PM**

**Tuesday, February 6th  
9AM - 4PM**

**ATCO, ENMAX & CANDAREL ONSITE**  
**Lunch is provided**

Open to All Nation Community Members  
- Agenda to follow -

For more information please contact Simone Dodginghorse  
simone.dodginghorse@tsuutina.com  
or The Training Center: 403.238.1145



TTN RECREATION, TTN EARLY INTERVENTION AND TTN YOUTH PROGRAM PRESENTS:

- Our Family Day -

# Mikinajuna Dzinisi

**MONDAY, FEBRUARY 19TH  
11AM - 6PM BULLHEAD HALL**

TALENT SHOW WITH THREE AGE CATEGORIES  
12 & under, 13-16 and 17 & up  
Prizes for 1st, 2nd and 3rd in each category  
**LUNCH SERVED FROM 12PM - 1PM**



SPECIAL GUEST ENTERTAINMENT  
Michelle Thrus 1-3pm

FAMILY FUN DAY ACTIVITIES:  
Face Painting Station | Crafts Station for All Ages  
Family Board Games Station | Family Photo Booth Station  
Musical Chairs | Tug of War | Bouncy House on Site  
Big Screen Movie From 4:30pm-6:00pm

**DOOR PRIZES HOURLY THROUGHOUT THE DAY**

**DEADLINE TO REGISTER IS FEB. 16th PLEASE REGISTER WITH THE YOUTH PROGRAM**  
CALL 587.222.3544 | 403.258.4631 or EMAIL [riel.manywounds@tsuutina.com](mailto:riel.manywounds@tsuutina.com)  
for more information please email [wbigplume@tsuutina.com](mailto:wbigplume@tsuutina.com)  
or [kori-leigh.arcand@tsuutina.com](mailto:kori-leigh.arcand@tsuutina.com)



# YOUNG MEN'S GROUP




Learn cultural traditions and ceremony, trapping and hunting skills as part of a healthy thinking group

**Every other Wednesday  
4pm-6pm**  
Starting Feb. 7, 2018

A program designed for young men to help promote healthy identities for themselves as strong young indigenous men

**hosted at  
TTN Jr./Sr. High Culture Room  
Ages 11-17**

for more information contact  
**the Youth Program  
403.258.4631**  
[garett.simeon@tsuutina.com](mailto:garett.simeon@tsuutina.com)  
Bullhead Hall- 159 Bullhead Road

Understand how various aspects of respect can provide you with a set of values for living well. Learn from experienced Tsuut'ina Nation Elders, peers and community members. Participate in healthy thinking and healthy activities. Learn about life skill developments such as: anger management, drug/alcohol awareness, healthy coping skills and goal-setting.

Pat Crowchild and Pastor Dawn are hosting a **Bridge of Hope Lunch** on Wed. February 14th 12noon - 1:30pm. at 11263 Oakfield Drive SW. Call Pastor Dawn at 403.251.5150 or Pat Crowchild 403.680.4502 for more info

**Tsuut'ina Nation Property Tax (Didili Gwanat'si Laha) Community Information Sessions Will be in Chambers on:**  
 -February 8, 2018 4pm-6pm  
 -February 15, 2018 4pm-6pm  
 -February 22, 2018 6pm-8pm  
**Food Provided | Door Prizes**

**Late Farron Saddleback #14**   
 4th Annual *~ Always on my Mind, Forever in My Heart ~*  
**Memorial Hockey Tournament**  
**FEBRUARY 16-18, 2018**  
**"SR. MENS RECREATIONAL"**  
 Maskwacis Arena  
 Maskwacis, Alberta



**MASKWACIS**  
 Logo designed by Farron

Trophies for:  
 Tournament MVP  
 Best Defense  
 Best Goalie  
 Best Forward  
 Top Goal Scorer



1st Place - FULL PAYOUT with Jackets  
 2nd - Cash Prize  
 3rd - Cash Prize  
 \$800 Entry Fee  
 Prize monies based on entries

**First 12 Teams Accepted**

Certified Referees  
 Raffle Table  
 50/50 Tickets  
 Security Provided

Contact: Jenny @ (780) 361-9464 or Jon @ (780) 362-3035

**Tsuut'ina Career & Employment Resource Center**

Please be advised CERC new Office Telephone number is



**403-238-0166**

Interim Director: Courtney Big Plume  
 Career Consultant: Stephanie Whitney  
 Admin Support Clerk: Carmelita Jacobs

# TSUUT'INA WELLNESS CHALLENGE

**WHEN**  
**January 29, 2018**  
**Every weekday, until March 2**

**WHERE**  
**Health Centre**  
**Facebook Page**

Join the group @ Tsuut'ina Health Centre for more updates.

**FEATURING** • Prizes & Ideas to help with your daily challenge •

**CALL CHALSEA OR ALLEYCIA**  
**403-251-7575**  
**OR EMAIL TSUUTINAHEALTHEDUCATION**  
**@TSUUTINA.COM FOR MORE INFORMATION**



**ONE ENTRY PER CHALLENGE**

**WAYS TO PARTICIPATE**

Facebook  
 E-mail  
 Texting  
 (Let us know which way works best for you)

**ENTRIES**

Can be photos, how the challenge changed your routine, what you could have done differently. Any way you can to let us know your participating!

**REMINDERS**

Every Friday, we'll be posting the following weeks challenges which will give you the weekend to prepare. We'll post daily reminders as well.

**BROUGHT TO YOU BY:**

The Tsuut'ina Health Education Team @ the Thomas Murray Health Centre



## WINTER 2018 PRENATAL CLASSES

- January 17: Changes in Pregnancy
- January 31: Childbirth
- February 14: Childbirth
- February 28: Childbirth
- March 14: Breast Feeding
- March 28: Nutrition in Pregnancy
- April 11: Postpartum Changes

**Every 2<sup>nd</sup> Wednesday**  
**1:30 – 3:30 PM**

Alisha Julien Reid is a Mi'kmaq First Nations midwife from Nova Scotia. Growing up in a First Nations community, Alisha understands the value of new life and respects the strength women carry. Youth and Culture along with the Health Centre are pleased to provide Alisha the space to provide care.

**Everyone is Welcome!**  
**Call 403 251 7575 or just drop-in☺**



# TSUUT'INA DINA DIK'ANA LAA

## (TSUUT'INA NATION CITIZENSHIP DEPARTMENT)



9911 Chiila Blvd., Tsuut'ina, Alberta. T2W-6H6  
 Telephone (403) 238-6305 & (403)238-6143  
 Fax (403) 238-7616

### SECURED CERTIFICATE OF INDIAN STATUS CARDS

**Mondays and Wednesdays Weekly | 9:00 AM to 3:00 PM**

(15 to 20 minutes per application)

REQUIREMENTS FOR YOUR APPOINTMENT:

ADULT APPLICATION (AGES 16 AND OLDER)

1. Original Birth Certificate
2. Current Government issued picture ID
3. Provincial Health Care Card (not needed if passport is used or client has 2 current Government 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)

**Photo copies 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.**

Call to book an appointment, walk-ins available for Elders on non-appointment days

**NON-TSUUT'INA APPLICANTS MUST PAY A \$20 CASH FEE**



# TSUUT'INA DINA DIK'ANA LAA

(TSUUT'INA NATION CITIZENSHIP DEPARTMENT)

9911 Chiila Blvd., Tsuut'ina, Alberta. T2W-6H6  
 Telephone (403)238-6143 Fax (403) 238-7616



Date: January 22, 2018

The Next Citizenship Evaluation Board Quarterly Meeting on Completed Applications for Citizenship is **Tuesday, March 13, 2018.**

Cut-off for Minor Applications: **Friday, March 2, 2018**

*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: **Friday, February 16, 2018**

Marriage and Initial Applications Test Date: **Friday, February 23, 2018**

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

*Siyisgaas,*

***TSUU T'INA DINA DIK'ANA LAA Staff***

# » LANGUAGE « LOVERS

**Sweetheart**  
Sich'ini?ona

**I love you!**  
Nits'adadisi

**Family Day!**  
Atlinajuna Dzinisa

**Dinner Date**  
Inoo Xis?ists'isno

**Movie Night**  
Datlishi Ch'at'ina  
t'i'iyaa

**Come Visit**  
Soghananiya

**I Miss You**  
Nik'anisto

**Be Mine**  
Sits'iza aniti

**Cupid**  
Ist'oni isila  
gust'u'hi

**Candy**  
Tlikoni

**Groundhog Day**  
Tsuust'u Chu  
Dzinisa

**Valentine's Day**  
Atlich'inina  
Dzinisa

**Will You Just  
Listen to Me!**

Sizists'iyi guxat'a

**Snap Out of It!**  
Ts'ananzid

**You're Crazy!**  
Nadiyanitsad

**Leap Year!**  
Tlik'i dzinizi  
Gwanadist'uni

**Hug Me!**  
Saniji

**Pink**  
Dinik'aaz

**Purple**  
Dinisk'udz

**Red**  
Dik'aaz

**Husband**  
Sikola

**Wife**  
Sits'aya

**Rounddance**  
Tlots'inado

**Hand Drum**  
?ichi ?asa

**Together**  
?istlits'isdina

**Believe in  
Yourself**  
Idit'odini?in



*Just a leisurely weekend  
picking flowers*



*Single & Ready  
to Mingle*

**JESSE  
"PATCHES"  
PELLETIER**



**Bachelor**

*Spending way too much time with Paxton*



**How was your 'Bachelor' spread received from last Valentines? Did you find love?**

I went into a few tents and a couple tipis but now I've straightened out, I've been on a vision quest and I'm still trying to find "the one."

**What do you enjoy doing in your spare time?**

I like to write poems and sing love songs. You know, *hand drum and chill*.

**What makes you different than all the other guys in Treaty Seven?**

I've got a job, I drive a 2017 snaggin wagon, my bro's on Council, I can afford more than Toonie Tuesday, I have no kids but I'm willing to be an insta-dad and I've never dated any of my cousins.

**So you're currently employed?**

Yes I'm still at the band office making bank. I'm looking to take my future girl to the Museum Gift Shop, White Eagle, and Sephora so she can buy whatever she likes.

**What do you like in a woman?**

I like the old style Jingle Dress Dancer, the ones that have eyebrows on fleek and come first place. It's a bonus if she watches hockey. She has to like the Calgary flames

**What are your deal breakers?**

Just three, if she bites her toenails, doesn't like perogies or if she has a flip phone like a Kibo.

**What's a romantic/perfect dinner?**

Bologna sandwiches with barbecue

chips while fishing by the bridge, listening to Northern Cree at the Grammys on YouTube.

**What is your dream wedding?**

I feel like Jacob Black but I want an Edward and Bella wedding in Moses Lake Hall.

**If this article doesn't find you love what are you going to do?**

My bro Paxton is tired of trying to find me love and his lady says we spend too much time together. So if anyone's out there, we can double date.

**How can a potential suitor get a hold of you?**

Add me on Snapchat, patches14can

**\*\*this article was done in fun, thank you for participating again this year Jesse and hopefully, you'll snag the perfect mate**

*How Patches got his Native name*



**Mr. Of The Year**



Proudly brought to you by  
Dit'onik'odza Limited Partnership  
and Guja Nats'iyini'hi Board



**DIT'ONIK'ODZA**  
LIMITED PARTNERSHIP



# HOROSCOPES



## Tłúk'á Cha Átládít'iyí

"PISCES" Feb 19 - Mar 20

There are no full moons in February which is rare but make sure to pull up your pants or there will be some moon!



## Mizits'ī gúdísulí

"LEO" Jul 23 - Aug 22

Family day is coming this month, even if your fam is driving you crazy, drive each other crazy with a few games of scrabble.



# February

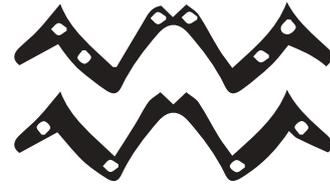
Find your sign below to see what the month of February 2018 has in store

You say it's your Birthday:

## Tú Yikōfí

"AQUARIUS" Jan 20 - Feb 18

Happy Tú Yikōfí Season! Before you get wrapped up in "We", make sure to take care of "Me". This month of love, love the most important person, yourself! And hang out your one cousin that you have as a facebook friend but you'll never forget when they took the last fry beard even though you specifically claimed it.



Last months fry bread:

## Dōmā Dā

"CAPRICORN" Dec 22 - Jan 19

Tired of your braids scratching you? Trim your split ends. Single like a Pringle? Trim your split ends. Shacked up? Trim your split ends. Literally or figuratively.



## Dōmá Ik'ōyí

"ARIES" Mar 21 - Apr 19

It's down time Domá Ik'oyí, time to robe up and listen to Northern Cree's Valentine's Special CD, alone or with your snag make it an occasion.



## Ik'ōyí

"TAURUS" Apr 20 - May 20

Quit ignoring those phone calls just 'cause you don't have minutes, buy some minutes and call your snag back. Make some heart shaped fry beard while you're at it.



## Ik'āst'ónághá

"GEMINI" May 21 - Jun 20

Bring your chips and find someone who has bologna, have a good old fashioned Indian Lettuce Sandwich with someone special. Or as your family's supper.



## Mìlò Gūlīnī

"CANCER" Jun 21 - Jul 22

Although this month is short, it is very sweet like the Saskatoon jam from the hotel. Watch that your hair doesn't get into the jam or anyone's food.



## Nīchīdīnīt-łōdī Ts'iká

"VIRGO" Aug 23 - Sept 22

The stars indicate that it's a "good vibes" and smudge month for you Nichidiníłodí Ts'iká. Pick up some Sweet Grass Incense for some sweet cruisin'.



## Ádágù-hí

"LIBRA" Sept 23 - Oct 22

Paging Dr. Cupid! Time to develop an indigenous app to see how closely related people are so they don't date each other, make it your mission this month!



## Nātł'ūwí

"SCORPIO" Oct 23 - Nov 21

Get your pincers out Natl'uwi, coupled or single you have lots of love coming your way! Get your special beads ready.



## Ístłí K'at'ini

"SAGITTARIUS" Nov 22 - Dec 21

Save your cash this month for some lovely goodies, only for yourself, maybe a few chocolates and baked bannock for others.

