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TSUUT'INA NATION



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Photo ©Lyle Dodginghorse 2017



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EDITOR/DESIGNER
Serena Taylor

CONTRIBUTOR
Jordan Big Plume

EDITOR/DESIGNER
Carmen Littlelight

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. Siyisgaas.

DÀ-HÍ

9911 Chiila Blvd.
Tsuut'ina AB T2W 6H6
(403) 238.6224

Email: communications@tsuutina.com
Website: www.tsuutinanation.com

Twitter: @TTNComm
Instagram: @tsuutinacommunications
Facebook: Tsuut'ina Communications
Snapchat: tsuutinatoday

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ELDERS PRAYER

Great Spirit look upon us from above.
Give us your blessing on all men,
women and children
and protect us from all evil.

Let us put aside our war arms
and spears, and let us do right
towards our brothers whom we hold
so dear.

This is the time you give us to

feast, sing, and dance,
for the door of our lodge is always
open to all Indian tribes.

Put your blessing upon them and us
and give them a safe return journey
to wherever they come from.

I am asking you, the Great Spirit,
the wonderful Creator of all
the universe.



Out of respect and permission from the Eagletail family, depicted above is Fred Eagletail with the 14th Dalai Lama. We thank him for all he did for the Nation and the community.

DURING THE STORM

BE THE BUFFALO



When you find yourself in a situation you feel uncomfortable with facing- remember the buffalo. A story retold from a Tsuut'ina Elder tells us how the buffalo, when faced with a storm, will head through the center of the storm. They're the only animal that we know of that does this. Most animals will try to out run the storm or avoid it altogether.

The Elder goes on to ask, when faced with a problem, do you turn away from the storm or do you put your head down and work your way through it? Life is never easy and can be a very tough journey to overcome, sometimes it seems

easier to turn and run from the storm. When this happens you truly never get away from it and it seems to grow and get faster.

Turn and face the storm, it can be overwhelming at times but you have the strength. It's time to be the buffalo and put your head down and walk through the storm. It starts with a step even if it's a small one it's just to get the momentum you need to start moving, then another step and another. The point isn't to beat the storm, the point is to not let the storm beat you. Remember the buffalo.





● ● ●

NEWS FROM THE NATIONS

Stories about First Nations from around the World

ALBERTAN CHASES 4TH WORLD CHAMPION HOOP DANCER TITLE

Hailing from Alexander (Kipohtakaw) Indian Cree Nation, just north of Edmonton, three time world champion hoop dancer Dallas Arcand competed for his fourth World Champion Hoop Dancer title on February 11th - 12th. Every year Indigenous dancers gather at the Heard Museum of the American Indian Art & History in Phoenix, AZ. According to Arcand, "They say

that the original style of hoop dance was a ceremony. So it was actually a performance like how we see it today..." While Arcand ultimately placed third at the competition, he continues with his 25+ years of hoop dancing, is a motivational speaker and musician. Way to represent!

'NO BAN ON STOLEN LAND,' SAY INDIGENOUS ACTIVISTS IN U.S.

Indigenous activists started a social media campaign that caught traction on both sides of the border using the slogan "no ban on stolen land." In early February, activists stood in solidarity with Muslim people against U.S. President Donald Trump's travel ban. Nick Estes, who is from the The Lower Brulé Indian Reservation in South Dakota, participated in the protests at the Los Angeles International airport stating "It's not that we have to say we're pro-immigration for people to come and steal our lands. It means that if people are gonna come here and coexist peacefully, it has to be on the terms of the people whose land it is to begin with." Estes said there

was a welcoming ceremony held at the airport by the Tongva people — the original peoples of the Los Angeles area — for people who were detained there because of the travel ban. He said he sees the welcoming ceremony as a means of asserting jurisdiction over the land. "It means that the United States, as a settler nation, does not have the final say on who or what comes into the country because it's not theirs to own," said Estes. "When we do that as Indigenous people, it's reclaiming our sovereignty, our citizenship, and more importantly our kinship.

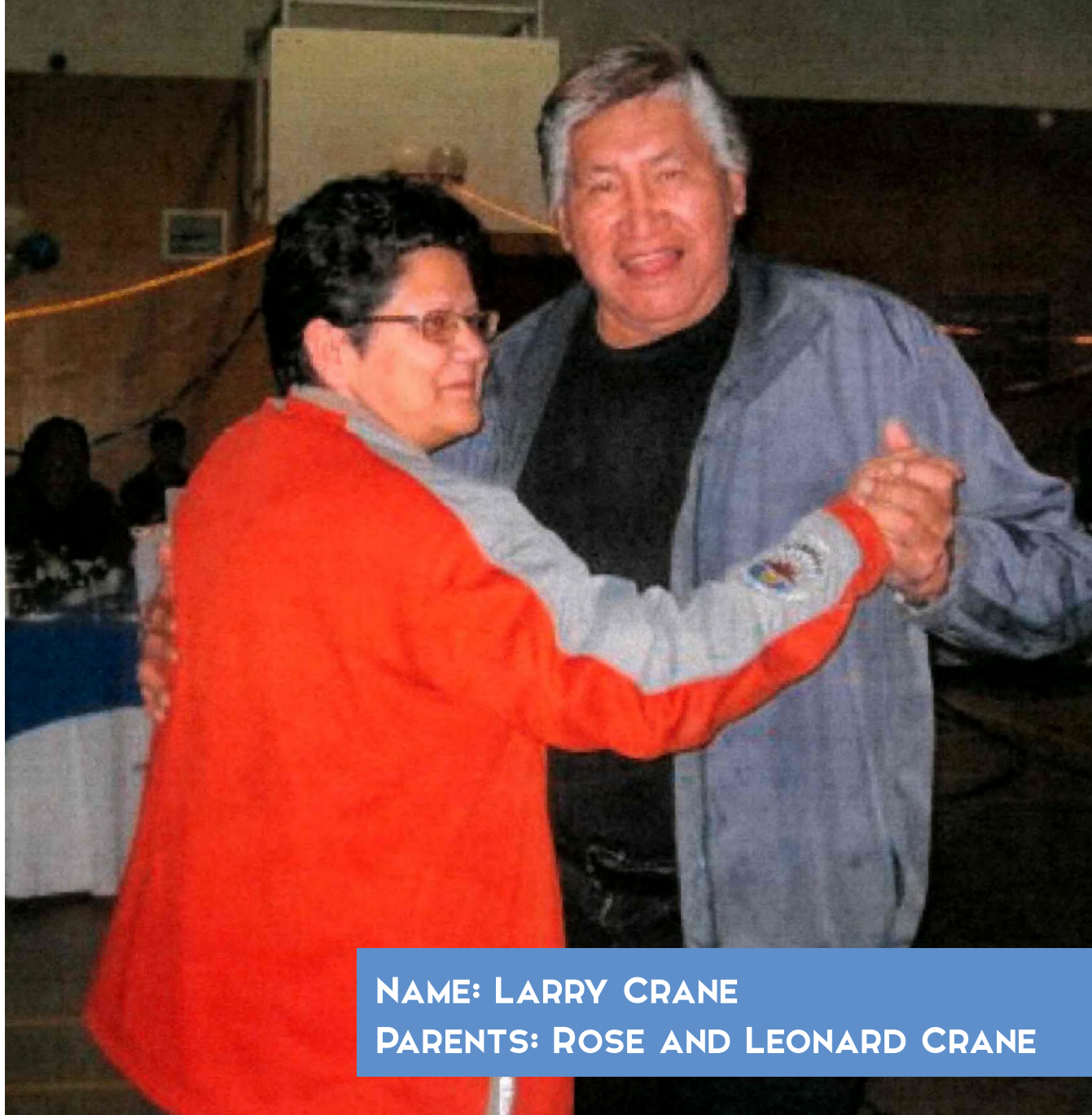
ARTIST ALEX JANVIER EVOKES SYMBOLISM THROUGH SWIRLS

Alberta artist Alex Janvier is just finishing a monumental retrospective display at the National Gallery in Ottawa. Born in Cold Lake First Nation, Janvier is of Dene/Saulteaux descent, for years he signed his works "287" — his band's treaty number. He was part of a group of aboriginal artists in the 1970s that is sometimes called the Indian Group of Seven (formally it was the Professional National Indian Artists' Incorporation). It included Daphne Odjig and Norval Morrisseau. Today Janvier is best

known for a large tile mosaic on the floor at the Rogers Centre in Edmonton and a 418 square meter mural at the Canadian Museum of History in Ottawa called Morning Star. The creator of colorful and emotional abstracts was a child of residential school and has since gone on to win the Governor-General's Award and the Order of Canada. Great visions and life journeys can be captured in art- check out Alex Janvier today!

1. <http://www.cbc.ca/radio/unreserved/books-language-culture-and-the-vital-role-of-education-1.3962218/world-champion-hoop-dancer-dallas-arcand-chases-4th-title-1.3963993> 2. <http://www.cbc.ca/news/indigenous/indigenous-activists-immigration-ban-1.3960814> 3. <http://www.theglobeandmail.com/arts/art-and-architecture/russell-smith-first-nation-artist-alex-janvier-evokes-symbolism-through-swirls/article34100372/>

AN AFTERNOON WITH ELDER LARRY CRANE



NAME: LARRY CRANE

PARENTS: ROSE AND LEONARD CRANE

Gone too soon is Elder Larry Crane. The Communications Department was lucky enough to have had a sit down conversation with Elder Larry Crane. Though our time

together was brief, it did not take long to recognize the kind hearted, interesting, and intelligent man he is. While we will not have the opportunity to finish the interview,

respectfully and with his family's blessing, we would like to share some of the stories Larry Crane shared with us.



Larry Crane was very knowledgeable about all facets of life from Tsuut'ina history to politics today. It did not take long to recognize his value on culture, family, education, and spirituality. Before beginning the interview, Larry started with a prayer, **"We have come a long way in a short amount of time, and in that short time we have lost some of our values. The most important value is God himself, whatever you need to call him. I am not even particular about what religion it is, we all pray to the same person, the Great Spirit. You have to make sure you address him with everything you do. We need to remember this because of the effect it has on us and our children. We need to show them even if they don't really follow it, even if they don't want to do it you need to show them the way."**

Beginning the interview, when asked about his favorite childhood memory, Larry first commented about how he had a humble upbringing, "there

were times when we didn't have anything... When I grew up we just lived in a one room shack and my bed was in the corner of the shack, the heater was in the middle of the floor."

But in reference to a cherished childhood memory, "Well there are two: the first one, it was Christmas Eve, I can't fully remember if it was before Christmas or not. There was a big truck and it was full of hampers with all kinds of food like turkeys and hams. I think it was from the *Shell Well*. Shell built a well and we got money for it, all the families got good Christmas meals. There was food all the way to the New Years. The powwow that they held for it was massive, lasting two days. I was just a kid and remember being under the benches there."

"The other memory is with my dogs, and I remember we would go outside all day and there was little food so we would eat berries

and I would know what berries to eat because I would eat the ones that the dogs ate, I would take naps in the woods and the dogs would keep me safe, those dogs were my best friends."

Reflecting on Tsuut'ina today and yesterday, Larry states, "Long time ago, this was the way we were. [We were] really small back then, about 700 people strong to the Nation- even how we occupied the land was discussed. Maybe we didn't always agree but we always came to a decision, this was done at the old Bullhead Hall."

"All the old people that I knew before the strong leaders, we as Tsuut'ina people come from a strong place. We need to be better as a people so other tribes will not judge us because we all come from the same place."

"I think the changes that have taken place are just the way the world works, the good, the bad... it's just the way the world works. We have to learn because we take everything we learn in this life to the other side, as long as we learn what we need. We



need to educate everyone on the changes that are taking place on the reserve. Right now we have it all broken up all over the place, I don't like how they give land out and say they "OWN" it. They don't. We occupy the land. We simply occupy this land as a Nation."

"Younger relations should have the right to build houses on their relations' land, the older ones need to learn how to give the land out to the their relations because we all have the right to the land we occupy as a nation. You need to give that land to your relations. That's the only way your blood line, your existence, will continue. No one is going to remember you if you're mean and awful. People will forget you. I don't understand why people are like this now. Sure we would not agree on everything but it was nothing we couldn't talk out."

"I believe we should be doing business in the city. We should be starting projects there. The building and everything is already there, when we do it on the reserve, we need to do economic development and give away our rights to the land. We need to think about all the ancestors that were on that land before we give it away."

"Other people that own land, if something is going to be built, they can pick their stuff up and sell the house and go somewhere else. What about us? We can't pick everything up that was sacred and traditional with land and go somewhere else."

"The advice I would give to the readers is to reevaluate and write down how this economic development is changing the community and your lives."



"I think there should be a song about the ring road because this is very important history that we need to keep, strong and traditional songs and stories is how we pass information on to the next generation. Whenever we have feast or get together we should be singing the ring road song because as people it shows we understand the significance of it. We need future generations to recognize what we did in the past. We need to give it a song like Chief and Council's song or the Chief's song. This is a big thing that we just gave away so I believe there should be a song about it."

"We need to teach [the children] how things were done traditionally. We need to start teaching more Tsuut'ina outside the schools. Every morning at every building on the reserve, they should start the day with a elder prayer. They should have a smudge every morning just in the main area if they need to. It would make us stronger as a people. These kids need to speak to their parents and their parents need to understand to speak it back to them."

Siyisgaas Larry Crane. May your wisdom, stories and care live on forever. You will be forever missed.

INFORMATION FROM DEPARTMENTS/
BUSINESSES & SERVICES

EMPLOYEES OF THE MONTH



Councilor Leeroy Meguinis has taken the initiative to start an Employee of the month award for Nation employees.

Meguinis cites that there are many hard working individuals in and around the Nation who are seldom recognized for the work they contribute.

For the Month of March 2017, Kevin Starlight and Allison Big Crow received framed awards and \$100 directly from Council Member Meguinis.

Kevin Starlight works with the Good Workers and Youth Program and Allison Big Crow is the receptionist for the Executive Directors.

It is intended that this initiative will continue with the next Council person who is acting as chair person.

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



USA CONSULATE MEET & GREET

USA Consulate General met with Tsuut'ina Nation Chief and Council in Chambers. They were given a brief lesson on Tsuut'ina's history and how we came to be and how being so close to Calgary has brought many changes

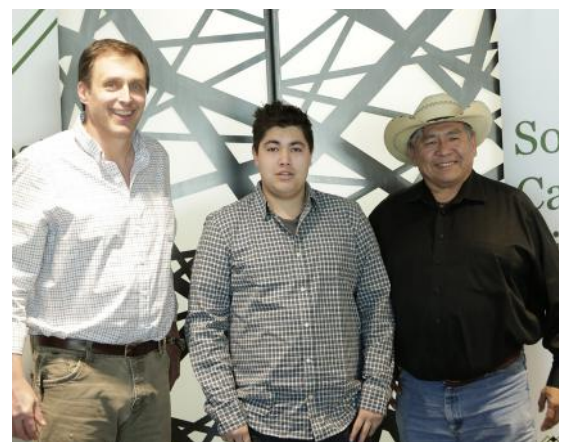
within the community. They intend to keep a good relationship with Tsuut'ina Nation, and hope to help with the future developments on the Nation.



SCHOLARSHIP WINNER

Congratulations to KGL Scholarship Winner Julien Onespot! Pictured below is Julien with Chief Lee Crowchild and Sean Lannen,

Vice President of Kiewit. This momentous occasion shows what our youth can do. Good luck on your journeys Julien!





GREY EAGLE RESORT & CASINO IS RECRUITING FOR ONE (1)

TSUUT'INA MANAGEMENT TRAINEE

The 2017 *Tsuut'ina Management Trainee Program* will provide a foundation of core management skills specific to the Gaming industry. This program will include a series of rotations to provide a broad understanding of our business operations. The successful candidate will be paired with a Department Head to gain first-hand knowledge and learning opportunities.

TO BE CONSIDERED FOR THIS OPPORTUNITY, CANDIDATES MUST:

- Be a registered Tsuut'ina Nation Member with a Post Secondary Degree and/or a minimum of 5 years Di'Onik'Odza management experience.
- Be able to pass a Security Clearance.
- Be willing to work evenings and weekends.
- Be willing to step out of your comfort zone and be challenged.
- Be willing to attend external training and development courses.
- Have reliable transportation.

If you feel you are ready for a challenge and are interested in building a long term career in the gaming industry, please apply online at www.greyeaglecasino.ca with an up to date resume and cover letter. For more information about this opportunity, please contact Harman Randhawa at (403)385-3806.

APPLICATION DEADLINE: MARCH 24TH, 2017

We thank all applicants, however, only those considered for an interview will be contacted.

GREY EAGLE
RESORT & CASINO
ON THE BEAUTIFUL TSUUT'INA NATION



In order for a minor to receive their Per Capita Distribution (PCD) upon turning eighteen (18) years of age – attendance and participation in a BMO Financial Literacy workshop is mandatory.

NOTICE TO MINORS

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

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

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

Tuesday, April 4, 2017 – 5:00 p.m. SHARP
 Location: Grey Eagle Resort and Casino

Additional workshops will be scheduled in the new year.

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

JOB OPPORTUNITIES

Career & Employment

Consultant / Primary Data Clerk (Tsuut'ina Employment Resource Centre)

Full Time | Closes Mar 24

Administrative Clerical

Support (Tsuut'ina Employment Resource Centre)

Full Time | Closes Mar 24

Construction Business

Development and Cost Estimator (Tsuut'ina TTCPG Inc)

Full Time | Closes Mar 22

Legislation Technical

Writer (Tsuut'ina Legislative Procedures)

Full Time | Closes Mar 23

LPTS Facilitator

(Tsuut'ina Legislative Procedures)

Full Time | Closes Mar 23

Tilesetters

(D & J Construction Inc)

Full Time

Long Haul Truck Drivers

(Kencor Heavy Haul Ltd.)

Full Time

Executive Assistant

(Tsuut'ina Peacemakers)

Full Time | Closes Apr 1



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

jobs@tsuutina.com



THE FUTURE IS FRIENDLY! NO GST REMINDER FORM

Customer Tax Exemption Form

Please complete and submit this form if you are entitled to claim an exemption from Goods and Services Tax (GST), Harmonized Sales Tax (HST), Quebec Sales Tax (QST) or Provincial Sales Tax (PST).

Please do **not** use this form if you are a reseller of TELUS products or services wanting to claim an exemption from PST. For information about this, please contact your account representative.

Section A: Identification

Name: _____
 Address: _____
 TELUS Account#: _____
Please indicate all account numbers for which you wish to claim exemption
 TELUS Phone#: _____ TELUS Cell#: _____

Please check the appropriate box:

I am applying for exemption on residential/business services, such as home/business phone, Internet, etc.
 I am applying for exemption on mobile phone services
 I am applying for exemption on both residential/business and mobile phone services

Section B: Type of Exemption

Please check the appropriate box:

First Nations: Status Indian or Band #:

 Consular official/Diplomat ID Card #:

I am applying for exemption from:
 GST/HST QST PST: Indicate province(s): _____

Section C: Declaration

Please check the box, sign, date and print your name:
 I declare that I am entitled to claim an exemption from the tax(es) indicated above
 Signature: _____ Date: _____
 Print Name: _____

Where to send this form

You must include a photocopy of both sides of your Certificate of Indian Status Card if you are applying as a First Nations individual or your Identity Card issued by the Canada Department of Foreign Affairs if you are applying as a Consular Official/Diplomat.

Email: cartfax403-204-5010@telus.com
 (preferred method)
Fax: TELUS Tax Exemption
 1-888-253-5222
Mail: TELUS Communications Company
 Attention: Tax Exemption Department
 4519 Canada Way
 Burnaby, B.C.
 V5G 4S4

If you require further assistance specific to your exemption or application, please call 1-866-558-2273.

Once we receive your documentation, our Customer Support desk will let you know once the changes have been completed or if any additional information is required.

For general assistance with your TELUS Account or products and services please call 1-866-558-2273 or *611 from your TELUS wireless device.

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Awo Taan Triple P
Parenting Classes
 Thursday evenings in
March
 Dates: March 2, 9, 16 & 23 2017
 Time: 5:30pm-9:00pm

Everyone Welcome

Location: Spirit Healing Lodge
 Transportation
 Supper
 Childcare available

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

UNDERSTANDING HEALING & HONORING OURSELVES THROUGH SELF-EMPOWERMENT



UNDERSTANDING ANGER: THE GOOD - THE BAD - THE UGLY

WHEN: MARCH 13-TO-MAY 15
WHERE: SPIRIT HEALING LODGE
TIME: 6:00-9:00PM-EVERY MONDAY

ACTIVITIES
 TALKING CIRCLES
 GROUND WORK
 PRESENTATIONS
 DOOR PRIZES
 HEALTHY SNACK
 TRANSPORTATION

HEALTH CENTRE

Overdose Prevention Kit

Naloxone can reverse an overdose from opioids (drugs such as Fentanyl, Percocet, Codeine, Heroin, Morphine, Tylenol #3).

Naloxone does not produce a 'high'.

Naloxone does not promote drug use.

Naloxone has very few side effects. The main side effect is immediate withdrawal symptoms.

Naloxone can save a life!



If you would like a Naloxone Kit or if you would like a presentation about Naloxone to your staff and/or clients, please contact Shannon at the Health Centre: 403 251 7575. If you are an individual and would like a home visit versus coming to the health centre Shannon will come to your home. You can also obtain Naloxone Kits over-the-counter at pharmacies throughout the city, including Tsuu T'ina Pharmacy.

PLEASE NOTE: In the city they have found trace amount of Fentanyl in a baggie of crack/cocaine. In the city there have been some reports of overdose in people using crack/cocaine. If you primarily use illicit drugs, it is safest to still have a Naloxone Kit.

Heart Attack

Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Pay attention to your body— and call 911 if you feel:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comesbacks. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Symptoms Vary Between Men and Women

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.



Health Centre

POLICE PLUNGE

February 25th- The Tsut'ina Nation Police Service took the plunge and dove into the freezing waters of Arbour Lake! The fundraising event was in support of the Special Olympics and saw Tosguna not only brave the waters but also proudly take home the title of "Top Law Enforcement Fundraising Team" for raising just under \$5000. All money raised will be going to help support athletes in over 140 communities across the province.

Great job to all of the teams who participated in the 2017 Polar Plunge and THANK YOU too ALL of the sponsors and supporters!



HEALTH IN THE COMMUNITY

EASY FRENCH TOAST

THIS DELICIOUS SNACK WAS MADE DURING OUR AFTER SCHOOL MASTER CHEF PROGRAM FOR GRADES 5 AND 6 STUDENTS. THE KIDS ARE LEARNING HOW TO PREPARE HEALTHY DELICIOUS FOODS. THEY EVEN GOT CREATIVE WITH THIS DISH AND FRIED THE BANANAS!

Ingredients

- 2 Eggs
- 1/3 Cup milk
- 1/2 Teaspoon cinnamon
- Bananas and strawberries
- Oil or butter for bottom of pan

Instructions

1. Place the eggs, milk and cinnamon together in a medium-sized bowl. Mix these ingredients

together with a whisk or fork, then pour the mixture into a large, shallow bowl. This bowl should be large enough to fit a slice of bread.

2. Heat the butter in a skillet using medium to medium high heat. While the butter is melting, place each slice of bread into the milk and egg mixture, and let each piece soak (flipping over if need), coating each slice of bread with the batter. After each piece is soaked, place it into the skillet.

3. Fry each piece of bread in the skillet until it is browned, then flip the slices over repeatedly until both sides are evenly cooked.

4. While bread is frying, wash and slice strawberries and bananas.

5. Remove the slices of bread from the skillet and serve with fresh fruit!



TSUUT'INA NATION EDUCATION DEPARTMENT

9911 Chiila Blvd., Tsuut'ina, Alberta T2W 6H6
Telephone: (403) 238-5484 Fax: (403) 238-9850



Tsuut'ina Nation Education Department is accepting proposals for School Bus Transportation for the Tsuut'ina Nation Students.

Requirements:

- Will require enough busses to transport approximately 300 students to Nation Schools and 300 students to a variety of City of Calgary Schools and growing every year.
- Grades range from K-4 to Grade 12
- All drivers must be certified with a class 2 drivers license and an S endorsement
- All busses must be no older than 5 years
- Must be willing to do door to door service with a maximum run time of 1 hour
- Must be willing to finance on your own
- Starting Contract will be 1 year

All bids and inquiries may be directed to Valerie McDougall, Director of Education.

Mailing Address:

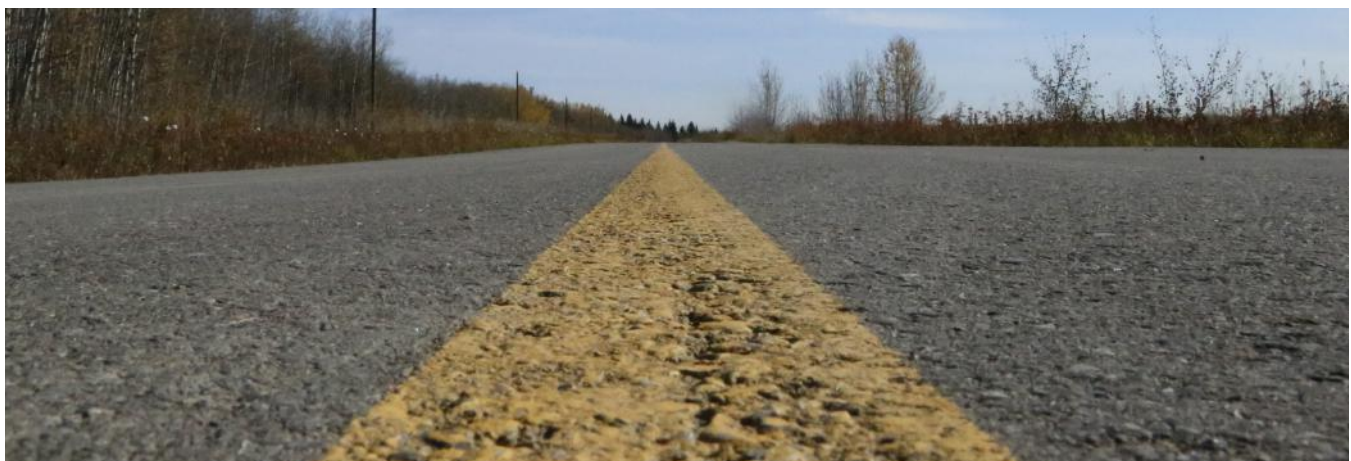
9911 Chiila Blvd. SW
Calgary AB

Email: vmcdougall@tsuutinaeducation.com

Fax: 403-238-9850

Opens: March 1, 2017

Closes: March 31, 2017



BULLY

Bullying comes in many different forms, maybe it always has been that way or we have just started to realize it. The typical form that has been broadcasted visually is the bully is known as a personality that is tough, mean, physically and verbally harmful. While this still can be seen today and still creates a negative (sometimes positive) impact on an individual's life, there are other forms that our Community is affected by or influences.

Aside from whispers in the hallways, at work or school, maybe even at home, the major and most prominent form is cyber bullying. Everything can be seen on the web and it can last forever. Cyber bullying has countless stories from people, some even who had been so embarrassed and stricken with grief, they commit suicide.

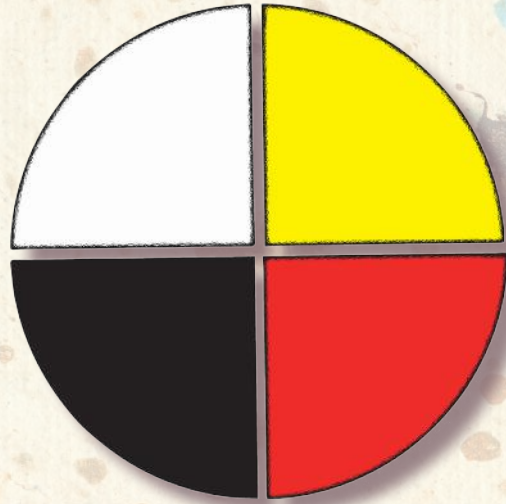
Any form of bullying can isolate us to the point of not wanting to be involved; it can create low self esteem, unhealthy habits, mental issues such as anxiety, and can

even create negative reactions. A lot can point the blame of where the bullying can stem from, but it's a matter of thought and responsibility one has to take.

No type of bullying should ever be picked as more severe, more attention is needed to it, bullying is bullying regardless of gender, race, orientation, etc. However, bullying in First Nations (and other groups who have been oppressed) can be swept under due to colonization and systematic oppression. Cycles tend to continue to form if we don't address these issues within the community and assessing ourselves if we may have said something that could have upset someone, mentally or emotionally, even spiritually.

Alternating our view of people can also break apart the cycle we fall into, it's human nature to dislike someone or something, the reason of it is usually why it should be examined, has this person personally affected me negatively? Or have they done nothing to me, I just don't like

NOG



them? Where bullying can be identified is how you treat this person because you don't like them, going out of your way to isolate them or to make you feel like a bigger person. It's not just like in the movies, gossiping can ruin someone's life if done by a whole community, and sometimes we can't see gossiping.

No community is perfect by any means, but we are stronger when we come together, when we stop picking each other apart, creating negative energies and making people feel small. This happens a lot in the community, we witness forms of bullying every day and sometimes we choose the easier choice of letting it go, sweeping it under, choosing a side. This again can stem from systematic oppression, something we can teach ourselves to break these cycles.

There are many resources available to someone who is feeling the negative effects bullying or lateral violence. This includes seeking counselling, the Tsuut'ina

Nation Spirit Healing Lodge can provide counselling and coping resources, seeking advice or resolution with Tsuut'ina Nation Human Resources located in the Administration building, and speaking with an Elder through the Elder's Program. It takes a lot of courage to speak up for yourself or for another, but just remember you can help so many people with just that small step.



PINK SHIRT DAY

Aimed at the youth, Pink Shirt Day was hosted at the Tsut'ina Nation Junior High/High School. The event is meant to increase community resources and decrease the stigma of violence and abuse. The idea started in Canada and is celebrated on various dates around the world.





Sporting pink shirts with the phrase *Atloghast'a*- a Gunaha Language Department translation meaning, **'Be Kind to Each Other'** and a Bell's *Let's Talk* *toque*, attendees at this years Pink Shirt Day in Tsuut'ina Nation gathered with song and strength against bullying.

Six-time Olympic medalist Clara Hughes attended the event sharing personal stories of strength, vulnerability, and insight into the world of athletics. Together with Bell, she is passionately trying to end the stigma behind mental illness, one story at a time.

Our youth cannot come forward with their stories, for a number of reasons (mental health, domestic violence, abuse, etc), but they can use her example of not keeping these issues silent. As a community we can educate ourselves, identify and reevaluate our actions, to prevent the forms of bullying that we may be unknowingly contributing to.

This community event against bullying is thanks to the efforts of many departments including: Healthy Living, Tosguna, Stoney Corrections, Community Health, and Red Cross.

Thank you to Junior High/High School for opening your doors and exposing our youth to such a worthwhile message.

Atloghast'a
"Be Kind to Each Other"



CATCH THEM AT THE DOME

Congratulations to Mrs. Sonya Dodginghorse and her Grade 4 class for winning the Anti-Bullying video competition.

The video was built around the theme of Nats'itsdi- strength and how they will stand up for someone today.

The well deserving winning video was shown at a Calgary Flames game with the class in attendance.

Congrats everyone! You did an amazing job!

If you would like to view the video please view our youtube page linked through our facebook.

LATERAL VIOLENCE AND WORKPLACE BULLYING

Submitted by the Human Resources Department March 1, 2017

WHAT YOU CAN DO ABOUT VIOLENCE IN WORKPLACE

Lateral Violence and Workplace Bullying are contributing factors of people abusing each other and others in much the same way they have been abused. Not always are the actions of lateral violence deliberate, however, it is a learned behaviour and has now become evident in the homes, the communities and now the workplace.

Research has shown that lateral violence and workplace Bullying are most common in organizational systems that undergo drastic or constant change such as downsizing, mergers or when power is shifted. People use lateral violence as self-preservation to protect their position, power or personal interests.

EFFECTS OF LATERAL VIOLENCE AND WORKPLACE BULLYING

Before we can find ways to abolish lateral violence to create a healthy, strong community or workplace, we have to:

- Admit it exists!
 - Don't be a participant.
 - Train your staff in Respect in the workplace
 - Consider Peacemaking or healing circles to resolve issues
 - Consider implementing an EAP program
- If you or someone you know is suffering from lateral violence or workplace bullying you should:
- Ask the aggressor to stop!
 - Know your Tsuut'ina Nation Human Resources Policy and Accountability Code
 - Use the Incident Report to document details of the behaviours
 - Report the behaviour to your supervisor.
 - Speak to an Elder

References

Veteran Calgary Police Officer publicly quits over bullying, harassment by Megan Potkins, Calgary Herald 2017.

<http://calgaryherald.com/news/local-news/veteran-female-officer-publicly-quits-over-bullying-harassment-issues>

Aboriginal Lateral Violence by Rod Jefferies Native Women's Association of Canada (NWAC) 2011. <https://nwac.ca/wp-content/uploads/2015/05/2011-Aboriginal->

Lateral-Violence.pdf

Aboriginal Lateral Violence in the Workplace by Bob Joseph, Working effectively with Indigenous People Blog 2014.

<http://www.ictinc.ca/blog/aboriginal-lateral-violence-in-the-workplace>

"Let's work together to end lateral Violence and Workplace Bullying.

A culture is strong when people work with each other and for each other. A culture is weak when people work against each other for themselves "

~ Unknown



If you feel you have been bullied, there are resources available, there are people who care. Don't be afraid to reach out.

BULLHEAD DESCENDANT GATHERING



Coordinated by Child & Family, the message behind the Descendant gathering was to let Tsuut'ina children in care know that they are very much so, community members.

The event was opened with a prayer by Elder Tom Heavenfire. Followed by a small grand entry to showcase to the children a glimpse of culture, as well as learning the language with the lovely ladies and gentleman

from the Gunaha Institute. There was also a brief craft of putting together an amulet in the shape of the medicine wheel, a recognized symbol intended to show how it can help with healing the self.

Child & Family wishes to have this event annually and Communications hopes to be invited again if it does, siyisgaas!







DND UXO TRAINING

The DND Administration Department held a UXO training class on Unexploded Ordnance on March 7th – March 10th, 2017 at the Bullhead Community Hall. The purpose of this class was to assess candidates' abilities to absorb the information being presented to them over a short period of time and results of a very difficult test. The class had a total of Nine Nation Members who completed the training sessions and final test.

This training session was sponsored by the Department of National Defense MOU with the Nation. Of those nine, five people were selected to attend the UXO Technician Level 1 Course in College Station Texas.

The Nine people in no particular order: Julien Onespot, Shane Manywounds, Kenton Jacobs, Ashley Onespot, Arnold Crowchild, Clint Manywounds, Caleb Manywounds, Tracey Dodginghorse & Bowen Gottfriedson all worked diligently to understand and remember everything our Instructor/EOD Expert Steve Bevans covered in the short time we had.



As proud and as much as we would like to have sent the whole group, after the tests were graded the top Five Candidates were selected by Mr. Bevan.

A very big congratulations to the future Texas A&M TEEX UXO Technicians level 1 class of 2017:

- Tracey Dodginghorse**
- Bowen Gottfriedson**
- Julien Onespot**
- Shane Manywounds**
- Caleb Manywounds**

We know you will work hard to successfully complete the TEEX UXO Course and represent Tsuut'ina as others have proudly done before you in the course.

On behalf of the Nation, we send prayers of wisdom, strength, guidance and safe travels there and back home to you all. You have a very difficult task ahead of you and you have our support as we know you have it in you to succeed.

We would like to thank all who were involved in making this course a success for us.

All Candidates. You worked hard, you showed that you came to learn & we are all so proud of the group for finishing.

Our UXO Expert. Steve Bevan, For travelling across the world to lend his expertise to the Nation. Our Caterers. Who prepared some amazing lunches, fueling the brains. Our Council representatives. Lyle Dodginghorse & Vinny Crowchild, for their words of wisdom and encouragement. The Nation. For the use of our beautiful Community Hall.

Bullhead Adult Education Center. For staying open late & supplying a classroom for Candidates to meet after class to study together. Creator. For our many blessing within our Nation.

Siyisgaas Tsuut'ina.

#THROWBACK

CAN YOU RECOGNIZE YOUR DAD\UNCLE\
BROTHER\COUSIN\GRANDPA\FRIEND?



Top row left to right: Dallas Big Plume, Clayton Big Plume, Paul Crowchild, Emmett Crowchild, Hal Eagletail, Leon Littlelight, Peter Crane, Aaron Peltier, Coach Harvey Megunis

Bottom row left to right: Stevie Heavenfire, Herb Crowchild, Jason Crowchild, Vincent Meguinis, Kevin Littlelight, Ellery Starlight

Hockey tournaments are right around the corner, are you ready for 5 am practices, x-large double doubles, and 4 hour drives? Anyway, here's a flashback at some old champs who used to frequent the old arena 7 Chiefs Sportsplex. (Please note that this image has been restored, we tried our best to fix Dallas Big Plume, if you have this image please let us know!)

ARTIST OF THE MONTH

FAITH STARLIGHT



With over 10,000 followers on Instagram, seamstress Faith Starlight started simple fixtures on childhood powwow regalia then began the tedious journey of beading.





Beautiful jingle dress

Who are you and what do you do?

My name is Faith Starlight, and I bead and I sew.

How did you get into your craft? Did you expect it to grow to where it is now?

I've always been crafty as a kid, growing up my mom raised me as a powwow dancer and she taught us how to help make our regalia's. I started beading when I was 12 and I never thought I would have gotten into it so much. Today it is a big part of my life that I am grateful for.

Who taught you how to bead/sow? Who and/or what are some of your influences?

I would have to say my mother. Her mother and her mother before her



The force is strong with these!

were all beaders and seamstresses. Even my Grandmother on my dad's side does a lot of sewing to this day at the age of 80. She has a big influence on me, i hope i still have the love for the craft at that age.

What are some of your most favorites pieces? Did you like something so much you kept it?

Anything I make for my children, those are the only items I have kept. Everything else I have no problem letting go of because I know I can make it again.

What advice do you have for people wanting to get more involved with this craft? Especially those who have to balance family life such as yourself?



Ribbon skirts made for Standing Rock

Find something you are good at and just be patient with it. Skill is not developed overnight give yourself time to grow. A lot of trial and error and practice and late nights lol once you find your groove it will all be worth it.

Where can people commission your work? Where can people follow you?

Instagram is my main platform @the-womanbeader where I show all my up to minute work. For inquires email powwowstyles@hotmail.com



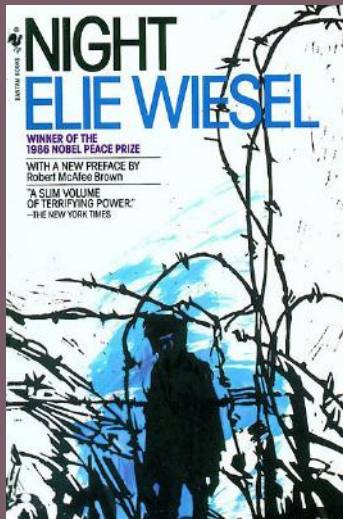
Powwow Styles Beadwork!



Rock your mocs!

Shh... I'm reading

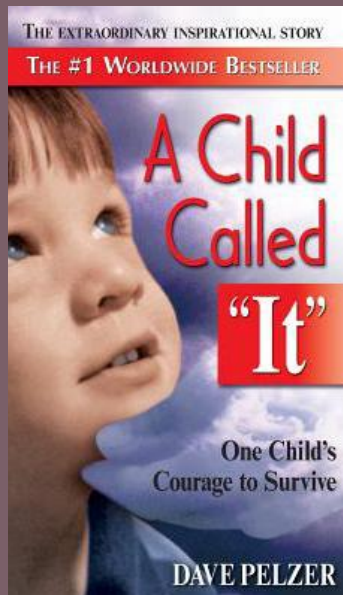
Get your library card ready, these are two novels you will not be able to put down, also make sure you have tissues and plenty of hugs after.



NIGHT *Elie Wiesel*

By Josh Littlelight

Night is an amazing story of one man's near death exposure to Nazi Germany. This story will pull on every heart string that you have and twist them up until you can not even fathom what happened to the characters in this story. I love this story due to the fact of opening eyes to the harsh reality that would have been Nazi Germany at the time. A lot of people could still be left in the dark about the situation and I'm glad there's a story that will shed the light it deserves. It is extremely well written with never a reason to put the book down, you're in constant worry over Elie as he tells the story. You are on the edge of your seat at all times so I would rate this book 5 out of 5 thumbs up easily.



A CHILD CALLED "IT" *David Pelzer*

By Jordan Big Plume

The riveting autobiography of David Pelzer's life has turned into a "New York Times Bestsellers" list five years in a row, the life changing tale of a young boy raised by a mentally ill and alcoholic mother who severely beat and starved her own son for years. She didn't even acknowledge young David as one of the family, as she referred to him as only "It". Even though this book can bring you to tears, as David has a way of painting a picture of his painful reality that is gripping, terrifying, and soul shattering story of a young boy childhood. David's story is one of the most severe child abuse cases in California state history. This book contains the darkest moments of a young boy's life and his outstanding will, strength and faith to survive.

Back in 2009, David came to the Tsut'ina Nation to speak at a Child & Family Services event. I had the pleasure of being in the audience that day; I had read this book multiple times in my life and being able to see the man who survived such tragedy in his life, shifted something deep inside myself that can lift anyone who goes through struggle in life. David has inspired millions of people his books that follow this novels. His bestsellers "The Lost Boy" and "A Man Named Dave". This book is definitely worth picking up, be prepared to not put this novel down. I have a signed copy of this book and its something I truly treasure as this story changed my life.

NORTHERN CREE KICKS OFF THE GRAMMY AWARDS

Feb. 12, 2017- Not only does the drum group Northern Cree have a fantastic new album to boast about but they also had the honour of kicking off the 2017's Grammy Award Ceremony in Los Angeles in a pre-telecast.

Billed as the only traditional Canadian Aboriginal group to have been nominated for a Grammy, the Alberta-based group was nominated in the category of regional roots. Though they lost to Hawaiian musician Kalani Pe'a, it was still an honour to receive their seventh Grammy nod.

Wood and his brothers Randy and Earl co-founded Northern Cree in 1982.

In response to the event, Wood was quoted for as saying, "I want to make sure the audience knows that we still exist and we still have our language and we still have our song and dance. We're still very much here."

While the group originates from the Saddle Lake Cree Nation in northern Alberta, it includes members of other First Nations in the Treaty 6 area, including the Frog Lake Cree Nation, Onion Lake Cree Nation, Samson Cree Nation, Louis Bull Cree Nation and the Poundmaker Cree Nation. Members include Wood's son, Joel, as well as Shane Dion, Leroy Whitstone, Ferlin McGilvery, Penny McGilvery, Jonas Tootoosis, Marlon Deschamps, Conan Yellowbird, Dezi Chocan, Ben Cardinal, Kyle Pasquayak, JohnBoy Moosomin, Randall Paskemin and Mickso Deschamps.

The group has an impressive resume including releasing 37 albums over 35 years, creating music featured in the 1999 biopic *Grey Owl* directed by the late Sir Richard Attenborough, and opening for the Tragically Hip during

a Canada Day concert at London's Trafalgar Square.

"I never grew up thinking our music would go to the Grammy Awards... Now our music is recognized at the most prestigious music level in the world." Wood said their latest album was dubbed *It's a Cree Thing* as a nod to the particular type of singing of round dance music that is indigenous to Cree people.

Paving the way for other up-and-coming Indigenous artists and other youngsters who may one day take to the Grammy stage, my dream is that they believe in themselves and that they don't have to be anybody else. They can aspire to great things ... and not just young First Nations youth, but youth in general."

Way to inspire!



Image and story referenced in part from www.cbc.ca/news/indigenous/indigenous-northern-cree-grammyawards-1.3968735

MATCH IN TSUUT'INA!



___ Xani

___ Naziagha

___ Tłicha

___ Dluna

___ Guyani

___ Diniji

___ Ninagha

___ Dzazi

___ Buus

___ Tsiis

ANNOUNCEMENTS

FEB 19 - HAPPY BIRTHDAY TO MOMMA (NANCY BIGCROW)
LOVE ALWAYS RAYLENE, JUSTICE AND ELI <3

FEB 12 - HAPPY BIRTHDAY LANCE BIG CROW

LOVE RAYLENE & BOYS

FEB 4 - HAPPY BIRTHDAY UNCLE ALVIN
LOVE RAYLENE & BOYS

FEB 24 - HAPPY BIRTHDAY UNCLE WILF
LOVE RAYLENE & BOYS

Happy 17th Birthday Ethan Crowchief and many more to come, Love you always
Your big sister and family.

Mar 21 - Happy Birthday Missy Big Crow
Love Yolanda and Family!



March HOROSCOPE

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



Tłúk'a Cha Átládt'iyí

"PISCES" Feb 19 - Mar 20

A major personality change, normally only associated with violent emotional upheaval or in soap operas, is set to provide wondrous, albeit complicated, opportunities for you over the coming month.

Dōmá Īk'ōyí



"ARIES" Mar 21 - Apr 19

The set of rules on which you have based your life are set to implode all-of-a-sudden this month leaving you looking for a new bingo dapper or even gym membership.

Mìlò Gūlīnī



"CANCER" Jun 21 - Jul 22

The Sun and Saturn are adjunct in the nanophase of their upper echelon - Behold your innovativeness and do not fear change try something new this month.

Ádagù-hí



"LIBRA" Sept 23 - Oct 22

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

Dōmā Dā



"CAPRICORN" Dec 22 - Jan 19

The music you've been listening to has been tainted by the devil. Maybe stop by HMV since it's closing down forever. Get a plant for your office/room to talk to or get a bath bomb and instagram it!

Īk'ōyí



"TAURUS" Apr 20 - May 20

That long intended, but not quite brought to fruition, invention, which will make you a million dollars and allow you to leave that job you hate, is being looked on favorably by Mars and, more importantly, the moon.

Mìzìts'ìgúdísúlí



"LEO" Jul 23 - Aug 22

Accepting criticism has always made you fly into a blind fury, especially from those you trust. This month your fury will be tested to almost martial arts levels of skill. Don't do anything you wouldn't usually.

Nātt'ūwí



"SCORPIO" Oct 23 - Nov 21

Your enthusiasm for life and love and other cost effective pursuits is set to lead to another level of excitement this month, and for the rest of the year. So be prepared.

Tú Yìkōhí



"AQUARIUS" Jan 20 - Feb 18

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

Īk'āst'ónághá



"GEMINI" May 21 - Jun 20

What is the difference between fearless self-confidence and sheer unfettered arrogance? You will find out the answer to this riddle this month and may even have the bruises to show for it if Neptune has its way. So be fearless and show Neptune.

Nìchìdìnìttōdí Ts'íká



"VIRGO" Aug 23 - Sept 22

This month a loved one, an older brother, or a old school friend type figure, will encourage you to achieve your long held but never realized goal or goals which may or may not relate to horses.

Ísttí K'at'ini



"SAGITTARIUS" Nov 22 - Dec 21

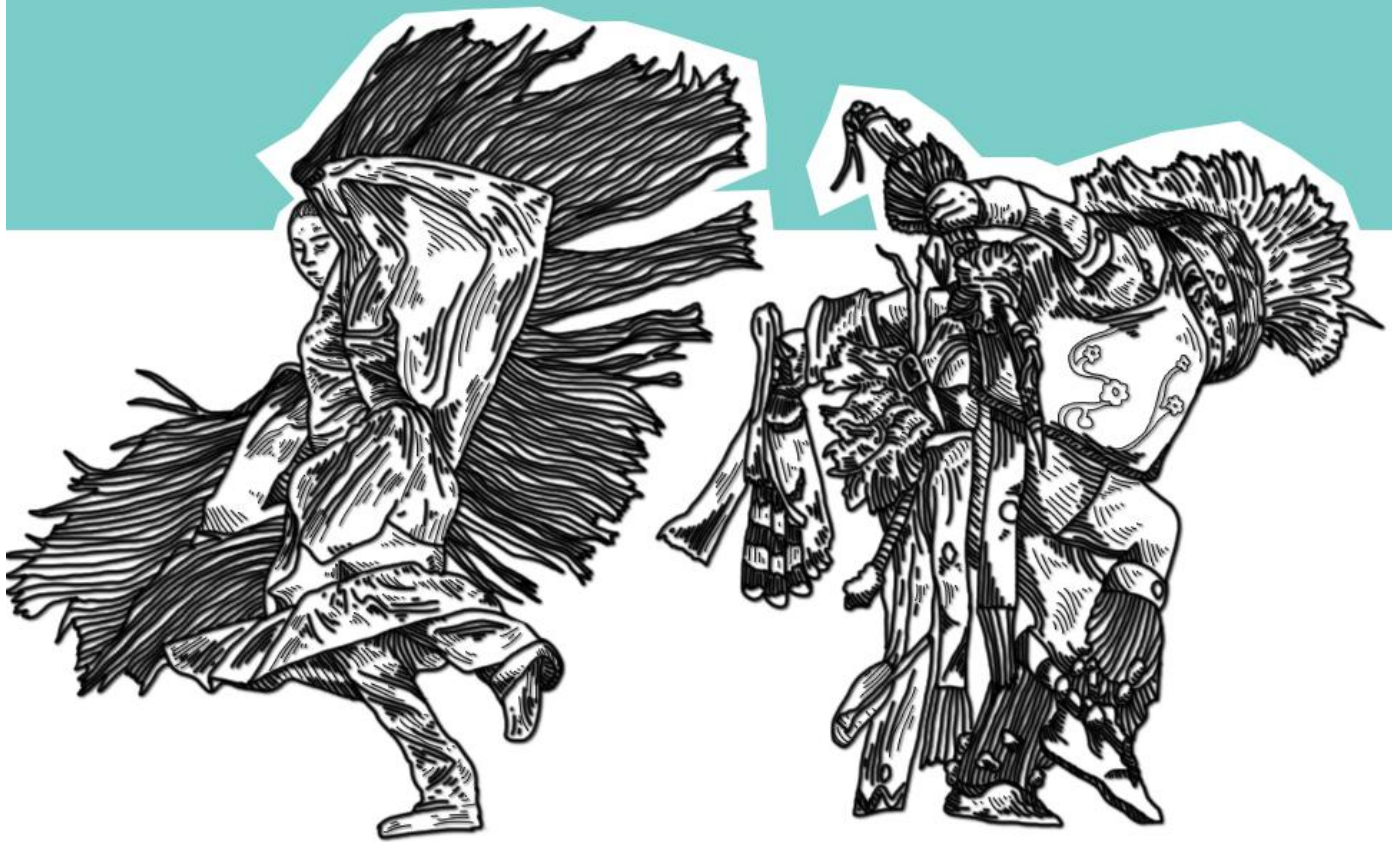
This month, as a result of Neptune reacting with Pluto's far side, you will become much too sure of yourself on home improvement or car maintenance matters. So get the help you need.

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

YOUTH POWWOW PROGRAM

MONDAYS & WEDNESDAYS
STARTING JANUARY 16, 2017

6PM - 8PM BOTH NIGHTS



Illustrations Done By Josh Littlelight

WE WILL PROVIDE INSTRUCTIONS FOR EACH DANCE CATEGORY ALONG WITH
A DRUM GROUP THAT WILL TEACH THE NATIONS SONGS

EACH PARTICIPATING MEMBER WILL ALSO BE ABLE TO BUILD THEIR OWN
OUTFIT WHICH WE WILL TEACH AND PROVIDE THE MATERIALS

FOR MORE INFO YOU CAN REACH WAYLON BP AT 587-577-7497 WBIGPLUME@TSUUTINA.COM OR
KEVIN SL AT 403-397-4872 KEVIN.STARLIGHT@TSUUTINA.COM