

DÀ-HÍ AT THIS POINT IN TIME

T'OOSI NICHIDINIŁADI CH'AT'AGHA ·LEAVES FALLING MONTH OCTOBER 2016

DÀ-HÍ

TSUUT'INA NATION



THANKSGIVING HARVEST
GIVING THANKS, RECIPES

HALLOWEEN
A UNIQUELY SPOOKY HOLIDAY

CULTURE

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

7

DEPT. & BUSINESSES

News from Departments, Services and Businesses around the Nation

12

SPORTS & REC.

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

28

ART & MEDIA

Artist of the Month, upcoming events and media coverage

32

TSUUTINANATION.COM



ENTERTAINMENT
Everything that entertains;
horoscopes, travel, and more

36

SPOOKY HALLOWEEN
Stories, trick-o-treater pack
guide, and event guide

24



OCT

THANKSGIVING HARVEST

Looking back at the roots of
Thanksgiving with a First
Nation perspective

22

Sweetgrass

A reminder of smudging- good for the heart and soul

7

Elder Interview

Thomas Heavenfire



9

20

We Have Much To Be Thankful For

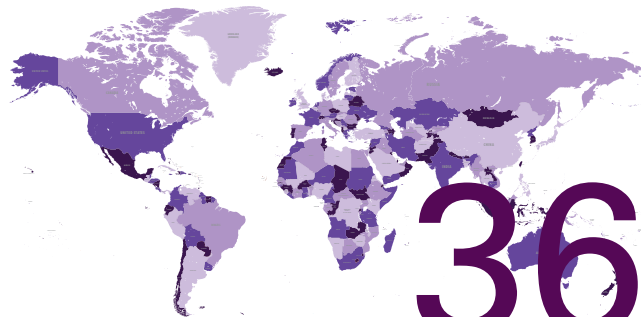


Chiila Elementary

School's back in and this is one school on the go!

34

Tsuut'ina Travels



36

DND Land Signing

More History in the making

12

Halloween



Horoscope

Happy Birthday Ts'ooosi, find out what the stars have in store for you this month



DÀ-HÍ

CREATIVE DIRECTOR

Emil Starlight

EDITOR IN CHIEF

Crystal Whitney

EDITORS/DESIGNERS

Serena Taylor
Carmen Littlelight

CONTRIBUTORS

Jordan Big Plume
Trina Crowchild

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: @TTNComm145

Instagram: @tsuutinacommunications

Facebook: @ttncommunications145

Snapchat: @tsuutinatoday

YouTube: @ttncommunications

Copy write 2016 by Tsuut'ina Nation. All rights reserved. Dà-Hí magazine is published monthly for distribution in Tsuut'ina Nation. The publisher reserves the right to accept or reject any advertising or editorial material. All advertising created by the publisher or its company are not considered a work made for hire and the publisher retains the copy write to all advertisements created for the advertiser. All editorial, stories, layouts, graphics, and advertisements may not be reproduced without written permission of the publisher.

*Story provided by Victoria Crowchild
on behalf of her late father David Crowchild*

A reminder to THE NATION

THE SARCEE INDIAN PROPHET

1875- Long, long time ago as this true story was told by great grandparents; they were still living when this actually happened.

There was once a good man, he was taken up into heaven it must have been his spirit that was taken up as he was walking with another man who was showing him the way.

They came to a place where everything was beautiful and as he was looking he saw a person sitting facing away from him, he was writing in a big book, must have been the Book of Life. As he was "looking at him, he didn't turn, he was his form from behind. He was told that it wasn't time for him to go further, and he was taken back into the earth. The Indians named him "God Looked upon Him", in Sarcee words. He was so amazed what happened to him, as he was given a new wisdom, his eyes were opened to the future we are now living.

He knew everything before it happened; he was the future of Fort Gary, which we now call Calgary. It was going to grow so big that we would be lost in it. He even told of the food and the fruit that we would be eating in the future.

One day he went to the Trading Post to buy a rifle. The storekeeper piled his furs, and he didn't have enough to buy the rifle. In those days the poor Indians had to pile the furs to the top of the standing rifle they were buying. It must have taken a lot of furs. So the Prophet didn't have enough and the storekeeper won't give him the rifle, so he got upset and told the storekeeper if he didn't give him the rifle, he wouldn't curse that every rifle wouldn't fire. They just laughed at him, so they took one rifle and checked it good, started to pull the trigger, and it wouldn't fire, so they tried again; they were surprised

and became scared, they let him have the rifle, it was one of the gifts he received from the Creator.

He just saw the back of his body. He said if he turned to me, he would have to give more power. He did a lot of great and wonderful things. The Indians had great honor for him.

One day a priest was traveling to the Hudson Bay, he stopped by, and the priest noticed the prophet right away that he was not just an Indian, he was something more, a prophet.

The priest said to him, you are my friend, so he said he'll give him a gift, the priest pulled one whisker from his beard and stuck it on the Indian chin and the priest said "now we are friends"

In a year the Indian grew a long beard like the priest. He even knew the time he was going to die, he wasn't even sick. He told his children and relatives that at noon his friend wants him to come home, which means he going to die. The relatives said he was going crazy, he's not even sick to die. By noon he was lying on his bed in the tepee, he covered his face with the blanket, and that was the end. They said we must wake him up, he has slept too long, and when they uncovered his face he was gone.

They said, truly he was a prophet, he had seen our Creator. After he had left his loved ones, and they had put him to rest in the grave, there was a big wind which took up all the pieces around the camp, and it came to a big whirl-wind which went up to the heavens, which we believe, he went to heaven.

So God had his hand on the poor Indians from the beginning, showing them that there is a Heaven and our Father is up there. So the Indians believed there is a better place for them, they prayed to the Creator "Our Father", before the white missionary came.

May this story be carried to our generation.

-Written by Katie Dodginghorse

LOOKING BACK

THE WAYS OF YESTERDAY ARE TODAY

THE POWER OF SMUDGING



'LIGHTING OUR SPIRITUALITY, TO CONNECT WITH OUR CREATOR, AND ALL THE ANCESTRY THAT HAS COME BEFORE US. THE SMOKE IS THE LANGUAGE OF THE EARTH, THAT TRAVELS TO THE REALM WHERE GREAT SPIRITS WATCH OVER ALL. THE SMUDGE TALKS TO OUR FATHER AND CONNECTS US TO OUR MOTHER; PROTECTS OUR MINDS AND OUR BODIES, OUR HEARTS AND OUR

SOULS FROM ALL OF THE NEGATIVE IN THE WORLD THAT ONLY OUR SPIRITS CAN SEE. WE MUST PROTECT OUR SPIRITUALITY AS WE LIVE IN A WORLD WHERE MINDS GET LOST AND SOULS GET TAKEN. WE MUST STAY CONNECTED TO OUR CREATOR, SHOW OUR GRATFULNESS, OUR GRATITUDE AND HUMILITY.

SMUDGE FOR THOSE YOU LOVE."

- JORDAN BIG PLUME

KEEP TRADITION ALIVE >>>

Photo sourced from Indian Country Today

Using sweetgrass is a sacred plant that plays an important part in ceremonies and faith. There are many Elders on the Nation that can help you with teachings, please contact Communications or the Elders Program if you would like to reconnect



NEWS FROM THE NATIONS

Stories about First Nations from around the World

STANDING ROCK SIOUX TRIBE- UPDATE

After previously granting a request for a temporary restraining order, on Sept. 9 Judge Boasberg rejected the Standing Rock Sioux's demand for a court order to block the four state 1,172 mile pipeline project (that has the potential to destroy drinking water and cultural sites), saying he could not concur with their claims that the government erred in approving the pipeline.

The Obama administration suprised many when they intervened to temporarily halt construction on federal land and asked Energy Transfer Partners to "voluntarily pause" nearby work.

To date, the movement to block the pipeline continues. Over 130 individuals have been arrested for their protest attempts but that has not deterred Tribal groups and environmental activists from uniting across the nation. Hundreds continue to camp out near the Standing Rock Sioux Tribe's reservation in North Dakota and many more are active online and with their political representatives.

To find out more or to support the cause please visit <http://standingrock.org>

FIRST NATIONS ON THE AMAZING RACE

Father/daughter duo Joel and Ashley Callingbull appeared on the hit reality show, The Amazing Race Canada. Ashley is the current Mrs. Universe- the first, First Nations woman to win the title and her step-father Joel is an intuitive engineer. Together the team worked hard and gained a new fan base while representing first Nations around the world in a positive light.

The proud Enoch Cree Nation members ended up placing third on the show. Ashley tweeted out, " I'm so proud of us! We raced hard, made it to the finale and we're the first Father/ Daughter..."

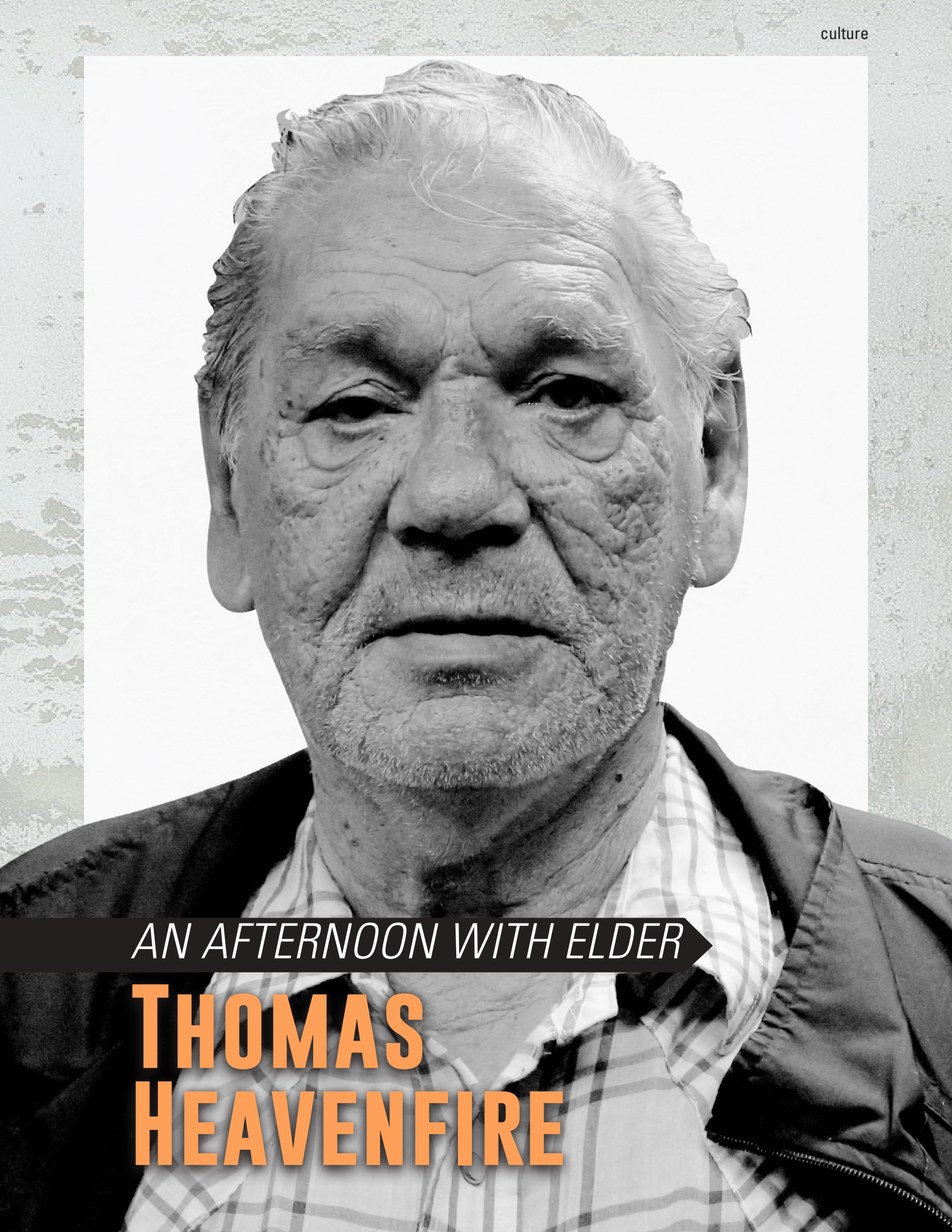
CARIBOU LEGS CONTINUES HIS JOURNEY

Brad Firth, who was given the name 'Caribou Legs' by a family member, has been running across Canada from Vancouver to St. John's since May to raise awareness for murdered and missing aboriginal women. The 46-year-old member of the Gwich'in First Nation, is about midway through his run and is traveling along many of the same roads where the women he is honoring were last seen alive.

Data from Statistics Canada shows there were 163 occurrences of violent victimization per 1,000 Aboriginal people in 2014, more than double the rate among non-aboriginals.

Caribou Legs passed through Tsuut'ina Nation on Treaty Day 2016, many prayers on a safe and successful journey.

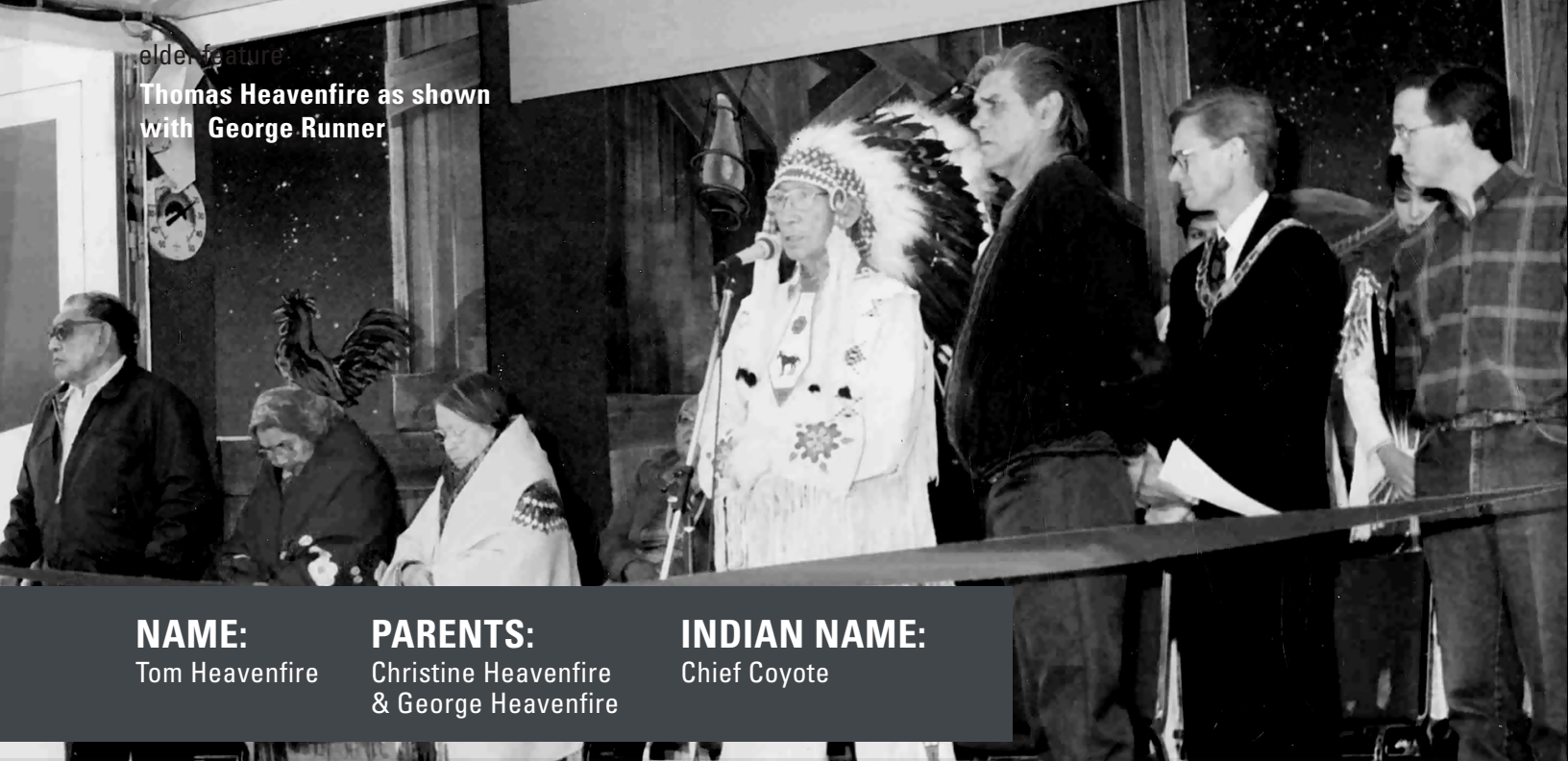
1) Based off article By Andrew Cullen And Ruthy Munoz, theglobeandmail.com 2) theamazingracecanada.ctv.ca, twitter.com 3) Based off article by Jeff Lagerquist, ctvnews.ca



AN AFTERNOON WITH ELDER

THOMAS HEAVENFIRE

Thomas Heavenfire as shown with George Runner



NAME:

Tom Heavenfire

PARENTS:

Christine Heavenfire & George Heavenfire

INDIAN NAME:

Chief Coyote

"LISTEN TO WHAT THE ELDERS ARE TELLING YOU, LISTEN REALLY GOOD TO KNOW WHAT OUR CULTURE IS ALL ABOUT."

What makes you proud to be Tsuut'ina?

Because I was born here. I was raised here. That's why I am proud to be Tsuut'ina- I was raised among Elders, I knew all the late Elders that passed on. Today I try give that back to the community the teachings of the old people that have gone on.

Can you share a favorite childhood memory?

I have a lot of them. When I was a little boy, I used to go ride on my horse, and go visit and ride all the way up west and go around seeing my friends.

Your family is your roots, what can you tell us about yours?

My mother had 13 kids, I had 4 sisters and 9 brothers- a whole baseball team (!) and I am the oldest.

What was it like growing up here?

It was hard, especially the day school, it was really bad here. [We] went through rough times with them. The teachers really tried to take our culture away, we couldn't say anything in our language.

Do you think they succeeded? Do you think some of the culture was diminished?

Yeah, well I think they succeeded to some extent but most of us, when we were outside we would sneak away and speak our language.

What advice do you have for the youth to regain their sense of spirituality and culture if they have never been exposed to that?

Pick an elder that they can be comfortable with and that way they can deal with that Elder. I know in some cases there were

Elders that put people down. That shouldn't be happening... [The Elder] would give them heck when they should be talking to them. That's why they're scared of the Elders. They should pick somebody they can be morally comfortable with and talk with that Elder. That's what they should be doing.

What do you think we can do now to make our culture stronger?

Just keep speaking our language and doing things in our cultural way. I am a pipe carrier, I do ceremonies and pray for the people.

When you were younger did you see yourself becoming a pipe carrier?

No, I never did but later on in my later years I started working with Elders that had pipes, and that's where it was given to me. Since then I've been doing all those sacred things.

Thomas Heavenfire after honoring Prime Minister Trudeau with Headdress



"LOOK AFTER YOURSELF, LOOK AFTER YOUR MIND, BODY, SOUL, AND SPIRITUALITY. WITHOUT THOSE, WE WOULDN'T BE ALIVE"

Is there any stories that you can share about the name "Heavenfire"?

My Great-Great Grandfather Tom Heavenfire was Bullhead's right-hand-man for ceremonies and he told the future to Bullhead what was going to happen- he could see that far ahead.

What was the most pivotal time in your life growing up where you saw the most change for our people?

Growing up, the old Elders back then, they used to be good with talking to us. When I was a boy, I was put in a talking circle and the Elder would talk to us and tell us what would be happening in the future, and now it is happening. They predicated these things and they are coming true.

What did they say?

There going be changes, hard

times. Now we're seeing the changes happen especially with Prime Minister Harper being so against Indians. Now we're glad we have Trudeau in there. When we gave him his Indian name at the Grey Eagle- I was the one that put his headdress on him.

When you got to meet him did you get to look at him in the eyes? What sense did you get off of him?

Yeah I did, I got the sense that he was an honest man, that he wasn't lying about what he was talking about. I was right up close to him, he sat in front of us.

What was that like?

It was okay, I was proud that I got to put it on him.

What do you think the people can do to involve the Elders more in our community?

They need to get the Elders involved but they don't because they stay away from the Elders, maybe they're scared of what the Elders have to tell them.

Do you welcome youth and people of the community to come up to you and just have a conversation?

Yes I do, I'm always around. They can come see me wherever I am.

What would you want your family, your community, your people to remember your life and your achievements by?

The things I do in life and all things I've done, like ceremonies, I've taken part in and how I used it in my life.

I like talking about the language and teaching at the schools, trying to spread the things I've learned in my life and share it with my community.

DEPT. POSTINGS

INFORMATION FROM AND ABOUT DEPARTMENTS/
BUSINESSES & SERVICES



AGLC VISITS TSUUT'INA NATION

On September 13, 2016, Dit'onik'odza Charities and Tsuut'ina Nation Chief and Council were honored to host Bill Robinson, President and CEO of AGLC, and Susan Green, Chair of the AGLC Board. Chief and Council along with Dit'onik'odza want to continue to build positive relationships with the AGLC as we work together to enable the spending of Charitable funds on Tsuut'ina. A lunch was hosted where there was a time of positive questions and discussions about the Nation as well as the AGLC with the Chief and Council expressing how important Charity dollars are to the success of the Nation and how we need to continue to have a good working relationship. The

Chief presented Pendleton blankets to Mr. Robinson and Ms. Green as a symbol of our partnership and the shared goals that we have. Steven Crowchild of the Gunaha Institute presented on the importance of documenting and reviving the Tsuut'ina Language and showed some of the important work that the Gunaha Institute is doing with Charity dollars. Following that presentation, Dit'onik'odza brought AGLC to the Charity funded Nihinas?agha men's shelter for a tour by Ivonne Crane and Marty Starlight on how the shelter has changed the lives of Nation members and remains committed to ensuring Nation members have a place to go to begin their journey of recovery.



DND SIGNING- ACCEPTANCE OF LAND

The DND signing took place in Chief Roy Whitney's office on September 22nd. This was a historical day for Tsuut'ina Nation as it displayed a willingness for the Government to engage and comply with agreements set long ago. This signing is Tsuut'ina Nation's acceptance of lands (once used by the Army Reserves) as they have been officially cleared to the standards set out in the 1980 government agreement.

It is hoped that with these historic compliance engagements, it is a showing of more positive interactions to come. Future information will become available to decide collectively on options on how to best utilize the land.

LAND AND ENVIRONMENT INFORMATION



Unresolved issues relating to the Land Code Project under the: [Jurisdiction and Authority](#) Further research is required for the comfort of the Nation in terms of the FNLMA Governing authority and impact for the Nation.

Individual Agreement:

- Indemnity and liability relating to former DND land

FNLMA Land Code:

- Customary Holdings
- Allotments Expropriation
- Lands Advisory Authority
- Composition and Selection Method
- Chief and Council consent for all dispositions and lands

CONCLUSION AND NEXT STEPS

The Chief and Council directed that further research and development is required to resolve outstanding issues and to engage with the Citizens.

Tsuut'ina Nation land and environment management resources are currently spread throughout the various responsibility areas withing Tsuut'ina Nations administration. An effective land and environment administration should be centralized and act as a service hub for all the activities undertaken by Nation administration that have an impact on Tsuut'ina Nation Land.

The Department shall collaborate with Tsuut'ina Legal, the Comprehensive Community Planning Committee LPTS, Chief and Council, Lands Department

Public Works and the Citizens to develop a inclusive framework for Tsuut'ina Land and Environment Administration that is:

- ✓ supporting the decision-making and consent processes required under the Land Code.
- ✓ monitoring land instruments granted by Canada
- ✓ ensuring the administration of Tsuut'ina Land is undertaken in accordance with the Tsuut'ina Nation Land Code and any laws, regulations, polices and procedures created thereunder
- ✓ Please watch out for meetings, surveys and your chance to participate

LANDS AND ENVIRONMENT RESEARCH AND DEVELOPMENT BACKGROUND

The current draft of the Land Code was developed under the First Nation Land Management Act. The first draft was completed in 2012, and each year until 2015, the code was reviews Draft #5, and identified potential issues

FIRST NATIONS LAND MANAGEMENT ACT

The Framework Agreement in FNLMA sets out the basic requirements of a Nation's land code. This includes how interest in land is granted, enactment of laws and conflict of interest. The current draft of the Tsuut'ina land code meets all of the requirements of the Framework Agreement, but there are a few potential issues that need to be addressed.

INDIVIDUAL TRANSFER AGREEMENT

In addition to the Code the Nation had also been developing the Individual Transfer Agreement (ITA) between the Nation and Canada. The ITA sets out the terms and condition under which Canada will transfer legal authority to manage Tsuut'ina Land to the Nation. The agreement addresses matters such as: funding allocations, liability and environmental issues.

POSITIVE OUTCOMES OF PROCESS

1. Land Code was developed for the Nations use for further amendment.
2. Reserve-wide Phase 1 Environmental Site assessment completed (excluding the DND 11,800 area). The ESA was completed to identify areas that may be contaminated or that require some level of environmental clean-up. Under the Individual Transfer Agreement it is agreed that Canada will resolve the outstanding issues with the polluters.
3. Nation Citizens completed by Sara Big Plume certificates include: Professional Land Management for First Nation Lands Level 1 & 2, Alberta Jr. Forestry Program.

PLEASE MARK YOUR CALENDERS FOR 2016 ANNUAL TSUUT'INA NATION YOUTH AND ADULT CAREER FAIR!

With further information and promotional pieces to be released, please mark your calendars for November 2nd. Tsuut'ina Nation Youth and Adult Career Fair will take place in the New Community Hall from 12pm - 5:30pm.

This 'Passport to Opportunity' event is for anyone who is interested in being a part of Tsuut'ina Nation Economic Development and will feature many job opportunities and PRIZES including ipads, laptops and much more! So don't miss out and watch out for more information to be released soon.



MOBILE BREAST CANCER SCREENING

The Alberta Health Services mobile Breast Cancer Screening Trailer visited Tsuut'ina Health Centre on September 19th to offer their services and advice in celebration of their 25th year in operation. The mobile service has visited over 110 Alberta Communities including 23 First Nations. Since the program began, they have performed almost 466,000 mammograms to almost 178,000 individuals. Of these cases 12% were discovered to have some variance of breast cancer- it's due to these screenings, their chances of breast cancer being treated successfully increase.

Elder Alex Crowchild opened the event, followed by speeches from the Alberta Associate Minister, a Mammogram Technologist, a Cancer Survivor and Council member Andy Onespot.

Council Member Onespot spoke at the event on behalf of Chief and Council saying, "It is a pleasure to host a celebration program like this; one that has provided advice, support and outreach for so many years. An ounce of prevention is worth a pound of cure..."

To find out more about the Screen Test mobile program, call toll-free 1-800-667-0604 or contact Tsuut'ina Health Centre at 403-251-1627

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 2016 in order to accommodate the requirement for the minors:

****PLEASE NOTE AN ADDITIONAL WORKSHOP HAS BEEN ADDED FROM THE PREVIOUS NOTICE**

WEDNESDAY, OCTOBER 5, 2016 – 5:00 P.M. SHARP

TUESDAY, NOVEMBER 8, 2016 – 5:00 P.M. SHARP

LOCATION: GREY EAGLE RESORT AND CASINO

Parents of TTN minors turning 18 years of age during the 2016 year please contact Leanne Crowchild at 403.238.6320 immediately in order to enroll your child and receive further information regarding the process.

Additional workshops will be scheduled in the new year. Thank you.

ON BEHALF OF TSUUT'INA CHILD & FAMILY SERVICES SOCIETY, WE
WOULD LIKE TO CONNECT WITH THE COMMUNITY BY SHARING THE
STAFF'S MEMBER'S PROFILE OF THEIR ROLES AND DUTIES



MEET OUR TEAM:



Howacinyapi Win

Director of Child and Family Services

Hello my name is Howacinyapi Win (A voice the people relies on) also known as Marcia Halfe. I'm excited and humbled to have the opportunity to work with Tsuut'ina Nation as the Director of Child and Family Services. I'm originally from the Sioux Valley Dakota Nation in Manitoba. I hold a Bachelor of Indigenous Social Work and have 25 years' experience, 16 years specific to Child Protection. I've been married for 30 years to a Goodfish Lake Cree Nation member. We have 4 children and 11 grandchildren. The experiences I've had personally and professionally empowers my passion to be a strong advocate for First Nation children and families involved with child and family services. I'm honored and grateful to be chosen to work with your Nation.



Norma Meguinis Littlechild

Band Designate

Danit'ada, I am Tsuut'ina, my parents are Mike Meguinis and Late Emily Meguinis. I have my Bachelor's in Social Work from University of Calgary. I have always been encouraged by my mother and late grandmother Bessie Meguinis to focus on my education. I have been the Band Designate for the past 5 months; and with Tsuut'ina Child and Family for 8 months. I am very grateful to be able to come back to my home Tsuut'ina and be a benefit for my Nation members by being the bridge/voice/advocate for the children/youth/family/Tsuut'ina members, within Child and Family Services. My office door is always open for inquiries, information and importantly making the family connection for our Tsuut'ina children/youth who are involved with Child and Family Services.

Siyigaas



Joyce McMaster

Associate Director

My Indian name is Many Feather Woman. I am a member of the Driftpile First Nation. I am a mother of 5 and grandmother of 9. Two of my grandchildren are Nation members.

I started work as a supervisor for Tsuut'ina Child & Family in September 2015 and was the successful candidate for the Associate Director, on July 4, 2016. I have been in Child Protection Field for approximately 16 years and worked as a family support/court worker for about another 15 years. I have a Bachelor of Social Work from the University of Calgary and have taken numerous trainings throughout my years of employment. It is an honor and a privilege to work for TTC&FS and I am committed to children and families of the Nation.

Betty Big Plume

Admin Support

Born and raised in Tsuut'ina formerly known as Sarcee

Started working at Child and Family awhile back I am now part of the Administration Team, I love the people I work with and I respect the Foster parents and the Kinship parents. It's a huge life changing situation to become one I have the experience because I myself became one last year and would welcome the thought of becoming one again. My late mother and father Joseph and Dora Big Plume raised many children as their own in their home and always taught to be kind and respectful to others.



Connie M. Bird

Foster Care, Kinship and Supports for Permanency

I was born in Saskatchewan and raised in Calgary.

I have worked in the Social Work field for over 15 years. I have managed Group Care for non-profit organizations in the city as well as worked collaboratively with community agencies addressing the gaps in services for families. I was also a foster parent for over 5 years and am still in contact with those children who I have cared for who are now adults (some with children of their own now). My passion is advocating for changes in program/policies that negatively impact children, youth and families. I have a Master's degree in Social Work from the University of Calgary (2003) and have been with Tsuut'ina CFS since June, 2015.





Melissa Preston

Intake Social Worker

Hello Tsuut'ina Community, my name is Melissa Preston, I am an Intake Social Worker with Tsuut'ina Child and Family Services and have been employed with this agency since June 2015. I am originally from the west coast of Newfoundland, my ancestors and I are part of the Qalipu Mi'kmaq First Nation Band, (Qalipu pronounced: Ha-lee-boo, Meaning: Caribou). I've completed my university studies at St. Thomas University in Fredericton, New Brunswick and I am a registered Social Worker with the Alberta College of Social Workers. I look forward to building and maintaining connections with the children and families of this community; learning about the culture and heritage of the beautiful Tsuut'ina Nation. Siyisgass.



Matt Willier

Casework Supervisor

My name is Matt Willier, I am a 48 year old Cree man originally from the Sucker Creek First Nation located in northern Alberta, I have worked in the Child & Family Services field since 1993 after graduating from the Saskatchewan Indian Federated College in Saskatoon, Sask.

One of the core beliefs that I've founded my career on is the resiliency of First Nation peoples, families & communities. I feel truly blessed to be working in the helping field and I am very grateful for the opportunity to be a Casework Supervisor for the Tsuut'ina Nation Child & Family Services program. Hiy Hiy!



Tara Spring Chief

Generalist Caseworker

I am very thankful and humble to have the opportunity to work with the Tsuut'ina Nation membership.

My identity/cultural background are from the Blackfoot Tribe - Siksika Nation, within the Treaty 7, where I had been raised until my adult years. I have since lived in the City of Calgary for close to 20 years.

The professional educational backgrounds I possess are that of Social Work and have worked within the Children's Services field for approximately 9 year period. I look forward to building a positive rapport with Tsuut'ina community members and other professionals in relation to Tsuut'ina Child and Family Services. Thank you and God Bless. Siyisgaas-(Thank You)



Umaira Javid

Generalist Caseworker

Dadanast'ada, I am a Generalist Caseworker at Tsuut'ina Child and Family Services Society. My education background pertains that of a Masters of Social Work degree with a focus on Therapeutic Services with Individual and Families. I have diverse social work experience from both Child and Family Services and in Mental Health settings from Manitoba. I have a direct passion for social work especially working within First Nation communities and their families. I believe in a holistic and child & family-centered approach. I feel honored and thrilled to begin my social work journey with the community members of Tsuut'ina Nation.



Justin Jimmy

Accountant

Cree, from Onion Lake Cree Nation

- I was born and raised in the urban environments and often travel back to my home community for Pow Wows, Treaty Day celebrations, round dances, and other various community events.
- Over 5 years' experience in accounting ranging from working with my Nation oil and gas company to corporate accounting with Husky Energy.
- Business Administration Diploma major in Accounting from Lakeland College, Lloydminster.
- Currently completing my final 5 classes for my university degree, Bachelor of Management from University of Lethbridge (B.Mgmt)
- 2 classes remaining to be eligible for my CAFM(certified aboriginal finance manager) designation with AFOA Canada.
- Licensed commercial pilot



Darcie Littlelight

Admin Support

My Name is Darcie Littlelight From The Tsuut'ina Nation I've been employed with Tsuut'ina Nation Child and Family Services for 6 years.

I've Moved back to Tsuut'ina Nation 9 years interesting to learn our ways and culture.



Rita St. Gelais

Generalist

My name is Rita St. Gelais. I am a generalist with a Bachelor Degree in Social Work from the University of Calgary. I have lived most of my life in southern Alberta, though I have traveled extensively for work, volunteer, and school. I am excited to be starting this position with Tsuut'ina Child and Family Services and feel blessed to be able to serve this community.



Mavis Runner

Admin Support

Have worked for ttnfcs for a number of years, as a admin support. Great place , great caring staff who have the best interest of the children in care and nation families.



Crystal Genaille

Case Work Supervisor

Hi, My name is Crystal Genaille and I just started working with Tsuut'ina Child Family Services on September 6, 2016 as a Case Work Supervisor. I am originally from Waywayseecappo First Nation in Manitoba. I am very excited to be here and look forward to what the future holds.

Siyisgaas-(Thank You)



Guffy Otter

Maintenance

Hello my name is Guffy Otter. I am from Tsuut'ina Nation I'm the Maintenance for Tsuut'ina Child & Family Services. My hobbies include basketball & project that include building thing with my hands.



Trina Sleigh

Generalist

Good day, my name is Trina Sleigh; I'm from the Siksika Nation but am also part Cree. I've been working with Tsuut'ina Child and Family Services as a generalist for a little over a year. I've been working with children/ youth and families since I graduated as a Child & Youth Care Counselor in 2003. I thoroughly enjoy working within the Aboriginal community in the Human Services field; it is my goal to contribute the healthy well-being of our Aboriginal families, especially the children and youth. Thank you for this opportunity to work within the Tsuut'ina Community.



Jessie Meguinis

Admin Support

Dadanast'ada

My name is Jessie Meguinis; I'm the daughter of Gerald & Violet Meguinis. I've worked in this field as an Admin Support since 1997, started as receptionist with Tsuut'ina Child & Family Services and in 2002 went to work for the Aboriginal Children Services in Calgary; came back to work with Tsuut'ina Child & Family Services in Nov 2008 I have strong passion for our Tsuut'ina Children and for their well-being. My hobbies are taken photos of nature or wildlife, also love music and most of all I'm a nerd when comes to gadgets.

Siyaisgass



Kayla Powell

Generalist

I am born and raised in Calgary, AB, but I have family all across Canada and the world. I am a mother to two very active boys who keep me very busy when I'm not at work.

I am a Registered Social Worker. I received my Social Work Diploma from Mount Royal University. After working as a nurse for 7 years I realized I loved working with families and I decided to become a Social Worker. My work experience ranges from a medical unit in the hospital to working with families in their homes.

CHIILA ELEMENTARY



FLAG RAISING

Congratulations to Chiila on the raising of their new flag! Chiila hosted a flag raising ceremony on September 16th 2016. See it wave with pride in front of the Elementary building on the West side.



TERRY FOX RUN

In support and awareness of cancer research, everyone from students to teachers to the fire department, took to the field behind the school and ran laps to help finish the race Terry Fox started. Congrats as well to the class that ran the most laps and won a popcorn party!



ORANGE SHIRT DAY

Every September 30th is Orange Shirt Day- it means Every Child Matters and opens the door to global conversation on all aspects of Residential Schools. Council member Ellery Starlight helped officiate the event by emceeing, sharing stories and drumming.

Happy Thanksgiving



THE REAL STORY OF THANKSGIVING- Too often the story of the 1621 Thanksgiving is told from the Pilgrims' point of view, when the Wampanoag, who partook in the original feast are usually only mentioned in a brief or distorted way. Looking at Plymouth, where the first official 'Thanksgiving' took place, it is documented that the Mayflower arrived on December 16, 1620. The Pilgrims settled in an area that was once Patuxet, a Wampanoag village abandoned four years prior after a deadly outbreak of a plague, brought by European traders who first appeared in the area in 1616. Before 1616, the Wampanoag numbered 50,000 to 100,000, occupying 69 villages scattered throughout southeastern Massachusetts and eastern Rhode Island. The plague, however, killed thousands, up to two-thirds of them. Many had also been captured and sold as slaves.

And yet, when the Wampanoag watched the Mayflower's passengers come ashore at Patuxet, they did not see them as a threat. The Wampanoag had seen many ships before, they had seen traders and fishermen, but they had not seen women and children before. In the traditional ways, they never would have brought their women and children into harm. So, they saw them as a peaceful people but did not greet them right away. The English, in fact, did not see the Wampanoag that first winter at all, they saw shadows. Samoset, a Monhegan from Maine, came to the village on March 16, 1621. The next day, he returned with Tisquantum (Squanto), a Wampanoag who befriended and helped the English that spring, showing them how to plant corn, fish and gather berries and nuts. That March, the Pilgrims entered into a treaty of mutual protection with Ousamequin (Massasoit), the Pokanoket Wampanoag leader.

Contrary to popular belief, the Wampanoag and Pilgrims did not sit down for a big turkey dinner and it was not an event that the Wampanoag knew about or were invited to in advance. In September/October 1621, the Pilgrims had just harvested their first crops, and they had a good yield. The Wampanoag were invited to join the Pilgrims in their feast, but there was not enough food to feed the Chief and his 90 warriors. Massasoit sent his men out, and they brought back five deer, which they present to the chief of the English town [William Bradford]. The harvest feast lasted for three days and is what is considered to be 'Thanksgiving' today.

While Thanksgiving today is celebrated as a day of family and togetherness, it has a far different meaning for many Wampanoag (whose numbers are between 4,000 and 5,000). The idealic relationship that was depicted between the Wampanoag and first settlers at that time came to an ending that included the passing of many individuals. There is much more information on this topic- if you would like to further research but in the meantime, we wish you all the best and hope you make the most of time spent with loved ones.

This article is a summarized recounting from Indian Country Today. To read the full account of this story, with citations and quotes please visit: indiancountrytodaymedianetwork.com/2011/11/22/wampanoag-side-first-thanksgiving-story-64076

-RECIPES-

Thank you to those who contrinuted their 'family recipes.' Special thank you to Anita Big Plume, Jessica Onespot and Jordan Big Plume. Please send us photos of your feasts, we would love to see!

Stuff Yourself Stuffing

INGREDIENTS

- 1-Large white onion
- 5- Celery stalks
- 2-Rolls of Maple Leaf Pork sausage (refrigerated- not frozen)
- 1 Bag of bread crumbs
- 1 Bag of croûtons of your liking
- Salt and Paper
- Poultry Seasoning
- Sage
- Thyme
- Block of Salted butter (softened left out of the fridge)
- Water/ Juice of your liking
- ½ tsp garlic powder

DIRECTIONS

1. Add all your dry ingredients into a large bowl
2. Chop onion and celery into small pieces
3. Add the bread crumbs and croûtons
4. Add salt and pepper to season
5. Add poultry seasoning
6. Add thyme and sage to your discretion
7. Add garlic powder
8. After all the dried ingredients are in the bowl mixed well throughout, add one roll of pork sausage into the mixture
9. Mix thoroughly. If the ratio of dry

mixture is greater than the sausage add second roll so the ratio is even

10. Add butter for moisture, use enough to make sure the mixture of dry ingredients and sausage hold together but not too much that it becomes mushy or runny in any way.

11. (Optional- add one egg for better hold and a touch of water or juice for flavor) and kneed thoroughly with clean hands so it becomes almost like a dough. There should be no water or moisture in the bottom of the bowl. Knead so the dry ingredients absorb any excess water/juice/moisture.

12. Once thoroughly mixed you are ready to stuff your turkey. Make sure the gizzard and neck

are removed from the bird.

13. You'll be surprised that a big bowl can fit inside of one turkey. Stuff small pieces at a time and don't be scared to squish the stuffing mixture into the bird.

14. Once the turkey is stuffed and in the oven- as you are checking the turkey, grab a turkey baster to suction the grease in the bottom of the roaster and pour all over the outside of the turkey and stuffing that protrudes out of the bird. This makes your turkey very moist and never dry. Do this four or five times throughout the cooking time of the bird.

15. Once turkey is cooked take a spoon and remove stuffing and SERVE! =)

Anita's Macaroni Salad

INGREDIENTS

- 900 grams elbow macaroni
- 2 Bundles green onions
- 2 Small green peppers
- 6 Stalks celery
- 2 Cans solid white tuna
- 6 Hard boiled eggs
- 1 to 1½ cups Salad Dressing -or- Mayonnaise
- Salt to taste
- Course Ground Pepper to taste
- Garnish with Paprika

DIRECTIONS

1. Boil eggs and cool them by running them under cold water then refrigerate immediately while preparing the rest of the salad
2. Boil elbow macaroni in a

large pot with one teaspoon of salt in the water, when macaroni is cooked run under cold water while straining it to prevent macaroni from becoming mushy

3. Chop green onions, green peppers and celery into small pieces

4. Hand mix macaroni, onions, peppers, celery, salt and course pepper in a large bowl or container

5. Stir in Tuna

6. Stir in Salad Dressing

7. Slice hard boiled eggs and place them on top of completed salad

8. Sprinkle the top of the salad and eggs with paprika

Taco Chip Salad

INGREDIENTS

- Bag of mixed Ice Berg Lettuce in the bag (2 for bigger families)
- One Bag of Nacho Doritos
- "The Keg" Ranch Dressing
- Shredded Old Fort Cheese

DIRECTIONS

1. Open bag of Lettuce

into medium size bowl

2. Crush Doritos Chips into smaller crumbs inside of the bag, add to Lettuce and mix well spread throughout evenly

3. Take some of your shredded cheese spread over top and mix with salad and chips

4. Don't add the ranch dressing until you're ready to serve as the salad dressing can make the Lettuce go soggy if left sitting too long.

5. When ready add dressing and mix well.

6. Add more shredded cheese on top and enjoy!

Fruit Salad

INGREDIENTS

- Fresh Strawberries & banana (or fruit of your liking)
- 2 cans of fruit cocktail
- Bag of mini marshmallows
- Tub of Whip Cream.
- Strawberry Jell-O

DIRECTIONS

1. In a large bowl add all desired fruit along with the fruit cocktail

2. Add marshmallows and mix well

3. Add one tub of whip

and mix throughout

4. Add teaspoon of strawberry Jell-O and mix for colour and flavour

5. Refrigerate and serve when chilled

HAPPY HALLOWEEN

We all hear and read about "things that go bump in the night," or we even experience them ourselves. Maybe it's our imagination, or we were just feeling tired, or maybe it's the dreaded tooth fairy coming to steal our teeth! These three souls made us shiver with stories from our very own Tsuut'ina Nation, true or false, they make a great read.

DRIVING HOME ONE NIGHT, with my dad following behind me, I was driving along near the stop sign near the kids zone when I saw a man standing on the road. He had a big giant blanket wrapped around him, with his head down and was wearing a 10 gallon hat. I had to swerve hard to miss him, after I swerved I looked in the rearview mirror and saw my dad had gone straight so I thought, 'did he run him over?!' When we got back to the house I said, "Dad did you see that guy on the road by the school?" He said, 'I didn't see anybody.'

The next day I described what I saw to some coworkers and a gal said she saw the same guy but she said the thing flew at her! She said she was near Bertha Big Plume house when it came swooping down on her. The closest I can describe how he looks is Jeepers Creepers.

And speaking of Gosguna...

ABOUT A YEAR AGO I was working in the office at 4:00am, by myself. No one else was working, there were no guards or prisoners, and the fence was closed and locked. I heard the back door open and footsteps going downstairs. I said "hello," no answer. I went down there and searched the whole basement, nobody was there, and I really checked everything. When I went back upstairs to continue my work, I heard footsteps and the back door open and close, in that order. I was really freaked out then. I went downstairs and scanned the floor with a thermal camera (would show any source of heat including people, footsteps that were recently made) and there was nothing. Some other officers here report the same thing. Normally the back door is only used by guards and police officers.

I WORK AS A TEACHER at one of the schools in Tsuut'ina (I won't say which one so I don't scare the students). Anyways, I was in my classroom getting ready for the day when I heard a phone ringing. It wasn't mine but I saw a cellphone on a table. I answered the phone to hear a hurried voice asking, "Are you okay?" I replied that I was fine, then they asked, "is there someone in the building in distress?" Now I was really confused, I said, "I'm okay, there's no one here."

When it got really weird, the voice explained to me, "This is Gosguna, we've been trying to reach you all night. Someone called us from this from phone 13 times last night and hung up."

I later discovered a parent left the phone at parent teacher interviews the night before but I never did find out who was in my classroom, calling for help.

TOP 5 HALLOWEEN MOVIES



The Nightmare Before Christmas

1993, directed by Tim Burton

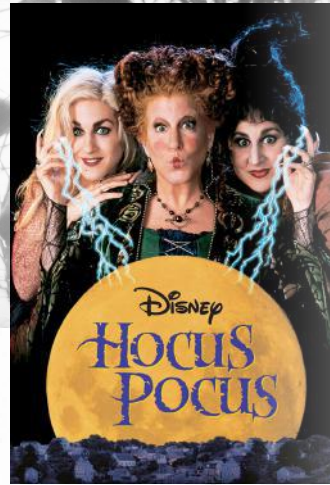
For as long as I can remember I was always sitting in front of the tv, waiting for my VHS copy to rewind, even though I had watched it the day before. The Nightmare before Christmas had fueled my dream of living in Halloween Town, instead of being scared of what's under the bed, why not be its neighbor in my own deranged and Halloween themed house? Even watching it now as an adult I can rehearse every line of the script and sing every song. This is definitely a timeless Halloween and Christmas classic for everyone to enjoy.



Halloween

1978, directed by John Carpenter

In my opinion, this is definitely one of John Carpenter's amazing pieces. It still terrifies me and I still have to yell "That's Michael! Get out of there you dumb b**ch!" Rob Zombie's version doesn't give me nostalgia that I get from watching this (again my parents allowed horror movies in the house, you could say I watched this from behind the couch) and always wondering if Michael was going to get me. A film that is so bold to name itself after Hallow's Eve is definitely worth the watch!



Hocus Pocus

1993, directed by Kenny Ortega

Another 90's classic with all 90's ingredients, it's perfect for the family to watch or to win the best costume contests. The film's background scenery of falling leaves, windy weather, and tones of orange do encourage an artificial pumpkin spice beverage or maybe even a good tea. Like wine, the film's humour does appeal more to adult references and the sarcasm we experience. And like so many of the internet memes that are created, you do feel more like the witches than you do the good guys. Expensive face cream does not seem as effective as a child's soul!



Trick 'r Treat

2007, directed by Michael Dougherty

This millennial horror film can be a hit or miss depending on who you ask but for myself it sets the mood for October and influences the year round Halloween decorations for my living room. Interwoven stories are one of my most favourite film tactics and this film does it perfectly. I highly recommend parents to also take advantage of the film's mascot "Sam" for your child's costume this year, a pumpkin head monster asking for candy, how could I say no?



An American Werewolf in London 1981, directed by John Landis

I don't particularly keep in this film tucked away just for the fall season, I watch it year round as it still makes me jump when the scene is silent and the suspense is built even though I know what is going to happen next. As someone who admires special effects makeup and design, this film does an amazing job of creating a savage beast out of limited resources during its time. It's also one of my most favourite films of all time, even as a child(my parents almost never kept me away from horror movies). You also begin to wonder if you'd rather be Jack(Griffin Dune) or David(David Naughton) since both outcomes are not that appealing. Even though it's not necessarily family friendly, it sets the mood for you Netflix and Chill couples out there.

By Carmen Littlelight

tsuutinationation.com 25

TRICK-OR-TREATER ESSENTIAL GUIDE



Flashlight- make sure you can light the way, be prepared for not all sidewalks and pathways to be lit



Reflective Gear- sometimes drivers forget to slow down so make sure they can see you



Sensible Shoes- Get your shoes tied tight because you don't want nothing slowing you down as you run from house to house



A Strong Loot Bag- No candy left behind! Consider bringing two bags for the little guys. One for them to carry door-to-door and one for you the guardian to transfer all the goods into and do the heavy lifting.

Don't forget to visit the Admin office on Monday October 31 for trick-or-treating!

You're Invited

To a Screamin' Fun

ZOMBIE WALK & HALLOWEEN

COSTUME PARTY

Saturday October
28th

4:30 IS THE ZOMBIE
WALK THEN DANCE WILL
START AT 5PM TO 9PM

BULLHEAD HALL

Door Prizes, Snacks,
Music, Games. OPEN
TO EVERYONE.



RILEY DODGINGHORSE

BULLFIGHTER

Leg in air-cast, recovering from his last injury, we greatly thank Riley Dodginghorse for coming in and allowing us to interview him about the life of a bullfighter

How old were you when you got into Bullfighting?

14 years old. Two years maybe just practicing with the boys, it wasn't until I was 17, I started doing rodeos.

Did you think you were ready for it?

Yeah, I guess

Who got you into the sport?

My late cousin Frank, and all the boys at the Agriplex who rode steers. There was never anyone to bullfight so I jumped out there. I'd rather be on the ground then tied to their back.

Did you see anyone Bull Fighting prior to you getting into the sport?

Yes, my uncle Richard Bish was a professional Bullfighter, he was one of my hero's. He was someone I really looked up to, he helped me a lot, taught me things. Once I got started, he got me

my first paid Bullfighting job at a rodeo.

What is the feeling like when you're in the arena?

I am scared before when the bulls are getting loaded and the chutes are rattling. I start feeling butterflies but I use that to get my adrenalin going once I say my prayer I step into the arena and kneel down by the chutes beside a bull and say a prayer, once I say my prayer I'm alright, I'm not scared anymore, it's just me in there, it's just a different feeling.

What inspires you to keep going?

Just to see how far I can go with it I guess, try make INFR this year. I guess we will see in a couple weeks, the bull riders get to vote on the Bullfighter that gets to go down to Vegas.

Do you know how much competition you have?

Nine of us I believe. From there I want to get my Canadian Pro Card (Canadian Professional Rodeo Association).

How do you get your Canadian Pro Card?

You have to know a Bullfighter or a Stock Contractor, someone who brings bulls to the rodeo, and they will put you on a permit where I have to fight two or three rodeos for free.

What's the biggest difference from rodeo to rodeo?

Every rodeo is different it depends on how they're coordinated, prize money and what's all put into it. We have the biggest and richest Indian rodeo, it's well coordinated. But the small ones are good too, either way they're all fun for me.

Which is your favorite rodeo?

Ours (Tsuut'ina).

How much interaction do you have with the bulls?

I grew up around cattle, around the Agriplex helping out chasing and sorting cattle. I got to know how they move so when it comes to bull in the arena I use that intuition. All the bulls are different some are quite and some are mean, they have different personalities I don't count on that, I take every bull like I've never seen them before.

What was your first bull fighting gig?

My uncle Richard got me my first bull fighting job in Fort Mac from there the contractor liked how I fought bulls and he hired me for rodeos up north from there. 2010 I went to bull fighting school in Albuquerque, two of the best bull fighters put it on. It was Rob Smets and Miles Hare. I liked it was a different experience. They promoted and taught how to control your mind and you're thoughts because when you're thinking negative things negative things can happen out in the arena.

Do you see the bulls before the rodeo?

When I get hired for a rodeo I ask who the stock contractors who are bring the bulls,



ATHLETE OF THE MONTH

NAME: RILEY DODGINGHORSE
INDIAN NAME: TALL EAGLE
PARENTS: BILL DODGINGHORSE & CANDACE WADSWORTH

then I can get idea of what bulls are going to be there, which ones I've seen before. Before the rodeo I go to the back pens and see which bulls are there and see which ones I have to worry about. I also check whose riding, so know which bull rider gets what bull. So I can pay more attention if someone has a quite or mean bull.

Do you do anything different knowing it's going to be a mean bull?

Well we usually work with a partner and if I or my partner know it's going to be mean bull we usually try come in closer during the Cowboys ride to try get more of a better spot so I can be there so when the rider comes off I can be there before the bull gets the rider.

What would consider a good bull ride?

I don't know...when they can stay on.

Do you have a story about the worst bull rides you've been in?

Well this past weekend my buddy Marcus got bucked off, I sat on the bulls head and he threw me and rolled me around four or five times and stepped on me. I have been concussed three times and broke both my ankles, and I got kicked in the face in Sarcee.

If there was a youth in the community who wanted to learn how to bull fight would you encourage it?

Yep, I got Robin Whitney- I helped him start. He used to ride bulls and he wanted to start fighting bulls so I lent him some equipment and I introduced him to some stock contractors and comities and now he doing his own rodeos doing good for himself.

Is your family supportive of you being a Bull Fighter?

Yes but at first my mom wasn't but she got used to it, seeing how I am alright and I can take care of myself out there. She got somewhat alright with it, but she still doesn't like watching.

How does your Dad factor into this?

He is a bull rider he got me into riding sheep when I was 4 or so, when I 13 or 14 I started riding steers. When I was 19, I rode my first bull. I also steer wrestled and did team roping.

What advice would give Noah (son) if he wanted to purse bullfighting?

Give it your all and don't look back.




CAREER HIGHLIGHTS:

- 2009-2016 Canada's Richest Indian Rodeo Bullfighter
- 2009 USA vs Canada Native Invitational Bullfighter
- 2009-2015 IRCA Finals Bullfighter
- 2009-2015 Morley INFR Canada Day Tour Rodeo Bullfighter
- 2009-2012, 2015-2016 SaddleLake INFR Tour Rodeo Bullfighter
- 2010-2016 NANCA Finals Bullfighter
- 2010-2014 Hobbema INFR Tour Rodeo Bullfighter
- 2010 Grey Eagle PBR Invitational Bullfighter
- 2010 Kamloops EPB Freestyle Bullfight Champion (90 pts)
- 2011 Armstrong EPB Freestyle Bullfight Champion (89 pts)
- 2011 Attended 5x World Champion Bullfighter Rob Smets and 2x World Champion Bullfighter Miles Hare Bullfighting School
- 2014-2016 Kainai INFR Tour Rodeo Bullfighter
- 2015 GPIRA Finals Bullfighter
- 2016 Indian National Rodeo Finals

PHOTOS COURTESY OF
RICHARD ANSEEUW
IMAGES UNLIMITED

INFR QUALIFIER FUNDRAISER

HDMA Agri-plex
SAT. OCTOBER 29TH @ 1PM



Callie Dixon Wright Bruisedhead Riley Dodginghorse

Jan Onespot Sonya Dodginghorse Keenan Crane

Jr. Barrels, Jr. Poles, Sr. Barrels, Sr. Poles,
Breakaway, & Team Roping: Fees \$25 Jr/\$50 Sr

TSUU T'INA NATION

TSUUT'INA NATION WOULD LIKE TO CONGRATULATE ALL THOSE WHO MADE IT TO THE INFR AND ALSO TO RAF DODGINGHORSE ON MAKING CALGARY ROYALS BANTAM AA - GREAT JOB AND GOOD LUCK THIS SEASON -

RECREATION PROGRAMS

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Basketball 5:30-7pm Dance Class Bootcamp 5:30-6:30pm (Cathy)	4 Vball 6-8pm Bootcamp 12-1pm (Mark)	5 Dance Class 5-6:30 Bootcamp 5:30-6:30pm (Cathy)	6 Youth Program Bootcamp 5:30-6:30pm (Mark)	7 6-9pm Basketball Bootcamp 5:30-6:30pm (Cathy)	8
9	10 Basketball 5:30-7pm Dance Class Bootcamp 5:30-6:30pm (Cathy)	11 Vball 6-8pm Bootcamp 12-1pm (Mark)	12 Dance Class 5-6:30 Bootcamp 5:30-6:30pm (Cathy)	13 Youth Program Bootcamp 5:30-6:30pm (Mark)	14 6-9pm Basketball Bootcamp 5:30-6:30pm (Cathy)	15
16	17 Basketball 5:30-7pm Dance Class Bootcamp 5:30-6:30pm (Cathy)	18 Vball 6-8pm Bootcamp 12-1pm (Mark)	19 Dance Class 5-6:30 Bootcamp 5:30-6:30pm (Cathy)	20 Youth Program Bootcamp 5:30-6:30pm (Mark)	21 6-9pm Basketball Bootcamp 5:30-6:30pm (Cathy)	22
23	24	25	26	27	28	29
30	31					

TSUUT'INA RECREATION PRESENTS:

2016 GET FIT CHALLENGE

SEPT. 30TH - JAN 6TH

OPEN TO ANYONE | REGISTRATIONS ARE FREE



CATEGORIES:

1. MENS AND WOMEN'S WEIGHT LOSS
2. MENS AND WOMEN'S MUSCLE MASS
3. YOUTH BOYS AND GIRLS FITNESS

\$40 ENTRY FEE FOR EACH CATEGORY REGISTRATION AND WEIGH-INS AND TESTING WILL BE HELD ON SEPT 30TH FROM 11AM TO 4PM AT THE HEALTH CENTRE

FOR MORE INFO CONTACT: WAYLON BP @ 587-577-7497 OR SHELBY @ 403-604-8784



CARMEN LITTLELIGHT

ARTIST OF THE MONTH

Who are you and what do you do?

Carmen Littlelight and I face paint and body paint myself.

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

I don't like to be bothered when I face paint, so I close my door, turn off the light and sit down in front of my little makeup space with a movie playing in the background. I don't have a studio space yet so my bedroom is the source of all i've created.

What is integral to your work as an artist?

Patience and practice. I'm always looking for trends online and seeing what has been done and what hasn't. Instagram was and is my first platform to showcase face paint; makeup on instagram is huge and there are millions of artists to watch and learn from. Sitting for hours and being patient really does show through in the artwork, you can tell who actually does take the time for details and who doesn't. I know my own face and body

so I know exactly what to work with, but I do want to practice on other faces that are not my own and it gives me satisfaction to create a being on someone else.

How has your practice changed over time?

When I first did a mouth on my face to look like a monster I knew that's what I wanted to do more of. I didn't know anything about face painting until i couldn't use eyeshadow and lipsticks anymore. Now I'm practicing to do full torso painting so my looks can have more of a story or character to them, even if the products I use are starting to become more expensive.

What work do you most enjoying doing?

I've tried almost everything that was an artistic outlet, from playing an instrument, beading, painting on a canvas, drawing and sketching, pottery and clay, sewing clothes, using photoshop to edit weird photos, photography, making short films, nails and hair, almost everything but face painting is what stuck to me.

What memorable responses have you had to your work?

People always ask me for Halloween, and I'm flattered but I'm only one person, I really do wish I had 8 arms. Also a few times my favourite makeup company, Kat Von D, had reposted me on her beauty instagram, it really humbled me and made me love my passion more, even if it was just for lipstick.

Do you encourage others to live the artistic life?

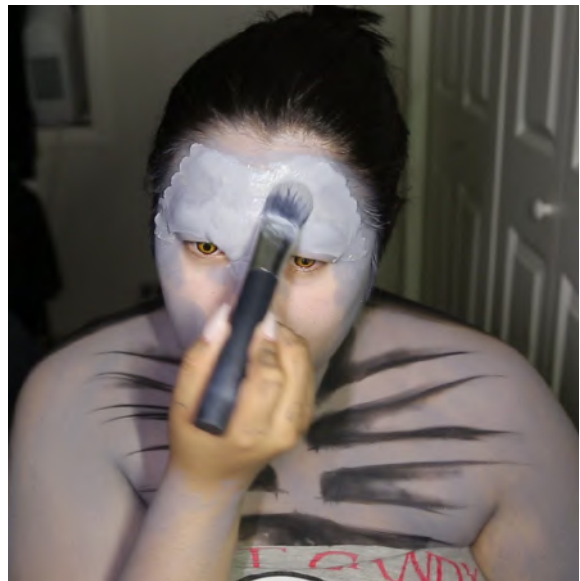
If you are truly artistic, then I encourage it and I encourage trying every outlet possible. I think art becomes apart of one's soul and if you are not being artistic in some way, you can make yourself sad. Also don't compare yourself to other artists, only be influenced by them.

What do you dislike about the art world?

Elitism and rules. Elitism really did turn me off from wanting to sketch on paper, my 8th grade art teacher had this elitism to her and art wasn't objective in her class. I am much more happy painting my face. But the makeup world also has the most terrible elitists, I do encourage people to become makeup artists and I will always love makeup, but makeup is also objective and if your makeup today looks good to you and makes you happy, then no one should be policing it.

Where would you like to take your art?

I'm not a makeup artist nor can I teach it, but I would really love to create a workshop for the youth in the community. There are many young girls and I'm sure boys who are really good at applying makeup, I think opening up that world of face paints and body paints could be a lot of fun.



LADIES AND GENTS, GRAB SOME POPCORN AND GET READY FOR THE SHOW!

Please tune in and subscribe to our Youtube channel **ttncommunications** to see the full video of Carmen Littlelight's unearthly transformation.

You can find more of Carmen's work at
instagram: @wolfzombie & facebook.com/
makeupbycarmen!

We would love to see your creations as well,
please post, share and tag us in your work!

GUJA HARVEST- FUN FOR ALL

The GUJA Harveset Fair was held on September 23rd, just outside of the Gas Stop. The fair featured many items and vendors including fresh produce, local artists and hot & ready items. A truly good time for all.



HEALTH EDUCATION - ZUCCHINI MUFFINS

INGREDIENTS

- 1 1/3 cups all-purpose flour
- 1/3 cup packed brown sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground allspice
- 2/3 cup zucchini, shredded (about 1 medium zucchini)
- 1/4 cup canola oil

- 1/4 cup 1% low-fat milk
- 1 teaspoon vanilla extract
- 1 large egg, lightly beaten
- Cooking spray

INSTRUCTIONS

1. Preheat oven to 400°.
2. Combine flour and next 5 ingredients in a large bowl.
3. Combine zucchini and next 5

- ingredients in a small bowl; stir with a whisk.
4. Add zucchini mixture to flour mixture, stirring batter just until combined.
5. Divide batter evenly among 12 muffin cups coated with cooking spray.
6. Bake at 400° for 10 minutes or until a wooden pick inserted in center of muffins comes out clean.

YOUTH MENTORSHIP PROGRAM 2016

Program Requirements:

- Must be a Tsuut'ina Nation Member
- Must be between the ages of 15 – 30 years old
- Must be currently unemployed and not attending school
- Must be available for the 12 weeks of the program length

Each Participant will be placed in various Nation Departments and Companies based on their individual needs assessment.

Applications based on a first come, first serve basis.

Program Runs from October 3rd – December 23rd, 2016

Registration Deadline: September 30th, 2016

**Applications Available at Bullhead Adult Education Centre
(The New Chief Dick Big Plume Building)**

For Additional Information, please contact:



Jami Wells @ 403.974.1401
Glen Eagletail @ 403.974.1400

Nihinajuna Gunaha Night



**Start Date - October: 18th, 26th
November: 3rd, 8th, 16th, 24th, 29th
End Date - December 7th**

**@ Bullhead Adult Learning Center
From
530pm to 630 pm**

**Please Contact: Ben Pipestem
@ 403-238-9455**



snacks provided :)



PLACE YOUR AD HERE

**TO FIND OUT HOW YOU CAN PLACE
AN ADVERTISEMENT IN
DÀ HÍ, PLEASE CONTACT THE
COMMUNICATIONS DEPARTMENT**

COMMUNICATIONS@TSUUTINA.COM

COSTA RICA



Tiffani Whitney

Where did you go?

I went to Costa Rica, I was staying in a missionary residence (Habitat for Humanity) that can hold more than 30+ people

When did you go?

I went in June of 2010

What inspired you to go?

A: I wanted to go because I knew it was for a great cause, I wanted to experience the culture and what it would be like to be able to build a home for people in need. As part of my school curriculum at the time, my classmates and I had to dedicate a year fundraising to cover the building costs. Having this opportunity with all my friends was one of the best experiences I could ever have. Growing up I was taught to always give and to never expect anything back, to do things out of the kindness of your heart and help those in need no matter what.

How does culture differ from home?

It's very different, they share and share, never asking for anything

in return. They believe in God with their whole being, they thank him for everything they have. Unlike home where it is more of an option to believe in God, I grew up in a religious family. My mother is Christian and my father is Catholic, I grew up Christian and went to a private Christian school. We are very privileged here, and the school that I went to taught me a lot about being thankful for everything, they give every grade 9 graduating class the opportunity to experience giving out of the kindness of our hearts through hard work and dedication. My grade fund raised the whole year to go on the trip, we made enough to be able to build 3 homes for 3 different families in Costa Rica. My group finished our house within 3 days' time, we continued to work and build our house without a lunch break for all 3 days, and the family that we were building for would visit and help build the residence with us. The final day the family had made us a big feast with what little food they had, it included rice, beans, rice pudding, fried and caramelized plantains, and corn. We thanked and hugged each of them, and the family prayed over our group and cried because of how thankful for God answering their prayers and having people build them a new home. It was such an amazing experience, I wish I could do that every year.

Do you have an inspirational message about your trip?

I believe that Tsut'ina should have our high school students fundraise

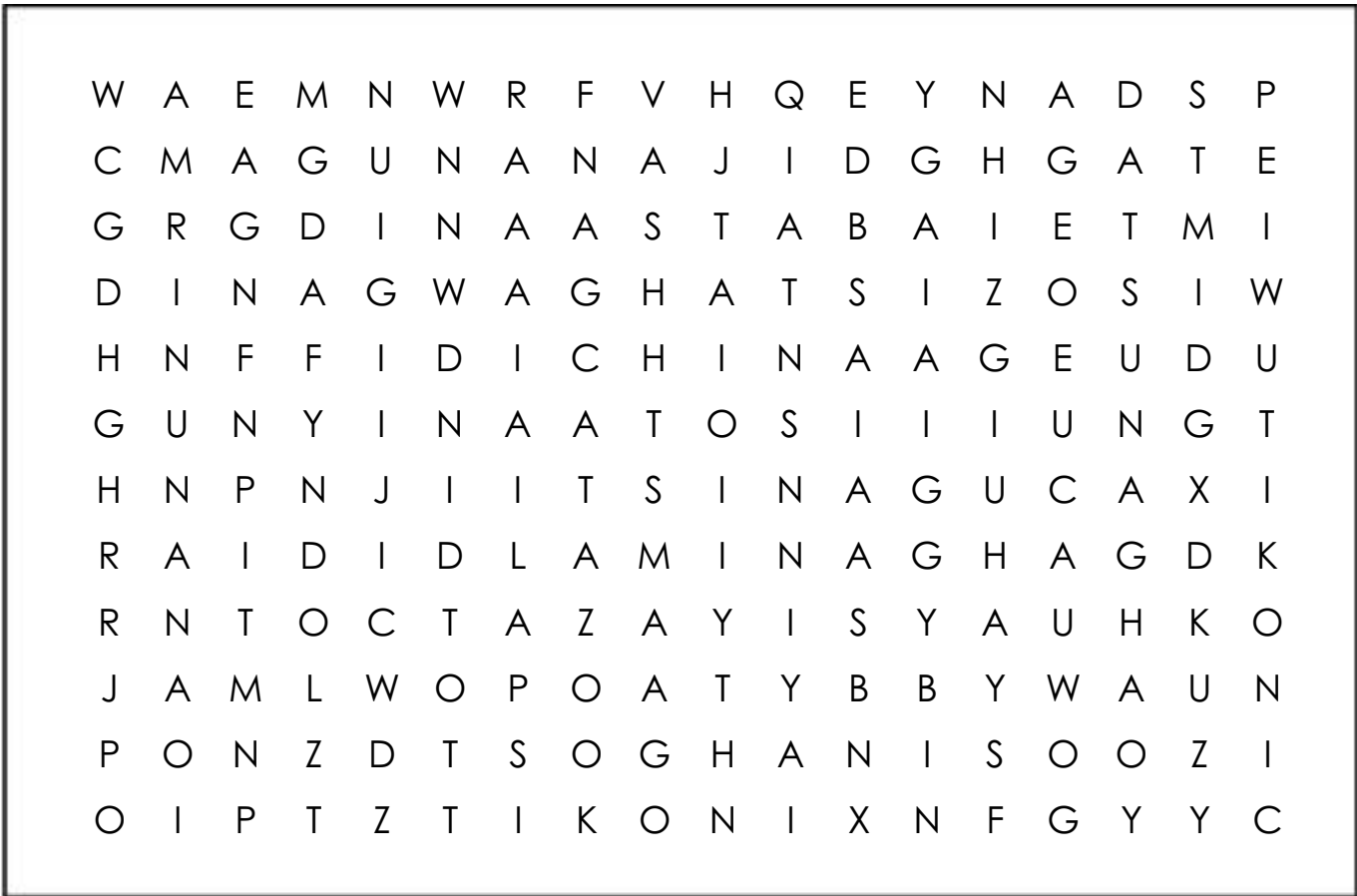
and be able to experience third world countries with people that cannot live the kind of life we take for granted. I think we should be fundraising in general to help families in need by building small homes by our own students and/or helping people have access to clean water (there are many organizations out there that help people with accessing clean water. Ex: P&G Purifier of Water Packet). I think we could even go as far as helping small reserves with water and housing. I think with starting programs like this, crime and gang violence will go down drastically, the youth will experience what they need to know, obtain valuable skills and knowledge and have the opportunity to see the world. Bringing back their experiences and want to put value back within the nation.

Can you share an entertaining memory?

One of the days that we had come back from building our homes, some of the girls and I were walking through the bay area of the missionary residence and something big had been flying around and hitting the ceiling and windows and doors, when it had landed we all screamed cause we figured out it was a bat. And when we started running a lot of us had forgotten that there was a step before the hallway leading out of the bay and we ended up tripping and squishing each other, it was quite the mess.

Let's fill this map with pins Tsut'ina! If you've taken a profound trip you would like us to profile, let us know! communications@tsutina.com

TSUUT'INA GUNAHA INSTITUTE WORDSEARCH



IWU THKONI Sweet tooth

DINA AST'A Scarecrow

SOGHANISOOZ You scared me

NANA Monster

TS'UNAGHA Ghost

GWAGHA TS'IZOSI Frighten

IDIDLA MINAGHA Dracula

TAZAYISYA† Midnight

IDICHINAA Dress up

MAGUNANAJID Scary

ITS'INA-GU Skeleton

THKONI Candy

UPCOMING EVENTS AT THE GREY EAGLE EVENT CENTRE

KENNY ROGERS
(COUNTRY SINGER)

SUN. OCT 16

BOYZ II MEN
(R&B VOCAL GROUP)

TUE. OCT 18

**OUR LADY
PEACE AND I
MOTHER EARTH**
(ALTERNATIVE)

FRI. OCT 19

AIR SUPPLY(SOFT
ROCK)

FRI. OCT 21

THE 1975
(ENGLISH ROCK
BAND)

SUN. OCT 23

**CALGARY STAMP-
EDERS CHARITY
POKER TOURN.**

MON. OCT 24

**TERRI CLARK:
BACK TO MY
ROOTS SOLO
ACOUSTIC TOUR**

THURS. OCT 27

**BUSH W/ THEORY
OF A DEADMAN**

(ROCK BAND)
SAT. OCT 29

**HALLOWEEN
HOWLER**

SAT. OCT 29

TO PURCHASE EVENT TICKETS Call 1-866-943-8849 | ticketbreak.com/greyeagle | visit the Grey Eagle Resort and Casino gift shop



DIT'ONIK'ODZA
LIMITED PARTNERSHIP



October HOROSCOPE

Find your spirit animal below to see what the month of October 2016 has in store for you



so you say it's your birthday

TS'OOSI

Sept 22 - Oct 22

Who knows what might happen this month but it's definitely time to step up and speak your mind. Grab the mic, make a little love, get down tonight! But all fun aside, you need to be tight with your money as an unexpected bill is coming up. So cut those coupons, recycle old outfits- steal from your parents closet if you have to, and most importantly stash mints from restaurants so you don't have to buy candy this Halloween!

NADUZAGHA

Oct 23 - Nov 22



Lush bath bombs are in major need right now, go out and buy a nice fizzle ball and relax in the bath. Just be careful with your devices around the water, you are not Uncle Fester and you know not to have those toys around the bath!

DIT'ONI

Nov 23 - Dec 21



Pokemon is a good group costume, but never mind that Dit'oni, you and your squad should go dressed as the Brady Bunch, everyone thinks you and your group are related anyways.

GOOJI

Dec 22 - Jan 19



Welcome back Wednesday Addams, you're finally feeling something. Perhaps a new relationship? Get out there and find that Gomez to your Morticia. Ain't nothing like some good 'ol arm kisses

NAMIYI

Jan 20 - Feb 18



Are you tired of only ever posting photos of cats in sweaters on facebook? Do you buy frozen meals for one? Are you crying right now? Well this is... awkward. Good news is this Halloween is going to be blast for you, dress up as something fun and you'll have fun.

MAZINI

Feb 19 - Mar 20



"What was that?" You definitely zipped by in the grocery store, other customers had no idea it was you because you are so driven to get what you want. A baracuda also zips past to catch its prey so maybe a fish costume is the best choice for you this year.

BUUS

Mar 21 - Apr 19



Pretending to be a kid to get candy again this halloween? We all see you knocking on those doors. Well,

never stop Buus, unless it's a red light, please break for pedestrians while you're out trick-or-treating.

MICHADIKODI

Apr 20 - May 20



Have you sorted through your sock drawer yet? People are starting to talk about your never matching feet. What about that closet you've been meaning to go through? Get in there, just be careful of the skel-etons! You have a lot of them but double score, you'll probably find a couple costumes too!

GUYANI

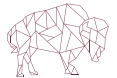
May 21 - Jun 20



'Please don't embarrass me like last year.' are what your "friends" say but you don't embarrass anyone, you make parties come back from the dead! So go charm the heck out of that half naked devil and make a pregnant nun blush! This Halloween will be your best one yet.

XANI-TII

Jun 21 - Jul 21



It's time to make like Dracula and stay in so you don't leave anymore victims. This Halloween is best spent inside, maybe you could read a romance novel, maybe about a horse or if you really want, maybe it's a good year to dress up as a horse and hand out candy.

TLICH'A

Jul 22 - Aug 21



You have tons of ideas to voice, you're like the walking pinterest, and you should definitely share your ideas, make a youtube channel and shine shine shine.

NINAGHA

Aug 22 - Sept 21



Typical nerd, always following routines and being a decent citizen, but this actually makes you a good person so keep being a nerd, no costume needed for you this year.

Proudly brought to you by Dit'onik'odza Limited Partnership and Guja Nats'iyini'hi Board. Fun Fact: Shining Stars Awards are a fun annual event hosted by the Charities department to celebrate those who complete their reports on time, if you have reports to submit, get them in now and don't miss out on the fun!

REFRESHED

FREE HIP-HOP ARTS PROGRAM

REVIVE

RESTORE

REBUILD



Ages 13-18

Free Dinner

Learn and create together - all skill levels welcome!

EVERY TUESDAY: 5-8PM
STARTING OCT 4, 2016
BULLHEAD COMMUNITY CENTRE
TSUUT'INA NATION



RAP
BREAKING
DJ-ING
GRAFF
BEATBOX
MEDIA

Info and registration: garett.simeon@tsuutina.com
megan.twoguns@tsuutina.com

WWW.RE-FRESHED.CA