

RED DEER NATIVE FRIENDSHIP SOCIETY

4808 51 AVE, RED DEER, AB T4N 4H3


friendship@rdnfs.com Phone: (403) 340-0020

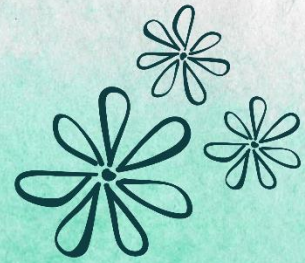
Fax: (403) 342-1610

**DECEMBER
NEWSLETTER**



DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 Woman's Wellness (zoom) 9:30-11:30 SCIS Walk In 9:00-12:00 & 1:00-2:00 Youth Wellbriety 4:30-6:30	3 Wahkohtowin Wetaskiwin 10:00-1:00	4 Wahkohtowin 9:30-11:30 Thunderbird Learners 11:00-12:00 @RDPL Womens Wellness 3:30-5:00 Wellbriety 6:00-8:00 Spirit Seekers 3:00-4:30	5 Wahkohtowin Traditional Parenting Rocky Mountain House (Time TBA)	6 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00 Kindman 5:00-7:00	7 Thunderbird Learners 11:00-12:00 @RDPL Celebrating Families 12:00-3:30	8
9 Woman's Wellness (zoom) 9:30-11:30 SCIS Walk In 9:00-12:00 & 1:00-2:00 Youth Wellbriety 4:30-6:30	10 Wahkohtowin Wetaskiwin 10:00-1:00	11 Wahkohtowin 9:30-11:30 Thunderbird Learners 11:00-12:00 @RDPL Womens Wellness 3:30-5:00 Wellbriety 6:00-8:00 Spirit Seekers 3:00-4:30	12 Office Closed	13 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00 Kindman 5:00-7:00	14 Thunderbird Learners 11:00-12:00 @RDPL Celebrating Families 12:00-3:30	15
16 Woman's Wellness (zoom) 9:30-11:30 SCIS Walk In 9:00-12:00 & 1:00-2:00 Youth Wellbriety 4:30-6:30	17 Wahkohtowin Wetaskiwin 10:00-1:00	18 Wahkohtowin 9:30-11:30 Thunderbird Learners 11:00-12:00 @RDPL Womens Wellness 3:30-5:00 Wellbriety 6:00-8:00 Spirit Seekers 3:00-4:30	19 Wahkohtowin Traditional Parenting Rocky Mountain House (Time TBA)	20 Office Closed For The Afternoon Kindman 5:00-7:00	21 Thunderbird Learners 11:00-12:00 @RDPL Celebrating Families 12:00-3:30	22
23 Woman's Wellness (zoom) 9:30-11:30 SCIS Walk In 9:00-12:00 & 1:00-2:00	24 Wahkohtowin Wetaskiwin 10:00-1:00 Wellbriety 6:00-8:00	25 Office Closed	26 Office Closed	27 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00 Kindman 5:00-7:00	28 Thunderbird Learners 11:00-12:00 @RDPL Celebrating Families 12:00-3:30	29
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**The National Day of
Remembrance and
Action on Violence
Against Women**

December 6





CULTURAL CONNECTIONS

Life, Death, and Immortality: Storytelling in the Oral Tradition Bee Henry

As winter comes to blanket the Land in snow, the world stutters to a halt. Gone are the geese on their vacation to the South, and hibernating in the warm belly of Mother Earth are the busy bees and scurrying gophers. As creation settles into Winter's rest, the physical world grows still. However, do not be fooled by these silent nights! In the space and quiet of the long, dark, cold winter, there is tremendous room for self reflection, allowing for change and movement towards the warm and loving centre of one's spirit. To help cultivate inner warmth and ensure survival, humans throughout history have used Winter as a time to gather and share. In many traditional Indigenous communities, storytellers wove webs of inspiration and wisdom, sharing the vast history of the cosmos and its children. Although written stories have come to dominate the world today, there is— and always has been— tremendous power in the oral tradition and spoken word.



CULTURAL CONNECTIONS

In Cree and Metis tradition, winter stories were told for a few reasons. Firstly, stories helped keep the community engaged and entertained through the quiet months, and secondly, they reinforced community values, history, and expectations. Storytellers were revered not only for their sharp memory, but also their ability to weave compelling and adaptive narratives.

In the written word we are familiar with today, stories are unyielding; no matter which version you read, Mary Shelly's Dr.

Frankenstein will always hate his creation, and William Shakespeare's star crossed lovers will always meet a tragic end. However, the same cannot be said for the oral tradition. A good storyteller is not bound by the strict limitations of syntax or rhetorical correctness. Instead, they will use their voice to breathe life into their story, emphasising the spirit of the story over all else. What's more, is that the lessons of the stories are allowed– and even encouraged– to adapt to the needs of the audience. A good storyteller will know the right story to share at the right time, and a great storyteller will know how to bend– without breaking– their chosen story to make the greatest impact on their listeners.



CULTURAL CONNECTIONS

In some Indigenous communities, stories are living things; they exist alongside us, finding form in our breath and homes in our hearts. Because of this, the life of a story can be very lengthy. As long as the story is told and remembered it will survive, and in this way, the spirit of a story can live forever, earning immortality through the love and breath of generations. In the same way a story can find eternal life through being spoken and shared, so too can a story meet its permanent end when it is suppressed and eventually forgotten.

As Turtle Island changed to include the nations we now know as Canada and the United States, so too did the ways of the people. From around 1885 to 1951, it was illegal for Indigenous peoples in Canada to openly practice their cultures and engage in traditional ceremonies like Sundance, Potlatch, and the Pipe. Because of the criminalization of Indigenous ways of life, many of the old traditions and teachings went underground in an effort to save them from colonial violence, and many of the stories went quiet, fading out of memory. However, despite the danger Indigenous communities faced to gather and celebrate their identity; despite the countless Indigenous children that were stolen from their families during the Sixties Scoop and Indian Residential Schools; despite the intentional historic efforts to eradicate Indigenous peoples and culture, some of the stories survived. The ancestral wisdom we have access to today was largely preserved because of the stories that refused to die; the stories that found form in the hushed whispers from kokums to their grandchildren, and homes in the broken hearts of grieving families. The oral tradition persisted, and it is because of this persistence that the stories– the wisdom; the teachings; the traditions; the people– were able to survive.



CULTURAL CONNECTIONS

At times, storytelling can be utterly terrifying. Whether it is a traditional or personal story, it can be hard to know if the spirit of the story will be respected when it is heard or retold by others. Moreover, sharing anything – stories; history; ideas – can be a vulnerable experience that potentially opens one up to rejection or criticism. From an Indigenous perspective, the hesitation surrounding story sharing takes on additional meaning when one considers the historic role storytelling played in preserving Indigenous culture, history, and identity. During the dark times for Indigenous peoples in Canada, sharing a story with the wrong crowd at the wrong time could prove to be a fatal mistake, so keeping the cards of one’s story close to their chest – and teaching their descendants to do the same – made a great deal of sense within Indigenous communities. However, while it is important to know that some stories are meant to be heard by as few ears as possible, it is also important to remember that living stories must be shared in order to survive. Despite the discomfort and vulnerability that can at times seem inherent to the act of sharing, there are some stories that must be told and remembered. Stories of fact – like those we hear from survivors of the Indian Residential Schools or the Holocaust – must be shared if we are to preserve the spirits of accountability, truth, and understanding. Stories of fiction – like those we hear from creatives and cultural revivalists – must be shared if we are to preserve the spirits of expression, imagination, and hope for the future.



CULTURAL CONNECTIONS

The voices of our ancestors teach us the role we play in the life cycle of a story, and they show us our responsibility in preserving the stories we wish to see walking alongside and guiding our future generations.

Although the physical world around us slows to a deadening halt in Winter, this is an opportunity to ensure the non physical worlds within us– our mental, emotional, and spiritual selves– grow and thrive. This is an opportunity to resurrect stories that were once thought dead and gone; to revitalise old stories that are beginning to fade away; to empower new stories that are still developing into their final form. Winter is the season of inner movement and change, so as the snow settles over the Land, dig into the loving depths of your spirit and allow the stories of your lineage to flow through and warm you.

International Day

of Persons with Disabilities

The International Day of Disabled Persons aims to promote the rights and well-being of persons with disabilities



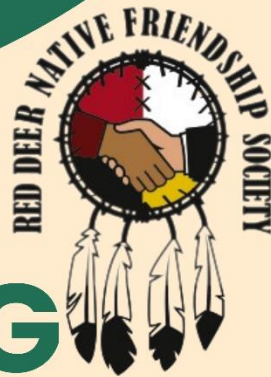
December 3





**Beading Poppies At
Lindsay Thurber**






LITTLE PAWS CHILDMINDING


Safe and Caring Childcare Services

Our Service:

Free culturally centered childminding for all participants in the Four Directions programs.

CONTACT US

 (403) 340-0020

 sasha@rdnfs.com


Alberta
Government



**paranormal
investigation**







Wichewakan Youth Wellbriety

**JOIN US MONDAY'S
4:30-6:30 P.M.
4808 51 AVENUE, RED DEER**

- Weekly Meetings
- One-on-One sessions
- Monthly Field Trips
- Quarterly Family Events



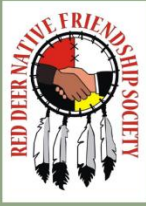
To Register



Funded by:



**For more information
call (403) 340-0020
or email Anne at
anne@rdnfs.com**



SECURED CERTIFICATE OF INDIAN STATUS & INDIAN STATUS REGISTRATION



**Monday & Fridays
Walk - Ins**

9:00am- 2:00pm

Office closed from 12:00pm-1:00pm

Every Tuesday 4:00pm - 7:00 pm by Appointment
please contact Landi at 825-989-6488

If applying for Indian Status Registration You will need the following documents: **(If you don't have government picture I.D you will need a signed guarantor form)**

- Original long form Birth Certificate (both parent's name must be on it)
- **Two** pieces of I.D. (Health Care card or government Photo I.D. such as drivers license &/or Alberta Identification)
- Knowledge of your history background (parents and grandparents)

For any questions or
to book an
appointment please
contact:

(825) 989-6488

landi@rdnfs.com

4808-51 Avenue

Red Deer

If applying for a **Secured Status** you will need **two** of the following government Identification :

- Birth Certificate
- Health Care Card
- Driver's/Identification Card
- Know your Treaty Number



Government
of Canada

Gouvernement
du Canada

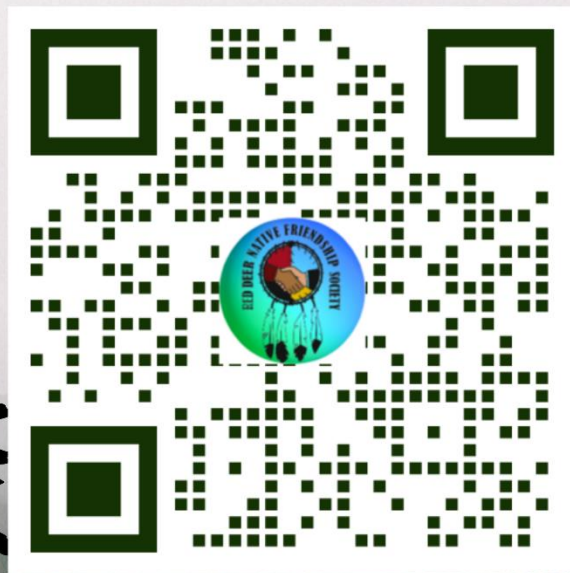
Canada



RDMAS
DRUM WORKSHOP







INSTAGRAM :

@REDDEERFRIENDSHIP

TWITTER :

@RDNFSTWT

FACEBOOK PAGE :

@REDDEERFRIENDSHIP

OR

RED DEER NATIVE FRIENDSHIP SOCIETY - RDNFS

TIKTOK :

@REDDEERNFS

Ages 14 - 24

YOUTH ON THE LAND



anfca
alberta native friendship
centres association

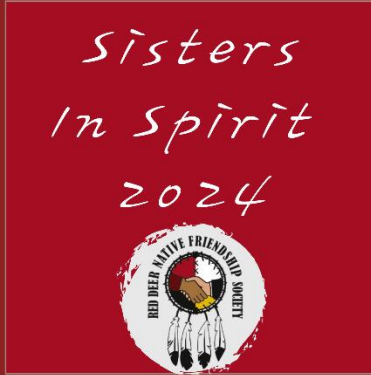


Youth can learn about:

- Ceremony
- Growing and Harvesting Medicines
- Being an Elder's Helper
- Storytelling
- Tipi Teachings
- Sweat Lodge Teachings

Youth can participate in:

- Sweats
- Field Trips
- Sports Events
- Meet Indigenous Mentors
- Mentoring Youth
- Supporting community seniors





AFTERNOON OF CRAFTING

A BIG THANK YOU TO ALL THE AMAZING INDIVIDUALS THAT ATTENDED!





Red Deer's Friendship Marketspace Inc. is a social enterprise designed to support RDNFS' community based programs through partnerships with local small businesses, artists, and organizations.

The Friendship Shop recognizes the need for unrestricted funding within social programming to allow for access of services and supports, we are therefore committed to directing profits back into the community by uplifting the sales and impacts of our partners.



Visit our website to learn more & to shop our products!

friendshipshop.ca





NEW



BOOKS & BANNOCK

Book Club

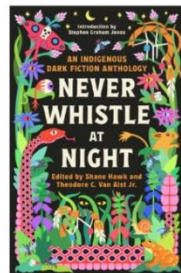
Downtown Branch
Tuesdays, September 17, October 15,
November 19, December 10
6:30 p.m.- 7:30 p.m.

Join the Red Deer Native Friendship Society and library staff for this new book club to discuss books by Indigenous authors. Explore the history, culture and experiences of Indigenous and Two Spirit peoples.

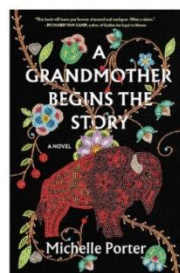
Selections available in multiple formats.



September
VenCo
by Cherie Dimaline



October
Never Whistle at Night
edited by
Shane Hawk



November
A Grandmother Begins the Story
by Michelle Porter



December
Crow Winter
by Karen McBride



SCAN HERE FOR BROCHURES

Red Deer Native Friendship Society



Email friendship@rdnfs.com for brochures
if unable to use QR code



BROCHURES:

- RDNFS INFO
- FOUR DIRECTIONS
- PIMĀCIHOWIN HOUSING PROGRAM
- NANĀTAWIHOWIN CULTURE TEAM
- NANĀTAWIHOWIN TWO-SPIRIT PROGRAM



EVERYONE FROM THE RED DEER
NATIVE FRIENDSHIP SOCIETY
WOULD LIKE TO WISH YOU A



*Happy
Holidays*

AND WONDERFUL NEW YEAR





December 10

HUMAN RIGHTS DAY

HUMAN RIGHTS
ARE NOT OPTIONAL

HELP SPREAD AWARENESS



RDNFS Campfire With Spooky Stories 





WELLBRIETY

Join Us Every **Wednesday**
@ **6 pm MST**

 **Red Deer Native Friendship Society**
4808 51 Avenue, Red Deer, AB

**Need childminding?
We got you covered.**

Free culturally centered
childminding available as
part of our Little Paws
program.

Parents who require this service should arrive
15 min. early. NO admissions after 6pm.

Graciously funded by:





Wahkohtowin Parenting Program



Our Relatives, the Red Deer Native Friendship Society are offering a parenting program that promotes balanced families through healthy conversations and supportive circles. Using Medicine Wheel, the program provides parents and families with tools to:

- Promote family wellbeing
- Improve parenting coping abilities & address behaviors which may place a child, family or community at risk.

Refreshments will be provided

To register Contact
Asokewin Friendship Centre
403-845-2788
4917 52nd Street
Rocky Mountain House,
Alberta T4T 1B4

FALL CYCLE STARTING
October - December
Thursdays 2pm to 4pm

Email: ayaa@rdnfs.com

Funded by

Alberta

Sweat Lodge Ceremony



A sweat lodge is a spiritual ceremony for healing and prayer led by a community Elder/Older who has the responsibility of leading the ceremony. They have earned the traditional teachings of language, song, traditions, and protocol through years of intentional time and effort. Participating in sweat lodge ceremony is a mental, physical, emotional and spiritual journey.

Modest attire shows respect and humility by honoring the ancestors being called on during the ceremony.

Our flannel sweat lodge gowns offer the perfect attire for sweat lodge ceremonies by ensuring comfort meets modest respect for traditional practices.

Please order using this google form or QR code:

<https://forms.gle/G4sPQSBYVMVbVJjs6>





**A BIG THANK YOU TO ALL THE INDIVIDUALS
THAT ATTENDED OUR BLANKET EXERCISE &
FEAST ON SEPT 30TH**



COMMUNITY RESOURCE CONTACT *list*

AISH/INCOME SUPPORT: 1-866-644-5135

AISH FAX: 403-506-8205

CARE FOR NEWCOMERS: 403-346-8818

C.A.W.E.S: 403-346-5643

DAY SHELTER: 403-342-1505

FASD NETWORK: 403-342-7499

FOOD BANK: 403-343-1770

JOHN HOWARD SOCIETY: 403-343-1770

MUSTARD SEED: 403-347-1844

OUTREACH SAFE HARBOUR: 403-877-7222

POTTER'S HANDS SOUP KITCHEN: 403-349-4246

PREGNANCY CARE NETWORK: 403-343-1619

RED DEER OUTREACH CENTER: 403-347-2480

RED DEER SOUP KITCHEN: 403-341-4470

SAFE HARBOUR: 403-347-0181

SALVATION ARMY: 403-340-0625

