

**OCTOBER
NEWSLETTER**

RED DEER NATIVE FRIENDSHIP SOCIETY

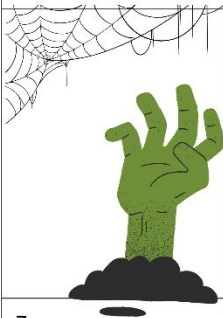


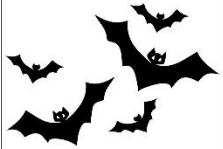




4808 51 AVE, RED DEER, AB T4N 4H3

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

Fax: (403) 342-1610



OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
	<p>1 Office Closed</p>	<p>2 Wahkohtowin 9:30-11:30 Thunderbird Learners 11:00-12:00 @RDPL Womens Wellness 3:30-5:00 Wellbriety 6:00-8:00</p>	<p>3 Wahkohtowin Traditional Parenting Rocky Mountain House (Time TBA)</p>	<p>4 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00 Sisters In Spirit 5:00</p>	<p>5 Thunderbird Learners 11:00- 12:00 @RDPL Celebrating Families 12:00-3:30</p>	<p>6</p> 
<p>7 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</p>	<p>8 Wahkohtowin Wetaskiwin 10:00-1:00</p> 	<p>9 Wahkohtowin 9:30-11:30 Thunderbird Learners 11:00-12:00 @RDPL Womens Wellness 3:30-5:00 Wellbriety 6:00-8:00</p>	<p>10 Wahkohtowin Traditional Parenting Rocky Mountain House (Time TBA)</p>	<p>11 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00</p>	<p>12 Thunderbird Learners 11:00- 12:00 @RDPL Celebrating Families 12:00-3:30</p>	<p>13</p>
<p>14 Office Closed</p> 	<p>15 Wahkohtowin Wetaskiwin 10:00-1:00 Book Club @RDPL 6:30- 7:30</p>	<p>16 Wahkohtowin 9:30-11:30 Thunderbird Learners 11:00-12:00 @RDPL Womens Wellness 3:30-5:00 Wellbriety 6:00-8:00</p>	<p>17 Wahkohtowin Traditional Parenting Rocky Mountain House (Time TBA)</p>	<p>18 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00</p> 	<p>19 Thunderbird Learners 11:00- 12:00 @RDPL Celebrating Families 12:00-3:30</p>	<p>20</p>
<p>21 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</p>	<p>22 Wahkohtowin Wetaskiwin 10:00-1:00</p> 	<p>23 Wahkohtowin 9:30-11:30 Thunderbird Learners 11:00-12:00 @RDPL Womens Wellness 3:30-5:00 Wellbriety 6:00-8:00 Halloween Party 5:00-8:00</p>	<p>24 Wahkohtowin Traditional Parenting Rocky Mountain House (Time TBA)</p>	<p>25 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00</p>	<p>26 Thunderbird Learners 11:00- 12:00 @RDPL Celebrating Families 12:00-3:30</p>	<p>27</p>
<p>28 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</p>	<p>29 Wahkohtowin Wetaskiwin 10:00-1:00</p>	<p>30 Wahkohtowin 9:30-11:30 Thunderbird Learners 11:00-12:00 @RDPL Womens Wellness 3:30-5:00 Wellbriety 6:00-8:00</p>	<p>31 Wahkohtowin Traditional Parenting Rocky Mountain House (Time TBA)</p>			

Women's History Month



In 1992, the Government of Canada designated October as Women's History Month, marking the beginning of an annual celebration of the outstanding achievements of women and girls throughout Canada's history.



The Superstition Tradition: Indigenous Folklore and the Western World

Bee Henry

As the leaves fall from their branches and build intricate displays of red, yellow, orange, and brown, the Earth exhales and leans into surrender. The magic of autumn is nearly impossible to deny; time seems to move differently, the air feels crisp, and for many, the season calls to mind images of ghouls and strange bumps in the night. Much of what ancient humans understood as “magic” has since been categorized and picked apart by modern curiosities; the old mysteries broken down to their base parts and remade into something more easily defined. The world today often prides itself on its ability to understand the unfathomable, and thanks to modern advances, we now know why the Northern Lights dance and the thunder roars. Partially due to this exploration of the mind, many ancient stories and cultural expectations across Turtle Island and the rest of the world have been relabeled by modern people as “folklore” or “superstitions,” creating a degree of separation from the old ways. However, as we continue to feed our ever-evolving intelligence, it is important that we remember and carry forward the time-honored wisdom of our ancestors. As modern people, we may understand— as our ancestors did not— that pinning a feather in our hair does not change our odds of getting struck by lightning, but regardless of what we know today, there is value in being curious and learning about why our ancestors believed otherwise. By observing our ancestors through the superstitious and folkloric lenses that influenced their lives, we may be able to better understand the attitudes, values, and beliefs of those that came before us and how we may build a healthy future that integrates both contemporary intellect and traditional wisdom.



CULTURAL CONNECTIONS

In the modern world and popular culture, superstitious and folkloric beliefs tend to carry little weight; gone are the days when whistling at night was an invitation for evil and broken mirrors promised seven years of bad luck. However, regardless of how unusual some superstitions may seem today, it is important to remember that the people who practiced these traditions– and passed them on to their children– did so for a good reason. Consider, for example, ghost and boogeyman stories. In Metis folkloric tradition, a number of cannibal spirits– called kaamoowachik in Michif– lurked in the forest and waited for human victims to consume. It was said that some kaamowachik would lure people into the woods by pretending to be a human in need, while others would observe community events from afar and later return to punish the selfish, greedy and misbehaved.

These stories were often told to children and community members during the Winter season, and these stories served a dual purpose. On one hand, Winter stories– like those about the various Metis kaamoowachik– helped keep people entertained during the long cold months, and on the other hand, the stories taught

valuable life lessons and reiterated community expectations. For example, if the children were afraid of getting lured away and eaten by a hungry kaamoowachik in the night, they would be more likely to stay safe within the firelight. Similarly, if they were afraid of being punished for greed or poor behaviour, the children would learn to reinforce the sharing principle and act respectfully towards others.



CULTURAL CONNECTIONS

As a social tool, folklore, cultural taboos, and superstitions can be used to both uplift and shut down community behaviour. For example, it was considered rude in Metis communities not to have hot tea and bannock ready for visitors, and many believed that dropping a dishrag was a sign that company was on the way and it was time to start baking. The dishrag superstition helped enforce Metis values of community care and sharing, but as the Metis were forced underground and many learned to deny their cultural identity, this superstition took on new meaning. The expectation to offer hot tea and bannock did not change when the Metis went underground, but in this new world, they knew that sharing bannock with non-Indigenous guests– and subsequently “outing” themselves as Indigenous– could spell death for the family. Because of this, a new tradition was created: the tradition of “hiding the bannock” when non-Indigenous visitors came over. With this adaptation, the sharing of bannock with non-Indigenous people became a Metis taboo, and as is the nature with cultural taboos, many Metis people directed their feelings of shame and disgust inward towards themselves or outwards towards their culture. Similarly, traditional Metis believed that playing fiddle music with alternate tuning was not only bad luck, but it was also an invitation for the Devil– called Li Jhyaab in Michif– to come and take you away. The belief about alternate tuning was upheld by Catholic Priests and was used to enforce religious prohibitions, such as the playing of Metis dance music at prohibited times.



CULTURAL CONNECTIONS

Understanding the superstitious and folkloric traditions of our ancestors can offer us tremendous insight into their lived experiences and history, and from this insight, modern people may find comfort and direction. One does not need to believe that a dropped dishrag promises company in order to practice community care, nor does one need to believe the kaamooachik stories in order to believe that the forest is a scary place in the middle of the night. People today may not find the same value in folklore and superstitions as our ancestors did, and although some of their practices may fall to the wayside of modern life, there are nuggets of wisdom that can be carried forward to support our overall well being. As we step into the hauntingly liminal space of Autumn, let us remember to honour the ghosts of ancestors' past, and carry their wisdom forward as we navigate our ever-evolving world.



Jim Agecutay
Memorial Jam



October 1

INTERNATIONAL DAY OF OLDER PERSONS



A Celebration of Growing Up

THE DAY IS CELEBRATED ANNUALLY TO RECOGNIZE THE CONTRIBUTIONS OF OLDER PERSONS AND TO EXAMINE ISSUES THAT AFFECT THEIR LIVES. THIS DAY PROVIDES AN OPPORTUNITY TO ACKNOWLEDGE THE CONTRIBUTION, WISDOM, DIGNITY AND NEEDS OF OUR SENIOR CITIZENS AND TO REDEDICATE OUR EFFORTS TO ENSURE THEIR WELL-BEING.

BEAR DESIGN



\$35

**\$5 OFF
FOR A
LIMITED
TIME!!**



TURTLE ISLAND DESIGN



\$30



DANCING GIRL DESIGN



\$15



OCTOBER IS HISPANIC
HERITAGE MONTH
A MONTH DESIGNATED
TO RECOGNIZE AND
HONOUR THE
ACCOMPLISHMENTS
AND CONTRIBUTIONS OF
MEMBERS OF THE
LATIN-AMERICAN
COMMUNITY IN OUR
SOCIETY.





ISLAMIC HISTORY MONTH



ISLAMIC HISTORY MONTH IS
A TIME TO REFLECT,
CELEBRATE, LEARN, AND
APPRECIATE THE DIVERSITY
WITHIN CANADA'S MUSLIM
COMMUNITIES.



**OCTOBER 11 IS INTERNATIONAL
DAY OF THE GIRL CHILD**

A DAY DEDICATED TO
CELEBRATING THE VOICES AND
POWER OF GIRLS, CHAMPIONING
THEIR RIGHTS WORLDWIDE, AND
REFLECTING ON THE
CHALLENGES THEY CONTINUE TO
FACE BECAUSE OF THEIR GENDER.



THE RED DEER NATIVE FRIENDSHIP SOCIETY

THUNDERBIRD

LEARNERS



Honouring the 7 Grandfather Teachings



Come and learn with us through play and storytelling. Help do your part in caring for each other, Mother Earth and her animals.

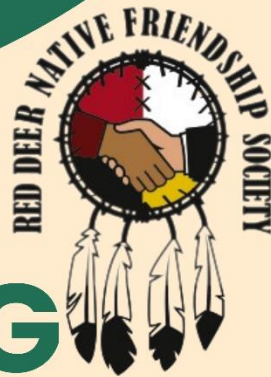
Register through the Red Deer Public Library

Saturday's from 11am-1pm
Red Deer Public Library
Room Location TBA

Email or call Ayaa
ayaa@rdnfs / (403) 340 0020
for more information



Ages 3-6 & Ages 7-12




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

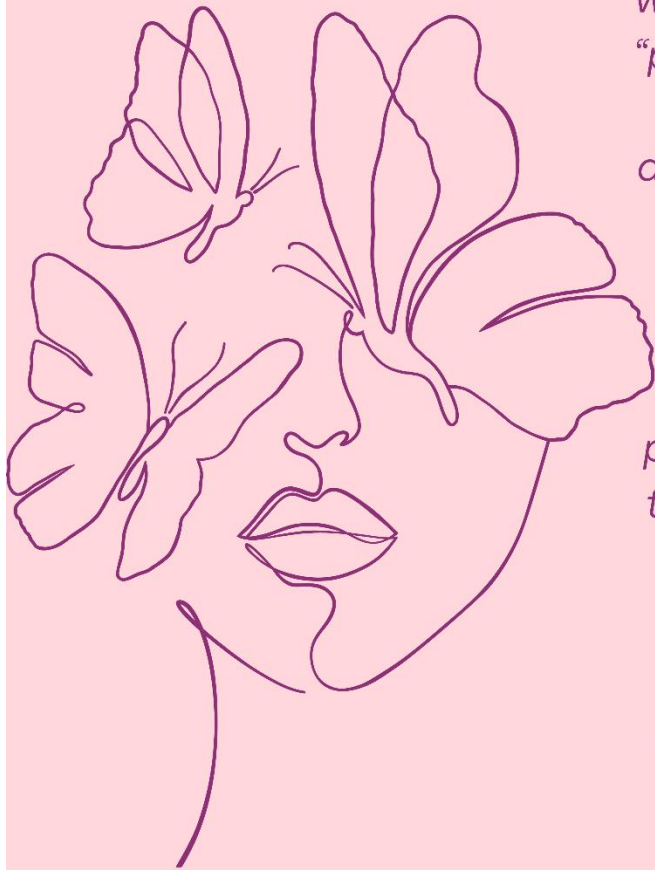
 sasha@rdnfs.com


Alberta
Government



October 18

Persons Day in Canada



It marks the day in 1929 when the historic decision to include women in the legal definition of “persons” was handed down by Canada’s highest court of appeal. This gave some women the right to be appointed to the Senate of Canada and paved the way for women’s increased participation in public and political life. Though this decision did not include all women, such as Indigenous women and women of Asian heritage and descent, it did mark critical progress in the advancement of gender equality in Canada.

GERMAN HISTORY MONTH

PROCLAIMED IN 2016, GERMAN HERITAGE MONTH IS CELEBRATED IN OCTOBER WITH AN EMPHASIS ON THE NINE-DAY BUILD UP TO OKTOBERFEST. THE MONTH SERVES AS CHANCE TO CELEBRATE GERMAN CULTURE AND THE CONTRIBUTIONS OF GERMAN-CANADIANS.





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**



SECURE CERTIFICATE OF INDIAN STATUS/BAND REGISTRATION



Walk - Ins Welcome!

Monday & Fridays

9:00am- 2:00pm

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

Evening Appointments

Every Second Tuesday 4:00pm - 7:00pm

If applying for **Band Registration** (not already registered within a band) You will need the following documents:

- Original long form Birth Certificate (parent's name must be on it)
- One piece of I.D. (Health Care card or Photo I.D.)
- 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 one of the following:

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



Government
of Canada

Gouvernement
du Canada

Canada

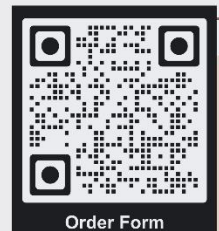
New Product Sale

LATERAL KINDNESS SHIRTS

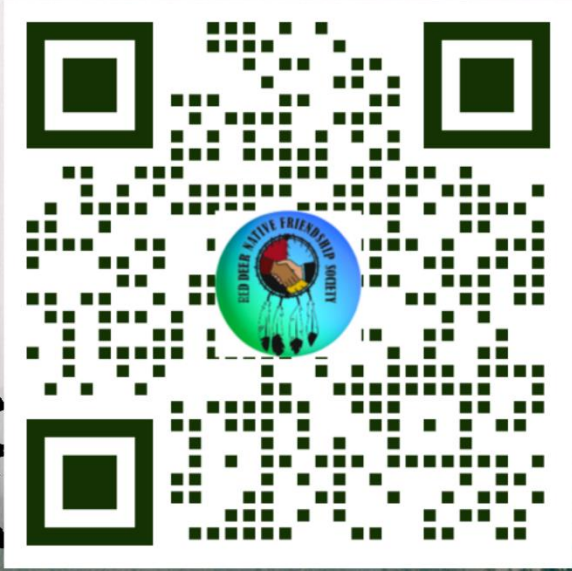
\$26.25



FOR MORE INFORMATION ON
AVAILABLE COLORS, SIZES, AND
STYLES PLEASE EMAIL
FRIENDSHIP@RDNFS.COM OR
CALL 403-340-0020



National Association
of Friendship Centres
Association nationale
des centres d'amitié



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



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
- 
- 



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



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

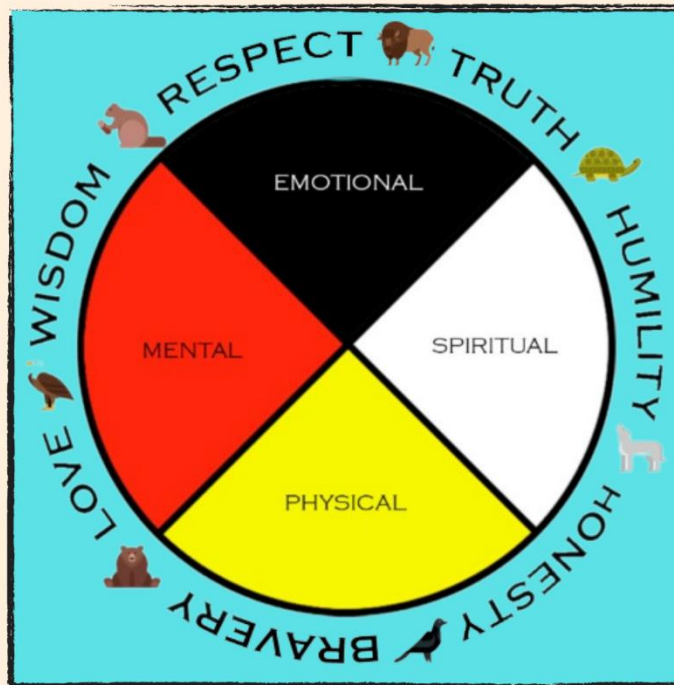


The Red Deer Native Friendship Society presents:

THUNDERBIRD LEARNERS



HONOURING THE 7 TEACHINGS



Please register through the Red Deer Public Library

We will be catering to multiple age groups including 3-6yrs and 7-12 yrs.

Room Location TBA

SATURDAYS | 11AM TO 1PM

For more information please contact Ayaa at ayaa@rdnfs.com or (403) 340 0020



NATIONAL COMING OUT DAY



October 11th

**Together, let's create a world
where everyone can love
freely and authentically. Join
us in this journey of love,
understanding, and respect.
Together, let's make a
difference and make every
day a Pride Day!**



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>





Happy Halloween



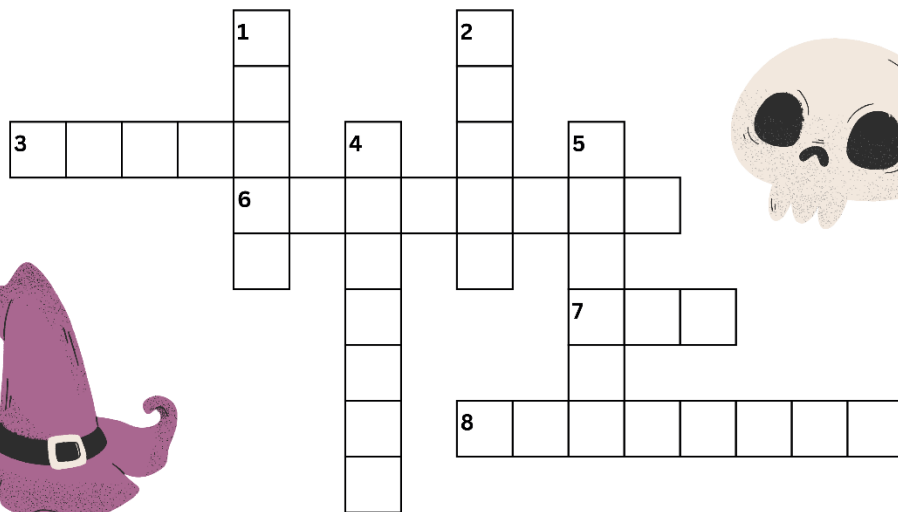
Did you know trick-or-treating has existed since medieval times.



HALLOWEEN CROSSWORD



Read the clues and fill in the crossword grid.



Across

3. A see-through, friendly or spooky spirit that can float around during Halloween.
6. A big, bubbling pot that witches use to cook their magical potions.
7. A flying animal that comes out at night and looks like a mouse with wings.
8. The bones inside your body, or a spooky, bare-bone figure used for Halloween decorations.

Down

1. A person who dresses up in a pointy hat and flies on a broomstick, often seen during Halloween.
2. Sweet treats like chocolates and lollipops that make you happy.
4. A big orange vegetable that's perfect for making spooky faces on Halloween.
5. A pretend monster that looks like a person but acts really slow and funny, like in the movies.

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

