



**AUGUST
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



AUGUST



MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5 Heritage Day Office Closed	6	7 Wellbriety 6:00-8:00	8 Office Closed	9	10	11
12 Woman's Wellness (zoom) 9:30-11:30 Youth Wellbriety 4:30-6:30 Two Spirit Day	13	14 Wellbriety 6:00-8:00	15 Afternoon Of Crafting 1:00-4:00	16	17	18
19 Woman's Wellness (zoom) 9:30-11:30 Youth Wellbriety 4:30-6:30	20	21 Wellbriety 6:00-8:00	22	23	24	25
26 Woman's Wellness (zoom) 9:30-11:30 Youth Wellbriety 4:30-6:30 Celebrating Families Summer Camp 9:30-4:30	27 Celebrating Families Summer Camp 9:30-4:30	28 Celebrating Families Summer Camp 9:30-4:30 Wellbriety 6:00-8:00	29 Celebrating Families Summer Camp 9:30-4:30	30 Celebrating Families Summer Camp 9:30- 4:30	31	



CULTURAL CONNECTIONS

Need, Greed, and Reciprocity: The Honourable Exchange

Bee Henry

With the vitality of Grandfather Sun and the nourishment of Mother Earth, many plant beings are preparing to share their fruit, seeds, and medicines with the rest of creation. Saskatoons, strawberries, and raspberries are plump with juice, and with each passing day, apples, corn, and squash ripen on the vine. Almost as if by magic, the gifts of food and medicine reliably grow from the earth, and reliably, us humans take these gifts with open hands and smiling mouths. We, like young children, can take these gifts— and the abundance of time, energy, and love that goes into creating them— for granted, and like young children, we do not always know how to act in the spirit of reciprocity. For this reason, some Indigenous peoples say that humans are the younger brothers of creation, and as such, we must observe our older siblings— the rest of creation— to learn how to be in a good way.



CULTURAL CONNECTIONS

Bear– our courageous relative– will eat rose hips from the thorned limbs of wild roses, and after a few days of digestion, will pass and spread the seeds around the forest. Through the act of receiving their food, Bear commits to giving the future generations of roses a chance to spread, grow, and thrive. Some day, those seeds might grow into rose bushes that will feed future generations of bears, and if not, they will feed current generations of birds, small mammals, and insects. Bear and Rose Bush understand that in order to survive the present moment, one must be open to receiving gifts from others, and likewise, to give without expectation is to secure a livable world for future generations. Bear could not live without the help of Rose Bush to provide vital nutrients, nor could Rose Bush grow in a healthy way without the help of Bear to spread its seeds. To give and receive without expectation is the core of healthy reciprocity, and the relationship between Bear and Rose Bush proves this is true.



CULTURAL CONNECTIONS

It seems easy for beings like Bear and Rose Bush to give and receive in such a way; Rose Bush knows its responsibility is to grow tasty rose hips, and Bear knows its responsibility is to eat them. What, then, about us humans?

In a world that encourages us to consume and take in excess, it is easy to lose sight of giving, and if we are not offering fruit like Rose Bush or planting seeds like Bear, then what does reciprocity look like? In her book *Braiding Sweetgrass*, Robin Wall Kimmerer writes that “... we are each endowed with a particular gift... [that has] a dual nature: a gift is also a responsibility. If the bird’s gift is song, then it has a... duty... to sing and the rest of us [have a duty] to receive the song as a gift.” (p. 347). Kimmerer suggests that reciprocity— both giving and receiving— is a sacred responsibility that is tied to the gifts we are each imbued with.



CULTURAL CONNECTIONS

Rose Bush– gifted with beautiful flowers and medicinal fruit– offers its abundance freely because it understands that to give is to receive. As it gives fragrant flowers and sweet nectar, Rose Bush receives the cross–pollination it needs to grow fruit and seeds. From the gift of pollination,

Rose Bush creates the gift of food for beings like Bear, who– through the act of receiving– offers Rose Bush and its children the gift of a secure future. Rose Bush understands that its gifts are important, and it honours its responsibility to engage in healthy reciprocity with the rest of creation. Without giving the gifts of flowers, fruit, and seeds, many beings would go hungry, and without receiving the gifts of rain, sun, and pollination, Rose Bush would not be able to use its gifts at all. If we humans wish to engage in healthy reciprocity with the rest of creation, we must follow the example of Rose Bush and consider our responsibility to the rest of creation. In *Braiding Sweetgrass*, Kimmerer remarks that, “asking what is our responsibility is perhaps also to ask, What is our gift? And how shall we use it?”



CULTURAL CONNECTIONS

Kimmerer suggests that humans share the gift of language, and as such, it is our shared responsibility to connect with each other and the world around us. Just as Bear understands the power of its courage, and Rose Bush understands the power of its medicine, we humans must understand there is power in our words. And, just like Bear and Rose Bush, we have a responsibility to do something with the gifts we have access to. If we are to follow the example of our older siblings– the rest of creation– then our responsibility becomes abundantly clear: what we must do with our gift is give it away.

To give the gift of language might look– as it does for Kimmerer– like writing, teaching, or public speaking. For others, it may be more similar to encouraging a friend, sharing a passion, or telling your life story.

Regardless of how you do so, when you take responsibility for the gift of language, you stand to give and receive in abundance! Sharing your gift might offer authenticity, love, and healing to the world around you, just as it might see you gain perspective, wisdom, and understanding from others. It is important to remember that– just as Rose Bush is gifted with more than just flowers– you are gifted with more than just language. Your hands might help you to plant seeds in the soil; your voice might help you sing your children to sleep; your feet might help you dance with the wind; your eyes might help you observe the relationship between Bear and Rose Bush. Each part of creation is uniquely equipped to support the rest of creation, and just like our older siblings, us humans carry important gifts that deserve– and desperately need– to be shared. This summer, let's honour our role as the younger brothers of creation and learn from our older siblings how to share our gifts, receive those from others, and be in a good way.

CONGRATULATIONS

*To Our New Executive
Director!*

*Nadette
Agecoutay*

SUCCESS ISN'T
ALWAYS ABOUT
GREATNESS. IT'S
ABOUT
CONSISTENCY.
CONSISTENT
HARD WORK
LEADS TO
SUCCESS.
GREATNESS WILL
COME.
—DWAYNE
JOHNSON





A Huge Thank You To Lianne Hazell
For The Years Of Serving Our
Community As Our Fearless
Executive Director!! Your Hard
Work & Dedication Has Not Gone
Unnoticed!



Emancipation Day — August 1

Emancipation Day marks the actual day in 1834 that the Slavery Abolition Act of 1833 came into effect across the British Empire. Canadians are not always aware that Black and Indigenous Peoples were once enslaved on the land that is now Canada.

Those who fought enslavement were pivotal in shaping our society to be as diverse as it is today.

Therefore, each August 1, Canadians are invited to reflect, educate and engage in the ongoing fight against both anti-Black and anti-Indigenous racism and discrimination. Emancipation Day celebrates the strength and perseverance of Black communities in Canada.



NATIONAL ACADIAN DAY

August 15th



THE ACADIAN PEOPLE, PIONEERS AND BUILDERS OF THE COUNTRY, HAVE CELEBRATED ACADIAN DAY ON AUGUST 15 SINCE 1881, THE YEAR IN WHICH THE FIRST NATIONAL ACADIAN CONVENTION WAS HELD IN MEMRAMCOOK, NEW BRUNSWICK. THE NATIONAL ACADIAN DAY ACT WAS PASSED BY THE GOVERNMENT OF CANADA IN 2003. NATIONAL ACADIAN DAY IS AN OPPORTUNITY TO CELEBRATE ACADIAN CULTURAL VITALITY IN CANADA.

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RED DEER NATIVE FRIENDSHIP SOCIETY



GHOST WALK 2024





YOUTH ART SHOWCASE



**RED DEER NATIVE
FRIENDSHIP SOCIETY**

**CALLING ALL TWO SPIRIT,
INDIGIQUEER, AND YOUTH ARTISTS
(AGES 14-24)**

*How do you want to be represented in
community?*

Submit art in any form!

Every medium of art is valid and accepted.

Give it voice!

Showcase your art and build your portfolio.

*Build community awareness, education,
representation, and visibility.*

*Create our next Two Spirit Program swag or
participate in social enterprise initiatives.*

Win prizes including gift cards, swag, and more!

*Please email emilee@rdnfs.com for more
information*



SCAN THE QR CODE TO
FILL OUT OUR GOOGLE
FORM!



Alberta
Government





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:

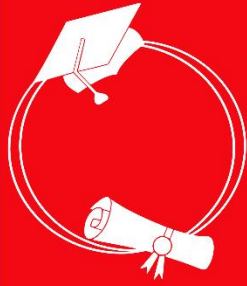


**For more information
call (403) 340-0020
or email Anne at
anne@rdnfs.com**



CREE CLASS GRAD





CONGRATULATIONS

"LEARNING ANOTHER LANGUAGE IS NOT ONLY LEARNING DIFFERENT WORDS FOR THE SAME THINGS, BUT LEARNING ANOTHER WAY TO THINK ABOUT THINGS."
-FLORA LEWIS



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.

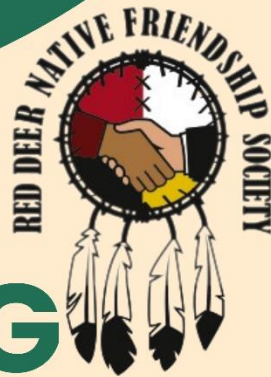
Register through the Red Deer Public Library

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



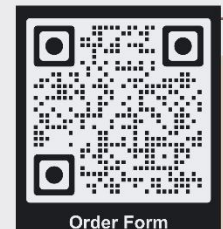
New Product Sale

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



A BIG THANK YOU TO EVERYONE THAT
ATTENDED OUR LANYARD MAKING
WORKSHOP!

DANCING GIRL DESIGN



\$15



TURTLE ISLAND DESIGN



\$30



2024 Highland Games



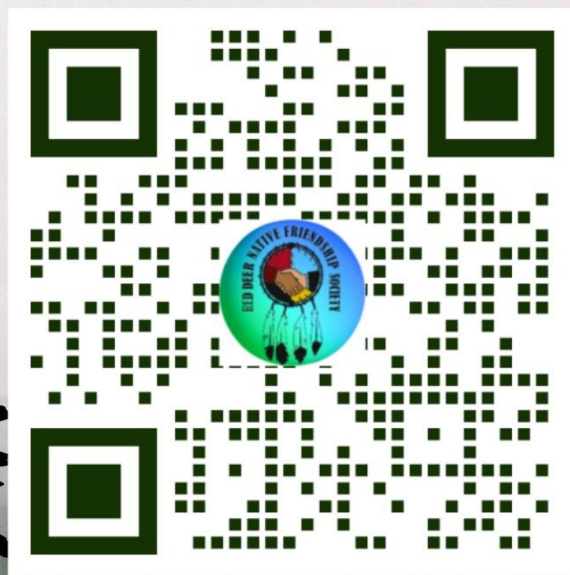
77TH ANNUAL RED DEER HIGHLAND GAMES!
A BIG THANK YOU TO THE EVENT ORGANIZERS





A BIG THANK YOU TO EVERYONE THAT ATTENDED OUR BEADING CLASS!





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

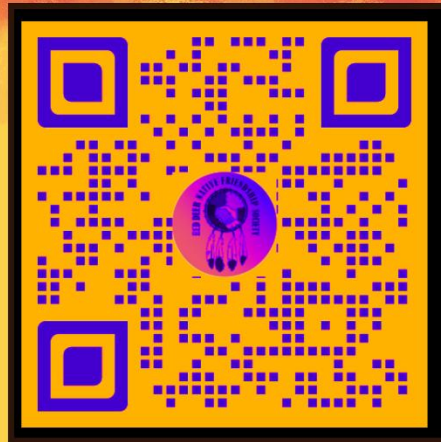
Youth can participate in:

- 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**



Celebrating Families! summer day camp

For the whole family: parents and children

July 02 to 06 @ Asooahum 9:30am to 4:30pm
July 22 to 26 | August 26 to 30 @ Red Deer Public Library 9:30am to 4:30pm

For families who are having trouble due to substance use



Activities:
Healthy Living Sessions | Arts & Crafts | Traditional Games | Snacks & lunch provided | Celebration at the end of the week | Giveaway for families that attend to graduation.

Register Online Today

For more information:
Contact Melissa at melissa@rdnfs.com , 403-3400020



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>



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

