



**SEPTEMBER  
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



# SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 Office Closed	3	4 Thunderbird Learners 11:00-12:00 @RDPL Wellbriety 6:00-8:00	5	6	7 Thunderbird Learners 11:00-12:00 @RDPL	8
9 Woman's Wellness (zoom) 9:30-11:30 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 Wellbriety 6:00-8:00	12 Office Closed	13 Woman's Wellness 2:00-4:00	14 Thunderbird Learners 11:00-12:00 @RDPL	15
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30 Woman's Wellness (zoom) Office Closed						



NATIONAL DAY FOR  
**TRUTH &**  
RECONCILIATION

SEPT  
30

**DATE:**  
**SEPTEMBER**  
**30TH**

**TIME: KAIROS BLANKET**  
**EXERCISE AT 9:00 AM**  
**FEAST STARTS AT**  
**NOONISH**

**LOCATION: FORT**  
**NORMANDEAU**

**CONTACT INFORMATION:**  
**RED DEER NATIVE**  
**FRIENDSHIP SOCIETY**  
**PHONE: 403-340-0020**  
**EMAIL: [KELLEY@RDNFS.COM](mailto:KELLEY@RDNFS.COM)**

# Honouring the Children Feast & Blanket Exercise

Join us for a meaningful day of reflection, learning, and community at the Honouring the Children Feast & Blanket Exercise. Start your day with the powerful KAIROS Blanket Exercise at 9:00 AM, an interactive exercise that tells the true history of the Indigenous people in Canada. Followed by a traditional Feast starting around noon, where we will come together to honour the children who didn't return home from the Indian Residential Schools. A complimentary shuttle service will be available to transport attendees to and from Fort Normandeau. All are welcome to participate in this enriching experience.



## CULTURAL CONNECTIONS

### **Orange Shirt Day - The National Day for Truth and Reconciliation**

**September 30 is a day of remembrance, teaching and healing from the suffering caused by the Canadian residential school system. Residential school survivor Phyllis Webstad is the inspiration behind 'Orange Shirt Day'. Phyllis was 6 yrs old in July of 1973 when her grandmother took her to buy an outfit to wear for her first day of school. 'I chose a shiny orange shirt; it had a string laced up in front and was so bright and exciting'. When Phyllis arrived at St. Joseph's Mission Residential School, the nuns stripped her of all of her belongings, including her orange shirt. 'No matter what I did, no matter how much I cried, they wouldn't give it back. I never got to wear my shirt again.'**

**'The colour orange has always reminded me of that...how my feelings didn't matter, how no one cared and how I felt like I was worth nothing.' For Phyllis, that orange shirt not only represented a piece of home, it was a reminder of the traumas and experiences that went along with it. The shirt also represented her culture, freedom and self esteem, all of which were stripped away by the nuns at these schools.**



Ran by churches, but funded by the Canadian government, residential schools were rife with physical, mental and sexual abuse, neglect and other forms of violence. Over 150,000 Indigenous children were forced to attend these schools between the late 1800s and 1990s. During their operation, it is estimated that anywhere from 4,100 to 6,000 of those children died. The last residential school officially closed in 1996.

In 2013, Chief Fred Robbins (another former St. Joseph's Mission Residential School student) started Orange Shirt Day to ensure all residential school survivors were never forgotten. Members of local government, various community officials and leaders, Tribal Council, school districts and former students all came together to remember and reconcile the realities of Canada's past. 'September 30 was chosen because it represents the time of year school starts and when the children were taken away from their families.' The goal was to educate people about Canadian residential schools and to remember the many losses experienced by thousands of Indigenous children, their families and their communities. September 30 is an annual day of remembrance, teaching and healing from the suffering committed against Indigenous children at residential schools. It's a day for survivors to tell their stories and for us to listen with open hearts.'

## CULTURAL CONNECTIONS

In June 2021, the Canadian government passed Bill C-5, making September 30 a federal statutory holiday; The National Day for Truth and Reconciliation was established as a response to the Truth and Reconciliation Commission of Canada's Calls to Action, which called for the establishment of a national day to honour the survivors of residential schools and to promote awareness, understanding, and reconciliation between Indigenous and non-Indigenous peoples in Canada.



## CULTURAL CONNECTIONS

What can you do?

Wear Orange - Wearing orange is a symbol of respect and mourning

Educate yourself - Take the time to learn about the history of Canadian residential schools. Understand the depth of the suffering and the long-lasting impact on Indigenous communities

Listen and learn from survivors - If you have the opportunity, listen to the stories of residential school survivors. Their firsthand accounts provide invaluable insights into the experiences and the resilience of Indigenous peoples

Advocate for change - Advocate for changes in education, policy, and government actions that promote reconciliation and address the ongoing inequalities faced by Indigenous communities

Engage in difficult conversations - Engage in open and respectful conversations with family and friends about the legacy of residential schools

# Berry Picking With RDNFS







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.

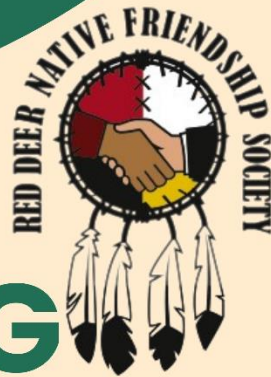
Register through the Red Deer Public Library

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](mailto:sasha@rdnfs.com)

  
Alberta  
Government



# RDNFS IN THE WESTERNER DAY PARADE





# DANCING GIRL DESIGN



**\$15**



# TURTLE ISLAND DESIGN



**\$30**





# 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**



SEPTEMBER 28 OF EVERY YEAR MARKS  
BRITISH HOME CHILD DAY IN CANADA.



BETWEEN 1869 AND 1932, OVER 100,000  
CHILDREN WERE SENT FROM BRITAIN TO  
CANADA THROUGH ASSISTED JUVENILE  
EMIGRATION. THESE MIGRANTS ARE CALLED  
"HOME CHILDREN" BECAUSE MOST WENT FROM  
AN EMIGRATION AGENCY'S HOME FOR  
CHILDREN IN BRITAIN TO ITS CANADIAN  
RECEIVING HOME. THE CHILDREN WERE  
PLACED WITH FAMILIES IN RURAL CANADA.



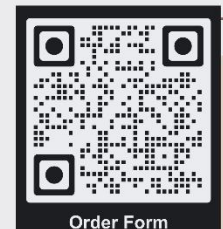
# New Product Sale

## LATERAL KINDNESS SHIRTS

\$26.25




FOR MORE INFORMATION ON  
AVAILABLE COLORS, SIZES, AND  
STYLES PLEASE EMAIL  
[FRIENDSHIP@RDNFS.COM](mailto:FRIENDSHIP@RDNFS.COM) OR  
CALL 403-340-0020



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



AFTERNOON OF  
**BEADING**  
WITH THE RED DEER NATIVE  
FRIENDSHIP SOCIETY



# PRIDE IN THE PARK!!



A big thank you to  
all the amazing  
individuals that  
made this event a  
huge success!



# TWO SPIRIT DAY!!



A BIG THANK YOU TO ALL THE  
WONDERFUL INDIVIDUALS THAT  
ATTENDED OUR EVENT!



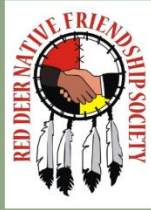
# Gender Equality

Gender equality, also known as gender justice, is the view that all people should receive equal treatment and not be discriminated against based on their gender identity.



Gender Equality Week  
September 22 – 28





# 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

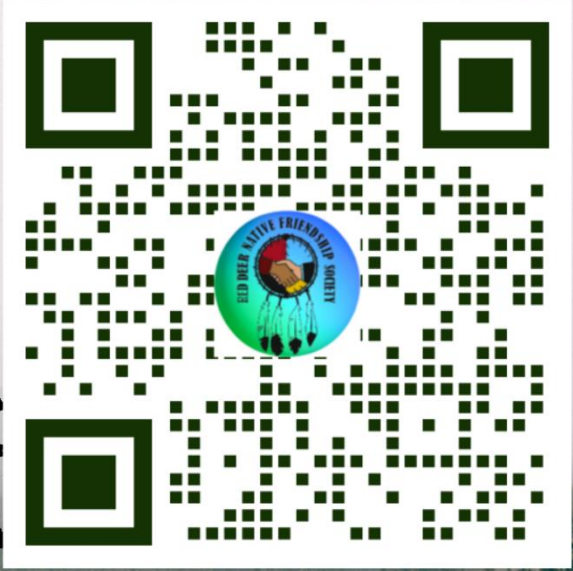
# Canada

The 2nd week in  
September is Mennonite  
Heritage Week.

**Mennonite Heritage Week  
recognizes Mennonite  
resilience, cultural production,  
and peacemaking efforts.**







**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

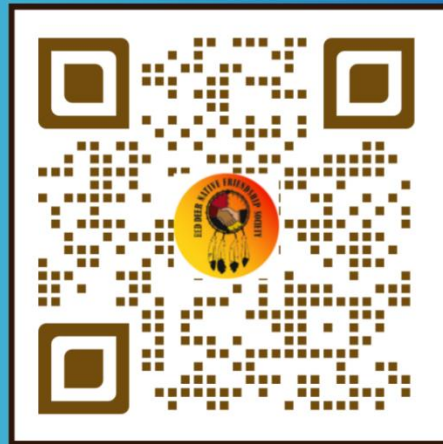
### Youth can participate in:

- 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](mailto: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**

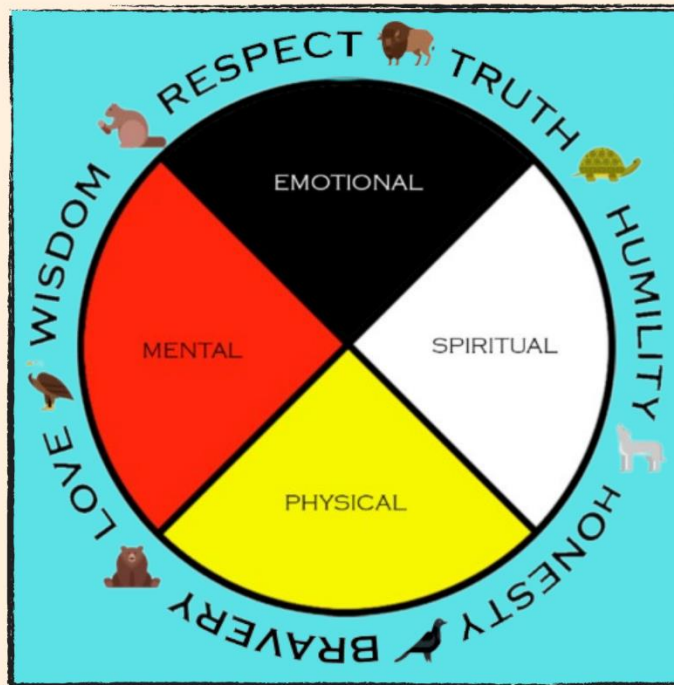


The Red Deer Native Friendship Society presents:

# 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](mailto:ayaa@rdnfs.com) or (403) 340 0020



# Wear Orange for Truth and Reconciliation

September 30

NATIONAL DAY FOR  
TRUTH AND RECONCILIATION

In commemoration of the National Day for Truth and Reconciliation, let's wear orange and express our support for the survivors of the residential schools and the children who didn't come home.

The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.



# Crystals Word Search

U K I I C D B E U C Y J Z Z D  
H J R M J Q A P C L H W A Q Y  
C O U P E F M A I E O M L D L  
D B B Q I A E H T A W A K O E  
L S Y D U E T V R R L L P P Y  
O I A I G R H O I Q I A Y M G  
C D H M V R Y R N U T C R O O  
B I P I B H S V E A E H I O F  
G A J P R E T Y V R Q I T N L  
D N L M O B R H V T U T E S O  
R O S E Q U A R T Z J E K T U  
U I K M L F J M C O A E V O R  
Z N C A R N E L I A N S I N I  
Y S P C L N S E L E N I T E T  
C F R B Y V Y W I O P A L X E

Clear Quartz

Rose Quartz

Moonstone

Opal

Malachite

Carnelian

Obsidian

Jade

Amethyst

Selenite

Howlite

Flourite

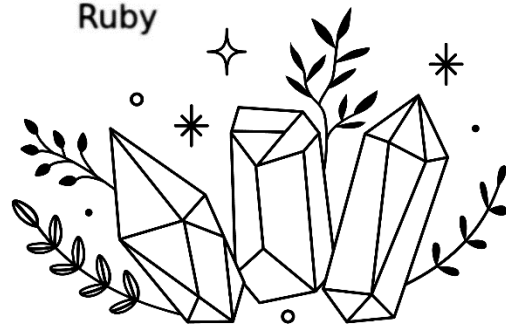
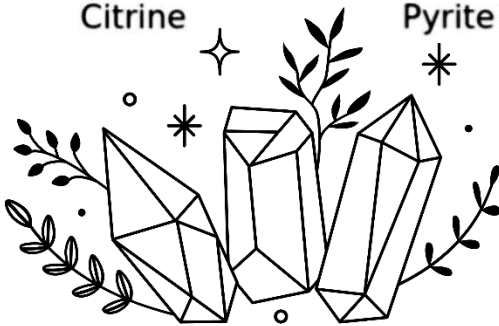
Druzy

Amber

Citrine

Pyrite

Ruby



# COMMUNITY RESOURCE CONTACT *list*

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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

