



**JANUARY
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



January



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

		<p style="text-align: right;">1</p> <p>Office Closed</p>	<p style="text-align: right;">2</p> <p>Office Closed</p>	<p style="text-align: right;">3</p>	<p style="text-align: right;">4</p>	<p style="text-align: right;">5</p>
<p style="text-align: right;">6</p> <p>SCIS Walk In & 9:00-12:00 & 1:00-2:00</p>	<p style="text-align: right;">7</p>	<p style="text-align: right;">8</p> <p>Wellbriety 6:00-8:00</p>	<p style="text-align: right;">9</p> <p>Office Closed</p>	<p style="text-align: right;">10</p> <p>SCIS Walk In 9:00-11:30 Office Closed at 12:00</p>	<p style="text-align: right;">11</p>	<p style="text-align: right;">12</p>
<p style="text-align: right;">13</p> <p>SCIS Walk In & 9:00-12:00 & 1:00-2:00 Youth Wellbriety 4:30-6:30</p>	<p style="text-align: right;">14</p>	<p style="text-align: right;">15</p> <p>Wahkohtowin 9:30-11:30 Wellbriety 6:00-8:00</p>	<p style="text-align: right;">16</p>	<p style="text-align: right;">17</p> <p>SCIS Walk In 9:00-11:30 Office Closed at 12:00</p>	<p style="text-align: right;">18</p>	<p style="text-align: right;">19</p>
<p style="text-align: right;">20</p> <p>SCIS Walk In & 9:00-12:00 & 1:00-2:00 Youth Wellbriety 4:30-6:30</p>	<p style="text-align: right;">21</p> <p>Book Club 6:30-7:30</p>	<p style="text-align: right;">22</p> <p>Wahkohtowin 9:30-11:30 Wellbriety 6:00-8:00</p>	<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p> <p>SCIS Walk In 9:00-11:30 Office Closed at 12:00</p>	<p style="text-align: right;">25</p> <p>Celebrating Families 12:00-3:30</p>	<p style="text-align: right;">26</p>
<p style="text-align: right;">27</p> <p>SCIS Walk In & 9:00-12:00 & 1:00-2:00 Youth Wellbriety 4:30-6:30</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p> <p>Wahkohtowin 9:30-11:30 Wellbriety 6:00-8:00</p>	<p style="text-align: right;">30</p> <p>Afternoon of Crafting 1:00-4:00</p>	<p style="text-align: right;">31</p> <p>SCIS Walk In 9:00-11:30 Office Closed at 12:00</p>		



CULTURAL CONNECTIONS

Reflections on Bison, Respect, and Balance

Bee Henry

In a time before farm fences broke up the land and over hunting reduced the population, gigantic herds of bison– sometimes referred to as buffalo– would travel the woods and grasslands of Turtle Island. Indigenous peoples including (but not limited to) the Cree, Blackfoot, Kainai, Piikani, Tsuu T’ina, and Metis relied on the Buffalo Hunt to fill many of their needs, and before their brush with extinction in the 1880s, bison was a primary food and material resource for the Indigenous peoples of the plains. There was little to no waste when processing a bison. The meat would often be dried and turned into pemmican for long-term storage; the sinew would be processed into a thread-like binding for practical and decorative uses; the bones were turned into tools, and the hide was turned into clothing and shelter. Indigenous peoples trusted that their needs would be met by the bison, and as such, many communities held deep respect for the animal. In fact, of the Seven Sacred Grandfather teachings– love; courage; truth; wisdom; respect; honesty; humility– it is our relative the bison who carries the teaching of respect.



CULTURAL CONNECTIONS

The Elders will often say that, “to honour all of creation is to have respect,” and bison taught our ancestors that this is true. Bison understood that they had a responsibility to honour the rest of creation, and a part of that honouring work involved great sacrifice.

As a primary food and material resource for Indigenous communities, bison knew that it was– in part– their responsibility to help provide for those that relied upon them in a respectful way. Just like the wolves and bears, Indigenous peoples needed to hunt other creatures in order to survive, and just like the wolves and bears, Indigenous peoples were careful to take only what they needed and make the most of what they had. In this way, bison’s life and sacrifice taught that there is respect and honour in being mindful of the balance of all living things, and that to find creative solutions to avoid waste is to show respect for creation. Moreover, a successful bison hunt would ensure that there was more than enough food and material to share with the community, and it was almost guaranteed that everybody would get something that they truly needed.

Through the lessons of their body and spirit, bison became a powerful tether that held Indigenous communities and ways of life together, demonstrating that through respect, there is a way for all beings to get what they need while working to maintain the sacred balance of creation.



CULTURAL CONNECTIONS

In the early 1800s, settlers described that a single bison herd could include tens of thousands of animals. However, due to extreme over-hunting, it is suspected that there were less than one hundred bison left on Turtle Island by the end of the century. The near complete annihilation of the bison in less than one hundred years was a devastating blow to the First Nations and Metis communities that relied on them, and many people faced famine, starvation, and death as a result. In fact, the destruction of the bison herds and the food security crisis that emerged as a result is cited as one of the primary reasons First Nations leaders in the prairies agreed to sign the numbered treaties; many had hoped that joining with the Canadian government would help make a bad situation better.

In the one-hundred forty years since the near extinction of the bison, Indigenous peoples have endured great restrictions. After the numbered treaties were signed, many Indigenous communities were secluded on reservations which individuals were not permitted to leave without approval from their government appointed Indian Agent, restricting their freedom of movement. At the same time, traditional ceremonies like the Pipe, Potlatch, Smudge, and Sundance were criminalized, restricting their freedom of religion. It was illegal for Indigenous peoples to gather and talk about their rights and government, restricting their freedoms of expression and peaceful protest. Many of the Charter Rights and Freedoms Canadian citizens enjoy were outright denied to Indigenous communities until the 1950s, and even then, the 60s Scoop and Indian Residential School system worked to ensure Indigenous cultures and ways of life remained suppressed.



In some Indigenous communities, bison keeps watch over the Northern direction and carries with them some of the most difficult lessons. When we look to bison in the North, we find them in the depths of Winter; the season of restriction. As the cold settles over the land and it becomes difficult to meet basic needs, the focus turns from the abundance of Autumn to the survival of Winter. This is why creatures like Canada Geese and Monarch Butterflies will migrate South during the cold months; facing the storms, famine, and extreme temperatures of Winter is not possible for them. However, the same cannot be said for our relative the bison— called paskwâwi-mostos in Plains Cree. Of all the creatures on Turtle Island, paskwâwi-mostos is one of the few that will turn to face a winter storm head on, withstanding blizzards with the help of their thick coat and close knit community. Paskwâwi-mostos is renowned for their endurance and perseverance, standing strong in their ability to survive in the face of extreme conditions and loss. As the holder of the sacred teaching of respect, paskwâwi-mostos reminds us humans of our responsibility to maintain the sacred balance of creation, and especially in the modern world, acts as a warning against ecological devastation, greed, and wastefulness.



CULTURAL CONNECTIONS

With the cost of food and living continuing to rise, many Albertans are feeling a sense of restriction. Budgets are tightening, grocery lists shortening, thermostats lowering, and work hours lengthening as people struggle to meet their needs. In the depths of these hard times, it can be difficult to maintain a sense of hope and look forward to brighter days. However, it is important to remember that just as paskwâwi-mostos endures, so can us humans. Now, that is not to say that we should “live, laugh, love” our way through hard times and ignore the realities of the suffering we face, but rather, that we should follow the example of paskwâwi-mostos and move through hard times like they do. Just as paskwâwi-mostos gathers their warm coat and loved ones around them in the cold seasons of restriction, so too can we rely on our personal gifts and community members to warm and support us. And, just as the Indigenous peoples of the plains used and shared the entirety of paskwâwi-mostos with each other, so too can we practice sharing with our community to make sure that everyone gets what they truly need. As we navigate this season of restriction, take the time to build up your community by visiting with your neighbours and loved ones; donating to your local food bank and shelter spaces (please give them a phone call or check their website to inquire about their donation process first); stopping in to check out local programs, events, markets, and activities, and— this one can be hard— allowing yourself to be cared for and supported by those who love you. In times like these, community is our strongest resource, so let us follow the example of our relative paskwâwi-mostos and choose to respect our responsibility to maintain the balance of creation.



Oh, and in case you were wondering: Today, wild Plains and Wood bison are still considered threatened species in Canada with an estimated 12,200 individuals roaming free in national parks and other protected areas. However, thanks to conservation efforts, there are approximately 134,646 domestic bison living on farms across the country.



Winter Word Search



Can you find the words hidden in the puzzle?

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

SNOWMAN

SNOW

SWEATER

SKIING

SNOWBALL

COLD

SCARF

FLAKE

HOT CHOCOLATE

COAT

MITTENS

FREEZE



HAPPY NEW YEAR



May every second of the new
year be filled with happiness
and new hopes



2025





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.

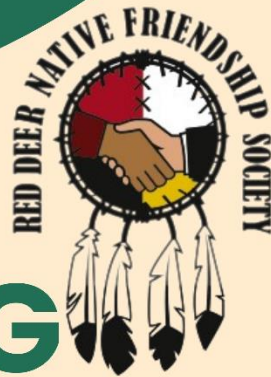
Register through the Red Deer Public Library

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





Rattle Making Workshop







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:



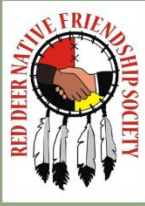
**For more information
call (403) 340-0020
or email Anne at
anne@rdnfs.com**

International Holocaust Remembrance Day

January 27th

Today we remember more than 6 million Jewish men, women and children who were murdered in the Holocaust, hundreds of thousands of Romani and Sinti who were killed and persecuted and countless others who suffered the horrors and atrocities of the Nazi regime. We also pay tribute to those who survived this unfathomable tragedy, pledge to keep their memories alive and preserve the truth for generations to come. The Holocaust was the state-sponsored persecution and mass murder of millions of European Jews, Romani people, the intellectually disabled, political dissidents and homosexuals by the German Nazi regime between 1933 and 1945.





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



Canada

January 29 of Every Year as a National Day of Remembrance of the Québec City Mosque Attack and Action against Islamophobia



Six individuals were killed and 19 individuals were injured by a gunman who entered the Islamic Cultural Centre of the City of Québec shortly after the end of evening prayers on January 29, 2017 and opened fire.

This act of terror devastated the families and friends of the victims, Muslim communities in Quebec, across Canada and around the world, and all Canadians.

It is important that Canadians have an opportunity to honour the memory of the victims, to recognize those who selflessly and courageously put themselves in harm's way to protect others and to express solidarity with the survivors of this tragedy.



INSTAGRAM :

@REDDEERFRIENDSHIP

TWITTER :

@RDNFSTWT

FACEBOOK PAGE :

@REDDEERFRIENDSHIP

OR

RED DEER NATIVE FRIENDSHIP SOCIETY - RDNFS

TIKTOK :

@REDDEERNFS



NEW

BOOKS & BANNOCK



anfca
alberta native friendship
centres association

**NOW IN
ITS
SECOND
CYCLE!**

Book Club

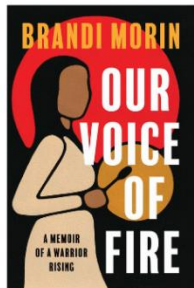
Downtown Branch

Tuesdays: January 21, February 18, March 18

6:30 p.m.-7:30 p.m.

Join the **Red Deer Native Friendship Society** and **Red Deer Public Library** staff for the next cycle of our book club celebrating books by Indigenous authors. Delve into the history, culture, and experiences of Indigenous and Two Spirit peoples through thoughtful discussions and community connection.

Selections available in multiple formats!



January
Our Voice of Fire
by Brandi Morin



February
Love After the End edited
by Joshua Whitehead



March
Making Love with the Land
by Joshua Whitehead

Ages 14 - 24

YOUTH ON THE LAND



anfca
alberta native friendship
centres association



Youth can learn about:

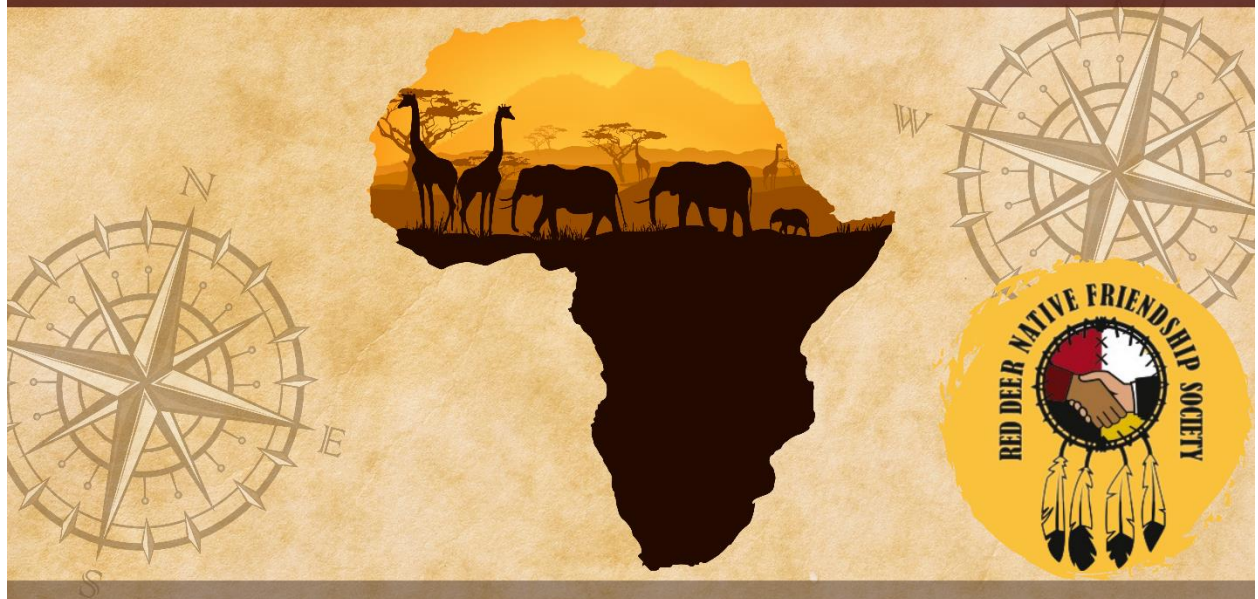
- Ceremony
- Growing and Harvesting Medicines
- Being an Elder's Helper
- Storytelling
- Tipi Teachings
- Sweat Lodge Teachings

Youth can participate in:

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

WORLD DAY FOR AFRICAN AND AFRODESCENDANT CULTURE

January 24



It is a day for us to highlight the contributions of the many living cultures of the African continent and the African diasporas around the world, as well as their role in driving sustainable development, dialogue, and peace.



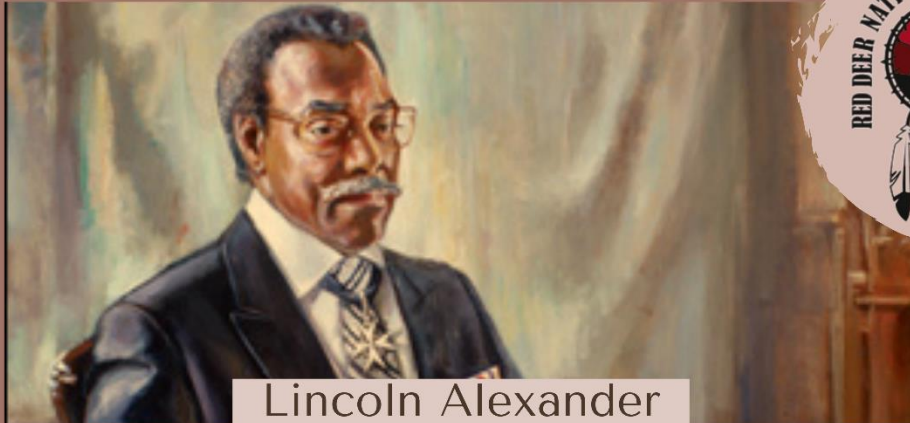
Red Deer's Friendship Marketspace Inc. is a social enterprise designed to support RDNFS' community based programs through partnerships with local small businesses, artists, and organizations.

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





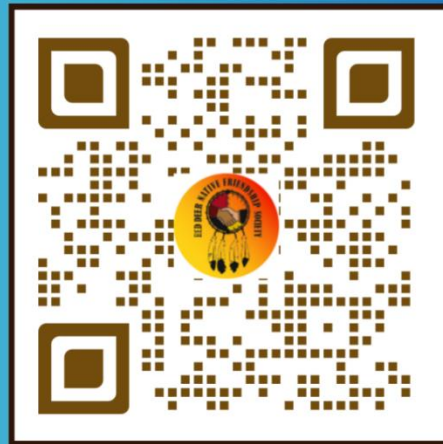
Lincoln Alexander
Day January 21

LINCOLN ALEXANDER DAY — A TIME TO HONOUR AND RECOGNIZE THE SIGNIFICANT CONTRIBUTIONS OF CANADA'S FIRST BLACK MEMBER OF PARLIAMENT, CABINET MINISTER, AND LIEUTENANT GOVERNOR OF ONTARIO. THROUGHOUT HIS LIFE, THE HONOURABLE LINCOLN MACCAULEY ALEXANDER EXEMPLIFIED WHAT IT MEANT TO BE OF SERVICE TO OTHERS, BECOMING A PASSIONATE ADVOCATE FOR THE EQUALITY OF BLACK CANADIANS AND THE ADVANCEMENT OF EDUCATION, RACE RELATIONS, AND YOUTH ISSUES.



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
- 
- 



Celebrating Families! Winter Cycle

Saturdays
12:00pm to
3:30pm

From January 25
to March 29
@ RDNFS: 4808 51 Ave

For families who are
having trouble due to
substance use

Register
Online
Today

GENEROUSLY
FUNDED BY:
 Alberta Health
Services

Activities:

Healthy Living Sessions | Arts &
Crafts | Snacks & lunch provided |
Celebration at the end of the week |
Gift for families that attend to
graduation.



For more information:

Contact Melissa at melissa@rdnfs.com , 403-3400020



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



TAMIL HERITAGE MONTH



Canada is proud to be home to one of the largest Tamil diasporas in the world, and this month we honour the many great contributions that Tamil Canadians have made and continue to make to our country. From politics, to health, sports, business and other fields, Tamil Canadians continue to enrich our society. As we start this month, I encourage all Canadians to learn more about the many achievements of Tamil Canadians, while also reflecting on the stories of courage and resilience from the community.





January 17

Raoul Wallenberg Day

Today we remember the courageous actions of Raoul Wallenberg, the Swedish diplomat who saved thousands of Jewish people's lives during the Second World War. In six months, he helped save more than 100,000 Hungarian Jews from persecution, more than any individual, organization or government. When they were forced to take part in death marches in the fall of 1944, Wallenberg personally intervened on multiple occasions to rescue as many Jewish people as he could.

During this time, Raoul Wallenberg also helped establish hospitals, nurseries, a soup kitchen and more than 30 safe houses to conceal and protect Jewish people.

Today serves as a reminder for Canadians to remember Raoul Wallenberg as well as the millions of victims, survivors and families who suffered because of the Holocaust. Ahead of the International Holocaust Remembrance Day on January 27, I urge Canadians to educate themselves on this dark chapter of history and to work toward never letting it happen again.

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

