



**NOVEMBER
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



NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				<p>1 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00 Kindman 5:00-7:00</p>	<p>2 Thunderbird Learners 11:00-12:00 @RDPL Celebrating Families 12:00-3:30</p>	3
<p>4 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>5 Wahkohtowin Wetaskiwin 10:00-1:00 Afternoon Of Crafting 1:00- 4:00</p>	<p>6 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</p>	<p>7 Wahkohtowin Traditional Parenting Rocky Mountain House (Time TBA)</p>	<p>8 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00 Kindman 5:00-7:00</p>	<p>9 Thunderbird Learners 11:00-12:00 @RDPL Celebrating Families 12:00-3:30</p>	10
<p>11 Office Closed</p>	<p>12 Wahkohtowin Wetaskiwin 10:00-1:00</p>	<p>13 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</p>	<p>14 Office Closed</p>	<p>15 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00 Kindman 5:00-7:00</p>	<p>16 Thunderbird Learners 11:00-12:00 @RDPL Celebrating Families 12:00-3:30</p>	17
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<p>25 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>26 Wahkohtowin Wetaskiwin 10:00-1:00</p>	<p>27 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</p>	<p>28 Wahkohtowin Traditional Parenting Rocky Mountain House (Time TBA)</p>	<p>29 Blanket Exercise 9:00-12:00 SCIS Walk In 9:00-12:00 & 1:00-2:00 Woman's Wellness 2:00-4:00 Kindman 5:00-7:00</p>	<p>30 Thunderbird Learners 11:00-12:00 @RDPL Celebrating Families 12:00-3:30</p>	

INDIGENOUS VETERANS DAY

FRI, NOV 8, 2024

The First World War raged from 1914 to 1918 and more than 4,000 Indigenous people served in uniform during the conflict. It was a remarkable response and in some areas, one in three able-bodied men would volunteer. Indeed, some communities (such as the Head of the Lake Band in British Columbia) saw every man between 20 and 35 years of age enlist. The challenges they faced often extended to their post-service life. Many Indigenous war Veterans would not receive equal treatment compared to other Canadian Veterans.





Meditations on Courage and the Bears of Turtle Island

Bee Henry

Wisdom can take many forms. Across Turtle Island, our plant and animal relatives are sharing their gifts, lessons, and teachings with every breath and movement. From the winged ones and creepy crawlers to the four legged and star beings, there is always a new lesson to learn and a deeper layer to unfold. Regardless of who they are and what role they play in the great web of life, all of our relations carry teachings that can help us move through the world in a good way. As we look to the world around us for guidance, there is wisdom in reaching out to the relatives who are best able to help us through a particular period of life. With shortening days and lengthening nights, it is time for us to seek the wisdom of one particular relative and follow their example so that together, we may not only survive but endure the long winter months to come.



CULTURAL CONNECTIONS

Of the Seven Sacred Grandfather teachings (love; humility; honesty; wisdom; truth; courage; respect) Bear—our powerful and lumbering relative— carries the teaching of courage. Bear shows us that courage is slow and deliberate; at once soft and unyielding. As an apex predator in the modern world, Bear lives most of their life free from the fear of predation, and this is clear in the way Bear moves through the world in a relatively peaceful manner sniffing for roots and other snacks to eat. However, do not be fooled; although Bear prefers to choose harmony and non-confrontation, they are not afraid to display and act upon aggression when they feel it is necessary. In preparation for their hibernation through the winter, black and brown bears will eat more, staying awake longer and roaming farther to fill their bellies. During this time of preparation, Bear will leave much behind; their sleepy afternoons in the tall grass, their manageably sized roaming territory, and access to certain food and water sources. However despite these losses, Bear carries onward because they understand that it is best to flow harmoniously with the changes they face rather than oppose them or pretend there is no change at all. Bear shows us that there is courage in flow and the ability to lean into surrender. They teach us that there is no shame in choosing to disengage in order to preserve the peace, and that when one has a good reason, the baring of teeth can be its own kind of justice.

A photograph of a brown bear standing in a snowy forest. The bear is looking upwards and to the left. The background is filled with snow-covered trees and branches.

CULTURAL CONNECTIONS

As the embodiment of healthy courage, it is no secret that Bear is brave, yet one might wonder where this gift came from. Long ago, Turtle Island was home to creatures like the giant short faced bear, dire wolves, saber-toothed cats, and American lions that preyed upon or competed with the ancestors of modern black and brown bears. Scientists believe that part of the reason black and brown bears are such excellent tree climbers is because of these powerful ancient predators; current theories are that the ancestors of black and brown bears would stay in wooded areas close to the trees so they could quickly escape from ground-bound predators. In fact, it is believed that this ancestral survival strategy is part of the reason why modern black bears are notorious for running away first and asking questions later. Now with this in mind, some may find it counterintuitive to see Bear as the keeper of courage since, after all, Bear's ancestors survived largely because of their ability to run away from and avoid conflict. However, it is important that we do not conflate confrontation with courage! It seems that there is a very fine line between courage and arrogant shortsightedness, and Bear has mastered courage in its truest form. Bear is humble enough to know when it is time to retreat, yet wise enough to know when it is time to fight, and this is the heart of healthy courage.

CULTURAL CONNECTIONS



True courage is knowing when to cut your losses– knowing how to lose a battle in order to win a war, and this is the kind of courage Bear demonstrates. Although the giant mammalian predators of the past have long since gone extinct, Bear’s blood remembers the plight of their ancestors and as such, they continue to carry on those old traditions and share the gift of true courage with the rest of creation.

As we prepare to settle into winter, let us follow the example of our relative Bear and lean into true courage. Just as Bear seeks out fattening foods to sustain them through the cold, take the time to search for and secure the mental, emotional, spiritual, and physical nourishment you require to endure hard times. Give yourself permission to cut your losses and get rid of what is hurting or holding you back, and turn instead towards that which fills you up in a good way. If you feel in need of guidance through the coming winter, take a moment to remember Bear and their courage, and following their example, allow them to teach you how to endure.

BEAR DESIGN



\$35

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



TURTLE ISLAND DESIGN



\$30



DANCING GIRL DESIGN



\$30





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

Afternoon Of Beading!!



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.

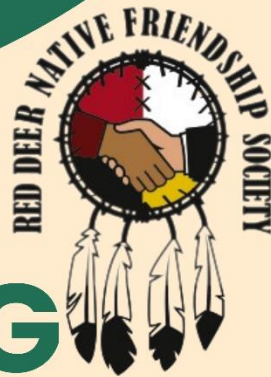
Register through the Red Deer Public Library

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



Diversity Relay

At Lindsay Thurber High School



A Big Thank You To All The
Individuals That Made This Event
Possible!



NATIONAL CHILD DAY



NATIONAL CHILD DAY IS CELEBRATED IN CANADA ON NOVEMBER 20TH TO ACKNOWLEDGE THE IMPORTANCE OF CHILDREN'S RIGHTS AND OUR COUNTRY'S COMMITMENT TO UPHOLDING THEM.





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



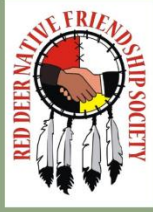
To Register



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

Evening Appointments

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

If applying for Indian Status Registration 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

HINDU HERITAGE MONTH



As Canadians take this month to celebrate the richness of Hindu culture and the many accomplishments of the community, let us also reaffirm our enduring commitment to building a country that is more equitable, fairer, and just for everyone.

To communities near and far, happy Hindu Heritage Month!

Canada is the proud home to nearly 830,000 Canadians of Hindu heritage, and no matter where you are in this country, the positive impact of the community can be seen in all aspects of our society. From politics to art, business to medicine, and everything in between, Canadians of Hindu heritage are at the forefront of our continued growth and development.



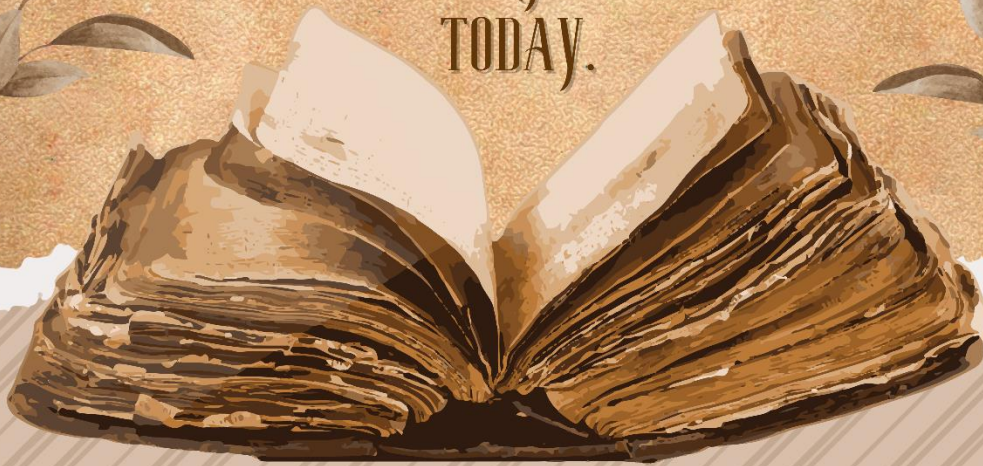
CANADA HISTORY WEEK



NOVEMBER 20 – 26



CANADA HISTORY WEEK WAS
CREATED TO PROVIDE PEOPLE
THROUGHOUT CANADA WITH
OPPORTUNITIES TO LEARN MORE
ABOUT THE PEOPLE AND
EVENTS THAT HAVE SHAPED
THE COUNTRY WE KNOW
TODAY.



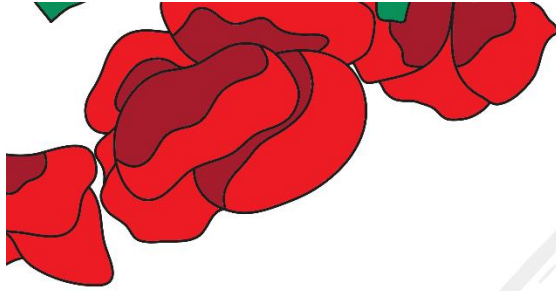


Veterans Week November 5th-11th

Honor those who have served and continue to serve to defend peace.

**THANK YOU
VETERANS**





REMEMBRANCE DAY

Commemorating the sacrifices of members of the
armed forces and of civilians in times of war.

NOVEMBER 11TH 2024



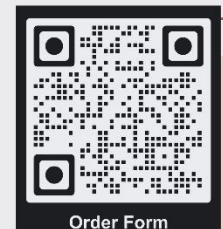
New Product Sale

LATERAL KINDNESS SHIRTS

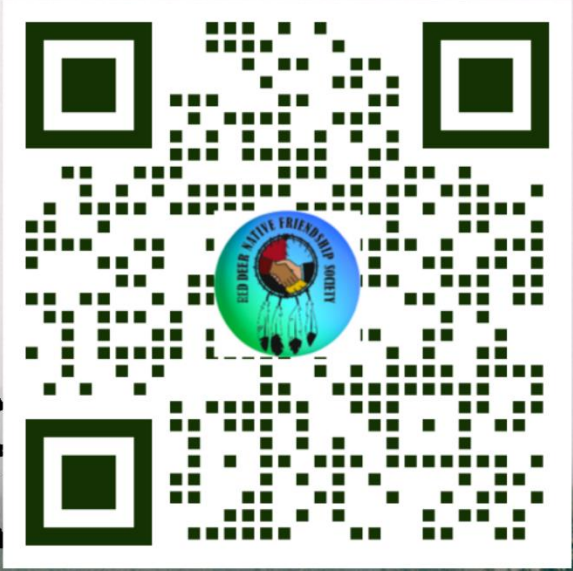
\$26.25



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

Holodomor Memorial Day

November 28

Today, Canadians remember and honor the millions of victims of the Holodomor, the famine genocide deliberately inflicted on Ukrainian people in 1932 and 1933 by Joseph Stalin's totalitarian regime.

The Holodomor, which means "death by hunger" in Ukrainian, was deliberately perpetrated by Joseph Stalin to systematically destroy the unique identity of the Ukrainian people, along with their aspirations for freedom and independence.





TRANSGENDER DAY OF REMEMBRANCE

**EACH YEAR ON NOVEMBER 20, THE
WORLD RECOGNIZES TRANSGENDER DAY
OF REMEMBRANCE - A DAY TO
COMMEMORATE THE TRANSGENDER,
NON-BINARY, AND GENDER NON-
CONFORMING PERSONS WHO ARE
TARGETED AND KILLED FOR LIVING
AUTHENTICALLY AND COURAGEOUSLY.**

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**



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>



16 DAYS OF ACTIVISM AGAINST GENDER VIOLENCE



THE 16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE IS AN ANNUAL INTERNATIONAL CAMPAIGN THAT BEGINS ON NOVEMBER 25, THE INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN, AND GOES UNTIL DECEMBER 10, HUMAN RIGHTS DAY. THIS CAMPAIGN STARTED IN 1991 TO CALL OUT AND SPEAK UP ON GENDER-BASED VIOLENCE, AND TO RENEW OUR COMMITMENT TO ENDING VIOLENCE AGAINST WOMEN, GIRLS, AND 2SLGBTQI+ INDIVIDUALS.

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

