



**MARCH
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





CULTURAL CONNECTIONS

Goose Moon - niskipîsim

ᑭᑦᑭᑦᑭᑦ

As we welcome the arrival of March
and the changing seasons. March is a
month brimming
with significance and diverse
celebrations. It unfolds as Women's
History Month, dedicated to
honoring the remarkable
achievements and contributions of
women throughout history.



CULTURAL CONNECTIONS

This
year Lily Gladstone an Indigenous actress
from Montana Blackfeet reservation, became
the first
Indigenous person to win a Golden Globe for
best actress for her role in the “Killers of the
Flower Moon”. She dedicated her win,
saying, “This is for every rez kid, every little
urban kid, every little Native kid out there
who has a dream—those who see themselves
represented and our stories told by
ourselves, in our own words’ Gladstone, L.
(2024). Her remarkable speech will pave the
way for more indigenous kids around the
world.



The vibrant festivities of St. Patrick's Day paint the town green on March 17th, celebrating Irish culture and heritage worldwide. Additionally, the advent of daylight savings time on the second Sunday of March marks a seasonal shift, extending daylight hours. March 19th is the arrival of spring, the start of a new season of rebirth, rejuvenation, renewal, resurrection and regrowth.

The start of spring cleaning and blossoming of trees, flowers and plants. With the air smelling fresh and crisp, I am personally excited for spring and to see the change in mother earth unfold this season.



CULTURAL CONNECTIONS

As the moon graces the night sky, the full moon in March 2024 is expected to light up the sky on the 25th, casting its glow and adding an enchanting touch to this dynamic month. As we embrace March and the changing season and the full moon. Let us be thankful for a wonderful winter. Embrace the changing season with a new path of renewal and regrowth.

MARCH 2024

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Woman's Wellness 2:00- 4:00 Sweetgrass Story Circle 4:30-6:30	2 Thunderbird Learners 11:00-1:00 @RDPL	3
4 Woman's Wellness (zoom) 9:30-11:30 Youth Wellbriety 4:30-6:30	5 Wahkohtowin Wetaskiwin 10:00-1:00 Celebrating Families 5:00-8:00 Cree Lessons 5:30- 7:30@Pioneer Lodge	6 Wahkohtowin 9:30-11:30 Cree Lessons 1:00-3:00 Wellbriety 6:00-8:00	7 Afternoon of Crafting 1:00-4:00 Cree Lessons 5:30-7:30	8 Seniors Crafting 1:00-3:00 @YMCA Woman's Wellness Joining Sweetgrass Story Circle 4:30-6:30	9 Thunderbird Learners 11:00-1:00 @RDPL	10
11 Woman's Wellness (zoom) 9:30-11:30 Youth Wellbriety 4:30-6:30	12 Wahkohtowin Wetaskiwin 10:00-1:00 Celebrating Families 5:00-8:00 Cree Lessons 5:30- 7:30@Pioneer Lodge	13 Wahkohtowin 9:30-11:30 Cree Lessons 1:00-3:00 Wellbriety 6:00-8:00	14 Office Closed Cree Lessons 5:30-7:30	15 Woman's Wellness 2:00- 4:00 Sweetgrass Story Circle 4:30-6:30	16 Thunderbird Learners 11:00-1:00 @RDPL	17
18 Woman's Wellness (zoom) 9:30-11:30 Youth Wellbriety 4:30-6:30	19 Wahkohtowin Wetaskiwin 10:00-1:00 Celebrating Families 5:00-8:00 Cree Lessons 5:30- 7:30@Pioneer Lodge	20 Wahkohtowin 9:30-11:30 Cree Lessons 1:00-3:00 Wellbriety 6:00-8:00	21 Virtual Parenting 2:00-4:00 @RMH Cree Lessons 5:30-7:30	22 Woman's Wellness 2:00- 4:00 Sweetgrass Story Circle 4:30-6:30	23 Thunderbird Learners 11:00-1:00 @RDPL	24
25 Woman's Wellness (zoom) 9:30-11:30 Youth Wellbriety 4:30-6:30 Family Friendship 6:00-8:00 @YMCA	26 Community Blanket Exercise 9:00-12:00 Wahkohtowin Wetaskiwin 10:00-1:00 Celebrating Families 5:00-8:00 Cree Lessons 5:30- 7:30@Pioneer Lodge	27 Wahkohtowin 9:30-11:30 Cree Lessons 1:00-3:00 Wellbriety 6:00-8:00	28 Virtual Parenting 2:00-4:00 @RMH Seniors Bingo 5:00- 9:00 @Festival Hall Cree Lessons 5:30-7:30	29 Woman's Wellness 2:00- 4:00 Sweetgrass Story Circle 4:30-6:30	30 Thunderbird Learners 11:00-1:00 @RDPL	31

Celebrating
Irish Heritage
Month

Irish Heritage Month
celebrates the contributions
of Irish Canadians to the
story of Canada and serves
as an opportunity to learn
more about Irish-Canadian
history.



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.

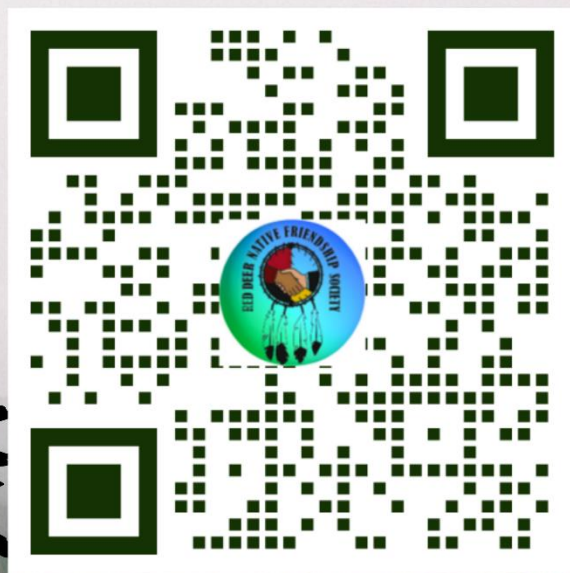
CONTACT US

 (403) 340-0020

 sasha@rdnfs.com


Alberta
Government





INSTAGRAM :

@REDDEERFRIENDSHIP

TWITTER :

@RDNFSTWT

FACEBOOK PAGE :

@REDDEERFRIENDSHIP

OR

RED DEER NATIVE FRIENDSHIP SOCIETY - RDNFS

TIKTOK :

@REDDEERNFS

BETTER THE WORLD



INTERNATIONAL DAY TO COMBAT ISLAMOPHOBIA

On March 15 The International Day
to Combat Islamophobia stresses
that terrorism and violent
extremism cannot and should not be
associated with any religion.

DANCING GIRL DESIGN



\$15



TURTLE ISLAND DESIGN



\$30





WAHKOHTOWIN TRADITIONAL PARENTING PROGRAM



**CULTIVATING CULTURAL
RESILIENCE WITHIN FAMILY**

JANUARY 16 - APRIL 16 2024

Email. Ayaa@rdnfs.com Ph: 587 457 6454
or Inquire at BGC Wetaskiwin 5109 51 St.

Funded by *Alberta* 

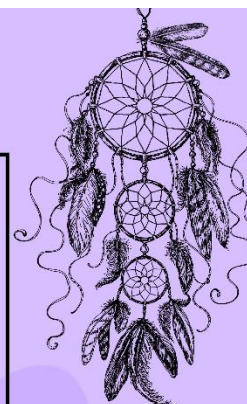
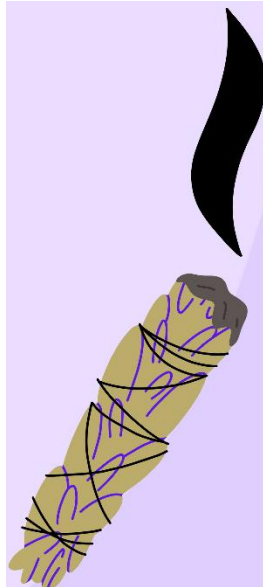


— Happy —

St. Patrick's Day

— March 17th, 2024 —





SCAN HERE FOR BROCHURES

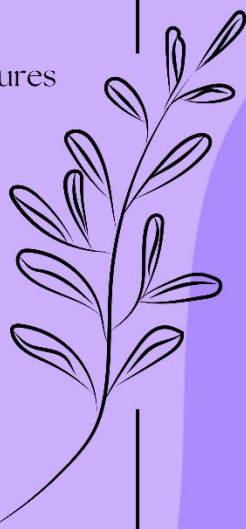
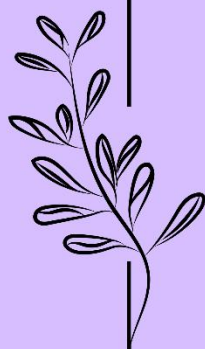
Red Deer Native Friendship Society



Email friendship@rdnfs.com for brochures
if unable to use QR code

BROCHURES:

- RDNFS INFO
- FOUR DIRECTIONS
- PIMÁCIHOWIN HOUSING PROGRAM
- NANĀTAWIHOWIN CULTURE TEAM
- NANĀTAWIHOWIN TWO-SPIRIT PROGRAM





HAPPY COMMON WEALTH DAY

March 14 2024



This year's theme is delivering
a common future: connecting,
innovating and transforming.



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



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

MARCH 8 IS INTERNATIONAL WOMEN'S DAY. IT'S A GLOBAL DAY TO RECOGNIZE AND CELEBRATE WOMEN'S AND GIRLS' SOCIAL, ECONOMIC, CULTURAL, AND POLITICAL ACHIEVEMENTS. IT'S ALSO A TIME TO RAISE AWARENESS OF THE PROGRESS MADE TOWARDS ACHIEVING GENDER EQUALITY AND THE WORK REMAINING TO BE DONE.



MARCH 8
INTERNATIONAL
Women's
Day *8*



Sweetgrass Story Circle

What: Calling all storytellers! Share your passion, creativity, and stories in this 21 week open-invitation series. Come and look at the world through an Indigenous cultural perspective, and stay to help weave a story of love, hope, and kindness to share with the Red Deer community.

Who: Red Deer area community members ages 18+

Where: Red Deer Native Friendship Society (4808, 51st Ave. Red Deer)

When: Scheduled Fridays (see below) from 4:30-6:30pm



Contact Bee Henry at bee@rdnfs.com for more information

Part 1: The Seven

Grandfathers

Nov. 3- Honesty

Nov. 10- Truth

Nov. 17- Humility

Nov. 24- Love

Dec. 1- Wisdom

Dec. 8- Courage

Dec. 15- Respect

Part 2: The Medicine Wheel

Jan. 12- The Broken Wheel

Jan. 19- The Circle

Jan. 26- East

Feb. 2- South

Feb. 9- West

Feb. 16- North

Feb. 23- The Centre

Part 3: All My Relations

March 15- The Watchers

March 22- The Growers

March 29- The Movers

April 5- The Changers

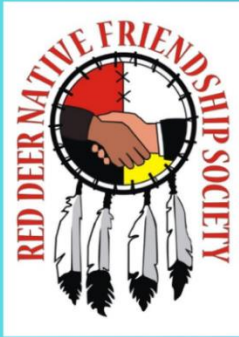
April 12- The Givers

April 19- The Sustainers

April 26- The Creator



**RED DEER NATIVE
FRIENDSHIP SOCIETY**



Join us for an Afternoon of Crafting

March 7, 2024

1:00pm - 4:00 pm

at Red Deer Native Friendship Society
4808 - 51 Avenue.

Please call the office at (403)340-0020
or email nadine@rdnfs.com to register
for this free event. 20 spots available and
supplies provided. We will be starting our
beaded wristlets.



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

L
A
N
Y
A
R
D

M
A
K
I
N
G

W
O
R
K
S
H
O
P



A
T

P
A
R
K
V
A
L
E

L
O
D
G
E

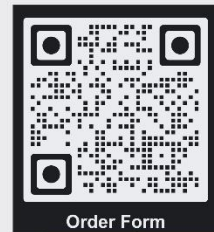
New Product Sale

LATERAL
KINDNESS
SHIRTS

\$26.25



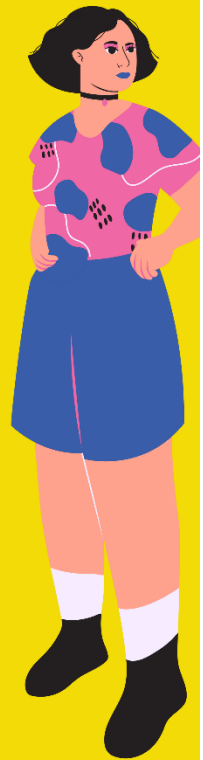
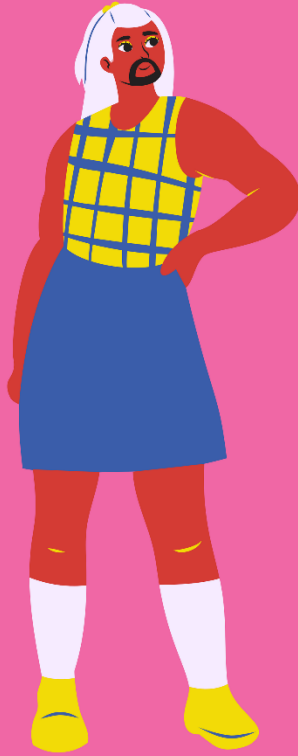
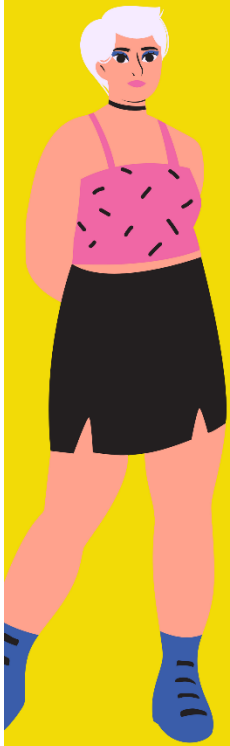
FOR MORE INFORMATION ON
AVAILABLE COLORS, SIZES, AND
STYLES PLEASE EMAIL
FRIENDSHIP@RDNFS.COM OR
CALL 403-340-0020



MARCH

31

GENDER NORMS?

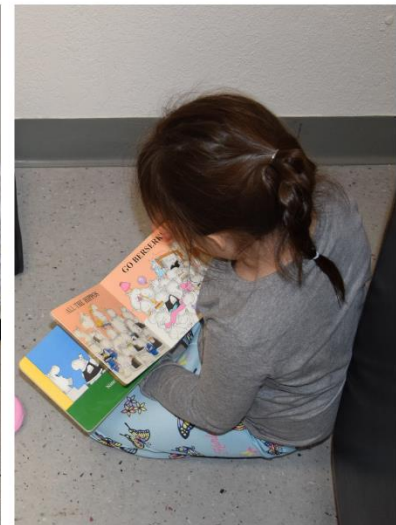


WE DON'T
KNOW HER!

Happy Transgender Day of Visibility!









21 MARCH

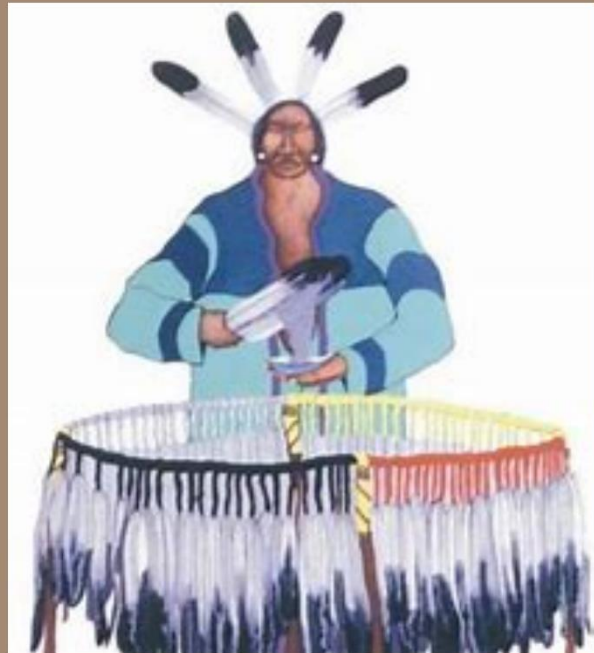
INTERNATIONAL DAY FOR

ELIMINATION
of
RACIAL
DISCRIMINATION



Take the steps towards wellness

Red Deer Native Friendship Society provides a 16 week wellness program available to those seeking wellness and sobriety.



Youth Wellbriety: Ages 12 - 17 yrs old.



Youth Wellbriety Program:
Connect with other youth during the weekly meetings. We meet for 2 hours each week.



Connect with culture through the Medicine Wheel and 12 step program.



One to One
As requested, one to one support is available through the Youth Wellbriety Program.



Come join us and walk the Red Road.



SCAN ME

RED DEER NATIVE FRIENDSHIP SOCIETY PRESENTS



Wâhkôhtowin

A Traditional
Parenting Program



Wednesdays from
9:30-11:30

Location: 4808 51 Ave

Free on-site child
minding available for
all participants.

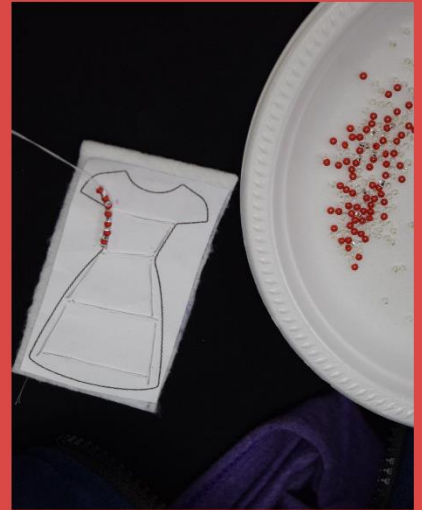
For More Information, please contact Sasha at

sasha@rdnfs.com

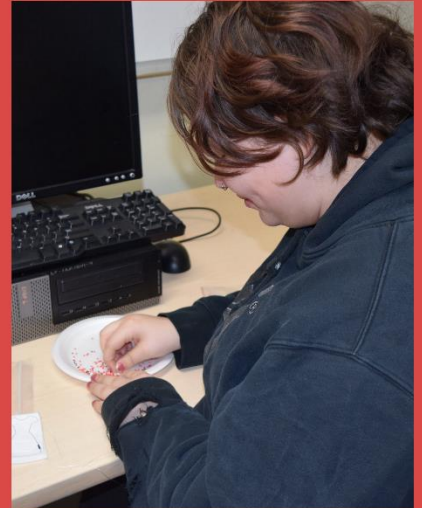
or

(403)340-0020





*Beading
Workshop At
Lindsay
Thurber High
School*



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

