

**APRIL  
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

April 14<sup>th</sup> – 23<sup>rd</sup> look to the skies to witness the Lyrid meteor shower.

The meteor shower is caused by debris from a passing comet named Comet Thatcher that takes 415 years to go around the sun. You can expect to see 10 to 15 meteors per hour during a surge that can sometimes bring rates of 100 per hour. A few billion years ago a meteorite struck the Earth near Hardisty, Alberta. This 320lb meteorite is named Manitou Asinîy.

## CULTURAL CONNECTIONS

Manitou Asinîy is sacred among the Indigenous people, believed to be a gift from Creator. It is believed that Manitou Asinîy is a living, sacred being and possesses healing powers and protects the buffalo herds. In 1866 it was removed by the Methodist missionaries and transported to Pagan, Alberta.





## CULTURAL CONNECTIONS

Many Elders felt moving Manitou  
Asiniy  
prophesied war, plague, and  
famine would ravage the  
Indigenous people. Manitou  
Asiniy currently sits on display at  
the Royal Alberta Museum's  
Syncrude Gallery of  
Aboriginal Culture in Edmonton,  
Alberta.





## CULTURAL CONNECTIONS

On September 30, 2022, an agreement was signed between the Alberta Government and the First Nations people to return Manitou Asinîy back to his home. Currently we are awaiting the building of the Manitou Asinîy-Iniskim-Tsa Xani Interpretive and Healing Centre to return Manitou Asinîy near as they can to the original site. If you want to do more reading on Manitou Asinîy he goes by many names; the Creator Stone, Manitou Stone, awâsis kôhtakocihk kîsikohk (the child who fell from the sky,) the Iron Stone, the Iron Creek Meteorite, and the Shining Rock to name a few.



# APRIL 2024

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



# HAPPY Easter

FROM EVERYONE AT THE RED DEER  
NATIVE FRIENDSHIP SOCIETY!





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

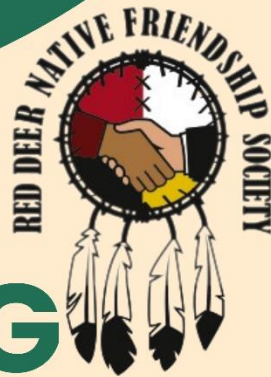
Saturday's from 11am-1pm  
Red Deer Public Library  
Room Location TBA

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

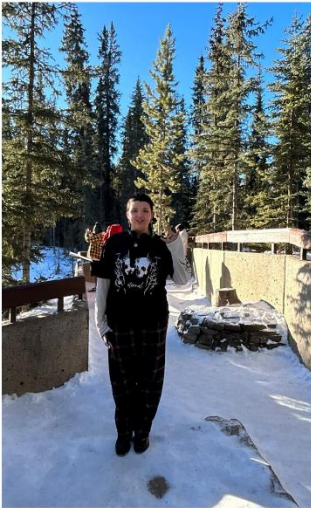
 [sasha@rdnfs.com](mailto:sasha@rdnfs.com)

  
Alberta  
Government



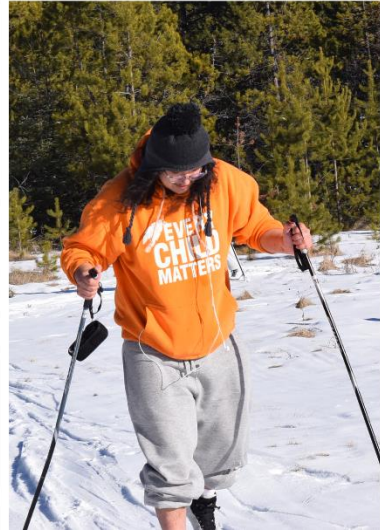


# JASPER, AB YOUTH ON THE LAND



FOR MORE INFORMATION ABOUT YOUTH ON THE LAND CALL  
403-340-0020 OR EMAIL [FRIENDSHIP@RDNFS.COM](mailto:FRIENDSHIP@RDNFS.COM)







THANK YOU FOR  
ATTENDING OUR  
**LEGACY LINK  
YOGA CLASS**

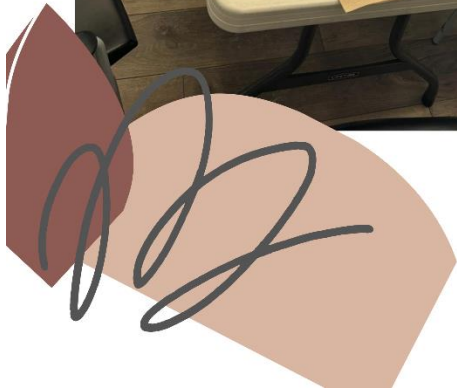




# Rock Painting Workshop



A big thank you to everyone that attended our rock painting workshop and to Parkvale Lodge for hosting.



# 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](mailto:Ayaa@rdnfs.com) Ph: 587 457 6454  
or Inquire at BGC Wetaskiwin 5109 51 St.

Funded by 



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](mailto:sasha@rdnfs.com)

or

(403)340-0020



# A BIG *Thank You* TO CAREER MOVERS



WE APPRECIATE THE OPPORTUNITY TO SHARE ALL THE AMAZING PROGRAMS/EVENTS THE RED DEER NATIVE FRIENDSHIP SOCIETY PROVIDES & WE LOOK FORWARD TO WORKING TOGETHER IN THE FUTURE!



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



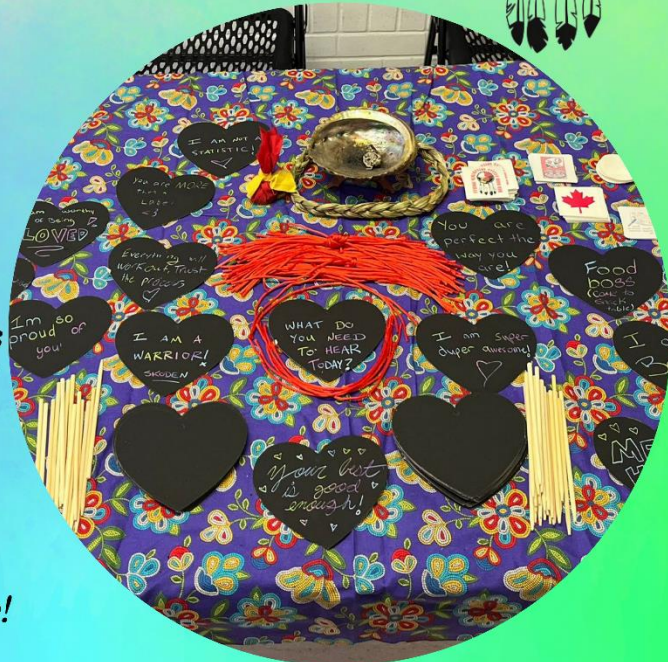
**Red Deer Native  
Friendship Society  
4808 51 Avenue  
Red Deer, AB**





# Headstrong Youth Conference

*HEADSTRONG is a youth leadership initiative developed to champion mental wellness. Since 2014, it has given Canada's youth the tools, confidence, and inspiration to become leaders for mental health and wellness in their schools and communities. We look forward to the next one!*






**Where:** Red Deer Native Friendship Society (4808 - 51 Ave. Red Deer)


**Who:** Red Deer area community members ages 18+

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

# Sweetgrass Story Circle



Calling all  
storytellers, artists,  
change makers, and  
optimists!



In this community conversation series, you are invited to share your gifts, passions, and visions for the future with the **Gender-Based Violence Prevention Project**. Come join the conversation and help weave a healing story for the Red Deer community. Snacks, beverages, and art supplies will be available for those in attendance. **Walk-ins welcome!**

## March

**1st-** Medicine Wheel  
Conversations: The Centre

**15th-** All My Relations  
Conversations: Rock and  
Plant Beings

**22nd-** All My Relations  
Conversations: Swimmers  
and Creepy Crawlers

## April

**5th-** All My Relations: Four  
Legged and Winged Ones

**12th-** All My Relations: Mother  
Earth and Father Sky

**19th-** All My Relations: Kokum  
Moon and Mosom Sun

**26th-** All My Relations: Star  
Nations

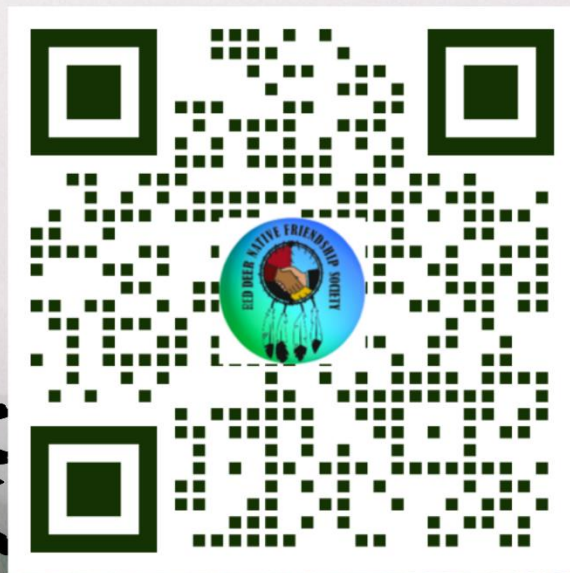
## May

**3rd-** All My Relations: The  
Creator

Contact Bee at  
[bee@rdnfs.com](mailto:bee@rdnfs.com) for  
more information



**RED DEER NATIVE  
FRIENDSHIP SOCIETY**



**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



## APRIL | SEXUAL ASSAULT AWARENESS MONTH

April 2024 marks the official 23rd anniversary of Sexual Assault Awareness Month. Sexual Assault Awareness Month is an annual campaign to raise public awareness about sexual assault and educate communities and individuals on how to prevent sexual violence.



# Sexual Assault Services In Alberta

Central Alberta  
Sexual Assault  
Support Centre

Phone: (403) 340-1124  
Address: Sheldon Kennedy Centre of  
Excellence, 70 College Cir #220, Red  
Deer, AB T4R 0V4

Association of  
Alberta Sexual  
Assault Services

Toll free: 1-866-403-8000 (9 am to 9  
pm daily, 170+ languages)  
Text: 866-403-8000

Central Alberta  
Sexual Assault  
Response Team

Phone: 403-343-4444  
Address: 3942 50A Avenue  
Red Deer, Alberta, T4N 4E7

Hope For  
Wellness  
Helpline

Phone: 1-855-242-3310





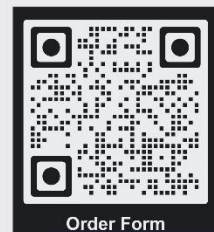
# New Product Sale

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



# 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.



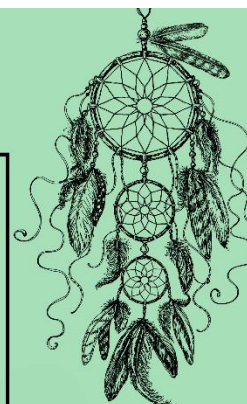
SCAN ME





**WAHKOHTOWIN  
VOLUNTEERING  
AT THE  
MUSTARD SEED**





# SCAN HERE FOR BROCHURES

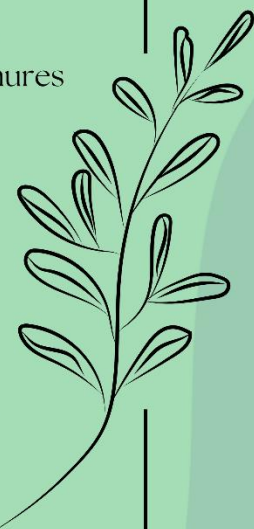
Red Deer Native Friendship Society



Email [friendship@rdnfs.com](mailto:friendship@rdnfs.com) for brochures  
if unable to use QR code

## BROCHURES:

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





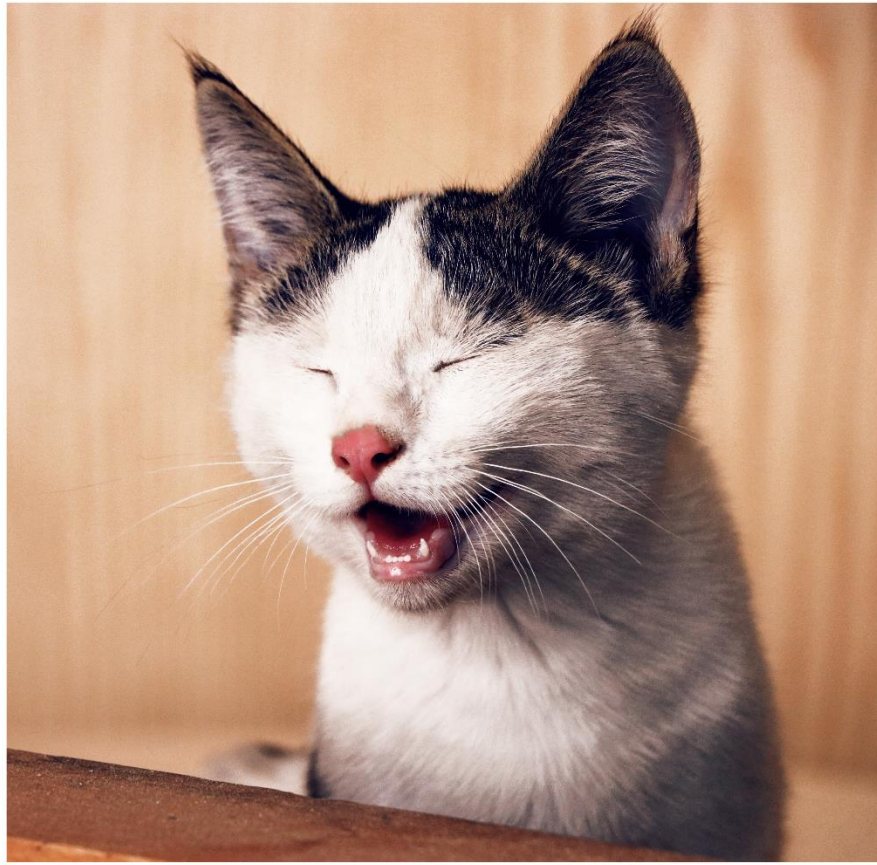


# AFTERNOON OF BEADING





National Humor Month occurs every year in April, beginning with April Fool's Day. Humor is medicine. "A good laugh overcomes more difficulties and dissipates more dark clouds than any other one thing." –Laura Ingalls Wilder



**HAPPY NATIONAL  
HUMOR MONTH!!**



# 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

