

FEBRUARY 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

As a member of the indigenous peoples of Turtle Island, I have always been in awe of our remarkable resilience and adaptability during the harsh winter months, especially in January when the cold becomes a predominant aspect of our daily lives. We are not just survivors of the cold; we are cultural artisans, transforming winter into a period of warmth, wisdom, and spiritual connection with our ancestors. In our tradition, winter, represented by the northern direction on the medicine wheel, symbolizes a time for rest and introspection. It is a season for the Earth to rejuvenate and for us to reflect on the stages of life – from childhood through youth to adulthood. Our elders, pipe carriers, and lodge keepers, residing in this northern realm, pass down stories and teachings that encompass the richness of life.



CULTURAL CONNECTIONS

I often envision the historical narratives of our native communities as they expertly navigated the challenges of winter. We are known for digging deep trenches, placing heated stones within, and transforming basic shelters into warm sanctuaries. Our approach to heating was simple yet innovative, a reflection of our forward-thinking mindset. We are more than ordinary neighbours; we are pioneers, living in adaptable, mobile homes that can easily shift with changing conditions. Our movable dwellings are set up in accordance with the direction of the winter wind.

As dusk falls, blankets in our communities become multifunctional tools. We don't just use them for sleeping; we wrap ourselves in caribou hides, serving both as blankets and clothing, providing double-layered insulation for exceptional warmth while also protecting against the cold. On particularly freezing nights, we ingeniously place heated stones, wrapped in leather, inside our blankets for additional heat, showcasing our resourcefulness in the coldest environments.



CULTURAL CONNECTIONS

In Alberta, our ingenuity is displayed through the use of bison horns, which play a crucial role in heat and fire transportation during winter. Filled with moss, softwoods, and hardwoods, these horns are ingeniously designed, insulated with mud and clay, and feature a well-thought-out vent to maintain the coals' heat without extinguishing them. This demonstrates the intelligent and practical approach of our people to winter living. For us, winter is more than survival; it is a time of warmth, wisdom, and spiritual exploration. Frozen rivers are not seen as obstacles but as strategic assets, aiding in hunting and providing vital pathways navigated using dog sleds and snowshoes, crucial for accessing resource-rich territories. Amidst this winter lifestyle, ice baths are embraced for their health benefits, enhancing immunity. While others seek comfort in warmth, we celebrate the cold, integrating it into our holistic approach to life, creating a profound connection with our heritage.



CULTURAL CONNECTIONS

Winter is not merely a season; it is an integral part of our cultural identity, deeply intertwined with the concept of rest. It is a period for easing the pace of life, honouring the wisdom of our elders as they approach their spiritual journey's end. The frozen landscapes are more than just terrain to traverse; they serve as canvases for a cultural rhythm echoing the slowing down of life, where the chill resonates with the wisdom of the elders – a timeless connection that is as cool today as it was in the past.

February 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01 VIRTUAL PARENTING 2:00-4:00 @RMH CREE LESSONS 5:30-7:30	02 WOMAN'S WELLNESS 2:00-4:00 SWEETGRASS STORY CIRCLE 4:30-6:30	03 THUNDERBIRD LEARNERS 11:00-1:00 @RDPL
04	05 WOMAN'S WELLNESS (ZOOM) 9:30-11:30	06 WAHKOHTOWIN WETASKIWIN 10:00-1:00 CELEBRATING FAMILIES 5:00-8:00 CREE LESSONS 5:30-7:30@PIONEER LODGE	07 WAHKOHTOWIN 9:30-11:30 CREE LESSONS 1:00-3:00 WELLBRIETY 6:00-8:00	08 OFFICE CLOSED STAFF DEVELOPMENT CREE LESSONS 5:30-7:30	09 WOMAN'S WELLNESS 2:00-4:00 SWEETGRASS STORY CIRCLE 4:30-6:30	10 THUNDERBIRD LEARNERS 11:00-1:00 @RDPL
11	12 WOMAN'S WELLNESS (ZOOM) 9:30-11:30	13 WAHKOHTOWIN WETASKIWIN 10:00-1:00 CELEBRATING FAMILIES 5:00-8:00 CREE LESSONS 5:30-7:30@PIONEER LODGE	14 WAHKOHTOWIN 9:30-11:30 CREE LESSONS 1:00-3:00 WELLBRIETY 6:00-8:00	15 VIRTUAL PARENTING 2:00-4:00 @RMH CREE LESSONS 5:30-7:30	16 WOMAN'S WELLNESS 2:00-4:00 SWEETGRASS STORY CIRCLE 4:30-6:30	17 THUNDERBIRD LEARNERS 11:00-1:00 @RDPL
18	19 OFFICE CLOSED FAMILY DAY	20 WAHKOHTOWIN WETASKIWIN 10:00-1:00 CELEBRATING FAMILIES 5:00-8:00 CREE LESSONS 5:30-7:30 @PIONEER LODGE	21 WAHKOHTOWIN 9:30-11:30 CREE LESSONS 1:00-3:00 WELLBRIETY 6:00-8:00	22 VIRTUAL PARENTING 2:00-4:00 @RMH CREE LESSONS 5:30-7:30	23 WOMAN'S WELLNESS 2:00-4:00 SWEETGRASS STORY CIRCLE 4:30-6:30	24 THUNDERBIRD LEARNERS 11:00-1:00 @RDPL
25	26 WOMAN'S WELLNESS (ZOOM) 9:30-11:30	27 WAHKOHTOWIN WETASKIWIN 10:00-1:00 CELEBRATING FAMILIES 5:00-8:00 CREE LESSONS 5:30-7:30@PIONEER LODGE SENIOR YOGA 1:30-3:30 @ FESTIVAL HALL	28 WAHKOHTOWIN 9:30-11:30 CREE LESSONS 1:00-3:00 WELLBRIETY 6:00-8:00	29 VIRTUAL PARENTING 2:00-4:00 @RMH CREE LESSONS 5:30-7:30		



BLACK HISTORY MONTH



FEBRUARY IS BLACK HISTORY MONTH, A TIME FOR CANADIANS TO HONOUR AND CELEBRATE THE DIVERSITY, HISTORY AND CULTURE OF BLACK PEOPLE IN CANADA AND TO ACKNOWLEDGE THE MANY EVERYDAY CONTRIBUTIONS OF BLACK COMMUNITIES FROM ACROSS THE COUNTRY.





Thank You



Expressing our heartfelt appreciation for your remarkable presentation's at Lindsay Thurber High School. Your insights on human rights were truly enlightening.

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

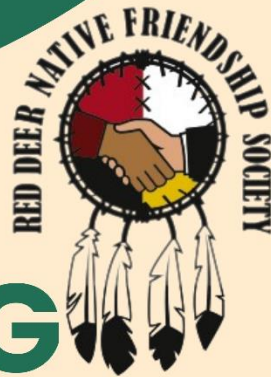


Ages 3-6 & Ages 7-12



Wahkohtowin
Spa Day






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

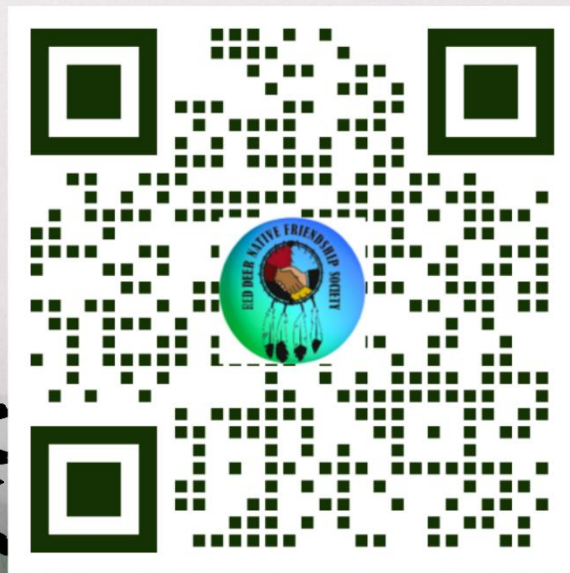

Alberta
Government





A Big Thank You To The
FMNI Students Who
Attended Our Dream
Catcher Workshop!





INSTAGRAM :

@REDDEERFRIENDSHIP

TWITTER :

@RDNFSTWT

FACEBOOK PAGE :

@REDDEERFRIENDSHIP

OR

RED DEER NATIVE FRIENDSHIP SOCIETY - RDNFS

TIKTOK :

@REDDEERNFS



A Big Thank You To
Everyone Who Attended
Our Afternoon of Crafting!





*The Red Deer Native Friendship Society
would like to wish you a*

HAPPY
Valentine's
Day



CREE CLASS
WITH LINDA OPHUS
TUESDAY 5:30-7:30
WEDNESDAY 1:00-3:00
THURSDAY 5:30-7:30
FOR MORE INFORMATION OR
TO SIGN UP PLEASE EMAIL
NADINE@RDNFS.COM OR
CALL 403-340-0020



February 11, 2024

Day Of Girls & Women In SCIENCE

*This Day is an opportunity to
promote full and equal access
to and participation in science
for women and girls.*



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* 



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
- 
- 



4 FEBRUARY

WORLD CANCER DAY

World Cancer Day aims to prevent millions of deaths each year by raising awareness about cancer, and pressing governments and individuals across the world to take action against the disease.





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



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

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



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**



National Random Acts of Kindness is celebrated every February 17. It first originated in 1995 in Denver, Colorado and in 2004, spread to New Zealand. The idea behind this celebration is to make the world a little brighter and better through little and simple kind gestures, words and actions.





Thank You For Attending Our Legacy Link Christmas Party





Since 1999, National Freedom to Marry Day is celebrated annually on February 12 to promote marriage between people of the same sex. .

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

Valentine's Day

word search



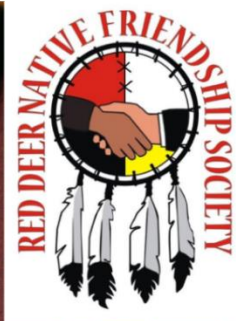
J R U L D T M A D S U A T J
H E A R T W F U Q Q I Y X V
X R R O S E T T A P O I P C
F I I R C H E R I S H F M K
E C X B X S D K U Y E O N L
B H S E B I I H B P G X E O
R U Z G P O C R O O D P J V
U C S U K D N L F D H J O E
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R O J Y M V B D E H G Z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



ROSE
DINNER
CUPID
CHERISH
FEBRUARY
PINK



HUGS
RIBBON
LOVE
POEM
HEART
ENVELOPE



**Join us
February 22nd
for an**

Afternoon of Crafting

1:00pm -4:00pm

Red Deer Native Friendship Society

4808-51 Avenue

**Bring your beading project you're
working on, Christina will be here to
help. There is no cost.**

20 spots available.

**Please register for this class by
calling us at (403) 340-0020 or
email nadine@rdnfs.com**

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

