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Siksika Nation's Most Trusted News Source

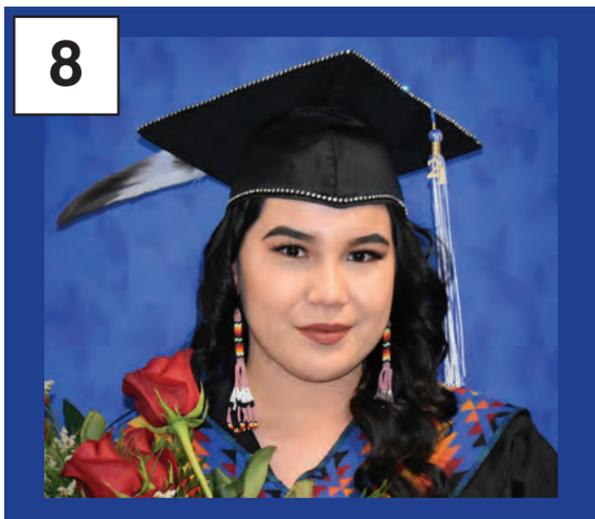
Stampede parade led by Katari Right Hand



Photo by Wesley Water Chief
 Katari Right Hand was the parade marshal at this year's 2021 Calgary Exhibition & Stampede Parade. More photos of Katari and others who participated in the Calgary Stampede are included in this issue.



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Office of Chief and Council Government of Siksika Nation

*Submitted by Chief & Council
Communications Consultant
Lynn Calf Robe*

Siksika Nation Chief and Council Update: June 2021

Siksika Nation Chief and Council Update: July 2021 July 1 - Siksika Nation Chief and Council Tribute to Nation Members

Siksika Nation (June 28, 2021) Siksika Nation Chief and Council organized a tribute on July 1st, 2021 for Siksika Nation members who attended Indian Residential Schools (I.R.S.) The half day agenda included a blessing at two former Indian Residential School sites located in Siksika, a convoy, an opening address from Chief Ouray Crowfoot and invited guest Chief Cadmus Delorme from Cowessess First Nation as well as residential school survivors address from Ruth Scalplock, Clement Leather, Vincent Yellow Old Woman and Dr. Vivian Ayoungman.

The discovery of the 215 child remains at the Kamloops Indian Residential School and the 751 unmarked graves in Cowessess First Nation has urged many First Nations to come forward including Siksika Nation. Since the first discovery there has been a total of 1,333 remains of children recovered on Residential School properties.

The tribute was open to the public and included members from the community and visitors from neighbouring communities who gathered together at 9:00 am outside the Holy Trinity Catholic Church at the location of the St. Josephs Indian Residential School. The convoy included a procession of cars, led by Chief and Council, from the old Crowfoot School location and to Old Sun Community College, which was another residential school in Siksika.

Attendees came out wearing orange in honour of all Children, past or present despite the heat wave. Siksika Nation Chief and Council would like to thank all those who came out to support the tribute including staff, volunteers and visitors.

July 6 – Work related to Indian Residential Schools in Siksika

Siksika Nation Chief and Council consider the work related to the residential schools extremely delicate, as we are dealing with survivors who may be reliving some of the traumatic events that happened during their residential school experience, as well as those children who never made it home.

The work regarding these children who didn't survive is extremely sacred, and there are traditional protocols & procedures related to that work. The necessary work may be conducted over many months as we had multiple schools on the Nation and we have a large land base.

Siksika will release information when Chief and Council have deemed the time appropriate. Please respect our process and allow our team to do the work without expecting "results" to prematurely be made public. Siksika Nation will inform the media if and when we have any information approved by the Nation deemed available for release.

July 7 – National Museum of the American Indian Repatriates Two Objects to the Siksika Nation

Siksika Nation, Alberta – (July 7, 2021) Siksika Nation leaders met with representatives this week from the Smithsonian's National Museum of the American Indian to repatriate a Prairie Chicken Society Headdress and a Weather Dance Robe, sacred items that were taken over a hundred years ago after the Canadian and American governments banished ceremonial practices and property in an effort to eradicate Indigenous peoples and their way of life.

In a ceremony held earlier today in Suitland, Maryland, Siksika Nation Chief and Council representative Councillor Kent Ayoungman and Ceremonial elder Herman Yellow Old Woman attended the historic occasion and were delegated to collect the Natowa'piists (sacred items) on behalf of Siksika Nation and return them home.

"The repatriation of our cultural property is necessary to the revitalization of the Siksika way of life and remains a top priority for Siksika Nation Chief and Council, who work with various public and private collections on repatriating Natowa'piists back to Siksika. It is a special thing to see these items coming home and to be a part of this process." expressed Councillor Ayoungman who credits the work and persistence of Herman Yellow Old Woman who began the process over thirty years ago and to leadership, both past and present, who supported Yellow Old Woman along the way.

Siksika Nation was notified in May 2021 that the repatriation request was approved and that the sacred items would be returned back to the Nation. The headdress was accessioned into the Museum of the American Indian in 1908 and the collector is unknown. The Weather Dance Robe was acquired by William Wildschut from Yellow Old Woman, a noted Siksika Weather Dancer in 1924.

This journey has been a personal one for Herman Yellow Old Woman, who is the great grandson of the Weather Dance Robe maker, Yellow Old Woman. He was known as a Weather Dancer—a medicine man who maintains a spiritual connection with Natosi (the sun) and whose primary function is the control of the weather during ceremonial occasions, such as the Sundance. The Weather Dancers' ceremonial responsibilities also include providing blessings for community members.

Herman Yellow Old Woman, a Weather Dancer like his great grandfather who received his transferred rite in 2016, is extremely honored to be included and excited to see these sacred ceremonial items return home and be utilized once again in Siksika ceremony.

"These items have been gone for almost 100 years, so the thing that is amazing for us, is these materials (Natowa'piists) are going to go right back into action. There are transfers that will take place, sweats that will take place when we get them home. The Sundance is coming up in the next two weeks and they will be transferred and put right back into circulation, so today is an honour. It is very emotional." Explained Yellow Old Woman who participates in the annual Akoka'tsin in Siksika.

"You can feel the power and spirit in these bundles and I feel excited for our Nation, our people. The Prairie Chicken Society are going to be able to see and use this headdress the way our ancestors did a hundred years ago and I can imagine our ancestors and how excited they are." shares Yellow Old Woman who invites all Siksika Nation members to attend the Akoka'tsin and welcome back their old relatives.

Siksika Nation would like to also acknowledge the work of the Department of Homeland Security for the safe transport of these sacred items through the border despite COVID-19 restrictions and the National Museum of American Indian who has worked diligently with Siksika Nation on having these items returned safely to Siksika.

"Repatriation has always been one of the highest priorities for the National Museum of the American Indian," said Machel Monenerkit, the museum's acting director. "Our repatriation policy embodies our mission and vision, and we are proud to have worked with the Siksika Nation to ensure the return of these objects."

July 16 - Siksika Nation Fair 2021 scheduled for September

Mark Your Calendars: The Siksika Nation Fair 2021

- Baseball/Golf – September 10, 11, 12
- Rodeo – September 17, 18, 19
- Powwow/Handgame – September 24, 25, 26

The Siksika Nation Fair 2021 will look a little different this year. Due to COVID-19, the committee has staggered the dates of the annual fair. As restrictions ease up, the committee remains committed to protecting the community and visitors and will continue to monitor all COVID-19 updates and recommendations set out by Siksika Health Services. The committee will provide more information in the coming weeks including how to register.

July 21, 2021 - Apply for the Siksika Nation Entrepreneur COVID-19 Relief.

Siksika Nation members who own a business can now apply for Siksika Nation Entrepreneur COVID-19 Relief. Go to SiksikaNation.com to download a copy of the form, fill it out and email to: treasuryboard@SiksikaNation.com by the July 28th deadline.

July 22, 2021 - Statement by Siksika Nation on Grassy Mountain Appeal

Siksika Nation – On June 17, 2021, the Joint Review Panel (JRP), consisting of the Alberta Energy Regulator (AER) and the Impact Assessment Agency of Canada (IAAC), released the Report of the JRP on the Grassy Mountain Project. The Grassy Mountain Project required a number of provincial approvals to proceed. The AER portion of the JRP Report concluded:

*In our capacity as a panel of AER ... we deny Benga's applications under the Coal Conservation Act and related applications under the EPEA [Environmental Protection and Enhancement Act], Water Act, and PLA [Public Lands Act]. Without approval of the provincial applications, **the project cannot proceed.***

Benga Mining Ltd. has filed an application to appeal the AER decision denying approval of the Grass Mountain Project. Siksika is not participating in the appeal. Further, as the Government of Alberta has not addressed Siksika's concerns about coal projects in the Crowsnest Pass region, Siksika will continue to oppose any other efforts to pursue coal mines.

For more information on Siksika Nation Chief and Council:

Please visit SiksikaNation.com and follow Siksika Nation Administration on Facebook, Twitter and LinkedIn for regular updates and statements from Chief and Council and Siksika Nation related news, programs, services and opportunities. We also encourage you to reach out with questions, comments and concerns in-person, mail or email.

Siksika Nation Chief and Council

Address: PO Box 1100 Siksika AB T0J 3W0 Phone: 403-734-5109

Email: sncc@siksikanation.com

Website: [siksikanation.com](https://SiksikaNation.com)

Chief & Council honour residential school survivors

By Carly Weasel Child

Siksika Nation Chief and Council held a tribute on July 1 for Nation members who are residential school survivors and for the lives lost.

The event began at the former Crowfoot School location with a convoy of community members and supporters ending the day off with another tribute at Old Sun Community College - formerly known as Old Sun Residential School.

July 1 is also known as Canada Day, however many across Canada refuse to celebrate the day due to the injustices and discrimination FNMI (First Nations, Métis, and Inuit) peoples have faced throughout Canada's dark history and continue to face to this day.

This was especially prevalent this year as remains of 215 children were recovered at the Kamloops Residential School in late May, sparking a national outcry for justice for the children who were forced to attend these schools and to recover all the remains.

Many First Nations reservations have begun searching former residential school

sites using ground-penetrating radar; Siksika Nation began searching 4 locations on the reserve on July 1 following the Chief and Council Tribute.

The event brought many together, Nation members and non-nation members, all wearing orange shirts to support and honor residential school children. Society members blessed both former residential school locations, Crowfoot and Old Sun. As well, Chief and Council members and Siksika Health staff addressed the attendees. Residential school survivors also shared their personal stories of their own experiences.

Cowessess First Nation Chief Cadmus Delorme was in attendance and offered words of support for those grappling with the ongoing news of the unmarked graves across Canada. Cowessess First Nation announced in a news briefing on June 1 that 751 unmarked graves were found at the former Marieval Residential School site in Saskatchewan.

"Today is really tough for many, because today we're talking about it. That's the surface. If your parents are survivors or if your grandparents are survivors, they



Photo by Carly Weasel Child
Chief Cadmus Delorme, Chief Ouray Crowfoot

have sacrificed for you since you were born. It's now time that you sacrifice for them. We have to do it in a way that is respectful and doesn't have a timeline, because everybody's healing on their own journey right now. We all have to make sure that we keep this momentum going," said Delorme.

Administration and Health host Stampede breakfast

By Carly Weasel Child

In honor of the Stampede spirit, Siksika Nation Health Services collaborated with Siksika Tribal Administration and held a drive-thru style pancake breakfast for the community at the Piiksapi Memorial Arbor on July 7.

Also at the event were arts and craft vendors, live music from the Highway 901 Band, singers and drummers from Sorrel Rider, and performances from local pow wow dancers. The Stampede Breakfast is held annually in Siksika, but due to COVID-19 protocols, precautions were enforced for the safety of community members.

Although the community couldn't gather like previous years due to restrictions, over 1,000 people were served via drive-thru. Siksika Fire & Rescue cooked thousands of pancakes, with the batter provided by Saffron Catering Services. Health Services staff and Tribal Administration departments volunteered to serve plates and direct traffic. Siksika Membership also made and distributed candy bags and goodies for the children, with candy apples from Candytime in Carseland.

Also, the Communications department delivered plates to elders who couldn't make it to the drive-thru. Over 200 door prize winners were announced after the breakfast with 3 different categories of prizes; Children's, general community, and elders, all winners received summer-themed prizes.



Photo by Carly Weasel Child

Over 1000 meals were served at the annual Stampede breakfast.

Treaty Payment

August 4th & 5th, 2021

(THIS WILL BE TREATY PAYMENT FOR THE

2020 & 2021 YEARS)

AUGUST 4TH, 2021 – SIKSIKA ARBOR

9:30am – 4:00pm

August 5th, 2021- CALGARY, AB - Blackfoot

Confederacy Office: 820 59 Ave S.E Calgary

9:30am-4:00pm

EVERYONE MUST PICK UP THEIR OWN MONIES.

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For any further information Please Contact SIKSIKA NATION

MEMBERSHIP DEPT @403-734-5135

Manslaughter verdict for Brandon Giffen in the killing of Kristian Ayoungman

By Wesley Water Chief

Brandon Giffen, the individual who fired the rifle at a fleeing vehicle outside of Strathmore killing one of its occupants, was convicted of manslaughter in the shooting death of Kristian Ayoungman.

On July 26, Court of Queen's Bench Justice Robert Hall acquitted Giffen of murder and convicted him instead with the lesser conviction of manslaughter.

In his decision Justice Hall said while Giffen was sober and an experienced hunter, given the distance the truck was from the shooter, he doubted the accused thought he would hit the fleeing truck in the night.

Kristian's mother Melody Ayoungman and supporters were clearly distraught with the verdict and voiced their disagreement with the decision at a press conference held outside of the courthouse.

Melody said the court system once again failed to provide justice to First Nations people and there is a need for change.

"Our justice system failed again today. Big,

big time. They are wrong. You take a life, you aim a gun where there are human beings, that's murder! My son was murdered. They were chased around Strathmore by these boys who had a hunting rifle. A high-powered hunting rifle in their car. They didn't stop. They had numerous chances to stop, turn around, and not do this. And the person who did this was sober. He definitely knew what he was doing. I guess the reality of the day is, they are the ones that have to live with their decisions," said Melody.

"I'm disappointed in the justice system, First Nations are always, always, for years, always put through injustice. Times need to change, things need to change. I hope they learned from their decisions from today.

We are not here to create riots, today is different. Look at us being peaceful. That is the way it should be, all getting along, all of us here. And that is the way it should be. Teach each other to care about each other, to watch out for each other, to support one another, uplift one another."

The sentencing of Giffen for manslaughter will take place on Sept. 17.

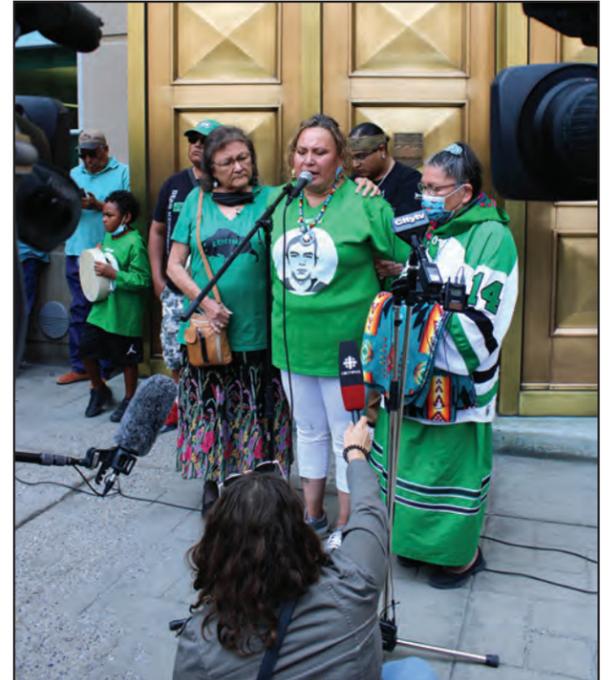


Photo by Wesley Water Chief
Melody Ayoungman with aunties Dr. Vivian Ayoungman and Angie Ayoungman speaks of her disappointment with the verdict.

Blackfoot Crossing renovations completed soon

Submitted by Shayde Yellow Old Woman
Blackfoot Crossing Communications

Oki, on July 19th, Blackfoot Crossing Historical Park has now recently implemented booking appointments only, due to ongoing and building infrastructure. We unfortunately cannot accept walk-ins at this time.

We hope to see all faces, new and old, enjoy the new sights and wonders in our gallery, explore the land our ancestors once inhabited, and listen to the wind of the past.

Blackfoot Crossing Historical Park has come a long way on their journey, keeping the land and building in good condition and installing new projects into their building which is enticing knowing something new is ready to explore and discover.

Wander in the backyard with wildlife and engage in the mysteries of our land. The staff here are more than ready, with welcoming hands, to engage with the community and those who visit our site.

We appreciate all the support we've been given. This would have been much harder without the community's support and feedback. We cannot wait to continue better than before.

New and improved sites include gift shop, cafeteria, and the bottom level gallery area, so make sure to look around once you enter our building. We currently are still under the process of renovation which soon will be completed.

To book an appointment, you may contact our E-mail at bookings@blackfootcrossing.ca.

Blackfoot Crossing Historical Park had begun a new Webinar session in June that dis-

cusses the topic of the residential school impacts amongst the Siksikaitstapi joined with special guests Vincent Yellow Old Woman and Butch Wolf Leg from 2 p.m. - 3 p.m.

Other lessons include the morning 11:00 a.m.-12:00 p.m. Language with Joanne Red Old Man and afternoons from 1:00 p.m.- 2:00 p.m. These lessons are free every Wednesday, all you need to do is download the app Zoom, make an account, and email bookings@blackfootcrossing.ca.

You can also find this information on our Social Media platforms via Facebook (Blackfoot Crossing Historical Park), Twitter (@BlkftCrossing), and Instagram (blackfootcrossing).

Make sure to hit the follow button on our platforms for the latest updates.



Photo by Blackfoot Crossing

Due to renovations, only booking appointments are available.



Photo by Blackfoot Crossing

Renovations will soon be completed with new things to do and see.

Letter to the Editor

Aitsiniki is accepting letters to the editor which will be printed in the monthly issue of this newspaper. Letters must include the name of the writer and location and may be edited for length and clarity. In order to protect our publication, Aitsiniki reserves the right to refuse any submission that can be viewed as potentially libelous, discriminatory, obscene, threatening, or copyrighted. A Letter to the Editor can be mailed or emailed using the contact info. listed on the Siksika Media credit and contact section. Include a phone number so we can contact you to verify the authenticity of the letter writer.

Photo submitted

In a ceremony held in Suitland, Maryland, Siksika Nation Chief and Council representative Councillor Kent Ayoungman and Ceremonial elder Herman Yellow Old Woman attended the historic occasion and were delegated to collect the Natowa'piists (sacred items) on behalf of Siksika Nation and return them home.



Siksika people, places and faces



Photo by Wesley Water Chief

Eddie Wolf Child takes part in evening show at the grandstand during the 2021 Calgary Stampede.



Photo by Wesley Water Chief

Delores, Katari, Lexi Hilderman (artist who painted Stampede poster of Katari), Marcell and Steve McDonough



Photo by Wesley Water Chief

Dr. Clarence V. Wolfleg and RCMP Deputy Commissioner Curtis Zablocki give a wave during parade.



Photo by Wesley Water Chief

Kelly Good Eagle in full regalia and headdress in parade with associate.



Photo by Wesley Water Chief

A lucky few were allowed to view the parade live.



Photo by Wesley Water Chief

Indigenous youth walk proud in parade.



Photo by Wesley Water Chief

Siksika members with Chief Ouray Crowfoot.



Photo by Wesley Water Chief

Stampede Parade Marshal Katari Right Hand, Calgary Stampede President Steve McDonough, Siksika Chief Ouray Crowfoot, Marcell and Delores Right Hand and family take part in honour and closing dance at First Nations Village on last day of the Calgary Stampede.



Photo by Lynn Calf Robe

Siksika Nation Chief and Council organized a tribute to honour and remember residential school survivors and the lives lost at the schools.



Photo by Wesley Water Chief

Siksika Health Services and Tribal Administration employees were on hand to feed the people at the annual Stampede Breakfast.



Photo by Carly Weasel Child

Traditional singers supported residential school survivors and sang in the convoy from the Crowfoot residential school site to Old Sun.

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Photo by Wesley Water Chief

Cody Big Tobacco rode for the Old Sun Indian Relay Race team at the Greatest Outdoor Show On Earth during the July 9-18 exhibition.



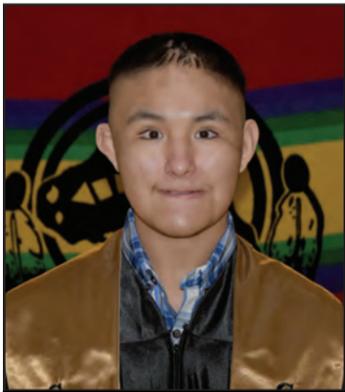
Photo by Wesley Water Chief

Tyler Leather rode for the Pretty Young Man team at the 2021 Calgary Stampede Indian Relay races held nightly as part of the evening show.

DENTISTS:

- Dr. Deb Crowfoot
- Dr. Garet Herget
- Dr. Davis Fox
- Dr. Kayla Leugner-Lavallee

Siksika Nation High School Graduates 2021



Denver Backfat



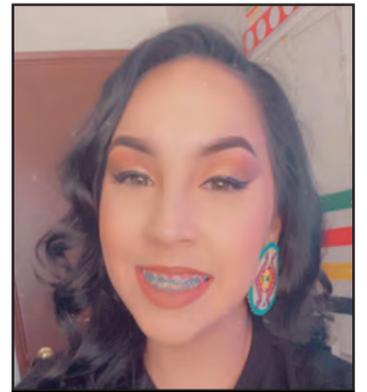
Jerry Black Plum



Kacey Breaker



Joshua Healy



Mikayla McHugh



Mahthus Medicine Shield

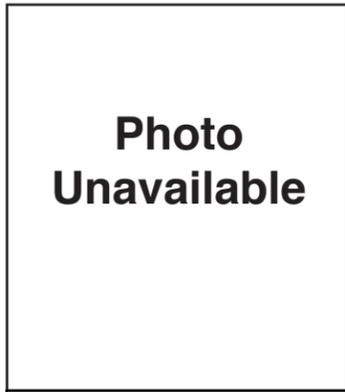


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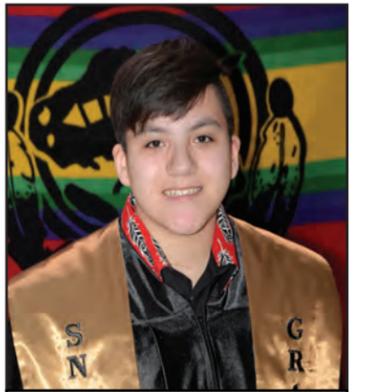
Zanty Red Crow



Parker Red Gun



Whitney Sitting Eagle



Desaree Waterchief



Kayci Yellow Fly

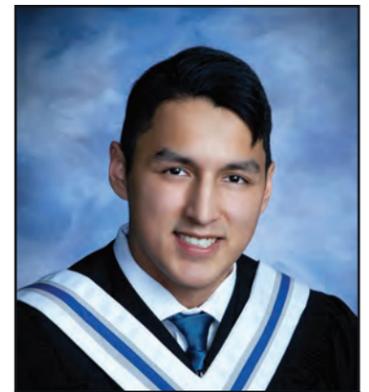
Bassano High School Graduates 2021



Takota Eagle Speaker



Trey Fairbrother



Tyus Fairbrother



Lanie Many Bears



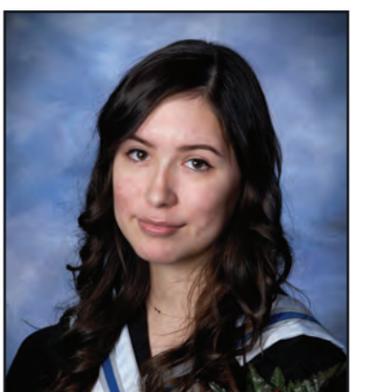
Connor Red Old Man



Joseph Running Rabbit



Izek Weasel Head



Christine Woods

Wheatland Crossing High School



Cassius Many Heads

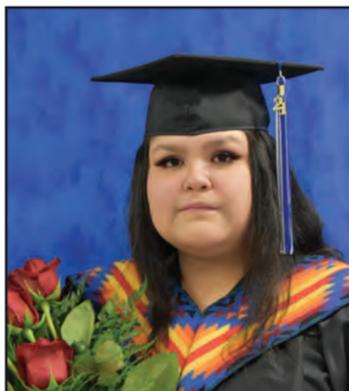


Kyera Old Woman



Mackenzie Big Snake

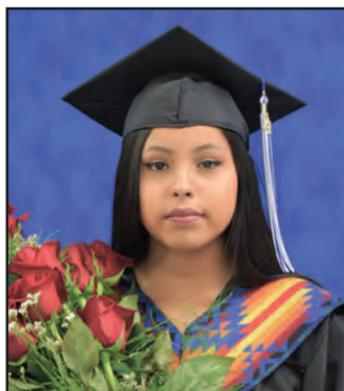
Siksika Outreach School Graduates 2021



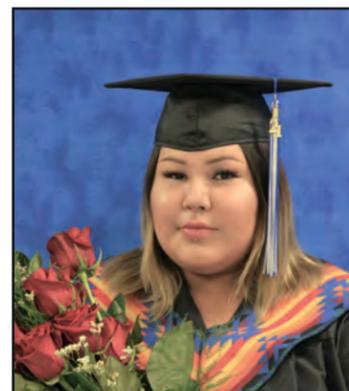
Maggie Bear Chief



Carson Bear



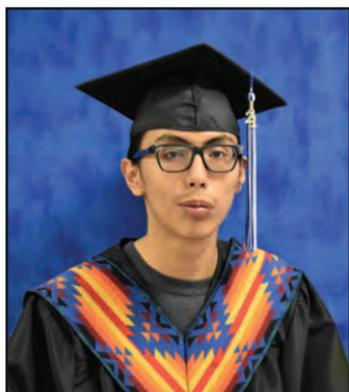
Kierra Black Horse



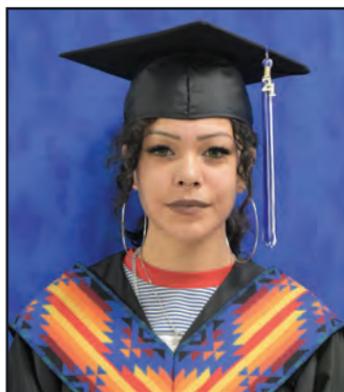
Sadey Black Horse



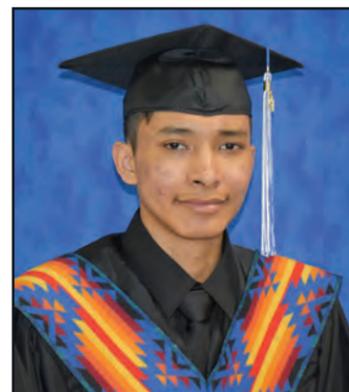
Dilayna Blackhorse



Jadyne Daniels



Tyniva Eagle Rib



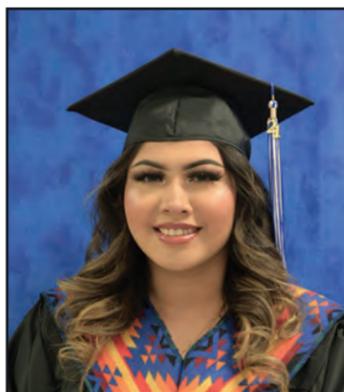
Laven Good Eagle



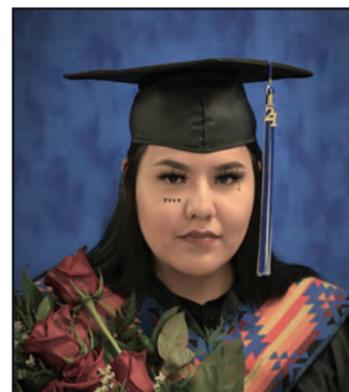
Rita Lennon



Asia LePretre



Taylor Little Light



Ainsley Many Heads



Talijah Manybears



Tanille McMaster



Caitlyn Morning Bull



Lena Pretty Youngman



Destiny Running Rabbit



Braeden Smith



Troy Sun Walk Jr.



Tori Twoyoungmen



Ashanti Wesley-Big Stone



Anthem Wolf Child



Ethan Yellow Old Woman



Siksika youth wins Alberta writing award

Samiyah Crowfoot wrote a story about her famous forefather, Chief Crowfoot and won a third place Alberta Champions writing award for grades four to six. The following is the award winning story.

Meeting Chief Crowfoot, My Grandfather

By Samiyah Crowfoot

It was just a normal day in my Grade 4 class. I was sitting at my desk in school reading Blackfoot legends during our social studies class. I noticed lights flickering in the small tipi we had set up at the back of the room.

"What is making those lights?" I quietly whispered to myself. I decided to investigate. I asked my teacher if I could go into the mini tipi to read. She excused me to the back of the room.

While I crawled towards the opening I paused, a person inside was motioning me to come in. As I started going into the opening I recognized that the person was from a picture I had seen in my legend readings. It was Chief Crowfoot, my Grandfather.

I heard him say, "Pohsapota sopoyaapist-siyiita," (which means come here listen carefully in Blackfoot.) "I am Chief Crowfoot, your seven times Great Grandfather."

I was so shocked I couldn't even speak, could this really be happening? Was I dreaming? I crawled closer to him. The lights started flashing brighter but I didn't feel scared at all. When I peeked back the classroom started to fade away. I crawled in deeper and that small tipi kept getting bigger and bigger inside just like a full-sized one. When I turned and looked out the doorway I recognized exactly where we were, Blackfoot Crossing. I pinched myself just to make sure I wasn't dreaming.

My Grandfather spoke, "In 1877 this is where me and our people signed Treaty 7 with the Canadian Government," he continued, "If we didn't sign Treaty 7 you and a lot of people in Canada would not be here today."

"What do you mean by that?" I questioned.

"Treaty 7 gave every Indigenous family of five about 6 square km of land from the Rocky Mountains to the West, and we all had the right to hunt and live on the land there. We just wanted peace for everyone in the area. We wanted to

live in harmony with the others that had arrived from other lands. I also helped to make sure other chiefs understood what they were signing before we agreed to put our names on Treaty 7" he answered.

This made me feel proud of what he did and I realized that I am a leader too. I set a good example for kids at my school by being kind and helpful. I include everyone so no one feels left out.

Next I asked, "How did you become a Chief?" "It was all because of the smallpox pandemic. About seventy chiefs died and our people wanted me to be in charge. I was friendly with Colonel McLeod, who was the leader of the Northwest Mounted Police, and my people thought I would be able to help negotiate for us." he said proudly.

I questioned, "Were you ever married?" "I had 10 wives! I had a favorite wife too, but I can't remember her name anymore," he laughed.

"Did you have any children?" I asked. "Yes, but only four survived the smallpox," he cried with a tear rolling down his cheek.

"How about no sad questions for now," Grandfather requested with a sigh.

"Deal," I agreed.

"Let's go to the next place," he suggested.

"Of course!" I agreed happily and followed him into the tipi.

In the tipi the colorful lights started to flash

again and the door flung wide open within a few seconds! We were at a different place that I didn't recognize this time.

"We are at Rupert's Land where I was born in 1830," Grandfather exclaimed happily.

"What were you known for in your life?" I wondered.

"I was known for my courage, success, and wisdom, and that's why our people wanted me to become Chief and help negotiate for them." he said proudly.

Wow, I hope when I grow up, I will be brave and stand up for what's right for myself and help people that can't do it for themselves just as my Grandfather did,

"Were you involved in any raids or battles?" I questioned.

"Yes, my first battle was when I was 13. Before I was 20 I had been in 19 battles fighting for my peoples' rights and freedom." grandfather remarked.

He was so young and made a huge difference for a lot of people. I am going to be a difference maker too. At school, we have been sending notes for different occasions, to people that live at a nursing home to make them feel happy and loved during the Covid pandemic. They don't get to see many people. It makes me feel great knowing I am making someone I don't even know feel good and important.

"What age were you when you died?" I buzzed.

"I was only 60 years old," he replied.

We walked back into the tipi and the bright lights started to shine just like before. In a blink of an eye the door opened for the last time. We were in a place I recognized this time. I was back in the classroom and the tipi was back to its same small size it had always been.

"It was an honor to share my story with you, Granddaughter. I wish I could share more but you were gone long enough and you need to get back to your schoolwork, good-bye." my Grandfather said as he hugged me.

"Good-bye," I squeezed him back.

As I was crawling out of the mini tipi I turned just in time to see Grandfather disappear. I felt so grateful to have met him and I returned quietly to my desk with a huge smile on my face! I couldn't wait to share with my friends what I had just experienced.



Award winning author Samiyah Crowfoot

NEW LOCATION
Siksika Nation's COVID Vaccine Clinic is Moving

Available to Siksika Nation members, and people who live or work in surrounding communities

STARTING JULY 19, NEW LOCATION:
 SIKSIKA HEALTH & WELLNESS CENTRE

HOURS OF OPERATION: 9AM-4PM, MONDAY-FRIDAY

- Walk-Ins Available -
NO APPOINTMENT REQUIRED

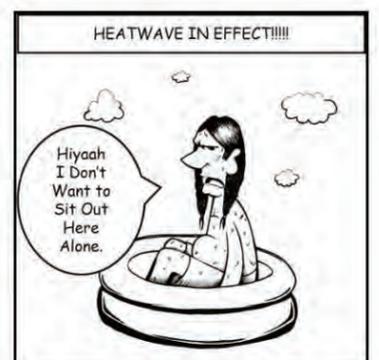
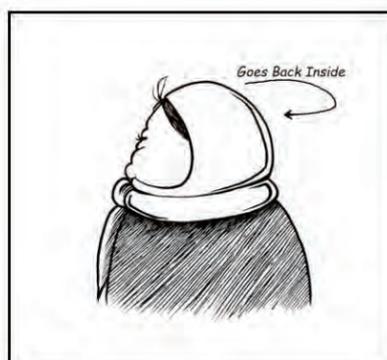
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DRIVE-THRU
FOOD MARKET

Summer markets every Thursday @ North side (rear entrance) of Siksika Support Centre

Thursdays from 12:00-2:00pm

Fresh food baskets available: \$30 of fresh produce for \$20

The Modern Native



Jason Syle

Siksika Nation Fair 2021

- Save the Dates -

September 10, 11, 12 - Baseball / Golf

September 17, 18, 19 - Rodeo

September 24, 25, 26 - Powwow / Handgame



The Siksika Nation Fair 2021 committee will strive to keep our community safe and adhere to COVID-19 precautions.

Siksika Media's summer students Christine Woods asked fellow summer students: "Is getting a summer student job important and why?"



Gladys Weaselhead, 18,
Custodian

"Yes, because you get work experience and you learn for the future."



Nick Galindo, 21,
Maintenance

"Yes, just overall it's getting new experience and to be able to work in the field with that interest. It also helps with your everyday life."



Eliana Breaker, 15,
Old Sun College student worker

"Yes, because it helps to gain work experience for future jobs."



Maria Mathiang, 16,
Media student worker

"Yes, having work experience with a summer job will benefit you for future opportunities."



Siksika Health Services Support for Indian Residential School

By Dr. Quintina Bearchief Adolpho, Mental Health Clinical Lead – Siksika Health Services

There are many feelings and thoughts expressed about the recent discovery of all the Indigenous children across Canada who didn't make it home. They were wrongly hidden and forgotten by people who claimed to have a better way of living.

The feelings and thoughts about this situation run the spectrum and include anger, shock, sadness, confusion, grief, sorrow, and even suicidal ideation. In addition, people may not be sleeping very well, having a hard time eating, and may even feel sick.

Flashbacks and mental images may be experienced. Some may be experiencing heightened stress and anxiety. Individuals who have been traumatized may feel numb or overstimulated, which may cause them to withdraw. It is essential to consider that these emotions, thoughts, and reactions do not mean something is necessarily wrong with you. These reactions are normal and to be expected with trauma survivors. Every person in Siksika is a trauma survivor, whether you experienced the effects of the residential school directly or indirectly.

Some of the above symptoms may surface quickly, and others may be gradual.

Some may want to turn to self-medicating numbing behaviors such as excessive alcohol use. Instead of self-medicating, I suggest turning to our Creator, family, friends, and other healthy supports.

If you are experiencing any of the above, I will encourage you to talk to a loved one who will allow you to vent and provide validation. You may or may not need to discuss your exposure, thoughts, and feelings that you may be currently experiencing. Every person is different; each person will respond differently, and what each person will need will be different.

For those who are listening to someone vent, let the person know you care about them and will be there to offer emotional support. Try and avoid advice-giving. People just need to be heard and validated. Whatever their needs, let them know you're there for them and offer your assistance while also being prepared to back off. Consider referring them to Siksika Mental Health or provide info on other resources. But please DO NOT pressure the person to enter into treatment before they are ready.

A therapist trained in trauma response will be available at the Siksika Health & Wellness Centre from 3-5pm, Monday-Friday for anyone who would like to drop in.



Photo by Jennifer Kolhammer

Leanne Sleight, Pauline Yellow Fly, Dr. Quintina Bearchief-Adolpho, and MaryAnn Buckskin offer support services for former Indian Residential School students dealing with issues.



colours
FROM THE LIGHT
ART SHOW & AUCTION

Friday November 19, Noon-9pm
Saturday November 20, Noon-6pm

First Nations Artists & Friends

Auction Friday November 19, 7pm
Bullhead Hall TSUUT'INA
www.franciscanandfriends.ca

Live Music/Door Prizes

Contact: 403-397-1947
EM denisgrady@gmail.com



First Nations Music Camp
Monday August 23-Sunday August 29
Rafter 6 Ranch, Hwy. 1 Between Calgary & Banff

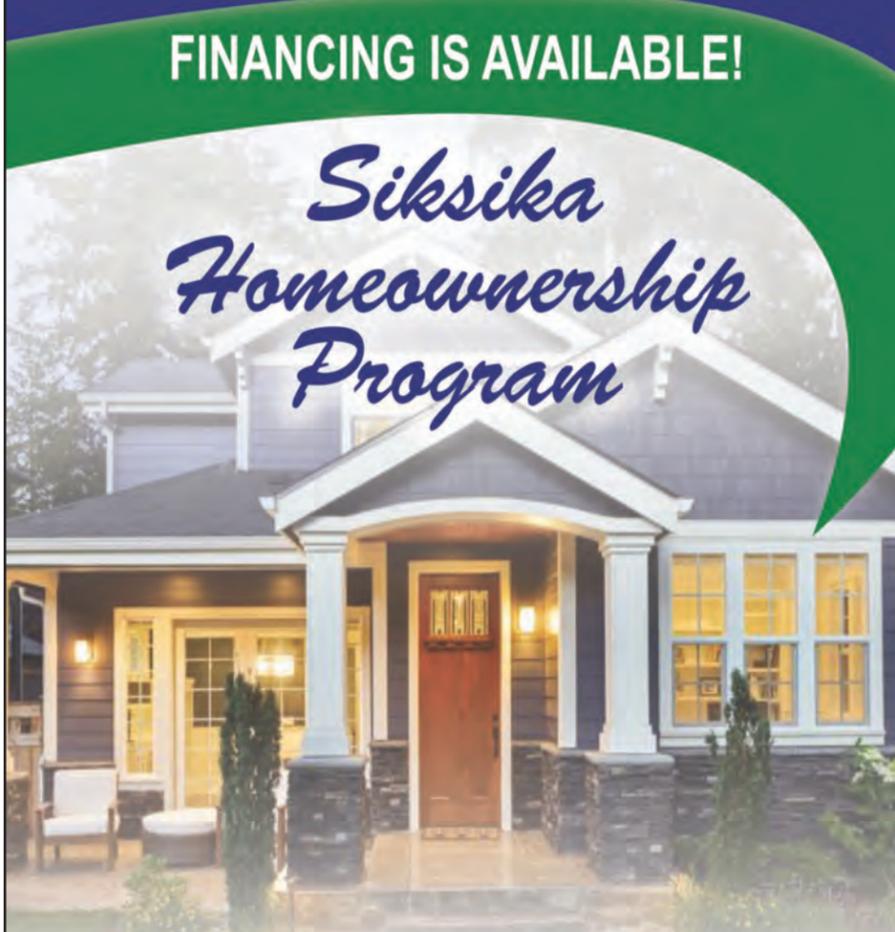


Campsite Bookings: Gloria Cowley 403-673-3622
www.raftersix.com

Are you interested in building, purchasing or renovating a home?

FINANCING IS AVAILABLE!

Siksika Homeownership Program



For more details, phone Nelson Breaker, Treasury Department at (403) 734-4368 or email NelsonB@siksikanation.com.




First Nations Market Housing Fund



Are you interested in homeownership / renovating your existing home or purchasing a home?
Do you need financial counseling?

HOME OWNERSHIP AND YOU OUTREACH

Confidential one-on-one financial counselling is available via Zoom or by phone - 7 Days a week



To use Zoom you will need a computer with a mic and camera (optional). The service is available to band members.



For more information contact Scott Flamand at (705) 618-1093 or email flamandmservices@gmail.com



