



Athabasca U grad shines light on gaps in Indigenous health care

2023 Athabasca University (AU) Master of Nursing grad, Michelle Monkman, has made it a lifelong goal to improve the health of people in Indigenous communities.

Monkman, a registered nurse from Kinosao Sipi Cree Nation, has spent her entire 19-year career serving Indigenous populations in urban and rural Manitoba.

Monkman's Spirit Name is Owasdenimakiw, which translates to "light giver" or "bringer of light"

"My Knowledge Keeper told me that it was my purpose to bring light into dark places and insight into places of uncertainty." She certainly has.

By incorporating Indigenous Ways of Knowing into education materials and into the delivery of care, she helps ensure resources and health-care systems are culturally relevant and safe.

"I feel like I have a really important job to elevate the voices of my community and I've been given the opportunity through AU to elevate

my own voice. I just want health care to be better for people that I love."

She says her motivation to help runs deep because of her Indigenous identity. She's improving the lives of families just like hers.

"Working in Indigenous health is where I belong and it's my passion. It doesn't feel like work. I was answering my passion."

A few years ago, while working in a First Nations community whose high school was located in a nearby urban area (Brandon), she realized there were three provincially funded high schools that had access to teen clinic services. The local First Nations school, Sioux Valley High School, did not.

Wanting to fix that inequity, she decided to act. Monkman collaborated with the community, the school, regional health authority, and a primary health clinic to begin the work of creating a teen clinic.

"Most Indigenous people will go to access

primary health services when there's a problem and don't often have family doctors or that connection to health care. I wanted to norma-lize preventive care for them at a young age."

Once the clinic launched, Monkman said the services were very successful because they used a community-driven approach.

Monkman said there needs to be more collaboration across the health sector; provincial health authorities often do not collaborate well with Indigenous communities.

"If you look at rural Indigenous communities across Canada, it's like their own little health system, so people don't understand that there are community-based pro-



grams and roles that are specific to the needs of that community."

Many rural First Nations communities often only have access to a health centre that operates during regular daytime business hours.

"If residents are unable to go during that time, they have to travel to another community that is urban based for treatment," she said.

This barrier to care is why so many Indigenous people face health inequities, and often experience delays accessing care. Her work involves trying to find solutions to close the care gap

Not only is Monkman improving the lives of Indigenous communities by better informing health-care providers, academics, and policy makers, she is also using her knowledge and life experiences to guide settlers and non-Indigenous folks on a path toward reconciliation.

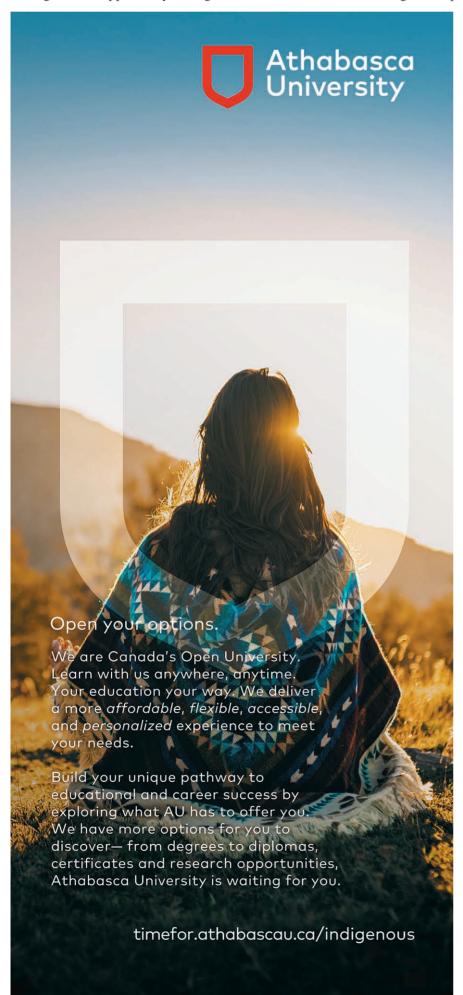
In recognition of all her achievements, Monkman was named Athabasca University's 2023 Governor General's Gold Medal winner. The award is given to the AU graduate student with the highest grade-point average in their graduating class.

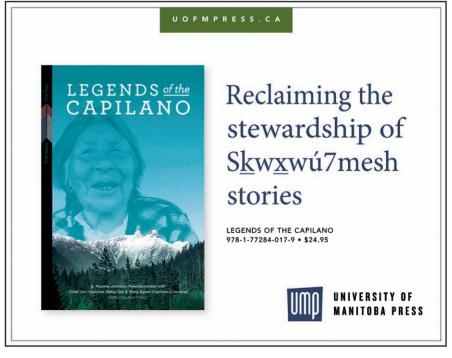
Monkman said her master's degree has given her a whole new language to use in influencing higher-level policy and building health service solutions for Indigenous communities nationally. Now, she can blend what she learned in mainstream academia with Traditional Indigenous Knowledge and perspectives.

Being an Indigenous advocate has been isolating at times, and her perspective was not always understood. But she's always maintained that reconciliation is uncomfortable.

"That's why it was important that I spoke my truth," she said. "Reconciliation is everyone's business."

Learn more by visiting athabascau.ca/health.







Calgary Stampede had something for everyone!

By Terry Lusty Local Journalism Initiative Reporter

The Calgary Stampede realized a highly successful year in 2023. It took place from July 7-16 and came close to establishing a record attendance year with 1.3 million going through the turnstiles - just a tick off the 1.4 million record of 2012. Thus, it appears that they've finally overcome not just the effects of the pandemic, but the economic downturn as well.

This year they also celebrated a couple of other milestone achievements including the 100th anniversary of the Rangleland Derby, a.k.a. chuckwagon races.

There are many positive changes to experience at the Stampede some of which include the Nutrien Western Event Centre, upgrading the barns, relocating the Indian Village, tearing down the old BMO and Corral buildings and improving the base soil of the rodeo arena and racetrack making these a safer and easier going for man and animals alike.

Additionally, the entire north portion of Stampede property is continually undergoing new and improved investments, and structures. It's definitely an ongoing process.

Apart from the chuckwagons celebrating 100 years of operation, is the exciting outcome of the championship finals, the Dash for Cash.

As usual, the championship was determined at the conclusion of the final heat on Sunday, July 16th. The final three competing rigs were: 1) Mob Squad driven by Ross Knight, 2) Spray Lake Sawmills with Layne MacGillivray at the reins and, 3) Grey Eagle Hotel Resort and Casino driven by four-time champion Kurt Bensmiller.

Once the horn sounded, MacGillivray shot into the lead from the number two barrel and set a steady pace on what was a bit of an off-track due to the night-before rain. Once the three rigs got into the homestretch, the Tsuut'ina First Nation's Grey Eagle wagon tried desperately to run down the leading Spray Lake rig, but MacGillivray had enough left in his thoroughbreds to hold off the pressing Bensmiller and win it all in 1:13:24. MacGillivray's won him the coveted championship title and the \$50,000 cheque that came with it. Bensmiller was second in a time of 1:13;58, earning him \$20,000, while Knight placed third in the thrilling finale.

"It all came together for us this year," exclaimed the winner who placed second the previous year. The win, he explained, requires "good people, good horses and lots of luck!"

There were three competitors of Indigenous ancestry as drivers: Todd Baptiste guiding the Red Pheasant Cree Nation wagon, Cody Ridsdale steering the O'Chiese Investment & Business Centre rig and Preston Faithful from Frog Lake driving the Natural Law x Global wagon. For Faithful, this was his first run at the Rangeland Derby and he is viewed as an up-and-comer to watch; he has had some credible accomplishments at some meets, including setting a track record and winning most improved driver.

Another highlight at the Stampede is the daily powwow dance demonstrations on the grandstand stage as well as at Elbow River Camp. The camp also features arts and crafts booths, hand games, traditional cooking methods, tea and bannock sampling and sales, teepee raising, and some open teepee viewing.

Alayiah Wolf Child, 24, is this year's First Nation Princess. The jingle dancer was chosen as the 2023



The Grand Entry at the 2023 Calgary Stampede Powwow.

princess back in December and said, "It just felt like I was dreaming; it was overwhelming!"

Judging is generally based on such categories as public speaking, attending social events, dance ability and education. As a Stampede tradition, winning as princess, "was the beginning of the bridge being built between two great communities," she explained.

The 2nd Stampede Saddledome Powwow proved to be an impressive array of colour and energy as hundreds of dancers and visitors flocked to the arena on July 12 and 13 to participate in a serious competition for championship jackets, belt buckles and \$2,000 for first place adult categories and jackets, buckles and \$1,000 for teen category winners.

Energetic and talented Drum Groups also competed providing an amazing atmosphere of cultural pride for everyone in attendance.





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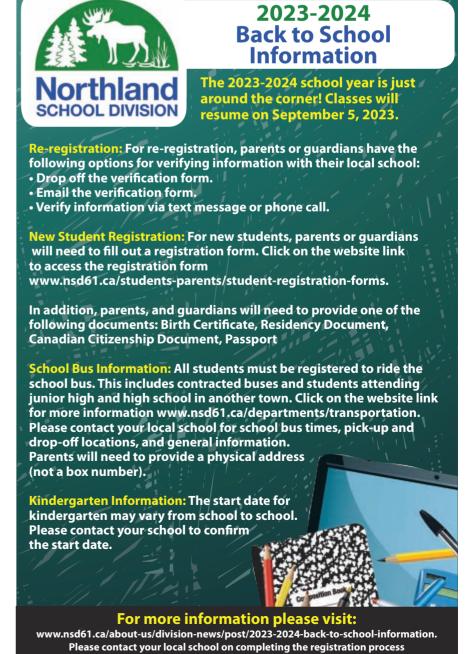
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Treaty 6 Nations reflect on lack of progress since Papal visit

Chiefs and the Grand Chief of the Confederacy of Treaty No. 6 Nations are reflecting on the one-year anniversary of Pope Francis' historic visit to their lands.

"A stronger response from the Church is still needed," says Grand Chief of Treaty No. 6 Territory and Chief of the Montana First Nation, Leonard Standingontheroad. "It's been a year since the visit with very little progress to show for it."

"With his visit Pope Francis created an opportunity for change, but the Church here in Canada needs to catch up," says Alexis Nakota Sioux Nation Chief Tony Alexis. "Over the past year, some of our people have found healing, but more have been left in confusion. Just as we should have had a stronger role in planning the Papal Visit, we need to be equal partners in the healing process."

"The apology was a meaningful first step from Pope Francis but it wasn't supposed to end there," says Alexander First Nation Chief George Arcand Jr. who was Grand Chief during the Papal visit last summer. "A year has passed and we still haven't been invited to the decisionmaking table. We are disappointed in the Church – in the institution. We were supposed to walk together, but instead we've been left behind."

A year later the Confederacy acknowledges "with gratitude that Pope Francis fulfilled his promise to deliver an apology for the actions of

his Church in person to our People on our Lands. In good faith we await meaningful action by the Church on the promised journey of healing and Reconciliation."

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IRS Investigation Symposium coming to River Cree: Sept. 26-28

By Jake Cardinal, Local Journalism Initiative Reporter

The Acimowin Opaspiw Society (AOS), the First Nation-led organization investigating the missing children and unmarked burials of the Blue Quills Indian Residential School (IRS), has announced its first ever Investigation Methodologies National Symposium.

In an effort to share research methods and protocol, as well as create a network between IRS investigations in Canada, the AOS is inviting all IRS investigation teams across the country to attend the event.

The symposium will provide a series of tutorials by the investigative team on the multiple aspects of the investigative experience — from the line-by-line study of archival documents to governmental diplomacy.

Some of the tutorials included are: how to access restricted Church records; First Nations research ethics; communications and mass disseminations; data sovereign ground penetrating radar surveys; and much more.

The symposium also boasts two keynotes by IRS researchers and academics: Dr. Scott Hamilton, author of 'Where are the Children Buried;' and Tamara Starblanket, author of 'Suffer the Little Children – Indigenous Nations in the Canadian State.

In addition to this — on September 26, 2023 the event will feature an Opening Gala emcee'd by Don Burnstick, as well as a performance by comedian Emery Burningrass.

On September 28, 2023 a round-dance will take place with Northern Cree Singers as the host drum.

Attendance for IRS Survivors involved in an investigation is free.

The event will run from September 26 - 28, 2023 at the River Cree Resort in Enoch, AB.

Visit: acimowinopaspiw.ca/symposium

For more information, please email: symposium@acimowinopaspiw.ca

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AIG: An inclusive sports event for Indigenous youth

By Kinnukana, Local Journalism Initiative Reporter

The Alberta Indigenous Games (AIG) 2023 are taking place in Edmonton, Alberta on Treaty 6 territory and the homeland of the Métis from August 9-19, 2023, at the Saville Community Sports Centre and at Rundle Park. Over 5000 participants have travelled from all over North America, including Ontario, Saskatchewan, B.C. and Montana, to participate in the various sports. The AIG provides Indigenous youth between the ages of ten and twenty-one, at all skill levels, with the opportunity to participate in seventeen different sports. This year, skate boarding has been added to the list of sporting events.

The AIG evolved from a non-profit organization called Edmonton Native Ball Association (ENBA) formed by Allan Ross in 1999. Allan, the founder of AIG, was a Cree from Timber Bay. He was a star basketball player in high school and college and often said that basketball saved his life. He became a teacher at Edmonton Public Schools and saw the need for Indigenous youth sporting programs. He founded the ENBA, and it grew over time into the AIG with expanded multi-sport games. Allan had a strong vision for the AIG and his goal was to provide sporting opportunities for Indigenous youth in a recreational, welcoming and inclusive way for all levels of athletes. Allan passed away in October 2015, and in his honour, his vision of the games continues to take place each year and youth are continually inspired.

George Houle from Good Fish Lake was a youth participant for four years and was inspired to now becoming an Executive Assistant at the AIG. George said that when he was younger, he



AIG Executive Assistant George Houle.



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watched his older brother and sister come home from the games. He would see them arrive with their swag and hear them talk

about the event and he would say to himself that he is going to attend one day too. That day came when he was fourteen and he participated as a member of the local basketball team. He attended with his friends, and they won a bronze medal. George loved it so much that he attended for the following three years and was a member of a Saddle Lake team and also competed individually in the cross-country event.

There are several divisions for youth: Mites, Minis, Juniors, Intermediate, and Seniors. Some sports are co-ed and others are specific to having male and female teams. A youth can play on a community team or in an individual sport. George shared that the games are open to youth who are beginners in a chosen sport, or they can also be playing at a competitive level.

George said, "We believe that it is a great system. The games are not really about winning first place, it is about giving Indigenous youth at all levels an opportunity to reclaim their inner self because some of them are affected by the impacts of residential schools and it is very intimidating when you sign up for a sports event and you see that it's all competitive. I think this is a great thing that we've done because it gives everyone an opportunity to just grow."

The AIG takes pride in being a sport development event. The organization believes in the holistic development of athletes, and they offer individual *Circle of Courage* awards. The *Circle of Courage* has four categories: Belonging, Independence, Mastery and Generosity. The Belonging award focuses on kindness to others and good sportsmanship. The Independence award focuses on helping others and volunteering. The Mastery award focuses on being exceptional in a sport, giving best effort and acting as a role model for peers. The Generosity award focuses on problem solving and making thoughtful decisions for others. The *Circle of*



Enthusiastic and friendly volunteers at the 2023 Alberta Indigenous Games.

Courage awards teaches Indigenous youth about important values to focus on.

In order to also instill pride, communities compete for points based on winning gold, silver, bronze and points for good sportsmanship. At the end of the games, points are tallied, champions are identified, and winners receive a trophy and/or a banner to take home.

The AIG also provides scholarships for older athletes entering post-secondary training or trades training to help with initial student costs. To be eligible an athlete must have graduated from high school and must be enrolled in university, college or trade school in the Fall of 2023. Athletes must also have participated in AIG playing a sport and can only apply for the sport that they played in. Some University and College Sport Scouts are also attending AIG to watch the participants and pick up potential players.

The AIG relies on volunteers. George stated that "it is mainly volunteers who help with the organizing. With 5000 participants, it would be really hard to organize without the volunteers. They are the most crucial part of the games. We appreciate our volunteers, and we have a dinner and a round dance to honour them and say thank you. These volunteers are extremely determined, and they are amazing. They show up every morning to where they have been assigned and we appreciate that a lot." The AIG also has many sponsors who also receive recognition for their generous contributions.

The AIG provides a great opportunity for young Indigenous people to be involved in recreational sports and inspires them in so many ways. George said, "The games have done so much for me. I was inspired by Jacob Hendy, CEO who works so hard and by seeing the games happen every year consistently and always being successful. That inspires me to keep going and each year I have been able to do more."



Bear Grease wows K Days crowds

By Terry Lusty, Local Journalism Initiative Reporter

For the second consecutive year Edmonton's K Days featured the Indigenous Experience. One of the larger featured exhibits within its space was a sizeable installation entitled, "We Were So Far Away: The Inuit experience of Residential Schools."

Through the victims' own words flow tales of removal and relocation to southern urban communities in some of Canada's major cities, including Ottawa, Winnipeg and Edmonton.

Like last year's displays about Indian Residential Schools across Canada, We Were So Far Away is primarily a series of large display panels that incorporate photographs, documents, informational tracts, and select biographies of some of the northern Inuit people who were sent vary far from their northern homes to communities much further south because of medical issues like tuberculosis.

Many of the displays are the products and property of the Ontario-based Legacy of Hope Foundation - a national Indigenous-led charitable organization that has been promoting healing and reconciliation throughout Canada for over twenty years.

Their goal is to educate Canadians about the history and continuing intergenerational impacts of the residential schools as well as the child welfare system on survivors, their families, and communities. They also encourage people to be aware and address discrimination, inequality and injustices that plague our lives and communities.

The foundation's archives hold approximately 800 individual stories, 22 active exhibitions and visit about 100 cities.

Several other informational and educational exhibits were on display from July 21-30, in the





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Indigenous Experience area of the Expo Centre and more were on exhibit around the hall. Numerous arts and crafts booths were also onsite as well as a Native Delights food wagon and a coffee bar.

Lively entertainment also flowed each day and it was all free. This included some very talented dancers, singers and musicians from varying genres.

The one major attraction, that commanded a full-house audience, proved to be a 10-member ensemble known as Bear Grease. This amazing group of Indigenous performers presented their delightful spin-off of the iconic 1978 musical production, Grease.

The quality of song, dance and humour seemed to be bang-on with a lot of positive reaction. It's no wonder it drew a capacity crowd on both the first and final Saturdays of K Days.

A performance like no other, it encompassed hip-hop, rock n roll, twist, jive, you name it - they did it! Bear Grease was initially the brainchild of Crystle Lightning and MC Red Cloud, a duo who, last spring in 2022, electrified its audience at Massey Theatre in New Westminster, B.C. The duo originally scripted Bear Grease for students at school on the Enoch Nation, by Edmonton. It was such a hit that the two decided to perform it for the renowned Fringe Festival in Edmonton and, as the old saying goes, "the rest is history." It went on to draw rave reviews and was a hit everywhere they went.

Lightning is an acclaimed actress who was awarded best lead actress for her role as Maggie in the 2021 production of "Trickster." She linked up with rapper Red Cloud in 2014 who established a Guinness world record when he executed 18 hours of the "longest freestyle rap."

Crystle, originally from Enoch Cree Nation, had moved to Hollywood to chase her dream of becoming an actress. The two met down south and as fate would have, wound up in each others' arms, are now married and make their home in Edmonton. The two travel across North America and, as Lightning states, nothing would please her more than to take "Bear Grease to Broadway!"

At K Days, Bear Grease totally enthralled a

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The high energy performance of "Bear Grease' was one of the highlights of the 2023 K Days in Edmonton last month.

highly receptive full house of Indigenous and non-Indigenous visitors. In short, it really was a howling success!

Another superb performance was from the Stephanie Harpe Experience. This member of the Ft. McKay First Nation has a tight and terrific backup band who performed magnificently.

Harpe cranks out almost anything one might desire - country, blues, R n B, roots, everything! Name it, she can deliver it. And deliver she did on two separate occasions at the Indigenous Experience in Edmonton's Expo Centre.

Also warranting mention were vocalists Beatrice Love, Leanne Goose and Jarrid Lee.

Beatrice Love is a dynamic performer who demonstrates great stage presence, controlled vocals and will undoubtedly be one to watch in the future.

Leanne Goose, originally from Inuvik, NWT, is presently a university student in Edmonton and began singing at age 12. She is an established country singer and has other credentials in film and production.

Jarrid Lee demonstrated on stage why he is a CCMA nominee this year. He hails from east of Edmonton and stems from a many-talented family of singers, musicians and dancers who've made their own marks in the industry. Looks to me like Jarrid will continue that tradition.

The overall entertainment line also included traditional First Nation and Metis dancing.

The production was not only colourful and talent-laden, it was engaging, highly energetic, expressive, fun, and upon its departure left the audience wanting more. Indeed the group sang and danced their way into the hearts of its viewers.



Sunchild Cree Nation Powwow: A triumphant return

By Chevi Rabbit, Local Journalism Initiative Reporter

The Sunchild Cree Nation in Alberta has achieved a remarkable feat by successfully reviving their powwow after a 12-year hiatus. Situated in the heart of the David Thompson Region near Rocky Mountain House, the community shares the land with neighboring areas like Stoney Nakoda Nation, and Ochiese First Nation - reflecting Indigenous history that predates the establishment of Canada.

Alberta Native News reporter Chevi Rabbit was on-site and spoke with powwow participants as well as local leadership from the area, offering a comprehensive view of the event's significance.

A heartwarming moment unfolded as Debbie Baich, the Mayor of Rocky Mountain House, spoke about the significance of the powwow for the community: "Sunchild Powwow is a great asset to the communities of Rocky Mountain House and Sunchild First Nation, contributing to tourism and the local economy." She highlighted the enduring bonds between the communities.

Biach's close friendship with Chief Jonathan Frencheater, a longtime ally, reflects the unbreakable bonds between Sunchild Cree Nation and the surrounding communities.

Acknowledging the shared history that has bound these communities for centuries, Biach stated, "Our shared history is a strength. It is important to recognize that this history predates the 249-year history of our town." She continued by mentioning the historical figure of fur trader pioneer David Thompson, who is celebrated in her town with schools named after him.

Chief Jonathan Frencheater requested that Councilman Joey Pete share his thoughts on his behalf. Pete explained the powwow is revitalizing cultural traditions and uniting the community, and he also returned after a four-year hiatus as a powwow dancer.

He said, "Despite facing significant challenges over the past decade, including high rates of child and family services-related deaths and substance abuse issues, the event serves as a celebration of tradition and a meaningful step toward community... We hope to reintegrate the younger generation into their cultural heritage."

Clint McHugh, a politician for a decade, shared the influence of his grandmother's upbringing: "My grandmother traditionally raised me... through ceremonies and culture, and she taught me the language." This cultural foundation empowers the Sunchild Cree Nation to embrace its heritage and work towards communal healing.

Cindy Jim-Wood, an accomplished multidisciplinary artist with a fine arts education from the University of Alberta, emphasized the importance of communities that are repatriating

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themselves into the powwow community. She said, "Our people are healing from intergenerational trauma." She uses dance to address these wounds and empower marginalized communities, "to heal the stories I encounter along the way of those who are still

suffering from intergenerational trauma... and to empower the LGBTQ community" as a mother and ally of the Two-Spirit individuals.

For the Sunchild Cree youth, the revival of the powwow is not just a celebration, it's an embodiment of hope for the next generation. Among these vibrant spirits, one individual shines exceptionally bright - Tisean Redcalf-Cardinal, a young powwow dancer, and a Sunchild, Saddle Lake Cree Nation member, with deep roots in Montana Cree Nation.

Tisean's journey in becoming a powwow dancer has been marked by triumphs over adversity. Battling a rare genetic disorder that affects her kidney, asthma, and left hip, her determination and passion have become a guiding light for others.

She says, "Dancing old-style fancy makes me feel like I can overcome anything, despite my medical conditions." Her commitment to the dance is a source of empowerment and her graceful movements possess a healing essence, resonating deeply with those who encounter her performance.

For the Redcalf-Cardinal-Daychief-Rabbit family, the resurgence of the powwow holds profound significance for their community. Beyond revitalizing cultural traditions, it serves as a living embodiment of the unity the powwow stands for.

Moreover, the entire Redcalf, Cardinal, Rabbit, and Daychief family is deeply grateful to the Children's Stollery Hospital. During the first several years of Tisean's life, she received treatment and resided at the



Vibrant dancers at the Sunchild Cree Nation powwow.

chief, held a respected position as a former Councilman of the Sunchild Cree Nation. His legacy as a community leader has undoubtedly influenced and inspired Tisean's journey.

Alanise Wildman, a powwow dancer from Stoney Nakoda Nation, shared a touching story about her father's journey from rodeo to powwow. As he grew older, he transitioned from rodeo events to embracing the powwow tradition. Alanise fondly recalls attending the Sunchild Cree Nation powwow, a significant event for her and her father.

Wildman also is advocating for powwow teachings within Calgary's Catholic schools: 'Teaching Indigenous knowledge and the significance of powwows can be a challenging task. There are those within the Catholic school community who push back against incorporating these teachings."

The revival of the Sunchild Cree Nation powwow signifies more than just a cultural event; it embodies the resilience, unity, and determination of a community dedicated to healing and revitalization. Through the strength of their shared history, bonds between neighboring communities, and the power of their cultural heritage, the Sunchild Cree Nation sets a remarkable example for reconciliation, growth, and collaboration.



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TAMARA STARBLANKET

Lawyer, Researcher, and Author: "Suffer the Little Children - Genocide: **Indigenous Nations in the Canadian State."**

FACILITATED LEARNING & ENGAGEMENT

- Access to restricted Church records
- First Nations Research Ethics
- Communications and mass disseminations
- Data Sovereign Ground Penetrating Radar surveys
- Mental Health First Aid
- Investigator Licensing/Commissioner for Oaths
- Secure IT Infrastructure
- Survivor disclosures and cultural supports
- Translations/Transcribing

Sepetember 26, 2023, Opening night Gala: Banquet & Comedy show

DON BURNSTICK (GALA EMCCC) EMERY BURNINGRASS (LIVE COMEDY SHO

September 28, 2023, Closing ceremony: Round Dance ORTHERN CREE SINGERS (HOST

MORE INFORMATION, REGISTRATION & CONTAC

The AOS is inviting all Indian Residential School Missing Children in Unmarked Burials Investigation teams to join us for this 3 day gathering, to learn, engage and collaborate. Each in class learning session will provide registrants with comprehensive learning, and quick reference/procedure matrix.

Register online: acimowinopaspiw.ca/symposium

For more information please email: symposium@acimowinopaspiw.ca Conference Fees (Survivors on investigation teams: no fees)

August 2-September 2, 2023: \$200.00/per person (Early Bird) September 3-26, 2023: \$300.00/person Payment particulars in registration form.

(Fees must be paid before confirmation of registration will be provided)