

January 2023 - **kisepîsim** - cold month



Fort Chipewyan winter ice road - northern Alberta

**"It is in the journey that one becomes wise"**

Richard Wagamese, Ojibway:

**Cree: to travel - pimohotah**

Happy New Year....often the time for reflection and the making of new plans and goals.

Our Elders have always shared that we must acknowledge our home fires first, those places where we come from; our homes, families, communities and our ancestors. We must look to those who came before us as that DNA factor is carried on in our beings and then, using this profound energy, create movement forward with courage and an authentic sense of who you are and your life's purpose. Spend time with the old ones who can share the stories. Truly for all people, coming to know the stories of your ancestors and the land from which you come, has the ability to inform and motivate us in ways we may not have previously considered.

I challenge you to make this a goal for 2023, to embark on this important personal journey, as suggested by Richard Wagamese, and astound yourself with the new discoveries and the wisdom you will gain from the experience. I wish all of you a great Q3!



Joanne



A reminder that course changes for Q3 will take place on Feb. 2nd and 3rd. Please feel free to reach out to us, here in Student Services, whether it be your schedule, career planning or personal. We are here for you!



**Feb. bus passes on sale:  
Jan. 31 - Feb. 9**



**Writing the Right Resume for Job and Scholarship Applications - Great Article!!!**

[Writing the Right Resumé for Job and Scholarship Applications - SchoolFinder.com!](http://SchoolFinder.com)

# SCHOLARSHIP INFO!

## Eaton - Indigenous Clean Energy Scholarship: Spring 2023

💰 Scholarship Amount:  
\$5,000

📅 Deadline:  
February 28, 2023

[Eaton - Indigenous Clean Energy Scholarship: Spring 2023 - ScholarshipsCanada.com!](https://www.scholarshipscanada.com/Scholarships/612-73/Canada%92s-Luckiest-Student-11)

## Canada's Luckiest Student 11

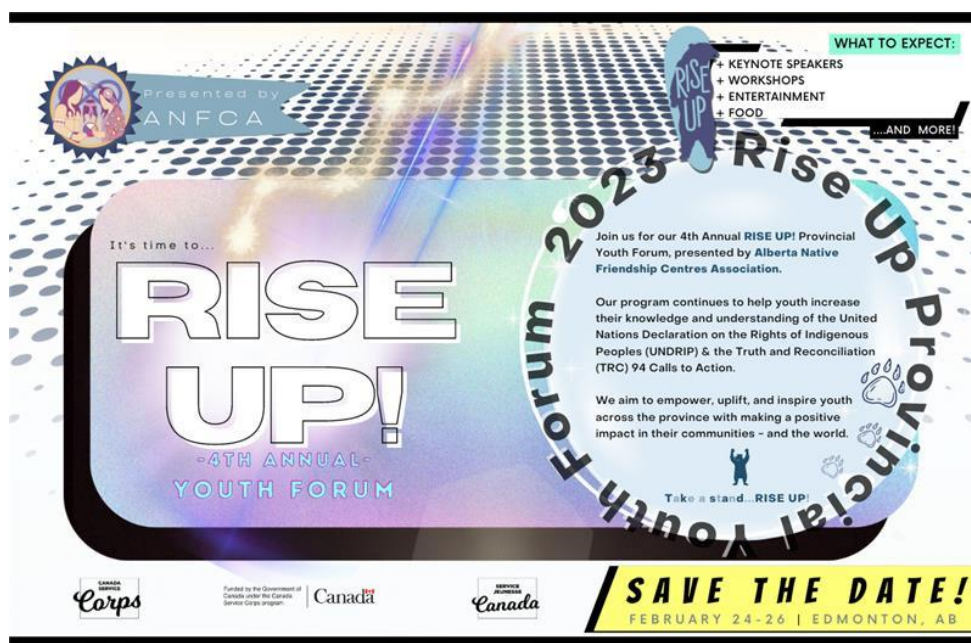
💰 Scholarship Amount:  
\$60,000

📅 Deadline:  
May 31, 2023

<https://www.scholarshipscanada.com/Scholarships/612-73/Canada%92s-Luckiest-Student-11>

## Alberta Aboriginal Youth Council "Rise Up" Conference!

Please join us for an amazing weekend of workshops, keynote speakers, entertainment, and fun! There will be food/refreshments, free giveaways, and a chance to enter in our raffle draw!



**Presented by ANFCA**

**It's time to... RISE UP!**  
-4TH ANNUAL-  
YOUTH FORUM

**WHAT TO EXPECT:**  
+ KEYNOTE SPEAKERS  
+ WORKSHOPS  
+ ENTERTAINMENT  
+ FOOD  
...AND MORE!

Join us for our 4th Annual RISE UP! Provincial Youth Forum, presented by Alberta Native Friendship Centres Association.

Our program continues to help youth increase their knowledge and understanding of the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) & the Truth and Reconciliation (TRC) 94 Calls to Action.

We aim to empower, uplift, and inspire youth across the province with making a positive impact in their communities - and the world.

Take a stand... RISE UP!

**SAVE THE DATE!**  
FEBRUARY 24-26 | EDMONTON, AB

Logos: Canada Corps, Government of Canada, Canada, Service Alberta Canada


# LEARN HOW TO POW WOW DANCE!


Creating Hope Society Presents

## Community Powwow Practice

Every Tuesday Evening: 5:30PM - 7:30PM  
Located at the Edmonton Intercultural Centre  
Gymnasium  
9538 107 Avenue

Everyone welcome to join!  
People of all ethnicities, abilities, and  
identities welcome to join & participate





## METIS NATION YOUTH AND SENIORS GATHERING

7TH ANNUAL  
MÉTIS NATION OF ALBERTA  
**Youth & Seniors  
Gathering**  
*Community in Kinship*

**FEBRUARY 10-12, 2023**  
River Cree Resort and Casino, Edmonton AB

Registration is open to Métis  
Nation of Alberta seniors ages  
60+ and youth ages 12-29

- ∞ Cultural workshops
- ∞ Artisan Market
- ∞ Musical performances

For more information call **780-455-2200** or email [youth@metis.org](mailto:youth@metis.org)

 @ABMetisyouth #YSG2023 #communityinKinship



# WELLNESS SUPPORTS:

## Here To Help - Indigenous



<https://www.heretohelp.bc.ca/infosheet/depression-a-guide-for-aboriginal-people>

## Indigenous Mental Health - Government of Canada



Government  
of Canada

<https://www.sac-isc.gc.ca/eng/1576088923626/1576088963494>

## Mental Health Counseling Benefits for First Nations and Inuit



Government  
of Canada

### **Eligibility:**

To be eligible, a client must be a resident of Canada, and **one** of the following:

- a First Nations person who is registered under the Indian Act (commonly referred to as a "[Status Indian](#)")
- an Inuk recognized by an Inuit land claim organization as outlined in [Inuit client eligibility for the NIHB program](#)
- a child less than 2 years old whose parent is an NIHB-eligible Client

<https://www.sac-isc.gc.ca/eng/1576441552462/1576441618847>

## Wellness Together Canada

WELLNESS TOGETHER  
**Canada**

Mental Health and  
Substance Use Support

<https://www.wellnesstogether.ca/en-C>

## FEATURE ARTICLE:



# Kunitz Shoes, Indigenous artist Lance Cardinal team up to celebrate First Nations culture

*"I am so inspired and thrilled to be working with one of Edmonton's most established shoe companies, Kunitz Shoes, to create my FIRST collection of Indigenous inspired footwear!"*

*What an opportunity to showcase the beauty and traditions of the Indigenous people here in Treaty 6 territory, creating another ground breaking example of reconcili-ACTION here in Edmonton. These designs are inspired by the traditional teachings and languages of the First Nations and Métis people."*

*-Lance Cardinal*

Full story here:

[Kunitz Shoes, Indigenous artist Lance Cardinal team up to celebrate First Nations culture - Edmonton | Globalnews.ca](#)

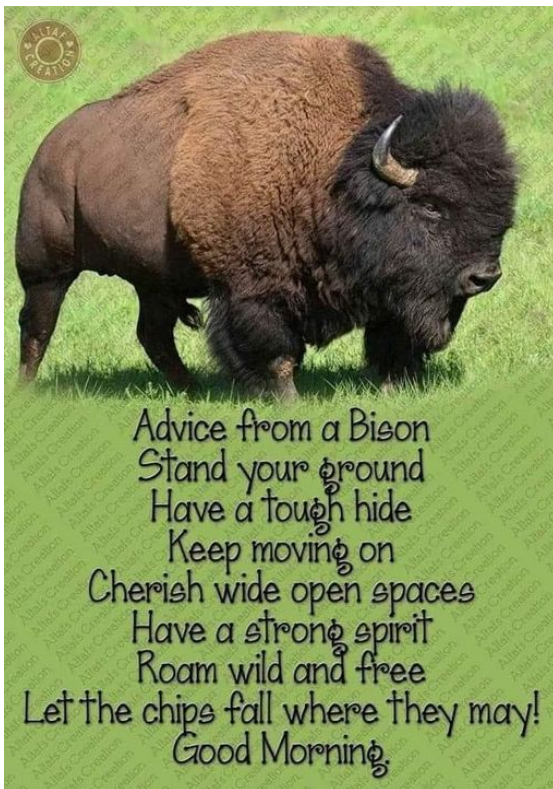
## PIITA AAPASSKAAN STORY - Video

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Kyle Young Pine story - Kyle Young Pine grew up in Calgary Alberta, distant from his Blackfoot customs and traditions. **Skateboarding saved him from the generational traumas he faced as a child, but it was in Fancy Feather Dancing where he found his truest self.** Drum performances by Dana Goulet Jr.



Watch video here: [Piita Aapasskaan](#)



Have a great month!