

 Native American writer
 Matter 2016

 In 1877 Sitting Bull led his Nation across the Canadian border from the Northern United States. The full story can be found here:
 Story can be found here:

Walking, I am listening to a deeper way. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result

of the love of thousands.

Linda Hogan (b. 1947)

https://www.history.com/this-day-in-history/sitting-bull-leads-his-people-into-canada

### Tansi - Hello / how are you?

Hope that everyone is having a great week and enjoying the brilliant greens of the grass and trees along with the sunshine! Wanted to remind you that the light of the tunnel is not far away now and to persevere as your classes will soon be ending for the semester. Spending time outside will provide a healthy opportunity after isolation, remembering to social distance and avoid large gatherings, see additional information below.

Stay positive, stay strong and healthy....keep moving forward.

Joanne



### VIRTUAL ROUND DANCE

Friday, May 29th



Participating is easy!

Send a 10-second video of yourself doing a few round dance steps to the left. Don't worry about sound or editing; just ensure your video is vertical/portrait.

Your video will be added to a montage to make ONE BIG ROUND DANCE! We can share this final video as a way to show our appreciation of Indigenous people & culture, and to make our communities smile!

Send video submissions to Brigitte by May 29 -- brigittebenning@pwpsd.ca

### **COVID-19 Support Plan**

Immediate supports for ALL Métis in Alberta

### YOUTH EMERGENCY BENEFIT PROGRAM

Youth between the ages of 13-18 are eligible for \$250 per month for a three-month period (May, June and July) when they apply before July 31. The maximum benefit one household can receive is \$1,500 (two youth). Parents/guardians of Métis youth aged 13-18 can apply to this program, or youth aged 16-18 living on their own can claim it for themselves.

### THIS FINANCIAL SUPPORT CAN BE USED FOR:

- Utility Costs
- Grocery Costs
- Educational Costs
- · Job Loss Parent/Guardian or Youth
- · Wellness Costs such as counseling, therapist, or outdoor activities

To apply, fill out the application form linked on our website. Need help? Email youthbenefit@metis.org

### OTHER SUPPORTS AVAILABLE:

- Child Wellness Benefit Program 
   Housing Rental Supports
- Benevolent Fund Top Up 
   Citizens, Families, and Seniors Direct Support Program

For more on these supports, please visit our website.



Métis Nation of Alberta · Provincial Office Delia Gray Building · 11738 Kingsway Avenue · Edmonton 780-455-2200 · 1-800-252-7553 · albertametis.com

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Your Métis Government Working For You!

CALLING ALL ARTISTS!

## Alberta Hospital & Henwood Residential Treatment Centre Seeking Artwork for Purchase

#### Deadline June 15, 2020

Alberta Hospital Edmonton and Henwood Residential Treatment Centre, in partnership with the Art Mentorship Society of Alberta, is seeking applications from Alberta visual artists for purchase and installation on site at Alberta Hospital Edmonton and Henwood Residential Treatment Centre.



http://www.cfweradio.ca/news/alberta-news/alberta-hospital-and-henwood-residential-treatment-centreseeking-artwork-for-purchase/

### THIS CONTEST ENDS IN TWO DAYS!!!



CALLING ALL INDIGENOUS WOMEN, GIRLS & GENDER-DIVERSE PEOPLE

**RIBBON SKIRT** 

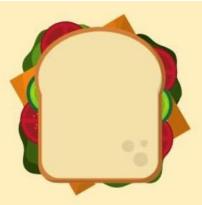
COMPETITION

### TAKE PART IN OUR RIBBON SKIRT MAKING COMPETITION!

SUBMIT A PHOTO OF YOUR SKIRT ALONG WITH THE PRICE TO: RIBBONSKIRTS@NWAC.CA BY **MAY 31** 

NWAC WILL SELECT AND BUY THE TOP 20 DESIGNS

OUR ELDERS WILL AWARD A SINGER SEWING MACHINE FOR THE BEST DESIGN! FREE FOOD



NEEDING A LITTLE EXTRA HELP THESE DAYS? COMMUNITY CUISINE IS HERE TO HELP!

## FREE SANDWICHES AND MEALS FOR PICK UP!

BETWEEN 2 PM AND 5 PM AT 10228 104 STREET EDMONTON AB SUNDAYS - THURSDAYS



@communitycuisineproject

HAVE A SUPER DAY!



# "An almond! I thought we'd agreed—nothing extravagant."

Joanne Ladouceur Cultural Liaison - Centre High Campus ⊲Г°b·Ċ⊄<sup>j</sup>·∩b"∆b<sup>2</sup> (Amiskwacîwâskahikan), Treaty 6/Métis Territory Ph: 780 718 7870