



I believe that if I can sit out there long enough those crows, the trees and the wind can teach me something about how to be a better human being. I don't call that romanticism, I call that Indigenous Realism.

*Dr Daniel Wildcat*



## THOUGHTS...

**Daniel Wildcat, Ph.D.**, is a professor at Haskell Indian Nations University in Lawrence, Kansas, and an accomplished scholar who writes on indigenous knowledge, technology, environment, and education.

"The old people came literally to love the soil and they sat or reclined on the ground with a feeling of being close to a mothering power...The soil was soothing, strengthening, cleansing and healing...".....Luther Standing Bear, Oglala Sioux

*APRIL 29, 2020*

*As Indigenous people, our lives and the lives of our ancestors, were profoundly connected to our understanding and relationship with the earth, sky, air and water and all in existence within the elements.*

*Now that we have more freedom to venture outdoors once again, remember the beauty that is found in nature; green grass, new buds, birds, blue skies, sunshine, fresh air and rain.*

*Make a "re-connection", we all need this as we enter week 8.  
As always, stay positive, strong and healthy. Keep moving forward.*

*Joanne*



**REMEMBER:**

**We are here for you!**

**OUR CENTRE HIGH COUNSELLING team is here to assist you through this difficult time. Contact us to arrange a call with one of our team members. (780) 425 6753.**

**Centre High Campus - September registration.....**



**Can be found online at: <https://centrehigh.epsb.ca/>**

**Dr. Dwayne Donald** - was born and raised in Edmonton and is a descendent of the Papaschase Cree. and shares a great reminder in his philosophy.....

"The goal of his work lies in the Cree principle of  
"miyo-wîcêhtowin" - a word meaning "having or  
possessing good relations."

It is the belief that, if we all face each other with  
good intentions, something positive will arise".

Ref: <https://illuminate.ualberta.ca/content/tell-better-story-dwayne-donald-and-aboriginal-perspectives-education>

Why not consider volunteering:

**VolunteerConnector**

[//www.volunteerconnector.org/?pro=on&md=10000](http://www.volunteerconnector.org/?pro=on&md=10000)

This site contains numerous opportunities to volunteer during the pandemic, if you  
have some free time, check it out....someone might need you out there!



Native Women's  
Association of Canada



L'Association des femmes  
autochtones du Canada



<https://www.nwac.ca/covid19/>

Our team of in-house Elders are here to support you during this time of crisis, offering support and building resiliency. They are available Monday-Friday, from 9-11 am EST and 1-3 pm EST. **THIS SERVICE IS AVAILABLE TO ANYONE.**

Elder Roseann Martin-Wysote, Call 343 997 3302

**(I spoke with Roseann yesterday and she is involved in the planning of a "Resiliency Centre" for Indigenous peoples).**



## **Following are the outdoor guidelines for COVID 19 - Guidance on Outdoor Activities :**

With the weather warming up, there are many outdoor activities Albertans can do safely while still following all public health orders. Restrictions on events, gatherings and certain types of businesses are in place to limit situations where COVID-19 could be transmitted through contact with an infected person or through contact with frequently touched surfaces and objects.

### **Take Precautions:**

Plan your activities with people from your own household or your "cohort family".

Plan your activity in advance to ensure physical distancing is possible.

If your activity involves a public place: consider going during non-peak hours and walk along the sides of trails and other public pathways to maintain distance.

Practice good hygiene: wash your hands frequently, refrain from touching your face with unclean hands and carry and use hand sanitizer

Wear a mask in public places to help limit the risk of spread to others ***if you will be within 2 meters of people other than members of your own household.***

## HAVE A GREAT REST OF THE WEEK!

**What did the tree do when the bank closed?** It started its own branch.

**How do trees get online?** They just log in.

**Why was the tree stumped?** It couldn't get to the root of the problem.

**What's a tree's favorite dating app?** Timber.

Joanne Ladouceur

Cultural Liaison - Centre High Campus

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