

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)
Native American writer



"The warrior is not someone who fights, for no one has the right to take another life. The warrior, for us, is the one who sacrifices himself for the good of others. His task is to take care of the elderly, the defenseless, those who cannot provide for themselves, and above all, the children, the future of humanity."

Sitting Bull
Chief of The Lakota Nation

Vetter 2016

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

<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

Reducing the risk

 <h3 style="text-align: center; color: white;">LEAST SAFE OPTIONS</h3> <p>Gathering in groups of more than 5 people who live outside of your household unit, where physical distancing is difficult, both indoors and outdoors. Examples include:</p> <ul style="list-style-type: none"> • Sharing meals or snacks (indoors or outdoors like at a BBQ or picnic). • Having guests over. • Going to crowded places (especially indoors and also busy beaches and parks). • Participating in team/contact sports. • Visiting the family cottage, if with more than one household. 	 <h3 style="text-align: center; color: white;">USE CAUTION</h3> <p>When you are in a public setting (indoors or outdoors), it is important to maintain physical distancing of at least 2 metres and wear a cloth mask when necessary.</p> <p>OUTDOORS</p> <ul style="list-style-type: none"> • Sidestep, pass quickly and courteously, and/or stagger yourselves to not be directly behind others when walking, running, cycling, and other outdoor activities. • Spending time outdoors (including your backyard or driveway) with people who are not part of your household. <p>INDOORS</p> <ul style="list-style-type: none"> • Using public transportation including buses and taxis. • Grocery and retail shopping and farmers' markets. • Attending medical appointments. • Ordering take out food and curbside pick-up. • Allowing service providers in your home for renovations, cleaning, maintenance, etc. 	 <h3 style="text-align: center; color: white;">SAFER OPTIONS</h3> <p>Either alone, or with members of your household only AND keep at least a 2-metre distance from others.</p> <ul style="list-style-type: none"> • Going to quiet beaches and parks. • Gardening and yard work. • Personal hobbies such as bird watching, stargazing, painting, nature journaling, and photography. • Picnics, playing catch, kicking a soccer ball. • Shopping online with home or curbside delivery. • Staying in touch with loved ones by phone, electronically or drive by visits while maintaining physical distance.
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COVID

<https://ottawa.ctvnews.ca/safer-options-and-least-safe-options-to-reduce-the-risk-of-covid-19-1.495867>

VIRTUAL ROUND DANCE

Friday, May 29th

Event Summary

Join our
→



DISTRICT WIDE
VIRTUAL
ROUND
DANCE

The Indigenous Liaison team has been brainstorming ways to celebrate **National Indigenous Peoples Day** on June 21st. We invite you to join our district wide virtual round dance!

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!

PWPSD Staff:
Send video submissions to Brigitte by May 29:
brigittebenning@pwpsd.ca

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.

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MÉTIS COVID SUPPORT PLAN

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
Della Gray Building - 11738 Kingsway Avenue - Edmonton
780-455-2200 - 1-800-252-7553 - albertametis.com

[f](https://www.facebook.com/abmetis) @abmetis [i](https://www.instagram.com/abmetis) [t](https://www.twitter.com/abmetis) @albertametis

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-centre-seeking-artwork-for-purchase/>

THIS CONTEST ENDS IN TWO DAYS!!!



Native Women's
Association of Canada
L'Association des
femmes autochtones
du Canada

**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](https://www.instagram.com/communitycuisineproject)



