

# Mothers Day

To all the mothers in our communities, a sincere Happy Mothers Day! Thank you for doing all that you do to support and advocate for your children.

## *The traditional roles of Indigenous Women...*

– Equity among men and women was essential. Women were highly respected in Indigenous communities and their work was recognized as extremely valuable.

– Women were and are today;

Storytellers

Knowledge Holders

Leaders of traditional gatherings and celebrations

Creators of life

– matriarchal duties such as working to keep the peace during disagreements, disciplining other members for not following traditional protocol, keeping the extended family unit closely connected through social gatherings.

(Eli, 2013)

*"Women are believed to have a stronger connection to the earth"*

(Eli, 2013)

Women are the first teachers.

Women were men's greatest support- they were not inferior. Women tanned the hides and dried the meat.

Women set up and took apart tipi's (Landry, 2017).

Eli, S. K. (2011). Piikanaikiiks: A literary analyses of Blackfoot oral stories and the traditional roles of women in leadership. [Thesis]. University of Lethbridge.

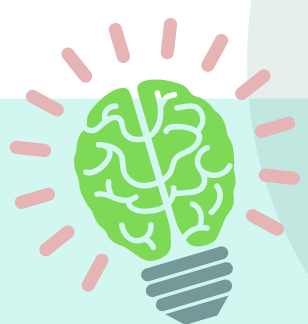
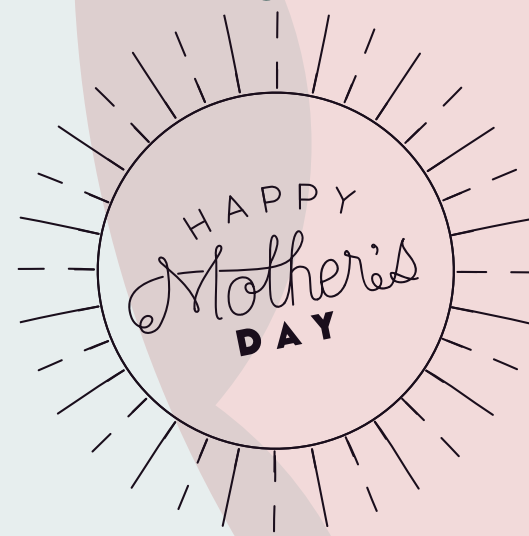
Landry, A. (2017, July 11). The Power of Blackfeet Women. Indian Country Today. <https://indiancountrytoday.com/archive/power-blackfeet-women>.

# May 2021

## Apistsisskitsaato'si is Blossom month.

It is the time when the flowers start to bloom indicating a time of preparing. The Niitsitapi in this area spoke of the time the camp began moving out of the winter camp to the sweetgrass hills once they see the buffalo bean and crocus flowers. The blossoming would indicate where the people needed to be at certain times.

–Annette Bruised Head



## Professional Learning

Tomas speaks about his experiences in Education and has important messages for educators. This is a must listen!

Tomas Jirousek, a member of the Blackfoot Confederacy from the Kainai Nation of southern Alberta, graduated from McGill University this past spring as valedictorian after leading a successful campaign against the use of Redmen as the name of McGill's men's sports teams. Tomas is currently studying law at the University of Toronto.



**We have Instagram!  
Follow us @  
lethsdindigenou  
seducation**





# Lethbridge City Hall

City Hall is taking part in National Day of Awareness for Missing and Murdered Indigenous Women and Girls. Watch for the red dress at City Hall.



**WEAR RED TO SUPPORT**  
**May 5<sup>th</sup> as a National Day of Awareness for Missing and Murdered Native Women and Girls.**

A congressional resolution to designate May 5<sup>th</sup> as a National Day of Awareness for Missing and Murdered Native Women and Girls has been introduced. Nearly 200 Tribal, State, and National organizations supported this resolution. Will you?

- Ideas on how to participate and raise awareness on Friday, May 5<sup>th</sup>:
- ✓ Wear RED on May 5<sup>th</sup> and post a photo on social media with the hashtag **#NationalDayofAwareness** **#MMNWG** **#MMIWNIRWC**
  - ✓ Host a community event in your community on May 5<sup>th</sup>
  - ✓ Host a prayer circle or candlelight vigil on May 5<sup>th</sup>
  - ✓ Post a list of names of sisters missing or murdered from your community
  - ✓ Create a living memorial
  - ✓ Register at [www.niwrc.org](http://www.niwrc.org) to participate in the National Indigenous Women's Resource Center webinar: *Honoring Missing and Murdered Indigenous Women*



**The Lethbridge and Area Métis**  
**MAY PROGRAMMING SESSIONS**



If interested please contact the Métis office to register and receive the link to attend sessions. All supplies will be provided for sessions!

Phone: 403-328-7828  
 E-mail: [info@lethbridgemetis.com](mailto:info@lethbridgemetis.com)

**MICHIF LESSONS**  
**MAY 3RD, 2021**  
 Learn the beginning basics of one of our traditional languages; Michif!

**Plant Walk**  
**May 8th, 2021**  
**LEARN ABOUT TRADITIONAL PLANT USE.**

**SEVEN STARS YOUTH SOCIETY**

**AGES:**  
 13-19 (ADOLESCENT)

"PROVIDING OUR URBAN INDIGENOUS YOUTH WITH PROGRAMS TO ASSIST ON FINDING IDENTITY THROUGH CULTURE AND CEREMONY"

**CONTACT:**  
 THE SEVEN STARS YOUTH COORDINATOR TO REGISTER TODAY!  
 PHONE: 403-328-2414  
 ASK FOR LATOYA HEALY

**WHEN**  
 Weekly Cultural Programs: Wednesday 3-6PM  
 Elder knowledge transfer: Meet 4 times a month via zoom  
 Parents and Se7en Stars smudge: weekly

**WHERE**  
 Lethbridge Friendship Centre  
 1709 2nd Ave S, Lethbridge

thank  
 .Y.O.U.

A Few Highlights from April...

Hot Topic in April:  
 Wolfwillow Seeds!



Mike Mountain Horse's new front foyer display case!  
 A picture of the schools namesake, Mike Mountain Horse, along with artwork gifted by a parent. Four jars with the four sacred plants, Tobacco, Sweetgrass, Sage, and Cedar, are also pictured.  
 Do you want the sacred plants somewhere in your school or classroom? Or more information about these plants? Let me know!



General Stewart



Lakeview



Mike Mountain Horse



Agnes Davidson



Métis Dot Art with Plasticine from Coalbanks!

