

# May

# Apistsisskitsaato'si

translates to 'blossom month' the months where we begin to see buds and blossoms on bushes and trees. The Niitsitapi in this area would moving out of their wintering grounds and moving towards the 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

## Save the Date

May 5th: Red Dress Day

May 8th: Mother's Day

May 10th: Kainai Diabetes Walk/Run

May 12th: Moose Hide Campaign

May 23rd: No School

May 24th: No School



## Learning Corner



Indian Horse Productions has a great website with the #next 150 challenge where you can get to know the Calls to Action and make action towards reconciliation



A quick video about Round Dances



# Community Events


  
 Every Wednesday @ 5:00PM May 4th - June 29th 2022

## All My Relations -Traditional Parenting Program



**Blackfoot Elders and Indigenous Facilitators**

All Indigenous families are welcome to join & participate. The program offers free children programming, supper & other incentives. Enjoy a sense of belonging & identity while building confidence in raising a healthy family.

[www.famcentre.ca/programs](http://www.famcentre.ca/programs)

For more information or to register  
 Please contact: **Janine Jackson**  
 403 320 4232 Ext 218 or [janine.jackson@famcentre.ca](mailto:janine.jackson@famcentre.ca)  
 Family Centre Downtown Suite 225, 200 - 4 Ave South, Lethbridge AB

## TEA & HOBBY NIGHT

**WHAT?** Are you working on a project of your own? Would you like to work on it in the company of others? Then come hang out at the Métis office!

**WHEN?** Thursday, April 28th, May 12th, May 26th from 6:00pm-9:00pm

**HOW?** Simply let us know if you plan to come!

☎ 403-328-7828  
 ✉ [info@lethbridgemetis.com](mailto:info@lethbridgemetis.com)  
 📍 Lethbridge Metis

**CAN'T MAKE IT?**  
 No worries! Keep your eyes and ears open for more Tea and Hobby nights at the Métis office.

Kainai Diabetes Program

# KAINAI DIABETES RUN/WALK

**TUESDAY, MAY 10, 2022 @ RED CROW PARK**

**2K & 5K ROUTES**  
 BOTH RACES CHIP TIMED


**5K CASH PRIZES: 1ST \$100, 2ND \$80, 3RD \$60 IN 18 CATEGORIES**

**CASH PRIZES FOR 2K RUN/WALK**

**RACE DAY**  
 TUESDAY, MAY 10TH  
 CHECK IN FROM 09:00-10:00  
 10:15 - OPENING CEREMONY  
 10:30 - 5K STARTS  
 10:35 - 2K STARTS  
 LUNCH & PRIZES TO FOLLOW

PLEASE PRE-REGISTER!  
 Online: [www.btdh.ca/diabetes](http://www.btdh.ca/diabetes)  
 or pickup registration form at Standoff Health Unit, Blood Tribe Recreation or Levern Clinic.  
 \*Register before April 8th to get a T-SHIRT\*

FREE TO PARTICIPATE!  
 EVENT ORGANIZED BY BLOOD TRIBE DEPARTMENT OF HEALTH, BLOOD TRIBE RECREATION & PARKS, BLOOD TRIBE POLICE. CALL 403-737-3933 FOR MORE INFORMATION



## THE LEARNING CIRCLE

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TUESDAY, MAY 31, 2022 AT 4 PM - 5 PM UTC-06

### How to make Birch Baskets

Online Class

[Register](#)

## Moose Hide Campaign

The Moose Hide campaign is a grassroots movement of Aboriginal and non-Aboriginal Men who are standing up against Violence towards Aboriginal women and children.

Wearing this moose hide signifies your commitment to honor, respect, and protect the women and children in your life and to work together with other men to end violence against Aboriginal women and children. Our vision is to spread the Moose Hide campaign to Aboriginal organizations and communities throughout Canada.

## Looking for a public space to hang a red dress?

The Lethbridge Public Library welcomes you to drop off a red dress, banner, flag, faceless doll or creation that is in memory and honor of MMIWG. The Library will hang the items up throughout the library for the month of May. If you require more information email: [marilyn.contois@lethlib.ca](mailto:marilyn.contois@lethlib.ca)

**RED DRESS DAY**  
 MAY 5, 2022  
 MMIWG

Drop off location:  
 Lethbridge Public Library  
 Computer Services  
 Main Branch

When you drop off, please complete drop off form to ensure return of item.

# Highlights



Inuit Kit @ Immanuel Christian

Grade 1 Professional Learning

Nature Walk with Agnes Davidson

Indigenous Reps Professional Learning

Blanket Exercise at Agnes Davidson

Round Dance at Robert Plaxton