

The Conditional Release

Volume 1.1

April 2023





Tân'si, Oki, Tawnshi, Ublaami, Boozhoo, Hello!

Welcome to the first issue of **The Conditional Release!**

This newsletter was created by students in Native Studies 450/550 (Practicum in Indigenous Studies), a Walls to Bridges class held at the Edmonton Institution for Women from January to April 2023. A group of thirty “inside” and “outside” students came together over the course of thirteen weeks to learn about the rich history of prison newsletters and the role of the Native Sisterhood and Brotherhood in these publications.

In newsletters from the 1980s and 1990s such as Tightwire, Wagonburner, and Arrows to Freedom, members of the Sisterhood and Brotherhood used their many creative talents to raise awareness about Indigenous rights to culture, spirituality, and community support. Through their self-determination and commitment, they made real and lasting change for people inside. With our newsletter, we thank and honour the Native Sisterhood and Brotherhood for their dedication and sacrifices. We remember the women at P4W (Prison for Women) in Kingston, Ontario who endured such hardships and did so much in the pursuit of justice. You have truly inspired us. Hiy hiy!

Through the Walls to Bridges class, we've formed a close community, building bridges and uniting people inside and outside prison. We've had some tough discussions and painful moments of learning, especially about the horrific conditions experienced by women at P4W, but our time together has also been characterized by so much joy, laughter, and play. And we can't forget the games! We've been deeply inspired by Kokum Bonny and her teachings about the Sisterhood and the Drum, as well as by Elder's helper Lynda (and her “mom voice,” haha). We've raised our voices together in song and on the pages of this newsletter, trying out different forms of creative expression, including poetry, letters, beadwork, journal writing, ledger art, and more. We hope you enjoy what we came up with!

Each week in class, we began with a smudge and prayer, followed by a “grounding activity,” where each person reflected on how they felt in each of the four areas of the medicine wheel: mind, body, emotion, and spirit. Through this activity, we brought our whole selves into the classroom and connected with each other across multiple spheres (or was it “spears”? ;)). As you will see, we were also inspired to use the four quadrants of the medicine wheel to structure the newsletter, and we hope you will find something to inspire and nourish your own body, mind, emotions, and spirit in the pages that follow.

Through The Conditional Release, we aim to make our individual and collective voices heard, and to make things better for women in the system now and in the future.

**We don't want this to be a one-time publication;
we want it to continue,
and we want you to be part of it!**

Please submit your artwork, poems, essays, jokes, recipes... anything that you want to share. This newsletter is an expression and extension of the community we created in the class: a gathering place for learning and love. Everyone is welcome!

Contact:
Indigenous Prison Arts and Education Project
c/o Nancy Van Styvendale
Faculty of Native Studies, 2-31 Pembina Hall
University of Alberta
Edmonton, AB
Email: nancy.vanstyvendale@ualberta.ca
Phone: 780-492-1915

Contact Nancy at the above address if you are interested in funding the newsletter or subscribing to future issues.

All my relations,
Walls to Bridges NS 450/550

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Submission Information:

- If you are at EIFW, contact Elder's helper Lynda or a librarian to find out more about the newsletter and how you can submit your own work to be published.
- If you are at a different institution or part of the outside community, please reach out to the Indigenous Prison Arts and Education Project at the following address to see how you can contribute your work, talent, or skills:

Indigenous Prison Arts and Education Project
c/o Nancy Van Styvendale
Faculty of Native Studies, 2-31 Pembina Hall
University of Alberta
Edmonton, AB
Email: nancy.vanstyvendale@ualberta.ca
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A watercolor illustration of a banner with a rainbow-like color palette (red, orange, yellow, green, blue, purple) and thin red lines. The banner is set against a background of grey and white textured brushstrokes. The quote "Great Minds Think Alike..." is centered on the banner.

Great Minds Think
Alike...

The Grief of Grieving

PROTECTED / PROTÉGÉ **B** ONCE COMPLETED / UNE FOIS REMPLI

NOTE - NOTA : Reference document / Document de référence CC 081

OFFENDER GRIEVANCE PRESENTATION (First Level)

PRÉSENTATION D'UN GRIEF PAR UN DÉLINQUANT (Premier palier)

Current Institution – Établissement présent		Region – Région	
Filed Against – Enregistré contre		Grievance Coordinator / Coordonnateur des griefs	Date received / Date de réception (YYAA-MM-DD) / Date due / Date d'échéance (YYAA-MM-DD)
Reference No. / N° de référence	Grievance Code / Code de grief	Priority – Priorité <input type="checkbox"/> Routine / Non-prioritaire <input type="checkbox"/> High Priority / Prioritaire	Other Classification – Autre classification <input type="checkbox"/> Urgent / Nature urgente <input type="checkbox"/> Sensitive / Nature délicate

TO BE COMPLETED BY OFFENDER – À REMPLIR PAR LE DÉLINQUANT

Details of grievance – (Attach additional sheet, if required)

Détails du grief – (Annexer une autre page, si nécessaire)

Grievances; like fucking pulling teeth. Frustrating, never being heard. The responses carefully dancing around subjects like a ballerina armed with condescending point shoes, moving around the page, avoiding each subject.

Like a lobbyist, perfectly trained to never answer or be accountable for the issues at hand. Basic human needs? Neglected. Mental health issues caused by decisions made by the CSC, justified by reasons that don't make things right. Physical pain issues? Ignored, going back and forth between different departments trying to get approval for ways to mitigate the pain. Responses that take longer than the 15 business days allotted to respond. What can we do about the length of time it takes to respond? Grieve it. Feels like a moot point.

In the end, you're more exhausted, frustrated and nowhere closer to resolving the issues. Your best bet is to write to the Warden and hope that someone listens. Even then, I wouldn't hold your breath, but if you pass out while waiting, you can always grieve it!

I request an interview – Je demande une entrevue _____
Offender – Signature – Délinquant _____ Date (YYAA-MM-DD) _____

Offender interviewed by / Délinquant interrogé par _____
Staff Member Name / Nom de membre du personnel _____ Title – Titre _____ Date (YYAA-MM-DD) _____

CSC SCC 0103 (R-2007-11)
Version & Stocked Form
(Version Word & Formulaire imprimé)
Page 1 of 1e 1

Personal information will be protected under the provisions of the Privacy Act and will be stored in Personal Information Bank CSC / PPU 082
Les renseignements personnels seront protégés en vertu de la Loi sur la protection des renseignements personnels et seront versés au Fichier de renseignements personnels CSC / PPU 082

DISTRIBUTION ▶
Original – Original = Offender Upon Completion of Response / Délinquant suite à l'approbation de la réponse
Copy 1 – Copie 1 = Offender Grievance File – Dossier de grief du délinquant
Copy 2 – Copie 2 = Offender – Délinquant
PRINTED ON GREEN PAPER – IMPRIMÉ SUR PAPIER VERT

M. Silva

rez bus

i remember sitting on the bus crying
i remember feeling the whiteness of my skin
i remember hiding my face in my hands
i remember hearing her ask what happened
i remember saying the boy's name
i remember watching her storm off the bus
i remember wondering...

... where was she going
... what I had said
... why I was different
... if I even belonged

I remember seeing her come back
I remember being held and not feeling alone
I remember comfort
I remember safety
I remember belonging.

em

ahkameyimok

*a t this moment you are
h ere.*

k ismet, circumstance, chance, it makes no difference.

*a n easy thing to say by someone on the outs, but you can go through the
m otions, play the game, phone it in. Do what you need to do.*

*e ven if it's senseless, a waste of time, repetitive, useless. Don't let them tell
y ou who you are.*

i f you find something useful

m ake it your own

o therwise leave it. Just

k eep going.

Red Panda

EDUCATION

DIVERSITY



WALLS TO BRIDGES



Tavia Ganyo

DID YOU KNOW...



Baguettes were made to be long and thin so they could be stored by being shoved down French soldiers' trousers. (Is that a baguette in your pants, or are you just happy to see me?)

THE LONGEST WEDDING VEIL WAS LONGER THAN 63 FOOTBALL FIELDS

Its impossible to hum while holding your nose



The original term in Inuit languages for the action of rubbing one's nose against another's cheek is kunik

The sentence, "The quick brown fox jumps over the lazy dog" uses every letter in the English alphabet



Did You Know...

That plants have a network that connects them to the entire ecosystem? This network is made up of fungi found below ground called "Mycelium". Plants and trees are able to send information and nutrients to each other using this network.



Did You Know...

There are a lot of positive benefits to having plants? Besides purifying the air we breathe by converting carbon dioxide to oxygen, their purification helps boost your immune system by protecting you against certain illnesses, like the common cold. They also act as a natural humidifier which helps with dry skin and your respiratory system.

Studies have shown that plants also encourage quick recover from surgeries. Aiding to lower pain, anxiety and blood pressure.

They are also a great way to boost work place performance. Studies have shown employees work 12% faster, were less stressed, and reduced negative moods & distractions. Plus they also have a way to make people feel happier, and comfortable.

Studies indicate that plants increase feelings of wellbeing amongst people with depression, anxiety and dementia. The recommended ratio of plants is 15-18 house plants per 1800 sqft.

"WHEN YOU LOVE PLANTS, AND THEY DO A ROOM SEARCH"



Word Search

iskwêwak

L	N	I	D	E	T	E	R	M	I	N	E	D	E
E	L	L	A	N	R	E	T	A	M	D	I	M	C
A	O	C	A	R	R	I	E	R	S	R	L	R	R
D	V	P	A	S	S	I	O	N	A	T	E	D	E
E	I	A	R	L	R	E	S	I	L	I	E	N	T
R	N	T	L	O	V	E	R	S	U	U	L	T	S
S	G	N	O	R	T	S	P	S	G	S	O	T	I
C	R	E	A	T	I	V	E	E	E	E	Y	E	S
D	A	U	G	H	T	E	R	S	O	R	A	E	T
B	E	A	U	T	I	F	U	L	I	P	L	C	E
S	S	P	I	R	I	T	U	A	L	D	L	R	R
V	S	M	A	R	T	E	K	I	N	D	L	E	S
E	F	M	A	T	R	I	A	R	C	H	E	I	S
C	I	L	R	N	D	E	A	D	L	Y	O	F	I

CARRIERS
 DETERMINED
 PEOPLE
 SPIRITUAL
 LOVERS
 BEAUTIFUL
 RESILIENT
 MATERNAL
 SMART
 DEADLY
 DAUGHTERS
 PASSIONATE
 LEADERS
 KIND
 LOVING
 MATRIARCH
 SISTERS
 CREATIVE
 FIERCE
 STRONG
 LOYAL

Answers on p.48

Did you know...



In the late 1800s, despite the setbacks and disadvantages they faced, Indigenous farmers were so successful at their new way of life that the federal government imposed a "peasant" farming policy which shrunk their plots, allowed them to grow only root vegetables (no wheat), and forbade them from using anything other than homemade hand tools

"Lost Harvests: Aboriginal Reserve Farmers and Government policy" by Sarah Carter (1990)



When you clean a vacuum cleaner you become a vacuum cleaner

THE AVERAGE LIFE SPAN OF A MOSQUITO IS 2 WEEKS

If you drive to the sun at 90km/hr it would take you about 92 years

THE EYE OF AN OSTRICH IS BIGGER THAN ITS BRAIN

**LOUIS RIEL HELPED
CREATE MANITOBA
DECADES BEFORE
ALBERTA AND
SASKATCHEWAN
BECAME PROVINCES**





Once upon a time, there lived a monkey on an apple tree. The apples were a bright red color and extremely juicy. One day, a crocodile came to the tree and asked the monkey for some apples. The monkey was glad to help. He even gave the crocodile some apples to take home for his wife.

When his wife tasted the apples, she grew curious to taste the monkey's, heart. She persuaded her husband to get the monkey's heart for her or else she would die.

The crocodile was in a dilemma but finally agreed. The next day, when he went to the shore, he invited the monkey to his home. The monkey gladly accepted.

He sat on the crocodile's back and they started their journey.

When they reached the middle of the water, the crocodile started sinking low and told the monkey of his plan.

The monkey did not lose his presence of mind and said that he had left his heart on the tree and that the crocodile would have to take him back.

The foolish crocodile took him back to the shore. At once, the monkey leaped on the tree and told the crocodile that he was the biggest fool on the planet and the monkey had made a mistake in trusting him.

Moral: Be cautious of who you befriend. Your best friend may be your biggest enemy.

Bringing Culture Back Into Our Communities

This article focuses on challenges faced within the Métis community such as barriers to self-identifying as Métis, and finding ways to reconnect with our culture. The reason I have chosen this topic is because of the lack of attention paid to Métis culture. While I was not raised in my traditional roots, I have grown to be proud to be Métis. It is my passion to amplify the voices of my people and draw attention to the positive and negative realities faced by Métis communities. This year's theme is "Truth in Action". To me, this means unveiling truths in the justice system, namely the difficulty faced by Métis people (and specifically Métis women) in accessing the legitimizing procedures to be legally recognized as Métis. Métis people must provide extensive proof of origin and background information. This has forced Métis people to go above and beyond what should be considered reasonable, questioning the fairness of this practice. If we are not able to provide the necessary information, we have no way to access resources needed to satisfy our basic needs. Talking openly about the Métis culture has led to discrimination and painful experiences. This has resulted in a growing fear of the repercussions of connecting with our unique identities, thus impacting our ability to address the problems we face each day. The amount of poverty, homelessness, and children living in the streets continues to drastically increase, to the point where we have no room in shelters. Risk factors contributing to a rise in violence include substance abuse and addictions. Further, petty crimes are often committed as a way to escape freezing winters. Given that our community is dealing with such devastating challenges, we need to look for solutions. Our truth has intentionally been silenced for many years. At the same time, I have personally witnessed progression and healing in the Métis community in Saskatoon. The Métis culture has evolved, even though there have been many who would see us disappear completely. I have seen my community move forward in more ways than one. From the celebrations that we hold to the leadership our community has worked so hard to establish, my Métis community has come together to ensure our culture is known and protected. This has made our community stronger than ever. Because of the great work done by volunteering and helping the people of Saskatoon, future generations have the potential to benefit from meaningful change. There has been a lot of thought and effort put towards the survival of my people. The support we have received from the city of Saskatoon and the greater Métis community has given us opportunities to thrive and nourish what we have begun to grow. The Métis community in Saskatoon has taught me the importance of culture, heritage, and the transmission of knowledge in the pursuit of preserving the Métis culture. Most importantly, I have learned that in order to create a stronger community, we have to work together rather than against each other.

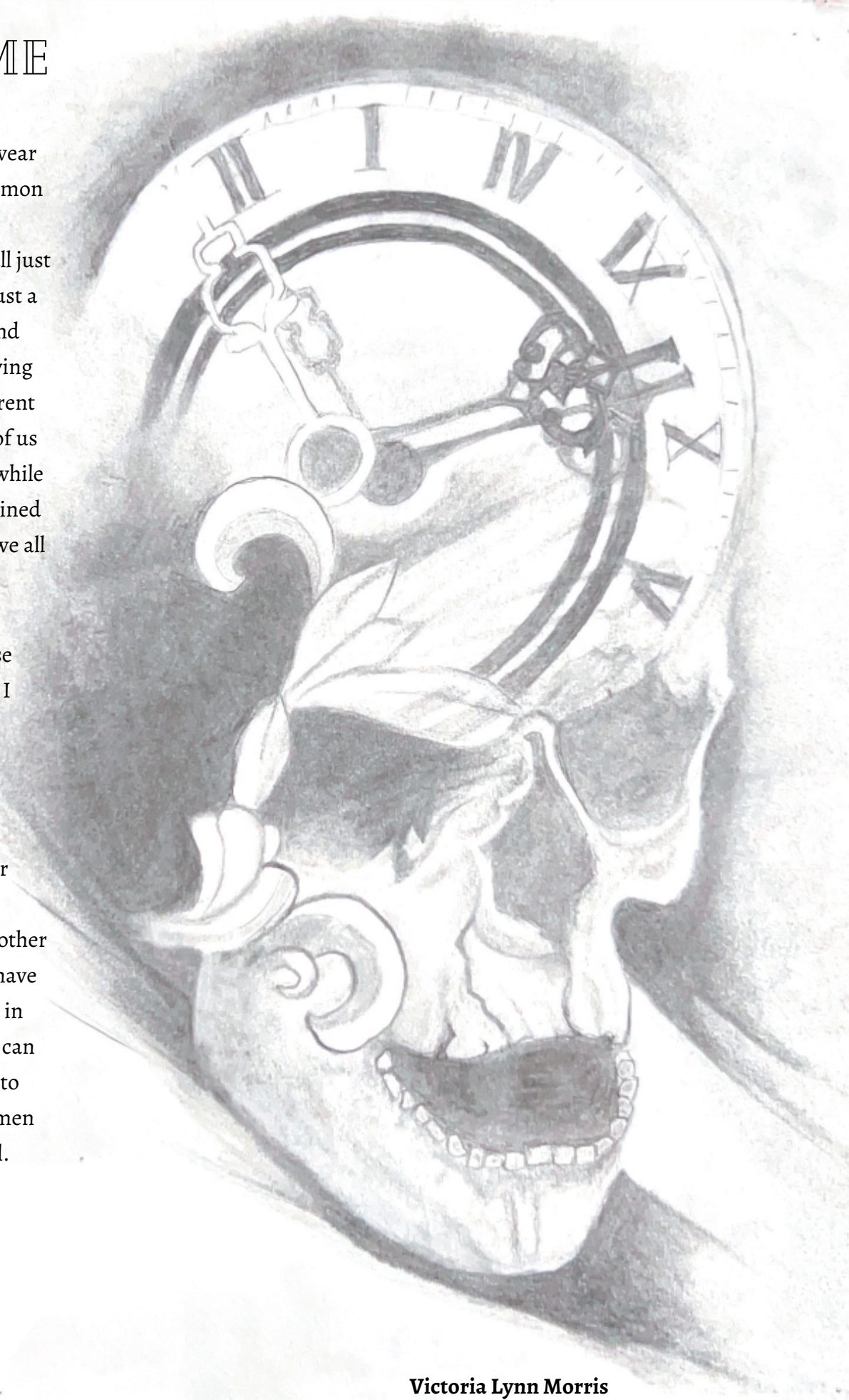
Shaelynn L.

DOING TIME

Underneath the masks we wear
we all have one thing in common
 may we be white, asian,
indigenous, or black we are all just
 skulls. At our core, we are just a
 skull covered with flesh and
muscle. We also are all serving
sentences, all of them different
down to the second. Some of us
are at the countdown stage while
others do not have a determined
date of release. Either way, we all
 have time on the brain.

I chose this piece because
it represents something I
believe each and every
one of us can relate to.
I hope with that said
 we can be reminded
of our similarities rather
 than our differences,
and we can empower each other
throughout our days. We have
strength in numbers and in
“Doing Time” together we can
strengthen each other into
stronger independent women
and help each other heal.

All My Relations



Victoria Lynn Morris

body



MW

FAMILY

OVER

EVERYTHANG



Geri Bear

INDIAN ~ WASTE

In the morning we wake up to music , Bryan Adams
Never silent, always laughing or the sound of the doorbell
Deafening with your cousins excitement on the other side; You are loved
In every way my girl
And you are the center of me
Never forget that : I love you , do not cry when I leave

We love in slow motion , your laugh is my
Armour , since you were a baby and now a young girl
Summer nights driving to the powwow
Tasting the sweet air and the moon; You are so happy
Everywhere I can feel your spirit; My girl, we will never die

by
Marlee Jade Willier



A WISH



Everywhere
I can feel
your
spirit...

MW

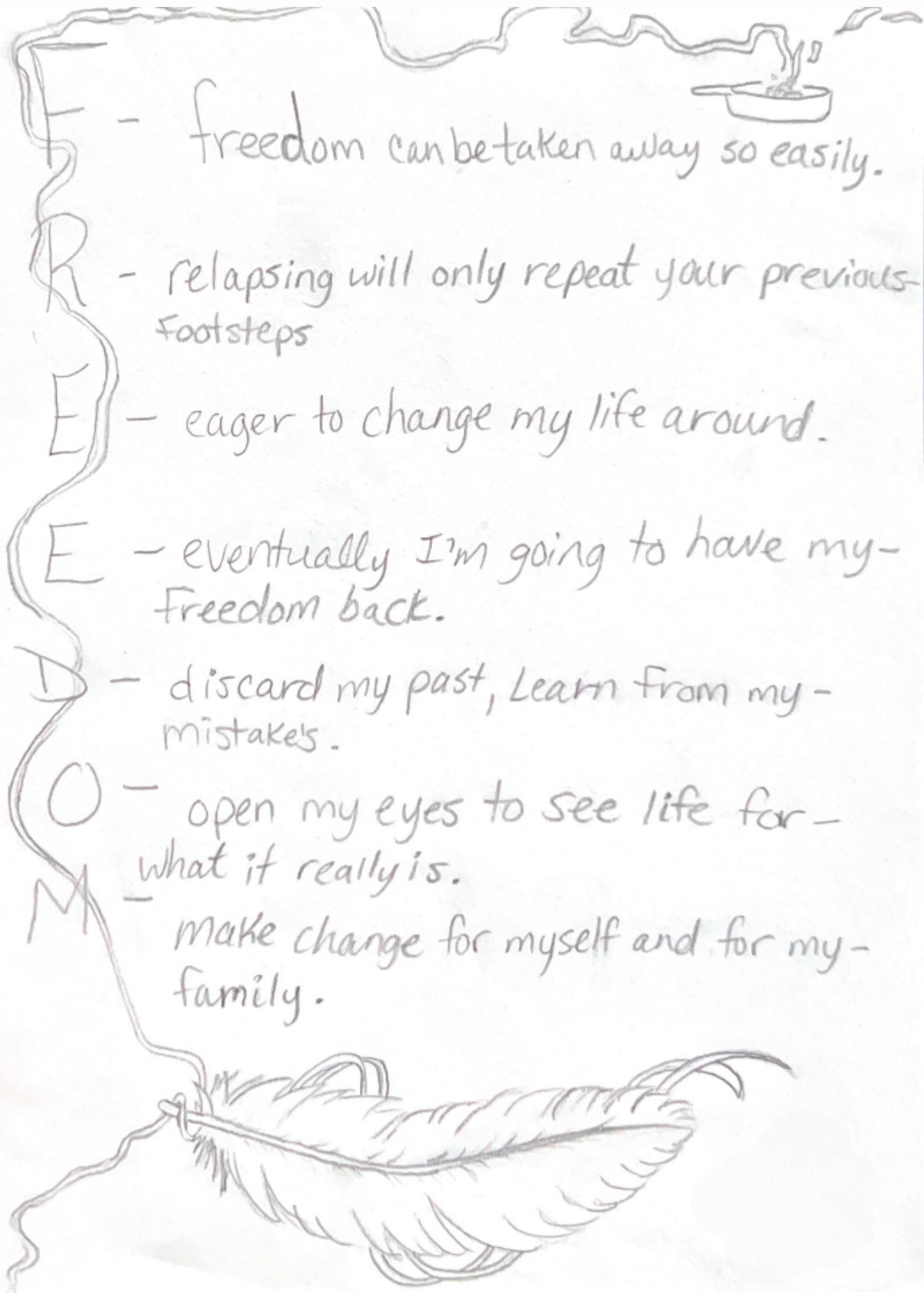
My Love Letter

I want to write a love letter, but this is no ordinary love letter. This letter is about a friendship. A friendship like no other. A bond so great that not even these walls could stop it. The year of December 2021 I was in a treatment facility called Pound Makers. I completed the 42 day treatment plan. The time I spent there I met a friend. She was just being sworn into the Drug Treatment Court Program here in Edmonton. For her it was a better alternative than jail. She urged me to wave my matters into the same program so I did. That program was not for me. In the meantime in treatment she and I became very close; hearing each other's stories bonded us even more. We both promised to stay in touch after leaving but life as we know parted us. I tried contacting her but to no avail her number didn't work. A year passed after a total failure on my part with Drug Treatment Court, I returned to do my time and finish my sentence. Christmas 2002 comes up and I can't get my mind off of her so after a long stalking session, my friend and I could not find her on Facebook, everywhere, nowhere, I could not find my friend. I hung up on my friend because he was just as frustrated as I was and came upstairs to cry when I hear Merry Christmas ladies, everyone grab a present! I grab mine and find a card hand written from a volunteer, telling her story of inspiration. Boom I didn't even have to finish reading it because I knew her story. There was my friend's name at the bottom in the back! Right there, behind these walls was my Christmas miracle.

Lesley



Time for Change



ME, MYSELF & ISOLATION



well, it's just you & me
now.

i've been thinking about us
our worst times
hating you is a lot of work

it was a lot of work.
now i think you're not so bad
like maybe i judged you

before i really
got to know you

and maybe there is
still time for you & me

to try out friendship



WORDS OF WISDOM ARE MY SUSTENANCE

THERE'S CIRCULARITY IN SHARING

LET US REDOUCEN THE BEAUTY OF ALL OUR RELATIONS

Campion

I painted this Inukshuk during one of our classes on Wednesday night, and at first, I didn't intend to use it for my Conditional Release submission, but then I changed my mind after thinking about it for a bit. I am Inuk and I think it's important to have representation of all Indigenous Peoples in what we now call Canada, and I think a lot of people think about Inuit when they see an Inukshuk because it is an important part of our culture. Sometimes when Inuit women from up north are sentenced to federal time, and are maximum security, they are forced to serve their time down south, so this is just a way to show support for them. It can be hard to be so far away from home. The other reason I decided to use it is because when my painting was still wet, and it went through the x-ray conveyor belt the painting came out on the other side more beautiful and I am kind of using it as a metaphor. The rubber bands on the conveyor belt rubbed the wet paint of the northern lights and it make them look like real northern lights. Sometime women can do some healing work while inside because I know that I did. I also got more connect to culture and ceremony and I came out a bit more healed then when I went in. I was a bit more beautiful when I walked out the doors just like my painting.

Brye

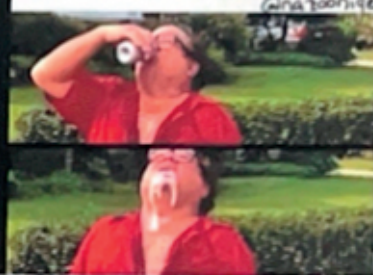


laughter is medicine... & exercise! get your workout on and bust a gut!



Absolutely no one:

Native kid with Bepsi:



ME DOING MY SISTER'S MAKE-UP
ME TO ME: ADD A MUSTACHE



when you invite one person
and they bring their cuzzins



Going to add a boil water advisory
on the Rez here and we're done



When you arrive to a
native dinner on time



After I whistle





Frybread
with
raisins



Frybread
without
raisins



You never been to ExExW



YOU SAID
YOU WERE SICK!



NO, I SAID I
HAVE A CASE OF CORONA



THA CARTER

We hope these memes brought a smile or a laugh to your day. The theme of this section has been the Body. Laughter changes our bodies, makes us breathe deeply and lowers our stress. It can even give us abs of steel! Sometimes they're just hidden.

It's always good to start with a prayer and end with a prayer. The Body editorial team was inspired by smudging, the smudge that cleanses our bodies, minds and spirits. Smudging makes us feel good in our bodies. We end with the Smudger's Prayer and hope you can make good use of it.

It is important to start and end with a smudge.

Smudger's Prayer:

How does smudging help you? What does it mean to you?

Smudging helps me feel connected to the Creator and to my community when I am stressed or scared. It makes me feel secure

I smudge to give thanks to the Creator for another day and also to ask for guidance

I smudge my head; so I may only think good thoughts
I smudge my eyes; so I may see good things
I smudge my ears; so I may only shhh... hear teachings
I smudge my legs and feet; so I may walk the Red Road
I smudge my arms and hands; so I may only do the Creator's work
I smudge my back; so I may stand tall and proud of who I am
I smudge my heart; so I may only feel good feelings
I smudge my spirit; so I may walk, hear and feel the true lessons and teachings in our lives

I smudge to feel better, to cleanse myself and my thoughts. Also for guidance when I'm sad or angry. Also when I lose a friend or family member, I smudge when I'm also praying for someone & myself. Hi!

All My Relations

I smudge to start my day in a good way, I smudge when I need to feel grounded. I smudge when I want to give thanks. I smudge in prayer. I smudge everyday. ♡ -Brye

I smudge every waking moment and before every dying day. But first I give thanks to Creator. I give thanks for the lessons learned and ask for forgiveness. I pray to the Sun (Natusi), and all the holy spirits to watch over myself and my loved ones.

I smudge to be grounded. I smudge to be present in my body, to feel gratitude and good feels. I

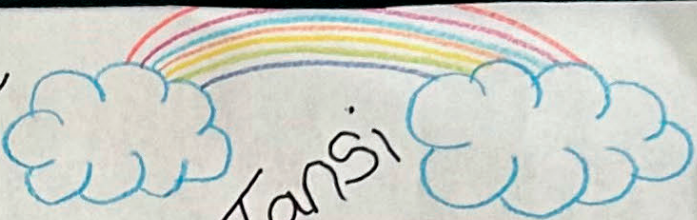
i don't smudge often but when i do i feel good - i could use a smudge right now!

smudge to give thanks.



edlanete

Tansi



Boozhoo OKi

Kokum's

ublaami



halhen skwal tanuyap

Corner

da'anzho



Tawnshi

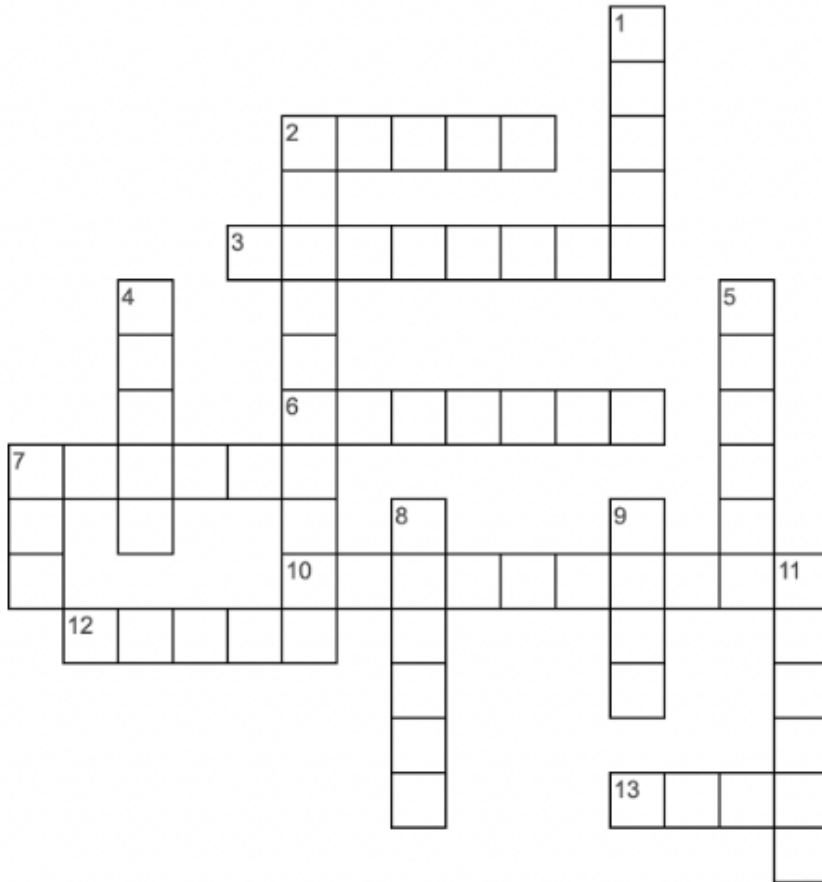


Aniin



Crossword

Traditional Medicines



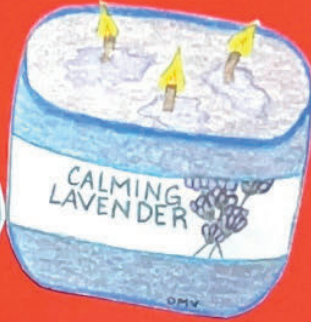
Across

- 2 medicine wheel colour
- 3 mind medicine - calming
- 6 headache medicine
- 7 instrument while singing
- 10 A braid of _____
- 12 inipi
- 13 medicine wheel colour

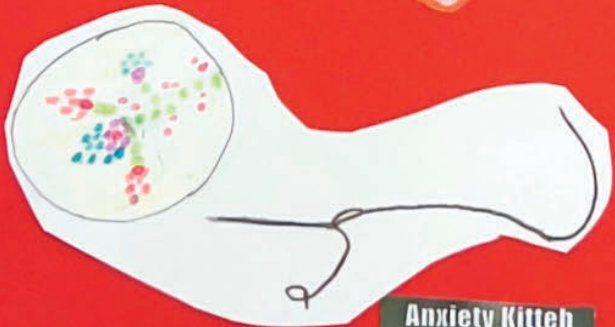
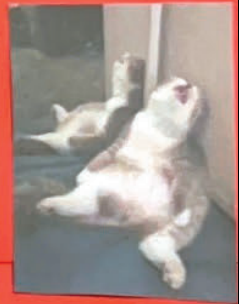
Down

- 1 _____ is a smudge grown on a tree
- 2 type of salve
- 4 medicine wheel colour
- 5 diamond willow _____
- 7 medicine wheel colour
- 8 medicine wheel colour
- 9 mother earth heartbeat
- 11 ceremony is _____

Answers on p.49



EMOTIONAL





C – Culture is



U – Unique and full of

L – Love



T – Trust in the creator and

U – Ultimately stay true to yourself,
follow the

R – Red road and put

E – Effort into everything you do



Ava Sarah

MY CITY



My own vision for my future is to help the community that raised me in my teenage years before coming to prison. It broke my community's hearts for them to find out I came to prison and to be away for soo long. I was the lil girl who gave them hope for a better future for our young people they viewed me as a leader even for older people, I sparked a fire that lived in them for many years before my time even I saw what they weren't able to see me being me made it a possibility if I do the work and stay out of jail and drugs to help my people like they helped me in they only way they knew how to at the time I was given special knowledge I was given the name " lil O.G " it's not a name that always needs to be an old school gangster but one with a vision for my people to heal my people from addiction, homelessness to teach them how to live a better life if they put in the work if they want to stop the cycle of violence and abuse. I have gained knowledge and experience from being incarcerated I know what's to come I was taught on my journey that "knowledge is power"

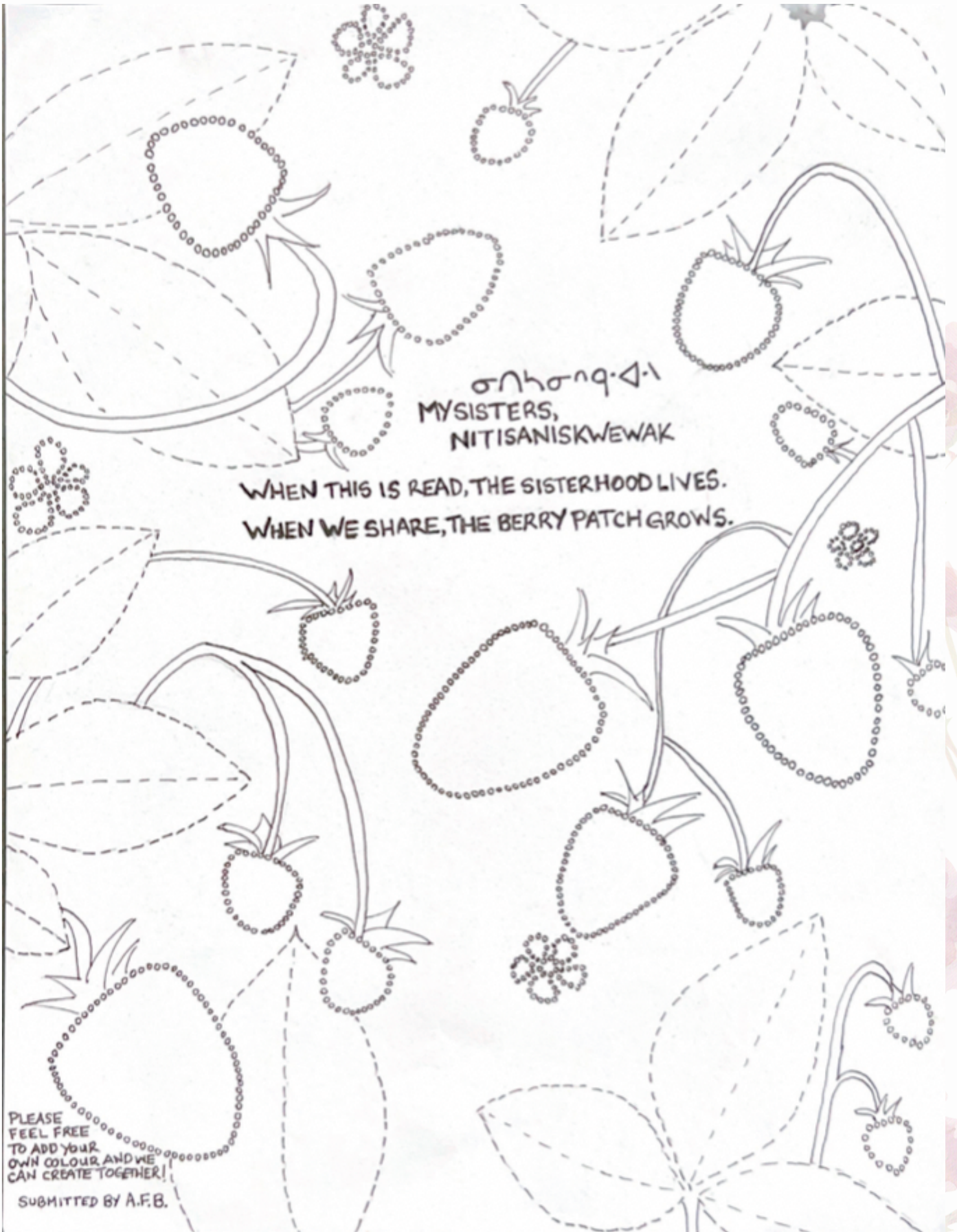


Monique Cardinal

SOLIDARITY



V.M.



ᓄᓂᓂᓂᓂᓂᓂ
MY SISTERS,
NITISANISKWEWAK

WHEN THIS IS READ, THE SISTERHOOD LIVES.
WHEN WE SHARE, THE BERRY PATCH GROWS.

PLEASE
FEEL FREE
TO ADD YOUR
OWN COLOUR AND WE
CAN CREATE TOGETHER!
SUBMITTED BY A.F.B.



2

Possession

Possession isn't gaining something for one's self.

It's taking away from mother Earth's wealth
To possess, is to take away
To give is more important in every way

When we share with people around us,
Goodness happens there is no fuss

On a bigger scale if we gave Mother Earth
all we took right back to every
tree that made a book

I know we still have a chance
to make it right

Let's not ruin our world
with hate and a fight



Strength

S-Strength in all I do; I am my voice!

T-Trusting in self; being open and honest in life.

R-Resilient in what life brings; lessons learnt.

E-Encouraging self to move forward; one step at a time.

N-Networking the Nationhood for support; family, friends and community.





G-Grounding self to Mother Earth; love for all her creations.

T-Teaching of traditions, old and new; continuing to learn and grow.

H-Hopeful in one's healing journey; loving one's self.

STRENGTH!

D.M.S.

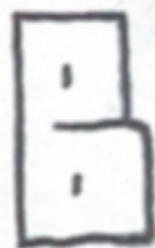
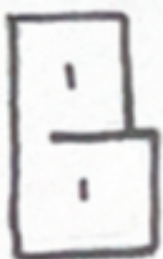


Call me by my name

When I was 10, I was told I wasn't going to see my mum anymore, and was going to be adopted by my current foster parents. The social worker said I could decide whose last name I wanted - my new moms or new dads. I played with them in my head, going back and forth. They both sounded so strange, like I was supposed to know who this person was, but it wasn't me. I told them I'd go with my new moms, thinking it was least weird and would still make everyone happy. I went to meet with a lawyer, who was 'mine', who talked about adoption and answered my questions, like, "How am I expected to decide whether to be adopted or not, but I can't even drive?" They said I was mature for my age - 'wise'. I went home and thought hard about my new home to be - the new life, new family. And I thought about my brothers. They weren't with me, we didn't live together anymore. They weren't being adopted. I wasn't going to be able to see my mum anymore. I didn't really know what it all meant. But I thought at least we all shared the same last name - we were still family. Even if I had a new one now. I finally asked if I could keep my name - my full name all the same. They said it was okay, but looking back it probably hurt them. Still, at 11 I was officially adopted and kept my full name. One thing that couldn't be taken away. One thing I could control. One thing I'll always have with my brothers. I never say this to anyone, but one thing I'll always have with my mum. I needed that connection, that small signal that we share an existence, that I'm a part of them. Something that would always bring us back together. I'm eternally thankful for 10 year old me being so brave.

Shey

JOSE



TUBE



Scott Pilgrim vs the World

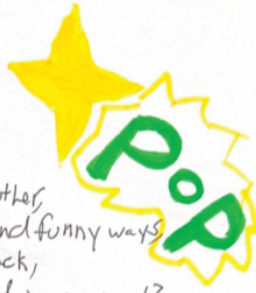
@8thevilex

★★★★★

evil ex's,

Set in Toronto,
mackly culkins Brother,
Battle in unique and funny ways
an epic sound track,
what more could you want?

This movie takes a new approach
to the classic comic book movie.
With loveable (and hateable) characters
endless action and comedy this
movie is perhaps the best movie that is
set in Toronto.



Bend it Like Beckham

By daisybee2048

★★★★★

An oldie but such a goodie. A movie about an Indian girl with a strict religious family who pushes to follow her dreams of playing pro soccer. Friendship, doing what you love and staying true to yourself sprinkled with

a little bit of romance ❤️ makes this an awesome feel-good movie. One of my favourite's growing up, although it made me a bit delusional I could be a pro soccer player too! 🏆

Mood: Inspiring, funny, dramatic

YELLOWSTONE



by CONAN134135

If you are looking for a TV show that is purely about cool looking cowboys, this is for you! The writing is well below average, but don't worry about it! The trick is to watch it all at once, so you don't have time to worry about the plot holes. My personal fav character is Rip. He is hunko, so hot, but absolutely stunning. Honestly, they could just have him stand there shirtless and silent... perfect. Ammcccc! come H a my!)

morbius

★★★★★

@momo247

the cutest Scientist that turns himself to a vampire thing & that creates trouble if it got in the wrong hands! definitely a great watch.

MOODY AT THE MOVIES

@KittyCatFancyBoy087

Star Wars: A New Hope (1977) ★★★★★ OUT OF 5 STARS

Oops I kissed my sister... dating is hard.
Mood to watch in: Restless but optimistic.

E.T. the Extra-Terrestrial (1982) ★★★★★ OUT OF 5 STARS

Using rare footage, this documentary explores the trials and tribulations of adopting a hairless cat.
Mood to watch in: Detached and entitled.

Cast Away (2000) ★★★★★ OUT OF 5 STARS

An oddball romance develops unexpectedly on a last-minute getaway.
Mood to watch in: Flirty and determined.

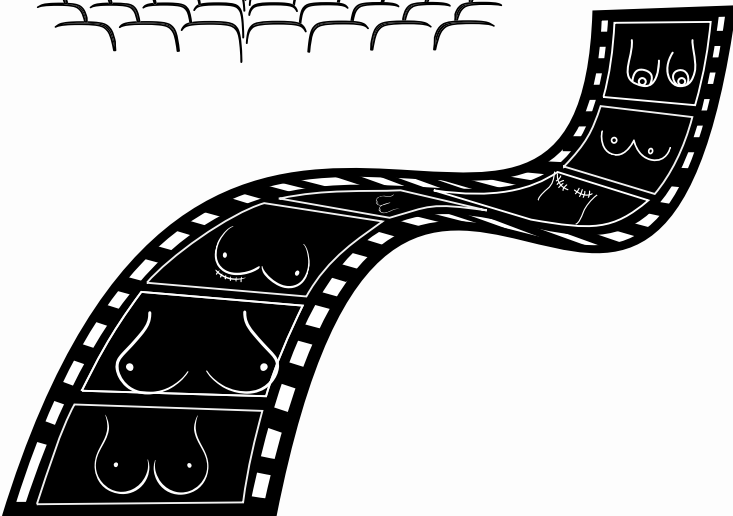
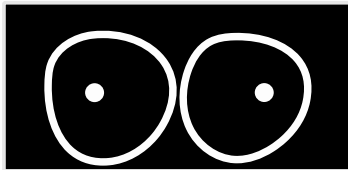
Lord of the Rings Trilogy (2001-2003) ★★★★★ OUT OF 5 STARS

An ensemble cast of wacky characters participate in a jewelry heist gone wrong.
Mood to watch in: Tired and cranky.

Mad Max: Fury Road (2015) ★★★★★ OUT OF 5 STARS

A shy drifter gets caught up in a Girls Trip.
Mood to watch in: Annoyed and mischievous.

SUBMITTED BY: A.F.B.



#The Bachelor

★★★★★

avasarahxo:...,
absolutely love the show, but
common did he have to cry
every episode? and has no one
ever told this man that hairy
chest's are so not cool! Jeez
I'm so glad he picked
hairy but that girl better
introduce him to wax strips.
mood - judgemental cunt without consequences

#Rap Shit

★★★★★

avasarahxo:...,
It's nice that they put some
thing provocative on our 35
channels. I quite like the part
where she's rapping "Lick on my
cat, Hit it from the back," or
"Seduce & Scheme". To bad it's
not playing on MuchMusic
anymore 😞, Go figure.
mood - sexy, provocative

Happier Than Ever - Billie Eilish

By daisybee2048

★★★★★

This song starts out slow and has an intense tempo change part way through that always gets me singing along. A powerful song expressing feelings of

hurt, anger, and sadness after a break up ❤️ Best line - you made me hate this city! 🏠 My go to song when I just need to scream a little and think about those people I'm happier than ever without. 🏠

Mood: angry, empowered, cathartic

'Farmer Wants A Wife'

realityredneck

★★★★★

Well gosh darn dang nabbit The Bachelor has gone redneck. Let's throw 5 women on a ranch with a farmer and see if love ❤️ will grow. Okay so the story line is a bit cheesy but these women are hilarious 😂 to watch; city girls learning ranch life while competing against 4 other women for the farmer's attention. Once you start watching I promise you can't stop.

There's laughter 😂 mixed with love ❤️ mixed with competition 🏠


SUBMITTED BY: D.M.V.




SPIRIT

ANCAHK





grandmother moon Horoscope



Earth Renewal Moon

December 22 - January 19

Today you will meet someone whom you are dreaming of! This will be like a déjà vu or, wait, is this a dream again? Don't let anyone disrupt your day or your plans. Distance yourself from liars and cheaters.

Rest and Cleansing Moon

January 20 - February 18

You will sleep easier in the next 2 weeks. Pay attention to your dreams and remember them - they carry special meaning. If you see a monster in your dreams, don't look in your closet - it might live in there!

Big Winds Moon

February 19 - March 20

You tend to be controlling and conceited (sorry!) and you often have your hands in many different crimes, like petty theft and sadistic acts. You're commonly considered to be an all around criminal!

Budding Trees Moon

March 21 - April 19

The next person who talks to you is secretly in love with you! If you look under their pillow, they will be hiding a ring to propose to you! If their name starts with C, J, or M, do not accept the proposal! Beware!

Frogs Return Moon

April 20 - May 20

Stick close to home and be aware of guys with face tattoos, as one will approach you today. Learn from experience and you won't make the same mistake twice. Personal growth is favoured!

Corn Planting Moon

May 21 - June 20

Have you been experiencing stomach issues lately? This is a reminder to be kind to your spirit and to your bowels. You are an enthusiastic and creative person. Oh, and everyone thinks you're a jerk.

Strong Sun Moon

June 21 - July 22

You consider yourself a born leader, but everyone else just thinks you're an idiot. The day will be filled with sunshine but you will be pooped on by a bird with diarrhea. More days of poop are in your future.

Ripe Berries Moon

July 23 - August 22

You are coming upon a new era in your life where your past wishes will be granted. A past love will suddenly reach out to you - if this happens on a Friday, ignore them! Butterflies will bring good luck to you.

Harvest Moon

August 23 - September 22

It is okay to keep overthinking things! Give yourself slack for not always doing the right thing. When someone born in the harvest moon loves you, they really love you and will give you all that they have.

Ducks Fly Moon

September 23 - October 23

Keep your emotions in the mix when dealing with people. Try your best to mix business and pleasure in all that you do. If you do this, your love life will pick up. Your lucky numbers are 3 and 7!

Freeze Up Moon

October 24 - November 21


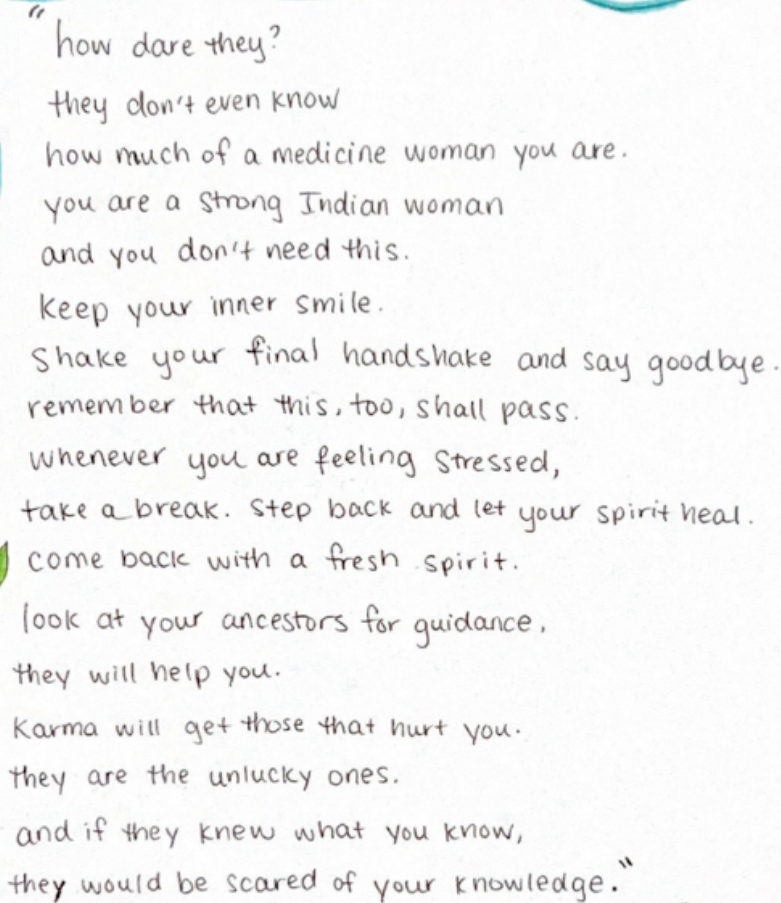
You are conservative and afraid of taking new risks. Basically, you are a chicken - crap. Go out and do something new today, just don't try crossing the road! And comb those feathers, girl!

Long Snows Moon

November 22 - December 21

People born in the long snows moon usually go to jail for fraud and are known to be the sign that most con-artists and thieves are born under. Keep your eyes on the stars - the universe is about to align for you.

My Final Handshake



"how dare they?
they don't even know
how much of a medicine woman you are.
you are a strong Indian woman
and you don't need this.
Keep your inner smile.
Shake your final handshake and say goodbye.
remember that this, too, shall pass.
Whenever you are feeling Stressed,
take a break. Step back and let your spirit heal.
Come back with a fresh spirit.
look at your ancestors for guidance,
they will help you.
Karma will get those that hurt you.
they are the unlucky ones.
and if they knew what you know,
they would be scared of your knowledge."

Words Spoken to me by Elder "E".

To my Sisters,

These words were spoken to me by my dearest Elder E during a low time in my life, a time where I felt lost, wounded, alone, and broken. It wasn't until I heard these words that I started to feel whole again and see a future where I'm smiling. I am sharing these words to remind people everywhere, including myself, that in times where you feel like you are struggling to keep that inner smile, please remember to nurture your spirit. Listen to your spirit breathe, listen to it sing inside of your physical body, keep your knowledge close to your heart and share it with pride, for no one can take it away from you. Say goodbye to those things that are not serving you or your goals and be gentle with yourself. Your ancestors are at your side to guide you and serve as a constant reminder that you, too, are medicine.

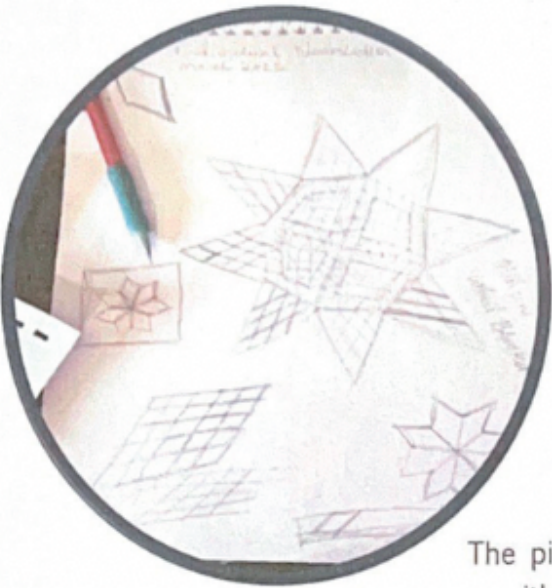
Valerie Danielle

Looking back, moving forward



LM

Acha Kohp



I share this piece I made as an art project for an earlier class I had. This topic seemed so important and relevant for this newsletter. Those grandmothers – nohtekway atayakan – grandmother of the universe. We as indigneous people honour those grandmothers for their wisdom and teachings. For me I have been gifted opportunities to learn from these grandmothers about the teachings of starblankets.

The piece I offer for the newsletter is a kingsize starblanket made with the medicine wheel at it its center and the the points of the star going out and becoming darker as they point towards the universe. The yellow background is Pisim – our sun that blesses us with life. The outer stars represent the star people where we came from – our older ancestors. The trim around the blanket is representing the universe going to infinity.

Finished Blanket



Our teachings of blankets in my people of the squamish and of the Cree and others across turtle island are similair. We blanket or loved ones to remind how much our family loves our children and our people. The blankets represent never being alone no matter what.

In creating this blanket – I used the medicine wheel to show our connection to eachother and creator. – the cycle of life and our four directions as human beings here on this plane. The points of the start going out are the langage, teachings, culture, ceremony, life we are granted – choices, kindness, love, humility.



A message of Support, Love, and Friendship

I can define the word friendship with one word

CHARMAINE!

You are a beautiful person with such a big loving

HEART.

Your so talented and such a

HARDWORKER.

You're a daughter, a mother, a sister an aunt,

But mostly to me you are my

FRIEND!

You're a strong woman, you deal with so much, yet you do it with

GRACE.

Always have a smile on your face or a hug in your

ARMS.

I want you to know I will always be here for you, through thick and thin, for the good times and for the

HARDTIMES!

When you need me just call me your friend

FOREVER!

TMC



TURTLE ART



Tosha

FREEDOM POEM

Free from all of the Chaos in the community outside these fences

Reaching for the goals we put in front of us, reaching for our dreams

Establish safety in our community also a sisterhood where we got each other

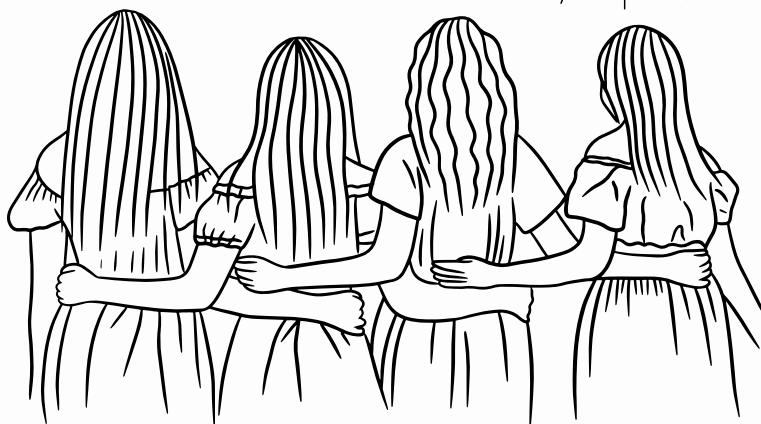
Empowerment we all encourage one another to succeed in our goals and bring each other up

Determined to be the sisterhood we as women created

Organization of a sisterhood we created amongst ourselves just by supporting each other through good and bad

Membership is not needed to be a part of our sisterhood

CLC.



March 20th

my father, my teacher, my best friend and my home,
you made me feel safe, I was never alone.
the day I lost you, is a day I'll always mourn.
you taught me everything,
from thick until thin, we traversed it all together
by now the waters are thin..
watching you take your last breath destroyed me within.
But you were my greatest teacher,
you taught me to be candid, to be gallant, a model of rectitude
to espouse my beliefs despite possible and probable solitude.
to carry myself with morality and honor,
you taught me to be somebody instead of everybody.
and to demand separation of my oil droplets from dark waters.
Never allow yourself to become emulsified, he said,
Stand up for what is right, don't be afraid to fight.
In life you may have to score and scrabble your way through,
I have, I am and I continue to.
I'll never forget all the lessons you bequeathed me,
In adulthood, now, I must carry myself stately, like a queen
But I'll always be your princess and you'll always be my strength.
I'll never let a thief steal our crown,
I am who I am because of you and no entity will ever tear me down.

Love,
Your little girl

Wolf



Phyllis Pascal

Praying Hands: Psalms 18:1 + 18:2



Phyllis Pascal

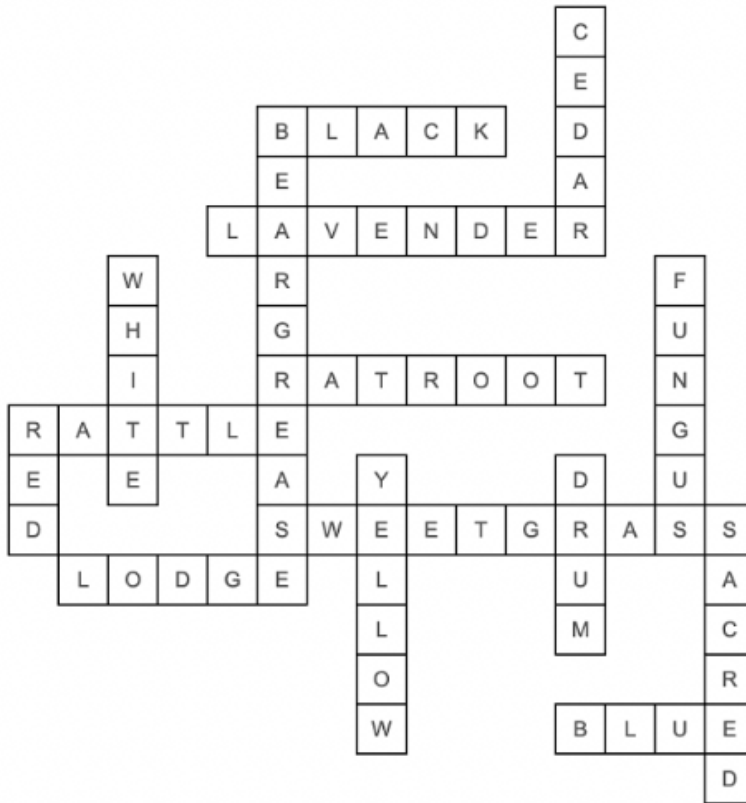
Word Search Answers

iskwêwak

F	S	B	G	Z	C	R	E	A	T	I	V	E	Y
G	M	E	P	X	V	D	X	S	M	C	W	L	E
X	A	A	L	C	R	E	Q	I	A	A	P	I	W
S	R	U	E	L	S	A	F	S	T	R	O	F	F
W	T	T	A	O	H	D	I	T	R	R	W	E	Q
P	L	I	D	V	Y	L	E	E	I	I	E	G	F
E	O	F	E	I	W	Y	R	R	A	E	R	I	M
O	Y	U	R	N	S	P	C	S	R	R	F	V	O
P	A	L	S	G	W	T	E	G	C	S	U	E	T
L	L	V	H	U	G	I	R	B	H	V	L	R	H
E	K	I	N	D	S	C	L	O	V	E	R	S	E
G	C	A	P	A	B	L	E	B	N	P	A	Y	R
D	A	U	G	H	T	E	R	S	C	G	T	Y	S
N	R	W	P	R	E	S	I	L	I	E	N	T	O

STRONG
 CAPABLE
 LOVING
 SMART
 CREATIVE
 POWERFUL
 KIND
 MATRIARCH
 LEADERS
 LOVERS
 BEAUTIFUL
 RESILIENT
 MOTHERS
 SISTERS
 DAUGHTERS

Crossword Answers



Across

- 2 medicine wheel colour
- 3 mind medicine - calming
- 6 headache medicine
- 7 instrument while singing
- 10 A braid of _____
- 12 inipi
- 13 medicine wheel colour

Down

- 1 _____ is a smudge grown on a tree
- 2 type of salve
- 4 medicine wheel colour
- 5 diamond willow _____
- 7 medicine wheel colour
- 8 medicine wheel colour
- 9 mother earth heartbeat
- 11 ceremony is _____

