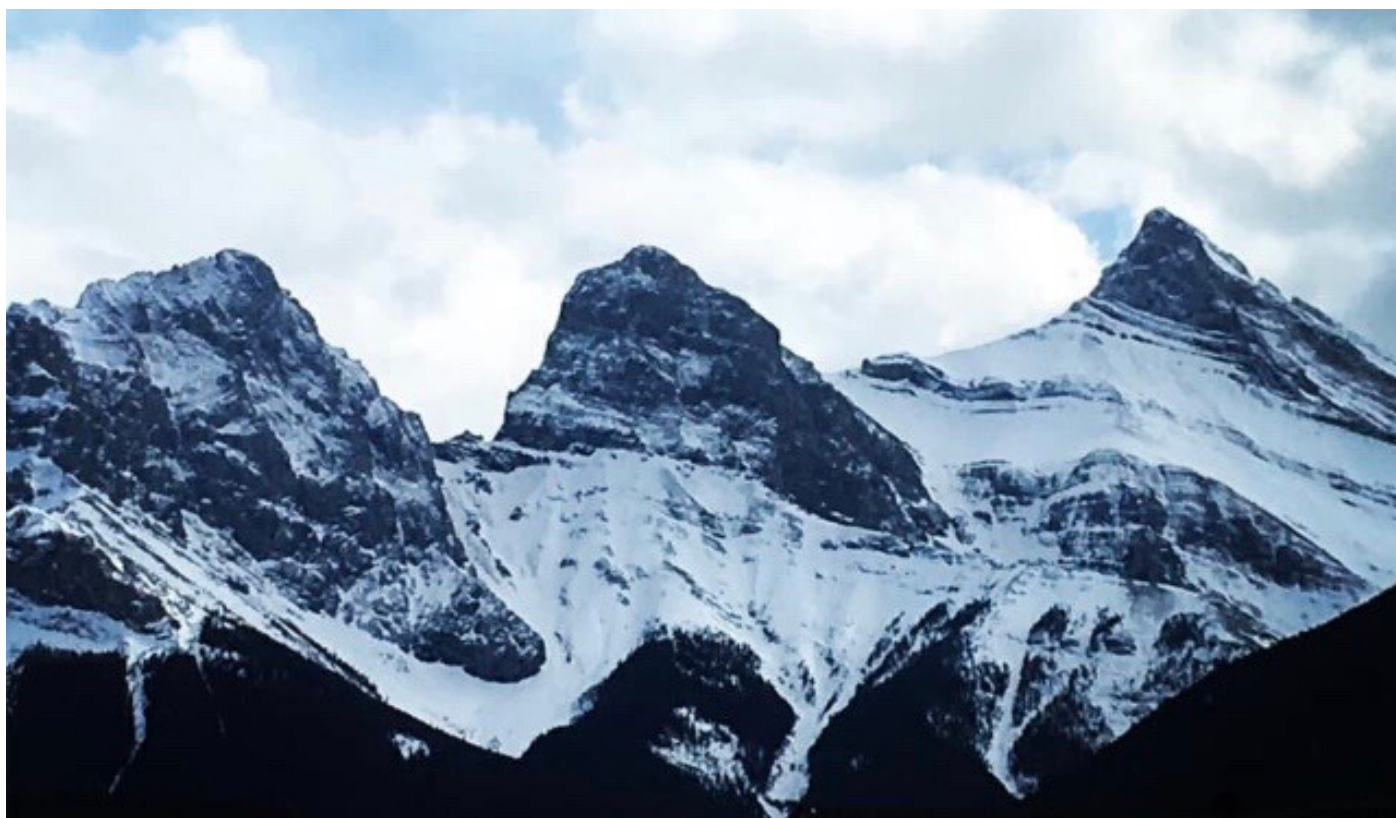

JUNE 2020, ISSUE 1

The Mountain View Moccasin House

Welcome to our not-for-profit Society



**WE ARE ALL
CONNECTED**

Written by MVMH

Bridging Understanding

Building a strong and vibrant community through culture

Mission Statement:

"to provide and promote culturally based programs, supports, networking and activities through increasing awareness of Indigenous knowledge systems; sharing Indigenous ways of knowing will the increase the personal well-being and pride for members of Mountain View County. We aim to present teachings through a wholistic and traditional approach. The events and workshops offered through MVMH are meant to enhance relationships between Indigenous, Settler, and non-Indigenous peoples. The overall mission of the MVMH is to actively work towards the Truth and Reconciliation Commissions (TRC's) recommended 94 government Calls to Action."

Traditional Medicines, Eagle Feather, Metis Sash & Inuit Carvings

This beautiful shadow box was gifted to the Town of Olds office and was presented to Council as a gift offering to represent new beginnings and new relationships within Mountain View County.

The First Peoples of Canada are represented through three distinct Indigenous groups; Metis, First Nations, or Inuit. We do not refer to ourselves as Indians, as this term was coined by Christofer Columbus upon first Colonial contact. He mistakenly thought he had landed in India - therefore calling the people of Turtle Island Indian. We are not from India and therefore we are not Indians. Nor do we consider ourselves to be Aboriginal - as this term is paradoxical - ***we are the original people of this land*** - we are not therefor Ab-original.

One of the first step you can take towards repairing community relationships, is to know the traditional lands in which you occupy.

The following website is a great resource that allows you to find out this valuable information.

<https://native-land.ca>



Shadow Box

Designed and made by Robyn Sorensen

Eagle Feather - gifted by Kjersti Keller (Olds Uptown Massage & Wellness)

Metis Sash - gifted by Olds College Student Health and Wellness/Indigenous Student Services.

Soapstone Carvings - gifted by Nolan Brink

Indigenous Medicines - gifted by MVMH

Town of Olds - Mayor Musychka



This gift of peace is set to be mounted in the Town of Olds Council Chambers.

"Glass-beadwork is a meditative craft and beautiful form of art"

Join us for monthly virtual beading rooms and find a full beadwork tutorial on our website and Facebook page. Get in touch with us if you would like to pre-register for a free glass beadwork kit.

Glass beadwork is a meditative craft that takes many many years to master. This feathered glass beadwork was completed by a beginner beader, and this specific project takes about ten hours to complete.

This craft is not limited to women and we encourage men and people of all ages and races to participate in this upcoming free workshop.

Have you seen these signs around the Town of Olds?



These beautiful signs were made by Robyn Sorensen and her family, as an effort to show thanks and appreciation to the essential workers during the COVID-19 pandemic.

The four colours on this Medicine Wheel represent the four colours of the human race. The Medicine Wheel teachings will be featured in an upcoming edition.

Glass-beadwork Tutorial

<https://www.youtube.com/watch?v=xRRo-6uUzYY>

Find this tutorial on our webpage

www.mountainviewmoccasinhouse@gmail.com



"DANCING IS HEALING"

(Arcand, D)

Join us for LIVE Facebook WatchParties!

POWWOW DANCE AEROBICS



MOUNTAIN VIEW MOCCASIN HOUSE

Where community and culture unite

MIND- BODY- SPIRIT FULL BODY WORKOUT DALLAD ARCAND

The Powwow Dance Aerobics is a fitness program that was designed by Dallas Arcand. Dallas holds a passion for life that makes him an inspiring role model. Mr. Arcand's lessons follow Indigenous protocols, as he shares many Cree teachings from his Elders throughout the class. Dallas is a gifted artist, a motivational speaker and he is a three-time World Hoop Dance Champion. Dallas is considered "The Hoop Master", and he has been practicing his gift of dancing for twenty six years.

FACEBOOK LIVE!!



Daily Meditation & Quote

Daily Cree Word

MOVE THAT BODY!!

LADIES & MEN POWWOW DANCE STEP TUTORIALS

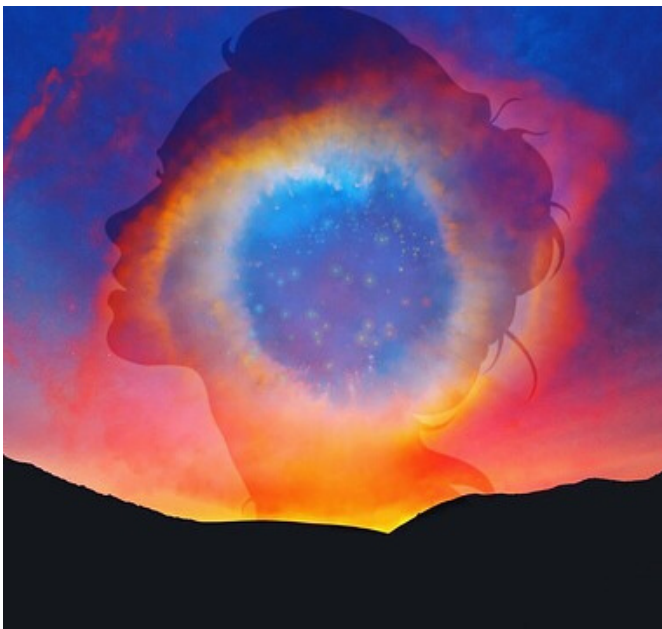
Hoop Dance
Fancy Dance
Grass Dance
Traditional Style

mountainviewmoccasinhouse@gmail.com
www.mountainviewmoccasinhouse.com

Communicating with Nature herself ...

Indigenous people have a unique way of communicating with nature. The two-way connection that is embedded within Indigenous epistemologies allows knowledge to be shared and reciprocated. A two-way approach to education can benefit all educators, Indigenous and non-Indigenous alike.

MVMH aims to reconnect individuals with Mother Earth, with each other, and with their own spirit. By developing understanding of ourselves, others, and our environment, we can encourage communities to work toward reconciliation and accountability to one another. As we find our country and world in a time of political and environmental instability, creating lasting relationships in community will be essential to ensuring sustainable living for the generations of people to come.



Creating strong relationships and community belonging can play a key role in awareness of pertinent issues such as climate change, awareness of social injustices, and contemporary issues that affect First Nations peoples today. Indigenous Elders interviewed by the Canadian Broadcasting Corporation (CBC) have declared that we humans have reached a critical point in time in history and things need to start changing; Krishane (2018) strongly believes that it is the Red Nation that will be leading a world healing movement (as cited in CBC Indigenous, 2018). Fisher and Krishane (2018) also discuss Indigenous prophecy, and how it connects with the current events happening right now in the world.

Wildfires, pollution, habitat destruction, and numerous other human impacts are causing Mother Earth to show warning signs and the Elders advise that “we must take action” (as cited in CBC Indigenous, 2018). These prophecies are discussed because they are meant to inspire changes in the way we have been treating each other and mother earth.

The visions of the future offer us a chance to make a change before it is too late. Planning for the future and for our children involves taking responsibility and going back to what Krishane (2018) describes as the original instructions and teachings of our ancestors. These original instructions and sharing of our traditional ways will allow us to reconnect with each other, ourselves, and the earth so that we may share a reciprocal spirit of love with her and all her beings.

LIVE Q &A: Indigenous prophecies and climate change
<https://www.facebook.com/watch/?v=2173536852717963>



MOUNTAIN VIEW MOCCASIN HOUSE

Where community and culture unite

Poem

written by a local Elder

Since I was a child the smell of hide always awakened something inside of me. I can't quite pinpoint what it was but I do know it brought comfort; perhaps my DNA understood this better than I.

I have read that our ancestors looked at moccasins as a symbol of protection and acceptance, a sign of strength when worn into battle. At some point in our lives we all experience battles; whether it be abuse, addiction, mental illness, even depression. Whatever our battles, it's important to understand that we are not alone.

So, as we gather here at "The Mountain View Moccasin House", we want everyone to feel comfort in knowing that we are in a safe and protected space...a sacred space to share our stories, our knowledge and our battles. (Michalko, 2019)

Find & Follow us on Social Media!



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@mtviewmoccasin