

January 2023

Omahksiki'soom - Old Moon

Áisstoyiimsstaa - Causes cold weather

HAPPY
New Year

Welcome back!

I hope everyone was able to connect with loved ones and enjoyed a restful holiday!

Join Rupertsland Institute in celebrating

Ribbon Skirt Day

JANUARY 4, 2023

Métis Ribbon Skirt Teaching
with Natalie Pepin
Wed January 4, 2023
1:30-2:30 PM MST

Everyone is welcome to join this free, live, online session for a Métis Ribbon Skirt teaching and activity.



Rupertsland Institute
Metis Centre of Excellence



Scan the QR code or login here to REGISTER:
<https://rli.connectedcommunity.org/home>

The Ribbon Skirt



"Ribbon skirts are a long, handmade skirt that are shaped similarly to the tipi".



Women from various Indigenous communities wear Ribbon Skirts. Men wear Ribbon Shirts.



At one time, Indigenous people weren't allowed to wear their traditional clothing.



"Traditionally they would have been made from hide and decorated with hand collected natural materials".



The Ribbon Skirt represents many things. It "represents strength, womanhood, and identity". The long skirt connects you to the land.

Traditionally the ribbon skirt was worn in Ceremonies. Today it is worn at all kinds of celebrations and gatherings.

Save the Date:

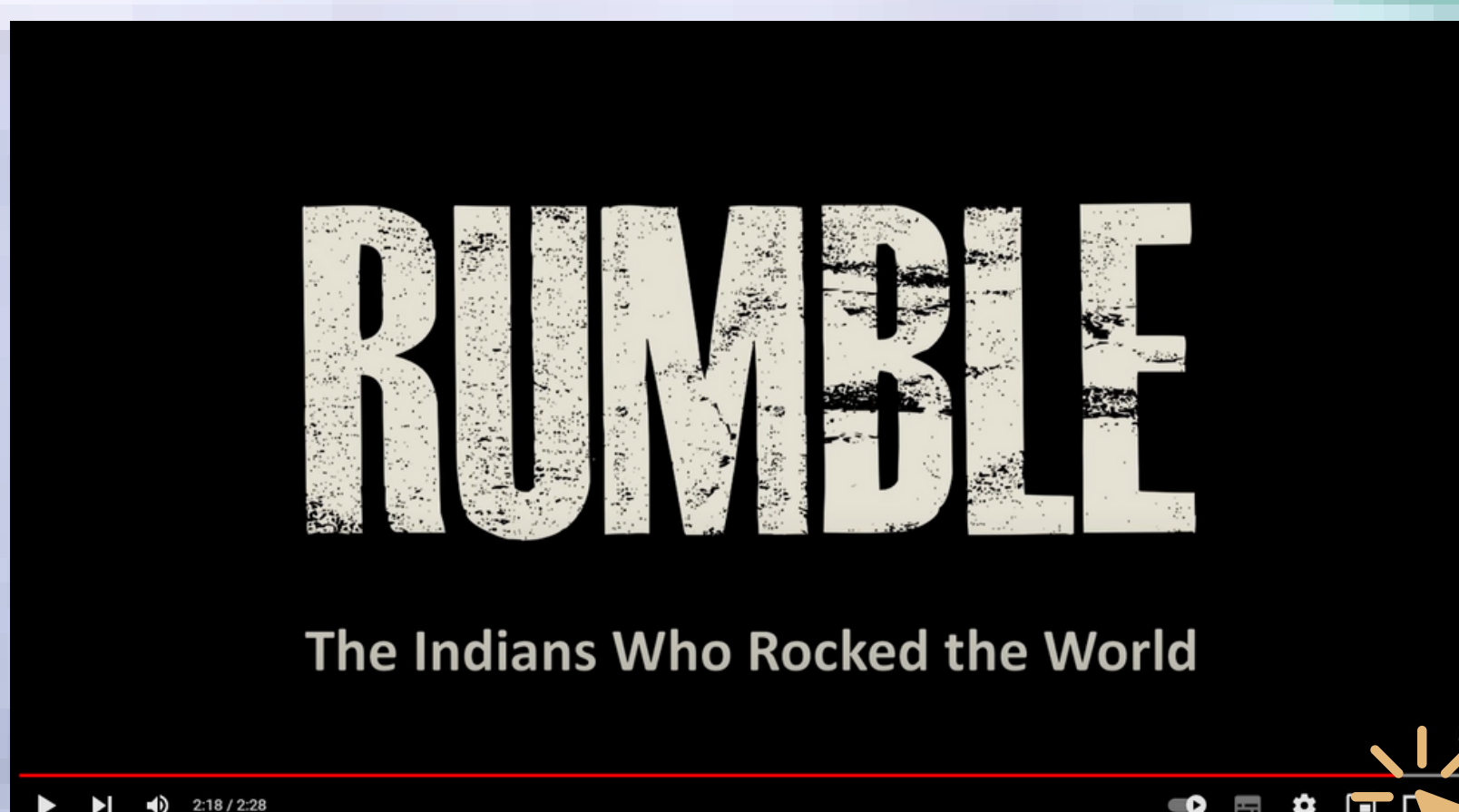
January 4th: National Ribbon Skirt Day

January 9th: First Day Back to School

January 14th: Métis Holiday Party @ Westminster Hall

Highlights!

Indigenous influence on rock and roll @ SJF with guitar 7!



If you would like me to come in and show clips of the full documentary to any of your classes, please reach out!

jenna.bruisedhead@lethsd.ab.ca

Winter Renew

The winter solstice time is no longer celebrated as it once was, with the understanding that this is a period of descent and rest, of going within our homes, within ourselves and taking in all that we have been through, all that has passed in this full year which is coming to a close... like nature and the animal kingdom around us, this time of hibernation is so necessary for our tired limbs, our burdened minds.

Our modern culture teaches avoidance at a max at this time; lights, shopping, overworking, over spending, comfort food and consumerism.

And yet the natural tug to go inwards as nearly all creatures are doing is strong and the weather so bitter that people are left feeling that winter is hard, because for those of us without burning fires and big festive families, it can be lonely and isolating. Whereas in actual fact winter is kind, she points us in her quiet soft way towards our inner self, towards this annual time of peace and reflection, embracing the darkness and forgiving, accepting and loving embracing goodbye the past year.

"Winter takes away the distractions, the buzz, and presents us with the perfect time to rest and withdraw into a womb like love, bringing fire & light to our hearth".

.. and then, just around the corner the new year will begin again, and like a seed planted deep in the earth, we will all rise with renewed energy once again to dance in the sunlight

Written by Bridget Anna McNeil

Remember, life is a
♥ gift ♥

**A happy winter to
you all!**

