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ASENIWUCHE WINEWAK

ROUND DANCE

SATURDAY
APRIL 30, 2022
5:00 P.M.

*Feel the heartbeat of the
drum, as we move as one*

You and your loved ones are
invited to the Aseniwuche
Winewak Nation Round Dance

50/50, raffles, giveaways, midnight
lunch, concession on-site



Curling Rink at the Grande Cache
Recreation Centre (10450 Hoppe Ave)
780-827-5510 info@aseniwuche.com

AWN and any affiliated entities will not be held responsible for any forms of theft, injury, forces of nature, vandalism, or short-funded guests. THIS IS A STRICTLY ENFORCED ALCOHOL AND DRUG-FREE EVENT.

A BEGINNER'S GUIDE TO YOUR FIRST ROUND DANCE

A community member invites you to your first Round Dance. Other than the date and location, you don't have much information to answer the questions now swirling in your head. What do you wear? What do you do? How do you dance?

Contributed by Katie Wong*, Communications Coordinator

I remember my first Round Dance in August 2019. The circle of community members and colleagues around the fire was getting longer. There were more people joining the hands to dance and fewer places to hide. I was hoping no one would see me shrinking behind a wall tent. But when one of the most senior Elders in the community took my hand, I felt I had no choice. You don't turn down an Elder's invitation to dance! Stomach turning (this was only my second month working at AWN), I followed him, watching those already side-stepping their way around the fire for cues on what to do.

Got two left feet?

Even if you think you're completely void of rhythm, you can find your footing within seconds of joining hands with the rest of the circle. The circle moves to the left, representing how the Earth travels around the Sun. According to Pow Wow dancer and cultural educator from Flying Dust First Nation [Adrian Lachance](#), "When you're moving in that direction, you're healing."

The healing powers of a Round Dance

With your left foot, representing the male, you sidestep to the left. Your right foot follows. It's not a stomp; this isn't the grapevine. Instead, your right foot should drag every so slightly to meet your left. Staying as close to the ground as possible. Your right foot represents the female and the connection to the Earth.

The beat of the drum mimics a heartbeat. No matter if you're outdoors or in an arena, the methodical drumming reverberates in the air and in your body. Shoes gliding in sync remind you of the whooshing of blood through your veins. No matter your beliefs, it's hard not to sense a quiet power growing in the room. Leaving a Round Dance, you should feel restored and uplifted. Many years ago, slow-moving dancing in a circle was part of healing

ceremonies, which also included exchanging gifts, feasting and visiting. Like many Indigenous practices, Round Dances have evolved into contemporary cultural events practiced by all generations while still remaining deeply rooted in tradition and ceremony.

Don't expect a formal invitation

In the true spirit of a Round Dance, everyone is invited to join regardless of background, age or affiliation to the host family or local community. Circumstances and barriers that typically stand to divide us don't exist at a Round Dance. It doesn't matter what you wear either. While some may opt for a traditional ribbon skirt or ribbon shirt, it's also common to see others in jeans and t-shirts. The only things unacceptable at a Round Dance are drugs and alcohol.

Who's who at a Round Dance

There's always something going on at a Round Dance. Though it might appear chaotic, an MC keeps the event on schedule. The MC checks in regularly over a microphone, announcing 50/50 winners, introducing singers and drummers, and throwing in the occasional whoop and holler during high-energy songs.

Stickmen are considered the leaders at a Round Dance and have one of the most important jobs. They make sure the Round Dance follows cultural protocol and the drummers and singers have what they need throughout the night. The drummers and singers take breaks between songs to hydrate or rewarm their drums by the fire to achieve that perfect pitch. Drummers and singers come from all over, hearing about the Round Dance through invitations from the family and word of mouth. Singers will take turns singing one or two songs before letting someone else take the lead.

Ready to Round Dance?

No matter how much you read online, nothing compares to experiencing a Round Dance firsthand. Although the gymnasium venue might feel similar, this is nothing like your awkward high school dance or dreaded 10-year reunion. Embrace the Round Dance and what it means; allow it to melt away your fears and worries. Whether it's your first Round Dance or your fiftieth, or you happen to be walking by, join in. You are most welcome here.

Resources [Northern Lakes College](#) [Cree Literacy Network](#) [University of Alberta](#)

*Katie Wong is of immigrant settler heritage, writing this piece from the perspective of a non-Indigenous guest with the privilege of having worked in the traditional territory of the Aseniwuche Winewak. Anyone interested in learning more about Round Dances or Indigenous culture and history is encouraged to connect with members of Indigenous communities or seek Indigenous-led resources.

ADC RECLAMATION WORK

Contributed by Cheryl Kenworthy, Projects & Procurement Coordinator

Aseniwuche Development Corporation has been working on reclamation sites for Canadian Natural Resources Limited (CNRL) since January 2022. The crew wrapped up for spring break at the end of March. ADC has completed eight sites and has an additional 16 sites to complete this summer and fall between Edson and Grande Cache.

What is land reclamation? Land reclamation is taking actions to return disturbed land (land changed from development and industry) to a naturally productive state. ADC has found their reclamation work immensely rewarding, especially their current work with CNRL, returning former well sites back to essential habitat for wildlife.



FROM LEFT TO RIGHT: Desiree McDonald, Chris Chowace, Angelo Bartolozzi, and Curtis Hallock (not pictured: Carl Gopher and Barry Trueman).

CARIBOU PATROL

As Caribou Patrol closes out its tenth season, it's clear how much the program has grown and what an exciting new chapter awaits. After months of planning, filming and fine-tuning, Caribou Patrol premiered their short film *Aseniwuche Elders: Atih Acimowina (Caribou Stories)* in Grande Cache and Hinton. The 17-minute documentary showcases footage of caribou country skillfully captured by C.I.A. Solutions Inc. and intimate interviews with Elders from the AWN community sharing their memories and stories of the once abundant woodland caribou in the Traditional Territory.

WATCH HERE: <https://bit.ly/AWNCaribouStories>



Caribou Lichen Project with the Calgary Zoo



ASENIWUCHE
WINEWAK NATION



Lichens are symbiotic organisms consisting of a fungus partner and a photosynthetic organism, such as algae. They grow on soil, rock or tree bark and are often found in extreme environments where other organisms are sparse. Lichens are the predominant winter forage for migrating caribou. Their ability to utilize lichen as an energy source allows them to escape predation in areas where other animals cannot survive. In addition to providing a source of energy, lichen also has several bioactive compounds that act as antibiotics, antivirals and have immune-stimulatory effects once ingested by the animal.

The Calgary Zoo is the home to four Woodland Caribou; Vanilla, Kirby, and two offspring, Mica and Primrose. Kirby is a well-known rescued orphan from B.C. He's one of the last caribou rounded up by helicopter from his disappearing habitat. Kirby came to the Calgary Zoo in 2018.

While under human care, these caribou are fed nutritionally balanced pellets, leaves and twigs. The Calgary Zoo is an institution focusing on animal health, welfare and conservation; therefore, we try to encourage natural behaviours in our animals by offering natural food items.

Source: The Calgary Zoo

The Calgary Zoo has approached the Caribou Patrol Program to participate in the Lichen Project. Through this program, 35 students in grades 4-9 from Susa Creek School and local GYPSD schools will learn about caribou diet and habitat, assist with lichen collection and visit the Calgary Zoo in May. Thank you to everyone who has registered and those who've volunteered as adult chaperones!



MEET KAYLEIGH KEY



Tell us a little bit about yourself!

Niya Kayleigh Key and I come from Jasper, where I've lived most of my life before going to SAIT and UCalgary. I worked in Stakeholder Engagement in oil and gas and as a Project Consult for Edmonton's iconic ICE District before heading back to Jasper to work for Parks Canada.

Why were you interested in working with AWN?

I had the pleasure of working with AWN, AEC, and ADC while I was in oil and gas. So when a strong, honest and fun company had an opening for employment, I had to jump in. AWN's value and courage are undeniable, just like the members that live here.

What do you do when you're not working?

I love to draw and paint with watercolours. I also love watching animal shows on National Geographic. In addition, I love to travel and read short stories while analyzing the words for a deeper meaning.

What do you hope to accomplish during your time at AWN?

It is my vision that I would like to see more programming where the community can come together strong and proud.

What aspect of your position as Special Projects Coordinator do you enjoy the most?

I thrive in chaos! The many programs and moving parts make my day-to-day very interesting!

What is something you'd like us to know about you?

I am an eternal student and love to learn. I am excited to learn the traditional medicines and dishes my kokum used to make. I'm passionate about my work and firmly believe everyone you meet will teach you a lesson in life, no matter how small or big.



LEFT: Charlene Friesen representing AEC at the Career Fair at GCCHS in March. RIGHT: David MacPhee, Stephanie Leonard and Lorraine Delorme are welcomed at the Big Horn Mine by Ian Shaw.

ALBERTA FOREST PRODUCTS ASSOCIATION

Contributed by Kayleigh Key, Special Projects Coordinator



The Alberta Forest Products Association invited AWN to Jasper to engage in a conversation around cultural safety in Jasper. Aseniwuche Elder Mabel Wanyandie, AWN President David MacPhee, and staff members Stuart McDonald and Kayleigh Key met with 15 people from AFPA. Stuart opened with a smudge and shared the cultural and spiritual significance behind the ceremony. David presented the history of the Aseniwuche people and highlighted the current challenges facing AWN and the strides being made for a better future.

Jason Krips, President and CEO of AFPA, said, "We appreciated you sharing your community history, culture and personal stories with us. We were all very touched by the stories you shared, and many were significantly moved."

The meeting ended with a roundtable and a question for the room: "What is something you hope will change in the future for your kids and grandkids?" Closing remarks from around the room included "living harmoniously together," "hope that we continue to learn and be part of reconciliation," and "our kids can live in a way and be friends."

The positive energy and hopefulness in the room were encouraging as AWN has always desired to educate and inform industry partners of the history, resiliency and vision of the community.