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# ASINIWACIY ÂCIMOWINA

ASENIWUCHE STORIES ᓇᓂᓐᓂᓐᓂᓐ ᓇᓂᓐᓂᓐᓂᓐ



“The opportunity to slow down, reconnect, and recharge was truly good for the soul.”

## WOMEN'S WELLNESS CAMP

*A Time for Connection, Healing and Renewal*

*Contributed by Nadine Alexis*

The Women's Wellness Camp, held August 11 and 12, was a beautiful two days filled with culture, connection, creativity, ceremony, healing, learning, and renewal.

The camp provided a welcoming space for women to recharge, renew their spirits, create new friendships, and reconnect with old ones. Throughout the two days, there were many opportunities to connect with ourselves, one another, and the land.

Participants enjoyed a variety of activities, including creating personal signs and artwork, making homemade bug spray, a peaceful plant walk, taking pictures, a sound bath, dancing, and a women's sweat on the second day. Some ladies also enjoyed the full camping experience by spending the night together.

Knowledge, teachings, and creativity were shared throughout the camp, providing opportunities for learning, reflection, healing, and self-care. The laughter, smiles, stories, and time spent together made the camp a truly welcoming and meaningful experience.

Of course, this would not have been possible without everyone's support! Thank you continue on the next page →

### SEPTEMBER AT A GLANCE

#### SEPTEMBER 7

Labour Day

AWN & Tawow Offices Closed

#### SEPTEMBER 9

FASD Awareness Day

Red Shoe Day Walk • 10 AM

Tawow Centre

#### SEPTEMBER 30

National Day for Truth & Reconciliation

Every Child Matters

Offices Closed • No Drop-In

A special thank you to Toni and Colleen Cardinal for joining us at Women's Wellness Camp, sharing their stories and teachings about ceremony, and leading the women's sweat. Your knowledge, guidance, and generosity helped make the experience deeply meaningful.

Thank you to Chantal Clegg, Vikki Wanyandie, Jodi Lee, Kimberly Thibeault, and Laverne Delorme for sharing your time, knowledge, presentations, and crafts with the women.

We would also like to thank Randy Sewap and the Return to the Hunt youth for helping rebuild the sweat and with the setup and packing of camp. Your hard work and support were greatly appreciated.

And, of course, a heartfelt thank you to all the women who joined us for these two special days. Your presence, laughter, stories, and willingness to connect made the camp such a wonderful gathering.

Finally, thank you to the Tawow staff for the time, care, and hard work that went into creating this incredible experience and providing a space for learning, self-care, healing, rejuvenation, and spirit renewal.

Thank you to everyone who helped make Women's Wellness Camp such a beautiful and memorable experience!

THANK  
YOU



## RETURN TO THE HUNT

*A Busy August*

*Contributed by Tara Crane*

August has been a busy and exciting month for the Return to the Hunt youth group, filled with opportunities to learn, connect, and spend time on the land together.

Throughout the month, youth have been learning about plants, gathering willows, attending ceremony, and working with Randy Sewap to build a new sweat lodge that was used during Women's Wellness Camp. These experiences have helped strengthen their knowledge of culture, community, and the land. The youth have also made the most of summer by getting out on the water. They explored local lakes and travelled to Jarvis Lake for canoeing, exploring, and spending time together. These outings have helped build friendships, create memories, and strengthen their connection as a group.

Another highlight was the group's first Indigenous Taco Fundraiser, which brought youth and community supporters together while raising funds to help offset the costs of their upcoming hunting camp.

As August comes to a close, the youth are looking forward to AWN's hunting camp and preparing to work together, learn from their mentors, spend time on the land, and provide meat to their Elders. With fall approaching, we look forward to seeing the continued growth, learning, and experiences this group will share.



## RESTORING OUR LAND

### AWN Leads Woodland Caribou Habitat Restoration

*Contributed by Aimee Couture*

We are excited to share that Aseniwuche Winewak Nation (AWN) has been awarded a significant land restoration grant right here in our traditional territory. This project focuses on restoring legacy seismic lines and inactive oil and gas infrastructure within a portion of the A La Peche caribou range (ALP4), approximately 7,784 hectares of land located south on Highway 40, between Hinton and Grande Cache, bordering Willmore Wilderness Park.

The goal of this restoration work, funded by the Government of Alberta, is to support the recovery of Woodland Caribou by restoring vegetation along old seismic lines to reduce the movement corridors that make caribou vulnerable to predators. This is meaningful, on-the-ground work that directly benefits the land that is our home.

AWN holds the grant and Aseniwuche Environmental Corporation (AEC) will lead the work with support from Aseniwuche Development Corporation (ADC) and Onterris Canada Inc. As AEC and ADC move this project forward, the intention is to bring the community along every step of the way. This means that:

- This project is 100% AWN company-led.
- Benefits from this work flow directly back to the Nation.
- Additional employment opportunities will be provided for our members.
- Through engagement opportunities, restoration will incorporate traditional knowledge and cultural practices, and strengthen our connection to the territory.

Stay tuned for more information coming soon about opportunities for community members to get involved, share land-use knowledge, and help shape how this restoration work is carried out in a way that is aligned with AWN culture and values.



## Truth and RECONCILIATION

Each year on September 30, Canadians observe the National Day for Truth and Reconciliation, a day to honour the children who never returned home from residential schools, survivors, and the families and communities who continue to carry their impacts.

The day provides an opportunity to remember the painful history and ongoing legacy of the residential school system and to reflect on the work that remains toward truth, healing, and reconciliation.

### Why Orange?

Wearing an orange shirt on September 30 is a powerful symbol of remembrance and solidarity. The orange shirt is connected to the story of Phyllis Webstad, whose new orange shirt was taken away from her on her first day at residential school.

Today, orange represents the loss of culture, identity, family, freedom, and self-esteem experienced by Indigenous children through the residential school system. "Every Child Matters" reminds us that every child deserves to be treated with dignity, respect, and love.

### Wear orange

Show your support for residential school survivors, their families, and communities by wearing orange and recognizing that Every Child Matters.

### Learn and listen

Take time to learn about the history and ongoing impacts of residential schools, and explore the Truth and Reconciliation Commission's 94 Calls to Action.

### Support Indigenous voices

Read books by Indigenous authors, listen to Indigenous storytellers and creators, and support Indigenous artists, businesses, and makers.

Learn about the land you live on

Take time to learn whose traditional territory you live, work, and gather on, and learn about the First Nations, Métis, and Inuit peoples connected to the area.

### Take part in local events

Look for community gatherings, ceremonies, educational opportunities, and other events taking place around September 30.



# September

30th

**(Truth & Reconciliation Day)**



**Labour Day**  
**Offices Closed**



**Mental Health & Addiction**  
**Drop in Day**  
11:00 AM – 1:00 PM  
**NA Group** 2:00 PM – 3:00 PM



**Youth Council Movie**  
3:30 PM



**Kinship Drop-in**  
2:00 PM – 3:00 PM



**SEPTEMBER 9**  
Mental Health & Addiction Drop in Day  
11:00 AM – 1:00 PM  
NA Group 2:00 PM – 3:00 PM  
AYC Meeting 3:30 PM  
Red Shoe Day Walk FASD  
Food Bank 1:00 PM – 3:00 PM



**Recovery Group**  
3:00 PM – 4:00 PM



**Service Provider Fair**  
**Eagles Nest**  
5:00 PM – 6:30 PM



**SEPTEMBER 18**  
**Recovery Group 3:00 PM – 4:00 PM**  
**Bingo**  
**Youth Council Fundraiser 3:30 PM**



**SEPTEMBER 16**  
**Mental Health & Addiction Drop in Day**  
 11:00 AM – 1:00 PM  
**NA Group** 2:00 PM – 3:00 PM  
**Clerc Information** 11:00 AM – 1:00 PM



**SEPTEMBER 25**  
Recovery Group  
3:00 PM – 4:00 PM



**SEPTEMBER 23**  
**Mental Health & Addiction Drop in Day**  
 11:00 AM – 1:00 PM  
**NA Group** 2:00 PM – 3:00 PM  
**AYC Meeting** 3:30 PM  
**Food Bank** 1:00 PM – 3:00 PM



**SEPTEMBER 29**  
**Women's Wellness**  
**Support Circle**  
**1:00 PM – 2:30 PM**



**SEPTEMBER 30**  
**NATIONAL DAY FOR TRUTH & RECONCILIATION**  
*Every Child Matters*   
**No Drop in** **Offices Closed**

*For more information, please contact Tawow.*