



Medicine Rock Tribune

First Nations Transition Program (FNTF)

Special Interest Articles:

- Tips on improving self esteem
- Links to top news articles

Semester Wrap-up



Sadly our semester is coming to an end. These past two semesters have just whizzed by. We have gotten to know each other and have forged friendships that will continue after you leave the program.

Each time I get to know a group of people, I come away with a renewed sense of belonging. At the beginning everyone is shy and unsure, each checking one another out. As the semester progresses you start to see everyone's character. Who is the shy one and needs help coming out of their shell, who are the outgoing ones and who are the happy, go lucky people. Each of you has your own identity and

being here and getting to know each of you never fails to bring a sense of sadness that you are moving on and I won't have this constant contact with each of you. I feel like a mother who lets her child get on the bus for the first time. The bittersweet sadness and happiness of seeing your child go out into the world.

I hope that this semester has helped you to adjust to your student status and has been rewarding and exciting and helpful as you move along in your studies. Remember that one of the hardest things to do is ask for help. We are still here to support you as you work toward that degree.

Individual Highlights:

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Registration for Kainai Board of Education

Registration for Blood reserve schools is now underway; information for parents residing in Lethbridge area:

You must pre-register your children for bus service to Kainai High School, Tatsikiisaapo'p Middle School, Saipoyi Community School, and Kainai Alternate academy.

The first 48 students will be accepted. Pre-registration will determine need for more buses. Call Kainai Board of Education 403-737-3966 to register your child for Lethbridge bus service.

2015/2016 School year start dates:

August 27/28, 2015:

Teacher In-service

September 1, 2015:

First day of school and day care opens

September 14, 2015:

Head Start Centre Opens

You can pick up your registration forms at any of the on-reserve schools as well as the Blood Tribe Administration.





Final Elder's visit's for spring 2013



Thursday, April 16, 2015

Elder Carolla Calf Robe will have her final campus visit.

Monday, April 6, 2013

Elder Francis First Charger will share his experience and his involvement in returning ceremonial bundles back to the Blood Tribe. In the mid-90's he heard terms like NAGPRA, which refer to the Native American Graves Protection and Repatriation Act; and repatriation, a process of returning. The way he saw it was getting our children to come home, as these ceremonial items are our children that were taken away, stolen or sold to the many different museums.



Morning session will start @ 11:00 a.m. Frances will talk about the 1995 return of items from the Gonzaga University from Catholic Jesuits located in Spokane, Washington. He will share his involvement with the Alberta government in getting their support in returning these items to the Blood Tribe.

Afternoon session will start @ 1:00 p.m. Francis will tell the story of another bundle returning from the Smithsonian Museum in the Bronx, New York in 1996/97 and his trip to Toronto, Ontario to help other tribes get their ceremonial items back.

Sessions are in the Elder & Ceremony room in A430.



"... we need to monitor them and sit down and talk to them about keeping themselves safe."

Face Book Safety

One speaker series presenter we had dealt with face book citizenship and cyber bullying. I think it's worth sharing what she informed us about.

Jody Plain Eagle left us with some good tips on protecting yourself on face book by changing your privacy settings to private. Check out what your privacy settings are set to and change them if necessary. Some tips Jody left us with in regards to face book are worth going over with your children and taking note of for yourself:

- Only connect with friends
- Don't share your password
- Don't be hurtful towards others
- Think before you post
- Be kind to others
- Keep your settings private

The cyber bullying information was eye opening and the astronomical amount of people who are bullied is amazing. It is actually scary to think that you or your child can be a victim of cyber bullying. Jody spoke about the need to hammer home to our children the dangers of

social media. We need to not only keep an eye on what they are doing on social media sites but we need to monitor them and sit down and talk to them about keeping themselves safe. Go online with your children and show them some of the videos that show what cyber bullying is and how it affects those who are bullied. The video links can be found at Teens against Cyber Bullying (TACB) fb page and go over it with them.

<https://www.facebook.com/TeensAgainstCyberBullying>

This is the link Jody was using for her presentation. There are some pretty powerful videos and stories on this site. You never know if your child might need this information or if your child if one of the bullies. Either way this is a good site for everyone to see. A big thank you to Jody for her informative lecture and helping us keep our children safe. Remember that what you put on fb is there forever, so be careful what you say in a fit of anger.



Academic Schedule April - September 2015



April

Apr 3
Good Friday (University Offices Closed)
Apr 6
Easter Monday (University Offices Closed)
Apr 18
Last day of classes for the Spring semester.
Apr 21
Spring semester final examinations begin.**
Apr 29
Spring semester final examinations end.
Apr 30
Last day of the academic year.

May

May 1
First day of the academic year.
May 1
Last day for continuing students to register for Fall and be guaranteed access to courses required in their major and/or program.
May 6
First day of classes for Summer Session, Full-Term (e.g., Cooperative Education work terms and Applied Studies).
May 6
First day of classes for Summer Session I.
May 8
Last day to register and add/drop for Summer Session I, for all students.
May 11, 12
Submission of Credit/Non-Credit course designations for Summer Session I to the Registrar's Office.
May 18
Victoria Day (University Offices Closed)

May 28, 29 Spring Convocation.

June

Jun 17
Last day of classes for Summer Session I.

July

Jul 1
Canada Day (University Offices Closed)
Jul 8
First day of classes for Summer Session II and II/III.
Jul 10
Last day to register and add/drop for Summer Session II and II/III, for all students.



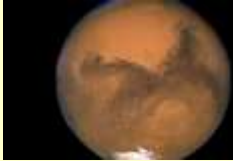
September

Sep 7
Labour Day (University Offices Closed)
Sep 7, 8
New Student Orientation.
Sep 9
First day of classes for the Fall semester, including evening classes, on and off campus.
Sep 15
Last day for course add/drop and registration for the Fall semester, including Independent Study and Undergraduate Thesis courses.
Sep 16
First day for submission of Credit/Non-Credit course designations to the Registrar's Office.

Don't forget to check out the u of L used text book face book site

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lecture	1 Lecture	1 Lecture	2 Lecture	1 Lecture
2 Lecture	2 Lecture	2 Lecture	3 Lecture	2 Lecture
3 Lecture	3 Lecture	3 Lecture	4 Lecture	3 Lecture
4 Lecture	4 Lecture	4 Lecture	5 Lecture	4 Lecture
5 Lecture	5 Lecture	5 Lecture	6 Lecture	5 Lecture
6 Lecture	6 Lecture	6 Lecture	7 Lecture	6 Lecture
7 Lecture	7 Lecture	7 Lecture	8 Lecture	7 Lecture





New and Newsworthy Updates

2015 Tax Returns:

Don't forget to do your tax return for 2015, email or call Nadine to get your taxes done. Contact info on last page.

May 5 is voting day, so make sure you do your part and go vote, make yourself heard.

Sign up with scholarship Canada; you can set up a profile that will send you notice of scholarships you qualify for:

<http://www.scholarshipscanada.com/>

See next page for tips on writing scholarship letters

Social media, for those of you who like hearing scary stories, check out this face book page:

[HAUNTINGS, SIGHTINGS & SCARY STORIES OF THE BLOOD TRIBE,](#)

Some of these stories literally gave me goose bumps, especially hearing some of the same stories I heard growing up. Don't read these before you go to bed or you won't be able to sleep.



“This is very symbolic and we really need it to represent humanity”



“Find Ways to Bounce back.”

*Taken from
www.actionforhappiness.org
/ February 27, 2013.*

Ten Keys to Happier Living

- Be part of something bigger
- Connect with people
- Notice the world around you
- Have goals to look forward too
- Take a positive approach
- Do things for others
- Take care of your body
- Keep learning new things
- Find ways to bounce back
- Be comfortable with who you are

Scholarship Application Tips

- Get a portfolio together, this will make it easier for you to apply for any scholarships you qualify for on
- Begin by starting with your resume and updating it
- Use the letter above as a generic letter of introduction, this will be used as your template and you can add/edit to suit each scholarship (save a copy of each letter you write)
- Photocopy any awards, certificates and training you have done recently
- Keep photocopies of your Indian Status card as some scholarships want proof of status
- Download a budget template and fill it out using your own expenses, this makes it easier for you when you have to submit a budget with your application
- Ask previous employers for a reference letter as well as any instructors past/present who can attest to your ability as a student
- Sign up with Scholarship Canada and make up your profile so you will get email reminders for upcoming scholarships and deadlines
- Give yourself plenty of time to fill out an application and get your required documents together, don't wait till the last minute to ask for reference letters; most scholarships request applications be mailed in
- Proofread, proofread, proofread



Scholarship Sample Letter of Application

This is a suggested format for a "letter of application". Please revise as needed for your own purposes.

Your address
City, State, Zip code
Date

Dear Scholarship Committee (or use name of the person you are addressing)
First paragraph - identify what you are applying for

I am applying for (name of scholarship) because (your reason for applying).

Second paragraph (or combine with first paragraph) - explain your goals
I want to pursue a degree in (career) because (describe your interests and goals).

Third paragraph - talk about yourself, including what the scholarship committee wants to know about you
Tell about your important life experiences, your activities in school, your community or church, and what you have learned from these

experiences. Emphasize any responsibilities you have had or awards you received. Answer any questions the scholarship committee wants to know about you.

Fourth paragraph - summarize how you have met their requirements
I have met all the qualifications and have included (list the items you have included with this letter, for example, your essay or transcripts). Add any other information they have requested, such as names of references and contact information.

Closing paragraph - thank the committee
Thank you for considering me for your scholarship.
Sincerely,

Your name

(https://my.graceland.edu/ICS/icsfs/Sample_Letter_of_Application_for_Scholarship.pdf?target=1d8cc29b-e2a9-48f7-be17-4f1de526d7e8;)



"Talk about yourself, including what the scholarship committee wants to know about you."



Leaving you with a smile, a good chuckle and something to think about; send a copy of any good/humorous quotes, pics etc.

Think Positive to Make Things Positive

When you are feeling fearful, tense, worried or stuck, just remember you've been here before and you've always worked your way through it. You are so much stronger and so much more capable than you think. If you don't believe me, just look at all you've already dealt with and remind yourself - you're still here! And you're pretty amazing too.

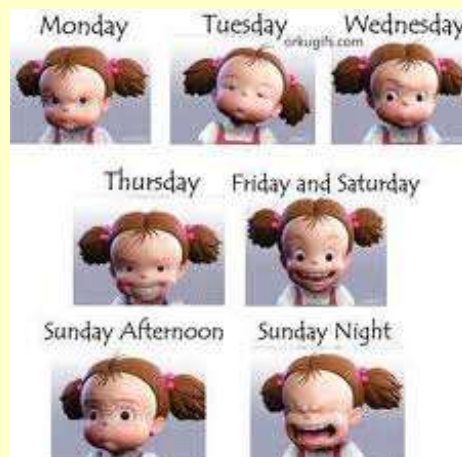
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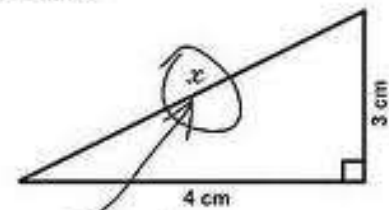


7 Rules of Life

1. Make peace with your past so it won't screw up the present.
2. What others think of you is none of your business.
3. Time heals almost everything, give it time.
4. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
5. Stop thinking too much, it's alright not to know the answers. They will come to you when you least expect it.
6. No one is in charge of your happiness, except you.
7. Smile. You don't own all the problems in the world

Whisper of the Heart

3. Find x.



Here it is

Some math humour for Esteban

We're on the Web!

See us at:

http://www.uleth.ca/ar_tsci/first-nations-transition-program