



*I SPEAK TO YOU THROUGH THE THUNDER AND LIGHTNING, BE STILL KNOW I AM GOD*      Essenes

We have had some incredible storms this summer...map lightning, sheet lightning... so intense within and without...flickering sporadically like those old strobe lights...like at a Moody Blues concert eons ago... how can there not be a higher power of our own understanding. One of my relatives is named Wakinyan Hokshida; Thunder Boy, he is 77. To have childlike qualities (not childish) is respected by our old people, as those childlike people have an innocence that keeps them close to Creator.

Since, my husband had a stroke, I have not wanted to go travelling longer than a day. He is mostly all better now; happily working on his writings; however, I still do not want to be gone overnight. So my sisters and I have gone on day trips; picking sweetgrass and other herbs in the mountains...we are very blessed to have so much life around us...so many landscapes and landforms to experience in Alberta...a short trip to the mountains recently was supernaturally beneficial. I get my grounding going to the country where I stayed with *the people* in 1975 – to pick herbs and *witness* the wildlife of the foothills and the Rockies.

On this particular journey a couple of weeks ago, we purposely left at 8 am and we were approaching the turn off to Nordegg just west of Rocky Mtn House when a timber wolf leapt across the road...never have I seen one that close and in the morning....as we approached Nordegg we saw a small red tail hawk with a rodent in its talons...then coming out of Nordegg a small bald eagle (generally not possible...take 4 years to mature and are usually large)....hence; we were witnessing and collective visioning...beautiful day...picked some bearberry (kinnickinnick) that only grows in the mountains, for my relatives with diabetes; where the old Mackinaw camp was all those years ago...now some kind of outfitters. Then as we came upon Abraham Lake; as if on cue, there was a bighorn up on the rock by the lakeside...beauty all around us. That strange colored lake is a result of the bighorn dam and flooded a Stony burial ground so our Indigenous people do not go in it...though it is very beautiful. When we turned off the David Thompson towards the icefields and the Athabasca River we remained still for awhile in the majesty of the Creator's mountain river valley. Then as we turned to head home there was a little black bear *mato sapa* cub waddling along looking for roots and berries. Then to complete our journey there were some beautiful female elk in Jasper Park...ALL THIS HAPPENED IN ONE DAY...so even though we can't camp and visit like we used to...we can still enjoy so much nature ...that is FREE...within and without...what else do we need...

I speak to you through the trees and the forest

Be still Know that I am God

Wolakota



August 16, 2020 a hummer on our balcony garden; FOR FREE!!

Our Red Road calendars are posted every month. We are still social distancing, masking and minimizing client intake. That is; one person at a time, and requiring that people wear masks which we have on hand. Crafting will be in room 131 on Thursdays; Health For Two on Tuesdays; legal services, counselling and therapy, will be first come first serve and by appointment. Early Childhood Development (ECD), Family Outreach (FO), Home Visitation (HV), In Home Family Support (IHFS), Parent Education, Youth Programs (YP) and Indigenous Family Cultural Support IFCS is available at the HUB and with our formal partnering spokes; Ben Calf Robe HV; Bent Arrow YP; Metis Child and Family Services IHFS, Family Futures IFCS, Red Road HUB and ECD, FO, PE and IFCS spokes. Please call in (or drop in) for any of those supports, needs. Also Food Hampers are on Mondays either room 131 or outside...take advantage of all the Indigenous service that is currently available...there is a registration procedure with Red Road...if you are not registered, please come in and get registered...and register at

**Yellowhead Tribal College and or The Learning Centre for literacy at the same time if those are some of your goals...applications are free and there are ways and means to get laptops and tablets...AND Yellowhead Tribal Council Family Supports now has an office in THE ORANGE HUB. AND we may have reading circles and a Cree class this fall.**

**Please let us know how we can help if you are struggling or just want to chat...**

**Stay well my relatives...so those around you may be well too!!**

**Mitakuye Oyasin**

**Joanne Lethbridge Pompana**

**THE RED ROAD HEALING SOCIETY**