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The Heart of First Nations

# BLOOD TRIBE NEWS

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*In honor of the one who created and placed beauty in all things*

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**S**ome very beautiful ladies are going through their paces recently as the Stardale Women's Group Inc. has been mentoring them in the empowerment of womanhood.

Stardale has been in existence since 1996 and has conducted most of its business in Saskatchewan First Nations. Some of the training evolves

violence and trauma however the ladies begin their journey towards learning what it is to be female and to reach for that quality of life that will bring peace and inner beauty into their lives.

One this day the ladies were learning how to walk and carry themselves and would later participate in a fashion show. A major force behind this training for the ladies at the

Standing Alone. She has been instrumental in convincing the powers that be to allow the program to go ahead and start this journey for the girls.

In other reserves where the program has begun and found success, the ladies have nothing but good things to say about their training and continue to advance through this guidance and awareness they have received. The program does not

but continues through contact with the trainers, mentors and the other girls they are training with.

The 3 Fundamentals that we believe in are:

1. Local Nurturing: Healing, education and community development.

collection of data around the women participants and from the programming evaluation/monitoring research is gathered.  
3. Positive anomalies we celebrate: Our focus is on empowering each woman. Therefore there is a desire to be joyous and to give thanks for the man accomplishments and for "simply being".

## \*\*\*STARDALE WOMEN\*\*\*

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The Stardale Model for the lightening of females is a multi-disciplinary approach to community development, culture, education, healing, social inclusion, prior learning, and social justice. The Model is a self-development tool that empowers the women on a journey that leads to self-empowerment. It is a holistic model that works within the context of the Medicine Wheel and the unification of body, mind and spirit (physical, emotional, mental, spiritual).

"The Kainai Project" is a community approach to preventive education and support to at-risk female youth. How does one create a win-win scenario? Strategies that target mainstream children/youth are often ineffective at attracting female youth at-risk. Greater development of unique strategies is needed for this target group. It is vital in engaging these young people!! At-risk female youth need to be approached in a way that addresses their issues, concerns and inhibitions. In the demonstrating and reinforcement of interpersonal skills and intrapersonal skills, the female youth will gain self-worth.

Research also reveals that certain groups of young people face barriers to participation in

recreation and physical activity. Barriers may include poverty, race, or gender. Not able to access recreational opportunities, these young people are more vulnerable to "at-risk" behavior - from skipping school, substance abuse, and to prostitution.

#### Project Activities:

The Kainai project, will be a series of classroom teachings that are culturally relevant, as well as, embracing the areas of self-esteem, abuse/violence, trauma, boundaries and more. The teachings will be from the curriculum of the Stardale Model. To develop and strengthen aspects of expression in each of the girls, art in the form of story telling, painting, weaving and beading will be part of the overall project.

Stardale Women's Group Inc. designed and implemented programs for female youth that included linkages to the art form of modeling. Based upon the testing and performance evaluations, it would be the intent of Stardale to offer a more in-depth program.

In Saskatchewan, because of distance and rural dynamics, we worked within a limited confines for actual fabric/clothing design. Though Ms. McPhaden has a background in Modeling, for the female youth to achieve personal empowerment with

nouveau fashion design was express themselves in a limited. One of the greatest assets to this initiative will be the involvement of Leah Murphy, who has an extensive background in at-risk youth behaviors transferring the energy into artistic fashion.

Leah has a wealth of information and resources at her disposal when the time comes to launch the young females into a more diverse social setting. She will utilize her design talents to mentor the young females. With connections to her business enterprise "Hell Bent Press" Leah will coordinate fashion shows. The young females will be presented with the opportunity to participate and to requires the broaden approach

of mentoring that engages whole communities. The peer mentoring is a more collective approach and avoids a focus only on individuals solving problems. When females who are the victim of shared injustices and active discrimination, discuss these issues empowerment manifests itself. Therefore, the potential for leadership and for looking after their own affairs may emerge. The females learn by doing and working with others, thus building their own power. It is within this recognition of how complex each community exists that the framework for change may take hold.



Young ladies receive gifts for their efforts

## REQUEST FOR PROPOSALS

**THE Blood Tribe Economic Development is requesting proposals (RFP) for website design from interested Blood Tribe members with demonstrated abilities to:**

- Identify and determine website goals, objectives, target audiences and results
- Design content consistent with organization, internal and external user needs
- Organize information effectively and pay attention to detail.
- Provide a site that is easily navigable, distinct and visually interesting
- Ensure that the site operates as planned and the content is current and easily upgradable
- Site design needs to encompass varying access speeds (dial up to broadband)

#### Proposals Should Include All Details Related To:

**Cost, project timelines, deliverables, education and experience, a portfolio of websites designed**

**All proposals must be received no later than: 12:00 pm Friday February 3<sup>rd</sup>, 2006**

#### Director

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