

Happy New Year



This Issue:

- January calendar
- Upcoming events and activities
- Word of the month
- Student supports & resources



IPC Elders/ Knowledge Keepers



KNOWLEDGE KEEPER OFFICE HOURS

JOAN

CHURCHJ@BRANDONU.CA

Mon. 12:00-4:00 pm

Thurs. 9:00am-4:00 pm

Mon. 3:00- 6:00 pm

Tues. & Wed. 11:30 am- 1:00 pm

Thurs. 9:00 am-1:00 pm

Fri. 3:00 -4:30 pm

SUSIE

MCPHERSON-DERENDYS@BRANDONU.CA

Tuesdays 5:00 - 7:30 pm

Wednesdays 12:00 - 2:00 pm

BARB

BLINDBARBARA2@GMAIL.COM

Thurs. 9:00 am- 12:00 pm/ 1-3:00 pm

- Available to meet by request



Joan C- Metis

Susie McP-D -Cree

Barb B- Anishinaabe

NEW!



Guitar Club

**THURSDAYS 1-2 PM
IN IPC**

**NEW & EXPERIENCED PLAYERS
WELCOME**

**OPEN TO BU STUDENTS, FACULTY &
STAFF**



BLUE MONDAY

Blue Monday is the name given to a day in January (typically the third Monday of the month) by former Cardiff University health psychologist Cliff Arnall in 2005... It is said by a UK travel company, Sky Travel, to be the most depressing day of the year. It takes into account weather conditions and thus only applies to the Northern Hemisphere temperate zones. Some have dismissed the idea as pseudoscience.

Mental health advocacy groups, including the Samaritans and Mind, have used Blue Monday to facilitate talk about mental health. Read more at [https://en.wikipedia.org/wiki/Blue_Monday_\(January_12,_2026\)](https://en.wikipedia.org/wiki/Blue_Monday_(January_12,_2026))

Join us in IPC for a delightful time filled with
games, fun, laughter, and food!

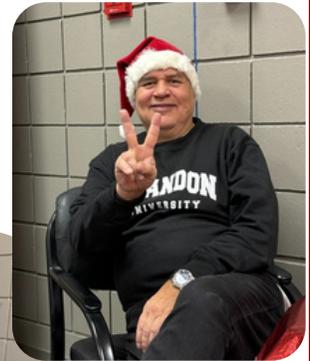
Lift your spirits and offer a much-needed break from the daily grind.
Whether you're a seasoned gamer or just looking for a good laugh.
It's a perfect opportunity to meet new friends and create lasting
memories.

Mark your calendar and join us from **12-2 pm** for an afternoon of joy

JANUARY 19TH,
2026
12:00 - 2:00 P.M.

CHRISTMAS

POTLUCK



Food Resources

Community Wellness Collaborative

BRANDON FOOD PROGRAMS - Weekly Calendar | Updated DEC 2025 *Information is subject to change.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH Bear Clan 1:30pm - 3:00pm Downtown Mobile (no set location)	BREAKFAST Women's Resource Centre 9:30am - Noon Women & children only	TO-GO BAGS Women's Resource Centre 9:30am - Noon Women & children only	BREAKFAST Women's Resource Centre 9:30am - Noon Women & children only	TO-GO BAGS Women's Resource Centre 9:30am - Noon Women & children only	BREAKFAST Women's Resource Centre 9:30am - Noon Women & children only	LUNCH 7th Street HAC Sandwiches 11:30am - 1:00pm
LUNCH Love in the City Ministries 1:00-3:00pm	BREAKFAST Men's Resource Centre 9:00-10:00 am Program Participants	LUNCH Helping Hands 11:30am - 1:00pm	BREAKFAST Men's Resource Centre 9:00-10:00 am Program Participants	LUNCH Helping Hands 11:30am - 1:00pm	BREAKFAST Men's Resource Centre 9:00-10:00 am Program Participants	DINNER Salvation Army Princess Park 4:30pm
LUNCH 7th Street HAC Sandwiches 11:30am - 1:00pm	LUNCH Helping Hands 11:30am-1:00pm	HAMPERS Samaritan House Monthly Hamper (or Weekly Kit for unhoused population) Register in person only Mon-Fri 10:00am-3:00pm Tues evening 4:00pm-5:30pm	LUNCH Helping Hands 11:30am - 1:00pm	GROCERIES Food Rescue Grocery Store Wed & Thurs 12:00-6:00pm Fri 1:00-6:00pm Sat 10:00-4:00pm Closed Sun-Tues	LUNCH Helping Hands 11:30am - 1pm	OUTDOOR WATER BOTTLE REFILL STATIONS Closed for the season until the Spring
Ask Auntie Coffee Lounge Mon-Fri 9:00 am - 11:00 am 4:30 pm - 7:00 pm Sat-Sun 11:00 am - 7:00 pm	COFFEE 7th St. HAC Tues & Thurs 9:00am - 11:00am BFC Drop-In Mon-Fri 8:30am-4:30pm		HAMPERS St. Augustine's Church Monthly on Wed 1:30pm - 3:00pm Drop in basis. East door. 204-727-4728 Salvation Army Monthly on Wed. Call Tues to book 204-727-4334	LIGHT MEAL Bear Clan - Mobile Thurs. & Fri. 7:00pm - 9:00pm	LIGHT MEAL Bear Clan - Mobile Thurs. & Fri. 7:00pm - 9:00pm	PHONE APPS FOR DISCOUNTED GROCERIES Flashfood (Superstore) Food Hero (Safeway/Sobeys)

Contact Information:

Brandon Bear Clan: 603 Princess Ave 431-720-2327
 Brandon Friendship Centre (BFC): 603 Princess Ave 204-727-1407
 Ask Auntie (new location): 24-6th St 204-901-4049
 Food Rescue Grocery Store: Town Centre parkade 204-727-1696
 Helping Hands Soup Kitchen: 111 7th Street 204-727-4635
 Love in the City Ministries: 302 8th Street 204-717-7744

Samaritan House: 820 Pacific Avenue 204-726-0758
 The Women's Resource Centre: 1233 Rosser Ave 204-726-8632
 Salvation Army: 9 Princess Avenue East 204-727-4334 (Food Truck location - Princess Park)
 St. Augustine's Church: 327 4th Street 204-727-4728
 7th Street Health Access Centre: 20 - 7th Street 204-578-4800

Find the most up-to-date Brandon Food Calendar
 SOCIAL MEDIA @CWBANDON @WOBANDONCA


· CAMPUS CUPBOARD ·



The BUSU Campus Cupboard is an initiative started in 2024 which aims to alleviate the issue of student hunger and food insecurity. The Cupboard provides preserved, dry, fresh, and frozen foods to those in need at a much lower price than supermarkets, and even the dollar store. Several free offerings will also be available to those who most need it.

The Cupboard is located in the BUSU Main Office.

BUSU Office Hours: Monday-Friday 8:30am - 4:30pm

Email: info@busu.ca Phone: (204) 727-9660



Student (PSAC) Positions

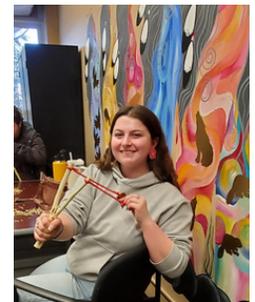
or go to www.Brandonu.ca/jobs/

Brandon University Indigenous Student Collective (BUISC) Chair- Raya Turner



The goal of BUISC is to provide services, advocate and support Indigenous and non-Indigenous students on campus. Our home base is the Indigenous Peoples' Centre, here we gather, visit, study, encourage and eat together. One of the most important things we focus on is being together. From potlucks to gatherings we strive to foster a sense of belonging in the IPC.

Raya can be reached by email at indigenouscollective@busu.ca



Brandon University Students Union (BUSU) Indigenous Students Rep.- Cory Dysart-Moody



Advocacy and Representation

Support and a voice to ensure your rights as a student are honoured.

"I carry not only the pride, but a deep responsibility...I want to ensure that Indigenous students are not only represented—but truly heard, seen, and welcomed in every corner of this campus".

Cory can be reached by email at DYSARTCR86@BrandonU.ca

Mondays

Mondays

Drumming

3:30-4:30 pm

&

Cree Language Circle

5-6 pm

with Cree Knowledge Keeper

Open to BU students, faculty and staff
and All Brandon Community

**Indigenous Peoples' Center
at BU**

*Come listen,
Come sing,
Come learn*



Tuesdays



BEADING BABES

Tuesdays

5:30 pm

All students, faculty and staff welcome
Beginners and experienced beaders
welcome
Supplies provided in IPC



Mondays & Wednesday Beading



JANUARY Beading

with
Métis Elder Joan Church &
Métis Inclusion Coordinator Nicole Braun

.....
MONDAYS

&

.....
WEDNESDAYS

12pm-2pm

202 Clark Hall

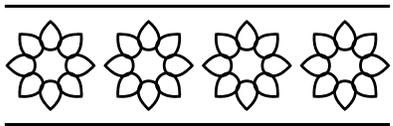
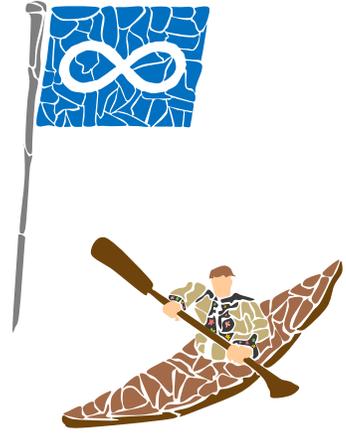
All Materials Provided by MMF

For More Info Contact:
nicole.braun@mmf.mb.ca

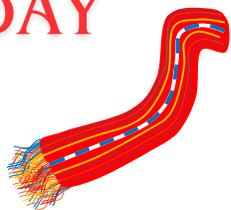
Jigging Lessons

Thursday January 29
12pm-1pm
Evans Theatre

nicole.braun@mmf.mb.ca



JOIN US TO
CELEBRATE
LOUIS RIEL
DAY



Celebrate Louis Riel Day with us with a performance by:

UNITED THUNDER

EVANS THEATRE
12PM
FEBRUARY 12, 2026

WITH SPECIAL GUEST SPEAKER
MINISTER WILL GOODON

Contact: nicole.braun@mmf.mb.ca



Crib NIGHT

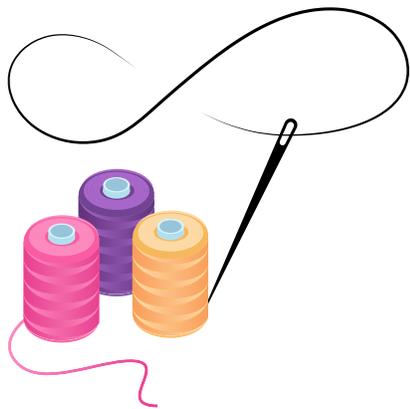


INDIGENOUS PEOPLES' CENTRE

THURSDAY
JANUARY 22
5PM

Open to BU Students
Standard Crib Rules Apply
Count your own Points

nicole.braun@mmf.mb.ca



Octopus Bag Keychain Workshop



Join us for an afternoon of chatting while we create
an Octopus Bag Keychain!

21
JAN

202 CLARK HALL
12pm-2pm
OPEN TO BU STUDENTS

NICOLE.BRAUN@MMF.MB.CA

SAVE THE DATE



May 22 nd, 2026

OUR JOURNEY

Omani Unkitawapi | Nutr voyaazh
Kil-B'baamaadizininan | Nininan Pimachowin

Celebrating Indigenous Student Success
Woumspe Kuwa Wookhige Oshkate



DRUM STICK MAKING

THURS. JAN. 15, 2026
1-4 PM
IN IPC

EMAIL IPC@BRANDONU.CA
TO REGISTER

SPACE IS LIMITED

SUPPLIES PROVIDED

FREE FOR BU STUDENTS



DRUM MAKING

THURS. JAN. 22, 2026
1-4 PM
CEREMONY ROOM

EMAIL IPC@BRANDONU.CA
TO REGISTER

SPACE IS LIMITED

SUPPLIES PROVIDED

FREE FOR BU STUDENTS



Students

There is still a couple spots for Drum Making
and more seats
open for Drum stick making.

Email to register



- We post everything that's happening in IPC on Facebook !
- Drumming, beading club, academic supports, writing skills, and advising take place in the IPC .
- Ribbon skirt making available Thursdays w/Barb B. from 12:30-3:00 pm (upon request in advance)

JANUARY

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Beading w/Joan 12-2 pm Drumming 3:30 pm Cree Language 5 pm	6 Beading w/Barb B. 5:30 pm	7 Beading w/Joan 12-2 pm	8	9	10
11	12 Beading w/Joan 12-2 pm Drumming 3:30 pm Cree Language 5 pm	13 Beading w/Barb B. 5:30 pm	14 Beading w/Joan 12-2 pm	15 Drum Stick Making 1-4pm Guitar Club 1-2 pm	16	17
18	19 BLUE Monday Beading w/Joan 12-2 pm Drumming 3:30 pm Cree Language 5 pm	20 ADD/DROP DEADLINE Sharing Circle 12:40-1:30pm Beading w/Barb B. 5:30 pm	21 Beading Octopus Bags 12-2 pm Volunteer w/ CFS -sign up 10-4 pm	22 Guitar Club 1-2 pm Drum Making 1-4pm Crib 5-7 pm	23	24
25	26 Beading w/Joan 12-2 pm Drumming 3:30 pm Cree Language 5 pm	27 Beading w/Barb B. 5:30 pm	28 Teachings House- 2-3:30 pm Beading w/Joan 12-2 pm	29 Jigging 12-1 pm Guitar Club 1-2 pm	30 Birthday cake and Basket Draw 12:30 pm	31

STAY
INFORMED




Like us on Facebook

Brandon University
Indigenous Peoples' Centre



Follow us on Instagram

BU Indigenous
Peoples' Centre



*Drop in to IPC to view our calendars for any changes.

ACU Indigenous Student Bursaries

Apply today



Are you an Indigenous student enrolling in a post-secondary business-related program in 2026-27 school year in Manitoba?

We are committed to reconciliation

ACU supports Indigenous communities through cultural respect, partnerships, and financial inclusion. Annually, we offer four bursaries of \$2,000 to students of Indigenous Ancestry enrolled in post-secondary studies.

We award bursaries based on values-based decision making, including academic performance, financial need, and community involvement.

To learn more about the criteria, eligibility, and the application process, visit our website for details.



3 easy steps to apply

- Review the criteria and eligibility requirements
- Complete the online application form available on our website—by scanning the QR code form on your right—with all supporting documentation. Include cover letter, resume, transcript and proof of Indigenous Ancestry.
- Submit completed online application form.

Apply today.
Deadline* February 28, 2026

*Incomplete or applications received after the February 28, 2026 deadline will not be accepted or considered.



@MyAssiniboine/Assiniboine Credit Union

acu.ca



Deadline to Apply
February 28, 2026

BU TEACHINGS HOUSE

Thursday January 28, 2026 will be the next
Teachings House
2:00 - 3:30 p.m

Ceremony Room in the Health Studies
Building
Topic: Storytelling through Art with
Felicity Nepinak-Hart

All BU and Brandon Community are
welcome to attend.
Refreshment and light snack.





ACADEMIC SUPPORTS

IPC DROP INS



Rainer

LIBRARY/RESEARCH HELP

THURSDAYS

11AM-12PM

Knowledge is Power

Stay focused

Practice makes PROGRESS

Keep Learning



Alex B

ACADEMIC ADVISING

CONNOR - TUESDAY 1-3 PM

ALEX - WED. 10 AM-12 PM

WRITING SKILLS

WEDNESDAYS

10AM-12PM



Joan G



Connor T

LEARNING SKILLS

THURSDAYS

10:30AM-12:30 PM

MATH SUPPORT IN STUDENT SERVICES

AIM HIGHER
YOU CAN DO IT

BUILD SKILLS

$$(x^a)^b = x^{a \cdot b}$$



Jaime T

Times may change. Come into IPC to check our calendar



Winter

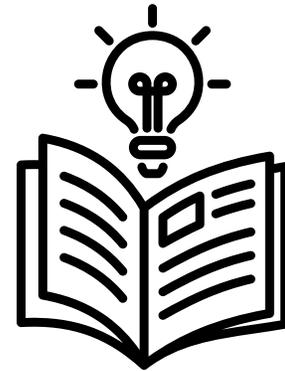


Students Study Skills Workshops

- Jan 6 - The "Busy Method" Schedule
- Jan 13 - Reading a Textbook
- Jan 20 - Taking Notes in Class
- Jan 27 - Mid-Term Prep
- Feb 3 - Test Taking Strategies
- Feb 10 - Flashcards & Memory
- Feb 24 - Multiple Choice Exam Prep
- Mar 3 - Exam Study Plan
- Mar 10 - Improving Memory
- Mar 17 - Exam Study Plan
- Mar 24 - Active Study Strategies
- Mar 31 - 5-Day Study Cycle
- Apr 7 - Test Anxiety

IPC

12:00-1:00pm



Winter



ACADEMIC SKILLS DROP IN

Tuesdays and Thursdays

IPC

10:00-12:00pm

Are you in
class then?

Book an appointment
Jaime Taggart
Academic Specialist





Indigenous Peoples' Centre

SHARING CIRCLES

With Deidre & IPC Knowledge Keepers

12:40-1:30

January 20

New Year, New Me

February 17

Financial Responsibility

March 17

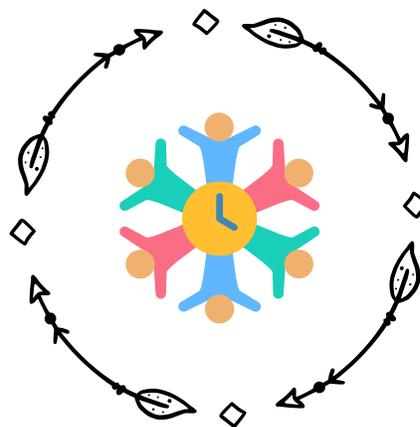
Identity & Wellness

April 7

Grounding

He Oyate Tawapi Ceremony Room

Open to current BU students



Writing Skills Walk-Ins

Winter 2026

January 12 to April 10



NAME	LOCATION	DAY	TIME
Karen	Library Ref Desk	Mondays	10:00 – 12:00
Alex	Library Ref Desk	Mondays	1:30 – 3:30
Molly	Library Ref Desk	Tuesdays	1:00 – 4:00
Joan	Indigenous Peoples' Centre	Wednesdays	10:00 – 12:00
Alex	Library Ref Desk	Wednesdays	2:00 – 4:00
Molly	Library Ref Desk	Thursdays	1:00 – 4:00
Alex	Library Ref Desk	Fridays	1:30 – 3:30

At Library Walk-Ins there is a same-day sign-in sheet. Stay in the Reference Desk area—if your name is called and you are not present, then the next person in line will be seen, and your name will go to the bottom of the list.

Walk-ins are meant for questions/reviews of approximately 15-20 minutes.

Please plan accordingly.

If you require assistance by Zoom, or have other accessibility concerns, please contact Karen or Joan through the Writing Skills website. Online appointment booking is available for individuals and small groups.

WORD OF THE MONTH



CREE- Miskwami
DAKOTA- Chaga
MICHIF- Glas
ANISHINAABE- Mikom

GAKINA
ABINOOJIIYAG
< GAP >
PROGRAMS

Women's Drum Learning

Thursdays 6:00 - 8:00 pm
303 - 9th Street, Brandon, MB
Two - Spirit Always Welcome

ALL NATIONS & RELATIONS WELCOME
NO PREVIOUS EXPERIENCE NECESSARY
WE ARE ALL LEARNING TOGETHER
Brandon Friendship Centre



GAKINA
ABINOOJIIYAG
< GAP >
PROGRAMS

Men's Drum Learning

Tuesdays 6:30 - 8:30 pm
303 - 9th Street, Brandon, MB
Two - Spirit Always Welcome

ALL NATIONS & RELATIONS WELCOME
NO PREVIOUS EXPERIENCE NECESSARY
WE ARE ALL LEARNING TOGETHER
Brandon Friendship Centre



Do you have
something you
would like to
share in “The Tea”
next month?
Let us know !



Contact IPC@brandonu.ca

Courtesy of...



**THANK YOU!
MIIGWECH!
WOPIDA!
MARRSII!
KINANASKIMOTIN!
NAKURMIIK!
MAŠI CHOK!**

