

# Howling Coyote Newsletter

December 2022

Acknowledging that we live, learn, and work in the  
homelands of the Ktunaxa People.



ʔakinmi yakiʔ ʔituq' ʔiʔqakçamnamki



## Upcoming Dates

### Foundry Student Information Session-

December 6<sup>th</sup> 11:30 – 12:30 pm in the library.

### Warriors Rick's Fine Meats Draw-

December 15th

# INFORMATION



## BELL SCHEDULE

Opening warning bell	8:30 am
Class One	8:35 to 9:55 am
Class change	5 minutes
Class Two	10:00 to 11:25 am
Lunch Break	11:25 to 12:25 pm
Warning bell	12:20 pm
Class Three	12:25 to 1:48 pm
Class change	5 minutes
Class Four	1:53 to 3:15 pm

## Student Handbook

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2022-2023%20Student%20Handbook.pdf>

## School Calendar

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2022-2023%20Calendar.pdf>

## Annual Calendar

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2022-2023%20Fridge%20Magnet.pdf>

### Block Rotation

Monday	1	2	Lunch	3	4
Tuesday	2	1	Lunch	4	3
Wednesday	4	3	Lunch	2	1
Thursday	3	4	Lunch	1	2
Friday	Block Rotation varies – check in the office or on the website.				

## Our Elders in Residence

**Dorothy Ratch**

**Mel Ratch**

**Joan O'Neil**

**Winnie Vitaliano**

**Pheb Goulet**



## Aboriginal Websites

### Communities:

[?aqam](#)

[Tobacco Plains](#)

[?akisqnuq](#)

[Yaqaan Nukiy](#)

### Games:

[Indigenous Games for Children \(Youth\)](#)

[Creative Spirits](#)

### Languages:

[First Voices](#)

[First Voices Kids \(Ktunaxa Songs and Stories\)](#)

[Michif](#)

### Museums:

[Glenbow Museum](#)

[Museum of Anthropology](#)

# The Indigenous Education Council Needs you!



The Indigenous Education Council meets eight times per year to discuss Indigenous Education here at Mount Baker.

We would like students and parents to get involved, be informed, and make decisions regarding Indigenous Education.

Please email Marie Dawson if you are interested.

[marie.dawson@sd5.bc.ca](mailto:marie.dawson@sd5.bc.ca)

## Upcoming Meeting Dates:

January 17 <sup>th</sup> 2023
February 21 <sup>st</sup> 2023
April 18 <sup>th</sup> 2023
May 16 <sup>th</sup> 2023
June 13 <sup>th</sup> 2023

We meet in the Gathering Place, room 101

11:30 am – 12:30 pm



# Community Feast

**FRIDAY, DECEMBER 02,  
2022**

**5 P.M. - 9:30 P.M.**

Kimberley Conference Centre  
301 N Star Blvd  
Kimberley

RSVP REQUIRED

Eventbrite: ʔaq'am Community Feast

Open to: community & band members, ʔaq'am  
staff, school & daycare families.

**Transportation is available:  
Arrange by Wed, Nov 30, 2022**

Info: [bharvey@aqam.net](mailto:bharvey@aqam.net)

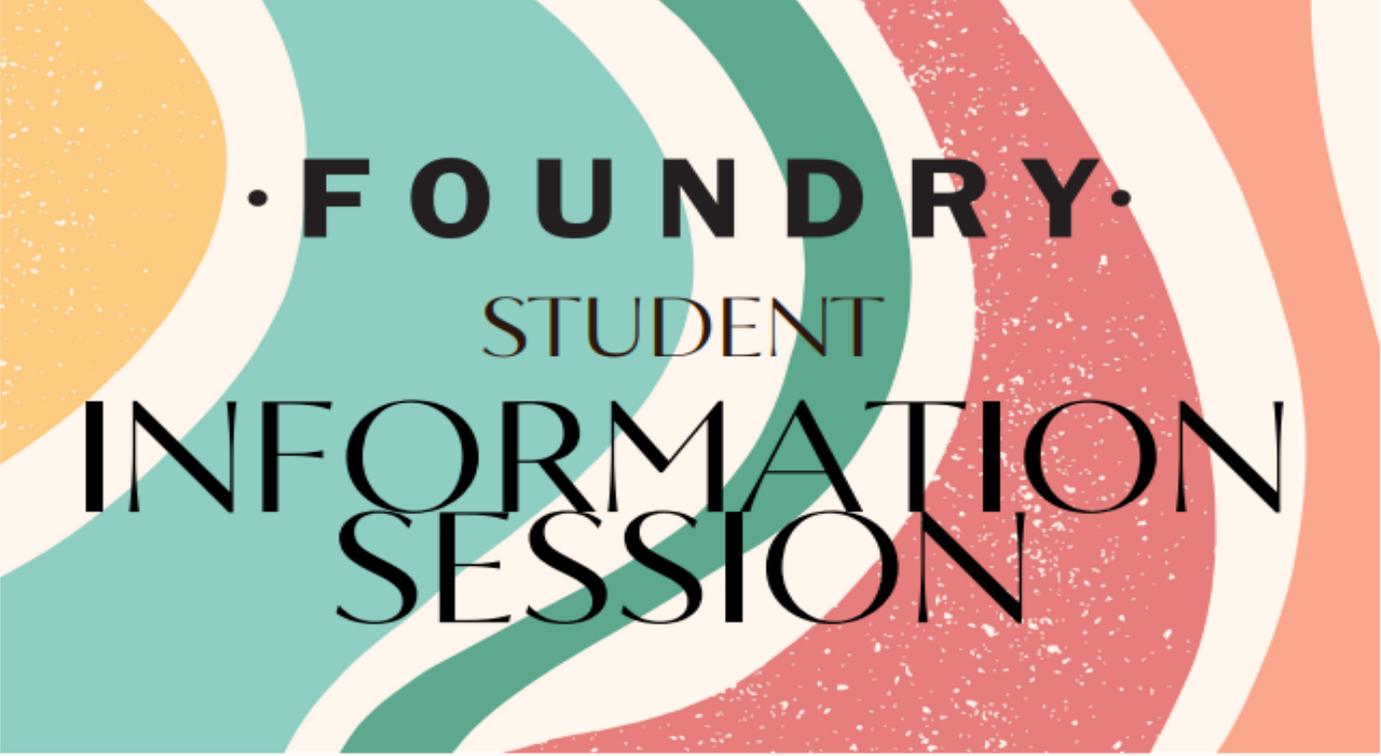
778.761.1120 or

text 250.421.9275



**ʔAQ'AM**





• **FOUNDRY** •  
STUDENT  
INFORMATION  
SESSION

---

DEC 6 11:30-12:30 PM  
Mount Baker Secondary School Library

---

Grab some pizza and learn about Foundry  
East Kootenay!



 @foundryek  
 Foundry East Kootenay  
 foundryac@ktunaxa.org

RSVP by emailing: [marie.dawson@sd5.bc.ca](mailto:marie.dawson@sd5.bc.ca)

# MEAT DRAW

## Win a \$350 Rick's Fine Meats Freezer Pack

6 Chicken Breasts (2 per pack)  
10 LBS Lean Ground Beef (1 LB packs)  
6 New York Steaks  
6 Rib Eye Steaks  
8 Pork Chops  
3 LBS Bacon (1 LB packs)  
2 LBS Breakfast Sausages (12 per pack)

**DRAW DATE: DECEMBER 15th**

**Proceeds go toward the Mount Baker Warriors  
Leadership Group year-end field trip.**

**Tickets \$10 each  
Or 3 for \$20**

**Tickets can be purchased in the Gathering Place from Marie & Alison.  
Cash only please.**

Gaming License # 137439





17 DEC  
2PM-4PM

Rocky Mountain  
Métis  
Association  
Christmas  
Party

*Cookie Decorating  
and  
Christmas Crafts*

Gift for every child. Please call (250)  
489-8960 or email  
RMMAnavigator@gmail.com to register

AT EAGLES HALL  
715 KOOTENAY ST N



New Hours



Monday-Friday

9am-4pm



Come on down and have a

cup of coffee and meet

our new Community

Navigators Jenny and

Shannon

#13-14 Avenue South, Suite 202

(250) 489-8960

# What is Bannock?

Back in the day (1700/1800's), things like oats, cast-iron pans, and quick bread were introduced to North America through trade. Some Indigenous communities cooked Bannock dough on a stick over a fire or baked in hot ashes. It was also fried in pans or cooked in rock clay ovens. Eventually the ways of cooking expanded, and people began to use fryers, ovens & other electrical methods of cooking.

Today there are many variations of bread recipes. Bannock is made of flour, water, and fat or lard. Baking Powder Biscuits call for baking powder, water, flour, and salt. Fry bread is a bread that's fried in oil, shortening or lard. There are many variations of fry bread, but most fry breads are made with flour, water, salt, and sometimes baking powder. Today, some recipes call for milk, salt, sugar, and eggs.

Any way you cut it, it's all yummy, so enjoy!



## What are microaggressions?

Microaggression are often subtle, unintentional, or intentional behaviours, actions, and expressions that communicate hostile, negative or derogatory messages to target individuals in marginalized groups. Microaggressions can reveal racist, sexist, homophobic, ableist (and more) attitudes and behaviours.

Back-handed comments or behaviours are often overlooked since people are unaware that they are partaking in them. This does *not* mean that they are any less harmful than overt acts of racism; and microaggressions can have devastating effects on mental health, physical health, and social life.

Many individuals are unaware they hold privilege and can be blind to how their actions and behaviours discriminate against people in minority groups.

Types of microaggressions:

- Micro-assaults can be seen as verbal or non-verbal attacks, avoidant behaviours, and purposeful discriminatory acts.
- Micro-insults are subtle insults. They often include rude remarks that can undermine one's identity.
- Micro-invalidations are often communications that disregard or invalidate the psychological effects of racism and the experiences people face due to racism.

All microaggressions are damaging and harmful to the people experiencing them, which is why no matter what type you encounter, it is important to stop it in its tracks.

How to respond to microaggressions:

It is important to ensure the target of the microaggression is okay, safe, and secure. Then it is up to you how you want to handle the situation and bring the microaggression to the communicators' attention. Be an ally! For example, if you witness someone committing a microaggression you could choose to wait until it is just the two of you and then calmly explain why their actions or behaviours were harmful or racist.

If you commit a microaggression, some key points to remember are, always believe the individual to whom you caused harm too, listen and be receptive, refrain from becoming defensive, think about the impact you made, and how you can do better in the future.

Remember the best way to defeat microaggressions and the harm they cause is to become better educated on what they are, how they show up, and how to stop them. So please examine the implicit biases you may hold, discuss them with those around you.

The best way to overcome these behaviours and actions is through education, constant learning, and holding people accountable for their actions.

## SIMPLE WAYS TO BE GENEROUS

**We can be generous all year long, but particularly at this time of year, generosity comes to the forefront.**

**We don't have give money to be generous, we can be generous with our time, by deed, and in spirit.**

Be present, really listen and give someone your complete undivided attention when they're talking to you.

Tell someone you're grateful for them and why.

Hold the door open for someone else.

Give someone a meaningful compliment.

Call someone you haven't talked to in ages purely to check in with how they are and what's going on with them.

Tell someone why you love having them in your life.

Use good manners. Please and thank you are simple but appreciated.

Share your knowledge on something without asking anything in return.

If you know someone who's going through a tough time tell them that you're here for them.

Bake something for someone and surprise them with it.

Offer to do something for someone that doesn't benefit you at all.

Donate clothes and belongings you no longer need, want or love.

Giving someone space when they need it (the introverts in your life will love you for this!)

Volunteer your time.

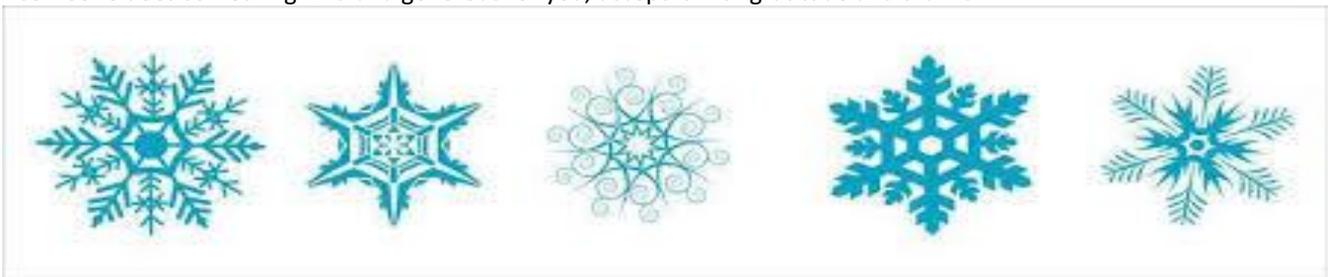
Give blood (if you can).

Do the dishes when someone else has cooked something for you.

When someone in your life is sick and not feeling good, offer your help.

Shovel your neighbor's walkway.

When someone does something kind and generous for you, accept it with gratitude and thanks.





Ktunaxa Kinbasket  
Child & Family  
Services Society



Rocky Mountain Métis  
Association



# Family Skate & Pizza

EVERY FRIDAY

OCTOBER 7TH, 2022 - DECEMBER 9TH 2022

(EXCEPT NOVEMBER 11TH, 2022)

3:30 P.M. TO 5:00 P.M.

AT THE KINSMEN ARENA

**Helmets are required**

**\*Children must be  
accompanied by an adult\***

FOR MORE INFORMATION CONTACT TARA:  
250-464-9365 OR TARA.DELAIRE@KTUNAXA.ORG

When I was growing up, my dad, Raymond Bird, always hunted to fill the freezer with meat for the winter, and he made hearty stews with biscuits. Before he passed, I asked him for his recipe, which was in his head of course. Today, our family still carry on those traditions. So, from me to you, Merry Christmas and enjoy!  
Marie Dawson

I am proud to be Métis...

### Dad's Baking Powder Biscuits

2 c. Flour  
3 tsp. baking powder  
1 tsp. salt  
6 tbsp. soft shortening  
2/3 c. water



Mix all ingredients together. Knead on floured board. Roll out 1/2 inch thick. Cut with small cutter or a glass. Place on ungreased cookie sheet. Bake at 350 for 10-12 minutes. Makes 15 - 20 biscuits.

# My Famous Stew

## Instructions

1. Cut up the meat, put in the flour and onions and then brown them together.
2. Add potatoes and cook the mixture together for about 10 minutes.
3. Wash and cut all the vegetables, adding them to the prepared meat mixture.
4. Cook everything together in the oven for 2 hours at 350°F



# Ktunaxa Language

Aqamnik School Online Resource Links for Families

To listen and learn Ktunaxa, please visit:

<https://www.aqamnikschool.com/online-resource-links-for-families>

Ka?kin ?a·qak?ik? - What is your name?

Hu qak?ik\_\_\_ - My name is\_\_\_

Hiy - Yes

Waha - No

Nistamu - December

Wa?inkaa?uni - It is snowing

Wi?kuni - There is lots of snow

Ki?su?k wi?nam - Good Morning

Ki?su?k kyukyit - Good Day

Ki?su?k kwa?kwayit - Good Evening

Ki?su?k øi?miyit - Good Night

Hu suki?qukni - Thank you or I am glad/happy

Su?kni - Good

Ñisqati?ni - Cold

Kyanuqumna - Rabbit

Ka·kin - Wolf

Kamququku? ?iyamu - Buffalo

Skinkuø - Coyote

# *The Six Types of Courage*

**Physical Courage:** To keep going with resiliency, balance & awareness.

**Social Courage:** To be yourself unapologetically.

**Moral Courage:** Doing the right thing even when it's uncomfortable or unpopular

**Emotional Courage:** Feeling all your emotions (positive & negative) without guilt or attachment.

**Intellectual Courage:** to learn, unlearn and relearn with an open & flexible mind.

**Spiritual Courage:** Living with purpose & meaning through a heart centered approach towards all life and oneself.

# RBC Future Launch Scholarships



Foundation

Universities  
Canada.

## RBC Future Launch Scholarship for Indigenous Youth is now open!

**20 scholarships annually**  
**Up to \$10,000 per year**  
**(for up to four years)**



The RBC Future Launch Scholarship for Indigenous Youth will award 20 scholarships annually worth up to \$10,000 per year, for up to four years, to First Nations, Inuit and Métis students across Canada, who demonstrate strong academic performance and community involvement.

- Two (2) scholarships for students majoring in disciplines related to the financial services industry
- Eighteen (18) scholarships for students majoring in disciplines unrelated to the financial services industry

### To be eligible, you:

- Identify as status Indian\*, Non-status Indian, Inuit, or Métis
- Are a permanent resident or citizen of Canada
- Are between the age of 17 to 29 years old
- Have applied to, or are currently attending, an accredited postsecondary institution in Canada
- Maintain a full course load that leads to a recognized degree, certificate or diploma
- Have shown strong potential to successfully complete the postsecondary program
- Require financial assistance to pursue your education
- Are not an RBC employee or a dependent of an RBC employee

\*Indian as defined in Section 2(1) of the Indian Act

### Online application:

[GotoApply.ca/RBC](https://GotoApply.ca/RBC)

### Deadline:

Wednesday, December 13, 2022  
1:00 p.m. EST

For additional information, see the attached guidelines or contact:  
[flscholarship@univcan.ca](mailto:flscholarship@univcan.ca)

### Apply Today!

(For helpful tips on applying for a scholarship, visit top five tips on how to apply for a scholarship)

Scholarship Partners Canada, by Universities Canada, is proud to administer the RBC Future Launch Scholarships for Indigenous Youth.

# Truth and Reconciliation Commission Calls to Action

In 2015, the Truth and Reconciliation Commission of Canada (TRC) published its final report detailing the experiences and impacts of the residential school system, creating a historical record of its legacy and consequences.

The TRC recorded testimony of more than 6,000 survivors affected by residential schools.

Over more than a century, it is estimated approximately 150,000 Indigenous children were separated from their families and communities and forced to attend one of 139 residential schools across Canada.

One outcome of the report was a document detailing 94 calls to action across a wide range of areas including child welfare, education, health, justice, language, and culture.

## Why the Calls to Action are important

It's important to recognize the historical and ongoing wrongs perpetrated against Indigenous peoples and the legacy of colonialism still in place today.

The legacy of that separation and suppression of culture has had a profoundly negative impact on Indigenous communities, families, and cultural connections through the generations.

The TRC calls to action address the ongoing impact of residential schools on survivors and their families.

They also provide a path for government and Indigenous and non-Indigenous communities in British Columbia to create a joint vision of reconciliation.

B.C. is working collaboratively with Indigenous organizations, communities, and stakeholder groups to ensure all parties undertake comprehensive and meaningful actions on all the TRC calls to action.

[Frequently Asked Questions about the TRC Calls to Action](#)

94 Calls to Action:

[https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls to action\\_english2.pdf](https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls_to_action_english2.pdf)



**Happy Holidays, Merry Christmas, and a Happy New Year!**