

Howling Coyote Newsletter

October 2022

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



ʔakinmi yakiʔ ʔituq ʔiʔqakçamnamki



Upcoming Dates

October 24- Ktunaxa Literacy Day

November 8 - National Indigenous Veterans Day

November 11 - Remembrance Day

November 15 - MBSS Metis Flag Raising

November 16 - Louis Riel Day

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](#)

Metis SKILLS TRAINING, EMPLOYMENT, POST- SECONDARY (STEPS)



For grade 10, 11, & 12 students,

Christine from Metis STEPS will be at Mount Baker on Wednesday November 2nd from 11:30 am – 12:30 pm, to give you information on funding for Post-Secondary Education.

Pizza Lunch Provided. Please RSVP if you would like to attend.

Cranbrook Metis Employment and Training:

Derek Lacey & Christine Stanvick

240-1113 Baker St, Cranbrook, BC V1C 1A7

8:30 am- 4:30 pm (Mon-Fri)

(250) 417-3305

<https://www.mnbc.ca/mnbc-ministries/steps/>

Citizenship Application: <https://www.mnbc.ca/mnbc-ministries/citizenship-info/>

MNBC Scholarship Info: <https://www.mnbc.ca/news/2022/metis-nation-british-columbia-announces-improvement-to-skills-training-employment-and-post-secondary-steps-program/>.

Rocky Mountain Metis Association (RMMA)

1-250-489-8960

Email - rockymtnmetis@gmail.com

Facebook - <https://www.facebook.com/cranbrook.metisevents>

Metis Genealogy Websites:

<https://www.bac-lac.gc.ca/eng/census/1926/Pages/search.aspx>

<https://www.metismuseum.ca/browse/index.php/13056>

<https://www.redriverancestry.ca/ancestors.php>

<https://www.gov.mb.ca/chc/archives/hbca/biographical/index.html>

<http://www.biographi.ca/en/results.php?ft=Bird>

<https://www.metisnationdatabase.ca/>

<https://www.scribd.com/doc/18197649/Metis-Rights-and-Land-Claims-in-Canada>

https://www.myheritage.com/research?formId=trees&formMode=1&action=query&exactSearch=0&useTranslation=1&colId=40000&qname=Nam e+fn.Raymond+ln.Bird+fnmo.1&qbirth=Event+et.birth+ey.1943+epmo.similar&qdeath=Event+et.death+ey.2015+ep.Golden+epmo.similar&csrf_to ken=D_0c63ff6g4a3f1251_5f16fvy8261331pk.1643426161.8bfeb1b4a7f4639c3f6e2e24e41f7572&tr_id=f58161wxlff39f81

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

Upcoming Meeting Dates:

November 29 th 2022
January 17 th 2023
February 21 st 2023
April 18 th 2023
May 16 th 2023
June 13 th 2023

We meet in the Gathering Place, Room 101

11:30 am – 12:30 pm

Rocky Mountain Metis Association Employment Opportunity



Position Title: Rocky Mountain Métis Association Community Navigator

Hours 40 hours/week **6 month Contract**

Starting Date: Immediately

Wage: \$18 – \$25/hr (Depending on experience and qualifications)

The Successful candidate will work under the direction of the RMMA Board and report directly to the President:

1. Perform administrative and RMMA citizen database management tasks (approx. 35% of time):
 - Inquire what cultural programming is desired
 - Inquire what employment and skills training is most desired
 - Develop an inventory of employment within our citizenship
 - What type of mental health support would be most desired
 - Develop an inventory of Métis businesses within our citizenship
 - Track your hours and develop a training plan for Employment and Training
2. Manage a population of citizens requiring resources (approx. 20% of time)
 - Communicate with community members
 - Deliver grocery cards
 - Professional privacy and confidentiality practices
3. Work with the Cranbrook Food Action Committee at the Community Produce Garden to oversee garden needs (approx. 30% of time):
 - Work with the Community Garden Project Coordinator and Assistant to determine purchase of plants for RMMA bed expansion
 - Be the main RMMA representative participating in planting, growing and harvesting whenever necessary
 - Reach RMMA citizens by telephone to invite them to garden events
 - Reach RMMA citizens by telephone to invite them to participate in the “take the garden home” project
 - Liaise between the Community Produce Garden team and the RMMA board to ensure the vision of the Métis addition of the garden is aligned with the collective vision of the group
4. Conduct Virtual Public Outreach (approx. 15% of the time):
 - Post on RMMA social media about events and cultural programming
 - Write a newsletter each month
 - Develop Media for RMMA

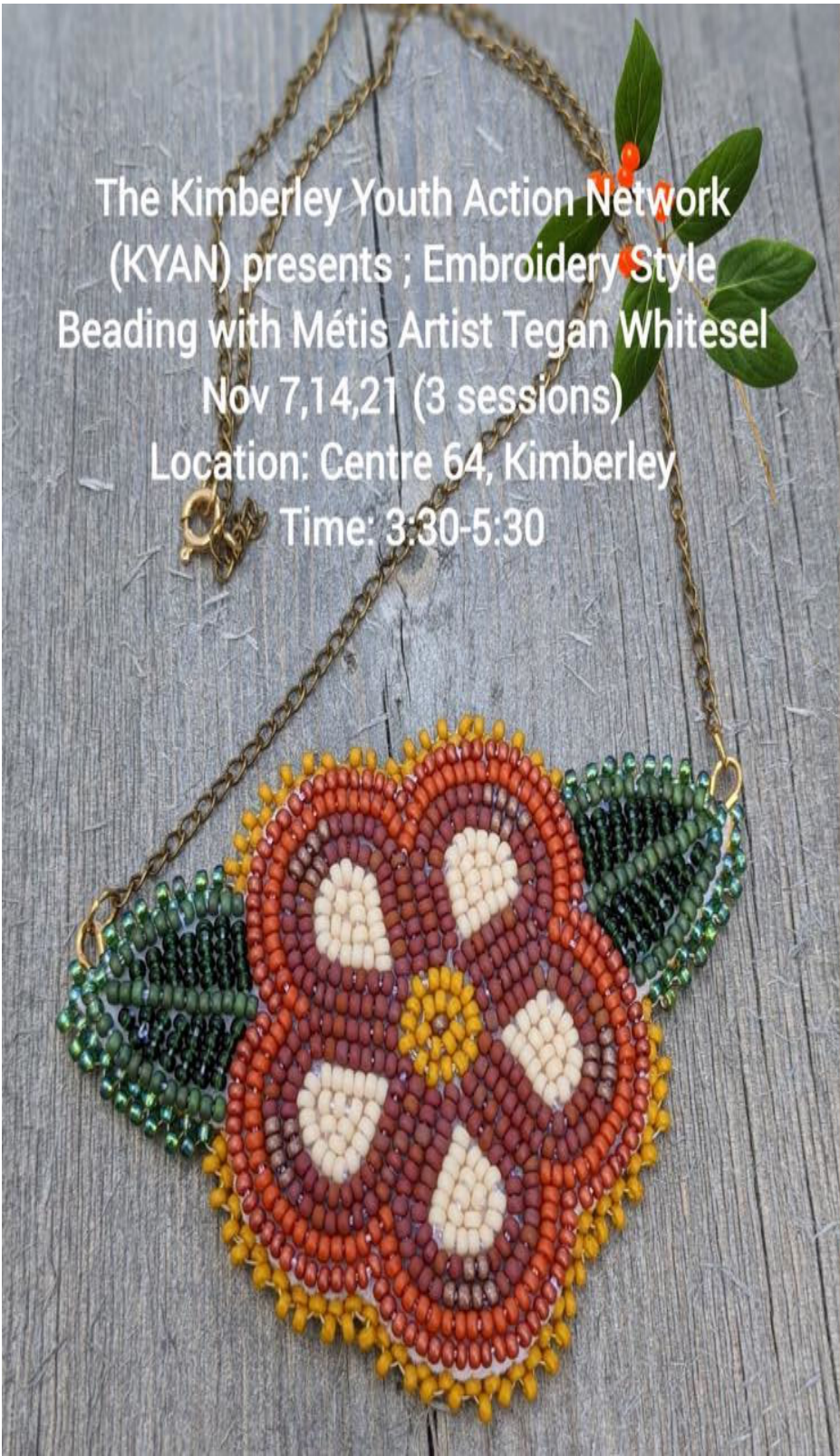
Required Skills, Knowledge and Attributes:

- Professional, proficient and respectful verbal, written and face to face communication
- Effective organization skills
- High aptitude with Microsoft Word, Excel, video conferencing, MailChimp and other digital applications
- An awareness of or the desire to learn about Métis culture and history
- Self-directed and self-motivated
- Have the confidence and awareness to request support and training when required
- Experience with database management and data collection an asset
- Have the desire to participate in training programs and to share knowledge with our community
- Have a desire to work in a socially supportive capacity with members of vulnerable populations
- Criminal Record Check required
- Valid driver's license and vehicle required

For more information or to apply please send your resume with references to rockymtnmetis@gmail.com

Thank you for your interest and we appreciate your application. Only applicants selected for an interview will be contacted but we will keep your resume on file and reach out for future opportunities. Due to the eligibility criteria determined by the funding stream that made this position possible, the successful applicant must be a self-identifying Métis person.

**Schedule and Wage are Negotiable.
Please Share!**



The Kimberley Youth Action Network
(KYAN) presents ; Embroidery Style
Beading with Métis Artist Tegan Whitesel
Nov 7,14,21 (3 sessions)
Location: Centre 64, Kimberley
Time: 3:30-5:30



Tegan Whitesel is a Métis
mixed-media artist working on
the unceded territory of the
Ktunaxa peoples in
Kukama?nam (Kimberley, BC)

Buffalo Beef Stew

PREP TIME-10 min

COOK TIME-2h

YIELDS-4-6 servings

This warm and hearty stew filled with chunks of buffalo stew meat, vegetables, potatoes, corn and peas will fill you up and keep you happy! A Dutch oven or heavy saucepan is the best way to cook this buffalo beef stew:

INGREDIENTS

cup canola oil or olive oil	¼
cup butter	¼
lb(s) buffalo stew meat, cubed	2
splash red wine	1
onions, chunky slices	2
clove garlic, diced	2
cups beef broth	4
Tbsp Worcestershire sauce	1
Tbsp steak spice	2
Few sprigs fresh thyme and rosemary	1
bay leaf	4
medium carrots, peeled and sliced	4
medium potatoes, peeled and diced chunky	4
stalks celery, diced	4
cup corn	2
cup peas	2
Salt and pepper to taste	

DIRECTIONS

Notes

To thicken stew, shake 1- part flour to 1-part cold water in a covered shaker. Add slowly to the buffalo stew until desired thickness is reached.

Step 1

Using a large pan, heat oil and butter.

Step 2

Add the buffalo meat and brown the meat on all sides.

Step 3

Add red wine, onions and garlic and cook until translucent.

Step 4

Add beef broth, Worcestershire sauce, steak spice, thyme, rosemary, bay leaf and bring to a boil.

Step 5

Add carrots, potatoes, celery, corn and peas.

Step 6

Continue to simmer until vegetables are tender, approximately 2 hours.

Step 7

Remove bay leaf.

Step 8

Serve with fresh bannock or buns of your choice!





**INDIGENOUS
TOURISM BC**

LET YOUR ANCESTORS BE YOUR GUIDE

FREE tourism training for Indigenous people

In this training you will learn:

- Value of Tourism*
- Indigenous Ambassador
- Frontline Customer Service - including SuperHost Service for All
- First Nations & SuperHost Destination Ambassador
- Indigenous Storytelling
- FOODSAFE*
- Foundation of Workplace Safety
- BSafe (includes Covid safety)
- First Aid - standard First Aid
- Other - tourism skills training for area
- Serving It Right (SIR)*

Attend Indigenous cultural activities and local field trips. Learn of First Nation cultures and Indigenous tourism in BC.

Honor your Ancestors.

Be the best Host you can be. Learn Indigenous storytelling, how First Nations will lead tourism, how to be an empowered host, and more.

Training is open to any Indigenous person interested in developing a career in tourism and hospitality. Participant supports available.

For More Information Contact:

Lecia Furber, Human Resources Manager
LFurber@steugene.ca 250-420-2000 x3018

STARTING NOVEMBER 14, 2022 @ St. Eugene Golf Resort & Casino

Training supported by:



**BRITISH
COLUMBIA**

Supported by the Province of British Columbia



Think. Do. CARE
HELP
SUPPORT
NURTURE
Become.

CHILD YOUTH AND FAMILY STUDIES - Dual Credit Semester

If you are a high school student in School District 5, 6, or 8, and would like to get a jump-start on a career as an Early Childhood Educator, Education Assistant, or Human Service Worker this dual credit semester may be right for you. Daycares and School Districts in our region need more qualified staff to meet critical shortages.

WHAT YOU WILL GAIN:

- 16 high school credits toward graduation
- An educational qualification for work in an entry level position as an Early Childhood Education Assistant
- 13 post-secondary credits, Early Childhood Education (ECE)
- 7 of these post-secondary credits are applicable in any one of the CYFS certificate programs

Successful participants of the program will be eligible to apply for licensure to work as ECE Assistants. With our flexible online delivery, once working, students can build onto the 13 credits in the Child, Youth, and Family studies academic stream to pursue full certification in Early Childhood Education, Education Assistant or Human Service Work.

BEGINS FEBRUARY 2023

This 16 week semester includes two of the Child Youth and Family Studies core courses and two courses in Early Childhood Education.

- CYFS 101 - Inclusive Interpersonal Communications
- CYFS 116 - Lifespan Development
- ECED 105 - Developing Positive Relationships with Young Children
- ECED 149 - Studies in Diversity

Pre-requisite: 65% minimum in English 12
Textbook costs approximately \$600

For more information:
Please contact your high school counsellor.

