

Howling Coyote Newsletter

April 2021

ki?suk kyukyit **Taanishi Halu Hello**

?akinmi yaki? ?ituq' #i?qak?amnamki



ki?suk kyukyit hu suki?qukni kin wami?ki? Ktunaxa ?amak?is

**Acknowledging we are in the
homelands of the Ktunaxa People.**



Aboriginal Education Support Workers

(250) 426-5241 Ext. 25016

Alison Farkvam

alison.farkvam@sd5.bc.ca

Marie Dawson

marie.dawson@sd5.bc.ca

Mount Baker Secondary School Website

Mount Baker-

[https://www.sd5.bc.ca/school/mbss/Pages/default.aspx#/=](https://www.sd5.bc.ca/school/mbss/Pages/default.aspx#/)

School District #5 -

[http://www.sd5.bc.ca/Pages/default.aspx#/=](http://www.sd5.bc.ca/Pages/default.aspx#/)

Ask an ELDER

Do you have a question for an Elder?

Please send your questions to Alison Farkvam

alison.farkvam@sd5.bc.ca



KNOWLEDGE HOLDERS

Do you know of an adult from your nation who would like to share their knowledge about their indigenous culture?

Some suggestions are...

- Language
- Native Plants
- Beading
- Moccasin Making
- Capote Making
- Weaving
- Basket Making
- Story Telling
- Hunting/Trapping/ Fishing
- Cooking
- Dance



Please contact Marie
marie.dawson@sd5.bc.ca

Aboriginal Education Council

We are seeking parents to be on our ABED Council.

We meet once per month to enhance the achievement and success of all Aboriginal students.

The council will focus on:

- Supporting the school.
- Supporting Aboriginal Education learners as outlined in the SD5 Aboriginal Education Enhancement Agreement.
- To ensure and strengthen Aboriginal voice and aid in decision making at MBSS.

If you are interested, please contact Marie at marie.dawson@sd5.bc.ca



SFU

SIMON FRASER
UNIVERSITY

Indigenous University Preparation Program

Apply now for **FALL 2021**

Early application deadline: April 30, 2021

Are you:

- A high school graduate?
- Considering going to university, but wanting to test it first?
- Someone who wants to learn more about math and writing?
- Wanting to connect with a cohort group of Indigenous students in a small, safe, and supportive environment?
- Looking to open doors to more learning and working opportunities?

SFU's Indigenous University Preparation Program

We welcome First Nations, Métis and Inuit students to a university learning environment that affirms and integrates Indigenous knowledge and perspectives.

You will join a cohort of like-minded Indigenous students and explore university together with Elders, mentors, tutors and instructors while taking courses which can transfer into first year university or college.

Where does the IUPP path lead you?

SFU's IUPP helps you pave the way for a successful transition to undergraduate studies. Our program offers first-year academic credit courses that integrate humanities and social sciences with Indigenous perspectives.

We also offer literacy and quantitative classes (non-academic credit) that will build your confidence.

Upon successful completion of the IUPP, you will be granted admission to SFU and your completed credits will count towards your undergraduate degree.

Learn more

Web www.sfu.ca/iaupp
Email iaupp@sfu.ca
Phone 236.668.5308

Tuition Waiver for Youth in Care or Former Youth in Care

Cover: Welcome figure at SFU carved by Jody Broomfield, Squamish Nation.



Sexual Health Services

Services are available for those who identify as First Nations or Métis.



KTUNAXA HEALTH
NATION CLINIC

WEDNESDAYS
1:00 PM to 3:30 PM

220 Cranbrook Street N,
Cranbrook B.C.

Clinic entrance is via 3rd Street North

Call 250-420-2700, Option 2 to book an appointment.
If you're unable to book, drop in during clinic hours.

BIRTH CONTROL

Access many types of contraception.

WE CAN DISPENSE:

- The birth control pill (many different brands).
- The birth control shot.
- Birth control patches
- Birth control rings.

WE CAN PROVIDE:

- An IUD that lasts five years (intrauterine contraceptive device)

PREGNANCY

WE OFFER:

- Free Emergency Birth Control (Plan B / Morning After Pill)
This can be used up to 5 days after unprotected sex.
- Pregnancy testing
- Pregnancy options counselling, to provide information about parenting, adoption or abortion.

STI Testing & Treatment (Sexually Transmitted Infections)

Early treatment can prevent further health complications and infertility.

You can access free STI testing and treatment (if needed) at the clinic.

STI tests can include a urine test, a swab, or a blood test. It's your choice.

Cervical Cancer Screening

"When was your last pap test?"

Pap tests can find abnormal cells in the cervix *before* they become cancer.

The test is free and can be done at the Ktunaxa Health Clinic.

Women (and others with cervixes) who are **between the ages of 25–69** should be screened every three years.




MÉTIS NATION BRITISH COLUMBIA

BECOME A REGISTERED MÉTIS CITIZEN

FIND OUT HOW HERE

<https://www.mnbc.ca/mnbc-ministries/citizenship-info/become-a-registered-metis-citizen/>



Rocky Mountain Metis Association
Annual General Meeting
May 15th 1 pm – 4 pm MST
Elections of all Director positions including executive
*Anyone interested in becoming a director please contact
rockymtnmetis@gmail.com for details*
Information and reports
Registration details for citizens wanting to attend the virtual meeting
please check back here or our website for details. (coming soon)

Meegwich!

<https://www.cranbrookmetis.com/>

Contest Corner!

March 2021 Contest Corner Winner
Hailey Dawson

Can you answer this question?

Name one of the five Ktunaxa bands in Canada.

Find your answer here:

<https://www.firstvoices.com/explore/FV/sections/Data/Ktunaxa/Ktunaxa/Ktunaxa>

Contest Closes: April 30th, 2021!

Winners will be announced in the May Newsletter.

Email answers to Marie Dawson: Marie.Dawson@sd5.bc.ca

All **MBSS/KES students** to email an answer, will be placed into a draw to win ABED logo swag- Earbuds, Safeway gift card, mask, pin and decal.





Easy Bannock and Berries

Bannock

3 cups flour	3 tbsp baking powder	1/2 cup sugar
1 tsp salt	Vegetable oil for frying	

Raspberry compote

2 cups raspberries	1/2 cup white sugar
1/2 lemon. Juiced and rind	1 pinch salt

Instructions:

1. Preheat vegetable oil in a deep frying pan to 350 degrees on stove top or over camp fire.
 2. Mix flour, sugar, baking powder, and salt together in a medium-sized bowl.
 3. Add water and mix until dough becomes thick and sticky. Do not over mix or the dough will become tough.
 4. Roll the dough into a large ball and slice into 12 equal pieces.
 5. Flatten each ball of dough with your hands.
 6. Drop dough into the oil and fry until it is golden brown on both sides, soft, but cooked inside.
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1. For the raspberry compote cook the berries in a saucepan over medium heat until soft.
 2. Add sugar, lemon juice, rind, and salt.
 3. Continue cooking until the sugar is dissolved.
 4. Serve bannock drizzled with compote.