

Howling Coyote Newsletter

April 2023

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



ʔakinmi yakiʔ ʔituq ʔiʔqakcamnamki



kiʔsuk kyukyit hu sukiʔqukni kin wamiʔkiʔ Ktunaxa ʔamakʔis

Upcoming Dates

Easter Weekend - April 7th - 10th



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



Indigenous Websites

Communities:

[?aqam](#)

[Tobacco Plains](#)

[?akisqnuq](#)

[Yaqaan Nukiy](#)

Languages:

[First Voices](#)

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

[Michif](#)

Games:

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

[Creative Spirits](#)

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 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:

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

Ktunaxa Language

Apple	Kanusnana/kanuhusnana
Apricot(s) (fresh)	Kaquwatʔaxninana
Banana(s)	Kawisxu
Bean(s) (green)	Kaʔaʔmaʔ ʒaʔna
Beet(s)	Kanuhus
Berry (Huckleberry)	ʔawiyatʔ
Berry (Raspberry)	Kwuwuʔka ʔa·q̄uku
Berry (Strawberry)	ʔa·q̄uku/kaʔmuxu
Chokecherry(ies)	ʔa·kiʔʔmak̄
Cherry (ies)	ʔa·kiʔʔmak̄
Cabbage	ʔa·quʔaqpiʔk
Carrot(s)	Niʔʒna
Corn	Kaʒʔaʔʔmak̄
Cucumber	Kyawknuqi·qa
Grape(s)	Kaquq̄
Grapefruit	Kwiʔmakci
Lemon(s)	Kamakʒ inxatʔ
Lettuce	ʔa·quʔaqpiʔk
Onion(s)	ʔa·kuwatʔ
Orange(s)	Kamakʒ i
Parsnip(s)	Kikʒinʔakʔi
Pea(s)	ʔaknanaʔ
Peach(es)	Kaquwatʔaxni
Pear(s)	Kakpuʔ
Pineapple	ʔa·qupaʔ
Potato(es)	Waʔta
Pumpkin	ʔa·kʔaʔnam
Spinach	ʔa·quʔaqpiʔk
Squash	Kyawknuqi·qa
Tomato(es)	Q̄uʔwa
Turnip(s)	Kaʒanquqatqa
Watermelon	Kwiʔkaquxmaqa/kaʔ kquxmaqaʔ
Zucchini	Kyawknuqi·qa

Recommended Reads

In The Mount Baker Library



Graphic Novels

7 Generations: A Plains Cree Saga by David A. Robertson

A Plains Cree Saga is an epic story that follows one Indigenous family over three centuries and seven generations. This compiled edition was originally published as a series of four graphic novels: Stone, Scars, Ends/Begins, and The Pact.

7 Generations: The Pact by David A. Robertson

The Pact concludes the graphic novel series 7 Generations. It follows one Aboriginal family from the early 19th century to the present day and tells a story of redemption as residential school survivor James and his son, Edwin, reconcile their past and begin a new journey.

Betty: The Helen Betty Osborne Story by David Alexander Robertson

A true account of Helen Betty Osborne (1952-1971), known as Betty to her closest friends and family, dreamed of becoming a teacher. She left her home to attend residential school and high school in a small town in Manitoba. On November 13, 1971, Betty was abducted and brutally murdered by four young men.

****Trigger Warning****

Cranbrook Food Programs



CRANBROOK FREE FOOD Updated March 2021

FOOD BANK: 1624 Industrial Road #2 426-7664 **STREET ANGELS:** 46-17th Ave S 420-2756 **ANKORS:** 1324-2nd St N 426-3383
SALVATION ARMY: 533 Slater Rd 426-3612 **St. Aidan Orthodox:** 201-7th Ave S 420-1582 **St. Mary's Church:** 39-10th Ave S 426-4266

MOBILITY ISSUES? FOOD BANK: Deliveries available **SALVATION ARMY:** Home-cooked meals (fresh & frozen)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>BEVERAGES, SNACKS Salvation Army: 9:30-11am ANKORS: 9:00am -2:00pm</p>	<p>BEVERAGES, SNACKS Street Angels: 9am-6pm Salvation Army: 9:30-11am ANKORS: 9:00am -2:00pm Food Bank: 9-12:30pm</p>	<p>BEVERAGES, SNACKS Street Angels: 9am-6pm Salvation Army: 9:30-11am ANKORS: 9:00am -2:00pm</p>	<p>BEVERAGES, SNACKS Street Angels 9am-6pm Salvation Army 9:30-11am ANKORS: 9:00am -2:00pm</p>	<p>BEVERAGES, SNACKS Street Angels: 9am-6pm Salvation Army: 9:30-11am</p>	<p>BEVERAGES/ SNACKS Street Angels: 11 am - 6 pm</p>
<p>BREAKFAST Christ Church: 7:30 - 9:30am (46 - 13th Ave S) St. Mary's Church: 8-10am (***)⁴ Monday of every month + small food hamper)</p>	<p>BREAKFAST Street Angels: 9-10am</p>	<p>BREAKFAST Christ Church: 7:30 - 9:30am 1st and 2nd Wed. every month (46 - 13th Ave S)</p>	<p>BREAKFAST Street Angels: 9-10am</p>	<p>BRUNCH ANKORS 11:30am-1:30pm</p>	
<p>FOOD BANK Bread Shed Open 24/7 Shopping Appts (food for ~5 days) Fresh veg/fruit, dairy, eggs, meat, non-perishables, toiletries, baby *Every two weeks if needed Phone 9:30am-11:30 pm M W F to book an afternoon pick up time</p>	<p>FRESH FOOD GIVEAWAY (bring your own bag) Salvation Army 12:00pm</p>	<p>FOOD BANK Bread Shed Open 24/7 Shopping Appts (food for ~5 days) Fresh veg/fruit, dairy, eggs, meat, non-perishables, toiletries, baby *Every two weeks if needed Phone 9:30am-11:30 pm M W F to book an afternoon pick up time</p>	<p>FRESH FOOD GIVEAWAY (bring your own bag) Salvation Army 12:00pm</p>	<p>FOOD BANK Bread Shed Open 24/7 Shopping Appts (food for ~5 days) Fresh veg/fruit, dairy, eggs, meat, non-perishables, toiletries, baby *Every two weeks if needed Phone 9:30am-11:30 pm M W F to book an afternoon pick up time</p>	
<p>LUNCH Salvation Army 11:30-12:30pm</p>	<p>LUNCH Salvation Army 11:30-12:30pm</p>	<p>LUNCH Salvation Army 11:30-12:30pm</p>	<p>LUNCH Salvation Army 11:30-12:30pm</p>	<p>LUNCH Salvation Army, 11:30-12:30pm</p>	
	<p>SUPPER Street Angels 5pm \$2 or do a chore</p>		<p>SUPPER Street Angels 5pm \$2 or do a chore</p>	<p>SUPPER Street Angels 5pm \$2 or do a chore</p>	<p>SUPPER Street Angels:5pm \$2 or do a chore</p>

THE CRANBROOK HISTORY CENTRE

New Travelling Exhibit

Created by The Legacy of Hope Foundation

Killing the Indian in the Child:
Generations Lost

Youth on Reconciliation

February 28 - April 4, 2023

Royal Alexandra Hall



DETAILS

Cost: \$6.00

Royal Alexandra Hall, 57 Van Horne Street S
Cranbrook, British Columbia

Phone: 2504893918

[View Venue Website](#)

CANNING WORKSHOP

Friday, April 14 &
Saturday, April 15

Dan Joe Memorial Gym
8:30 a.m. to 4:30 p.m.

Facilitated by
Yvonne Stanley &
other special guests



Open to everyone
but please
register



Info: Bonnie Harvey
778.761.1120
bharvey@aqam.net
250.421.9275



Meet the Author of
**THE NORTHWEST
IS MY MOTHER**



WE ARE MEETING
AT THE
GATHERING
PLACE AT THE
COLLEGE OF THE
ROCKIES AND
TALKING TO JEAN
OVER ZOOM



TEA AND
SANDWICHES
WILL BE
PROVIDED

APRIL 17TH FROM
11-1PM

**JEAN
TEILLET**

LIMITED SPACE AVAILABLE TO RSVP PLEASE CALL
(250)489-8960 OR EMAIL
RMMANAVIGATOR@GMAIL.COM

Rabbit Stew

Ingredients

- 1 whole rabbit (about 3 pounds), cut up.
- 3/4 cup all purpose flour divided.
- 3 tablespoons unsalted butter.
- 1 cup chopped celery.
- 2 medium onions thinly sliced.
- 2 teaspoon salt.
- 1 dash freshly ground black pepper.
- 1 bay leaf.
- 4 cups water, or low-sodium vegetable or chicken broth.
- 2 cups diced carrots.
- 4 medium potatoes peeled and diced.
- 4 ounces mushrooms, sliced and sautéed in oil.
- 1/3 cup cold water.

Directions

Gather the ingredients.

Powder the rabbit pieces with 1/2 cup of flour.

Melt the butter in a deep pan over medium heat and brown the rabbit pieces on all sides.

Add celery, onion, salt, pepper, bay leaf, the water and/or broth. Bring to a boil.

Reduce the heat to a simmer, cover, and let cook for 2 hours.

Add carrots, potatoes, and mushrooms. Cook for about 25 to 30 minutes longer, or until vegetables are tender.

In a small bowl, combine the remaining 1/4 cup flour with 1/3 cup of cold water; stir until well blended and free of lumps.

Stir the flour mixture into the broth. Cook and stir until the broth has thickened.

Serve and enjoy!



Ktunaxa Kinbasket
Child & Family
Services Society

ALL AGES WELCOME!
KIDS UNDER 5 TO BE
ACCOMPANIED BY A
CAREGIVER

POWWOW DANCE PRACTICE!

UPDATE

FANCY SHAWL
MARCH 13, 20, 27
EVERY TUESDAY IN
APRIL
4:15PM - 5:15PM



GRASS DANCE
MARCH 13, 20, 27

JINGLE
MARCH 16TH
EVERY THURSDAY IN
APRIL
4:15PM - 5:15PM

EVERY TUESDAY AND THURSDAY IN APRIL

4:15PM - 5:15PM

LKB GYM

CALL LOWER KOOTENAY KKFSS FOR MORE

INFO

250-428-7414

Free Locker Store!

Located outside of the Gathering Place.



Updated!

Math Tutorial Schedule

MATH TUTORIAL SCHEDULE



	LUNCH		AFTER SCHOOL	
MONDAY	LYNES	(224)		
TUESDAY	BURGESS HAMILTON	(223)	PARON BIDDER	(225) (222)
WEDNESDAY				
THURSDAY	BURGESS HAMILTON LYNES	(223) (224)	PARON BIDDER	(225) (222)
FRIDAY				

Graduation Information

Grad Quote for Yearbook

The yearbook is accepting senior quotes **until April 7**. NO submissions will be accepted after this date. To submit your quote, use the QR code below or follow this link: <https://forms.office.com/r/vWz8Q5JQhw>. You must sign into your SD5 account. See Mr. Fifield in Room 104 if you have questions.



Grad Photo Retakes

Dates: April 4, 5 & 6

Location: College of the Rockies

There is no charge for retakes if you already paid a sitting fee. If this is your first session the fee is \$40.

Booking Link: <https://lifetouch.as.me/cranbrook>

Prom Information

Prom/Pre-prom is Friday, June 30th

Pre-prom will be at St. Eugene Mission (time to be confirmed soon)

Prom will be at the Curling Rink (time to be confirmed soon)

Theme will be 'A Night in Venice'

Grad Commencement

Commencement Rehearsal

Thursday, June 29, 2023

Western Financial Place

All Grads are Expected to Attend

Commencement Ceremony

Thursday, June 29, 2023

Western Financial Place. Seating for friends and family is free, open seating, and unlimited in number. Students will do a grand procession around the perimeter of the rink and then families will be invited to move outside where mingling and photos can be taken. Please note: Crossing the stage does not necessarily equate to graduating. Please let Mrs. Barnett in the Counselling Office know what name you would like to use for Commencement (by June 15th).

Diplomas:

When students cross the stage, they will be given an imitation diploma, with the official diplomas arriving in the Fall. An email notification will be sent when they are available for pick up in the office in September. Please let the office know if you have had an address change of late.

Scholarships & Bursaries

LIST OF SCHOLARSHIP & BURSARIES ABORIGINAL ARTS DEVELOPMENT AWARDS: <http://www.fpcc.ca/arts/Programs/>

ABORIGINAL BURSARIES SEARCH TOOL: <http://www.aadnc-aandc.gc.ca/eng/1351185180120/1351685455328>

ABORIGINAL FUNDING TOOL: Scholarships - Continuing Education (sd43.bc.ca) ABORIGINAL LEARNING LINKS: <http://aboriginallearning.ca/scholarshipsbursaries/>

ALL NATIONS TRUST COMPANY: <https://www.antco.ca/community/scholarships-bursaries>

ALL – OKANAGAN COLLEGE-INDIGENOUS SCHOLARSHIPS, BURSARIES AND AWARDS: Scholarship, Bursary and Award Guide: <https://www.okanagan.bc.ca/>

ALTALINK Aboriginal Scholarship Program: <http://www.altalink.ca/responsibility/community-investment/powerful-education.cfm>

Apprentice Grants for 3rd and 4th year and Red Seal: <https://www.canada.ca/en/employment-social-development/services/apprentices/grants.html>

ATCO Pipelines Aboriginal Education Awards Program: <http://www.atcopipelines.com/Community/Indigenous-Education-Awards-Program>

AWARDS FOR ABORIGINAL WOMEN: Education Awards - We Help Women Reach Their Leadership Potential: <https://minervabc.ca/>

BC HYDRO Indigenous Scholarships & Bursaries: Application Deadline; April 2022 https://www.bchydro.com/community/indigenousrelations/opportunities/individuals/donations_sponsorships.html

BC NEIHR BC Network Environment for Indigenous Health Research: Funding – BC NEIHR: <https://www.uvic.ca/>

NBC Employment & Training Kootenay Region Suite 240 – 1113 Baker Street Cranbrook, BC V1C 1A7 Tel: 1-250-417-3305 Fax: 1-250-417-3626 Toll Free: 1-888-417-3306

CANADIAN NURSES FOUNDATION TD Aboriginal Nursing Fund: Amanda Kioke | Canadian Nurses Foundation: <https://cnf-fiic.ca/>

THE CANADIAN MEDICAL FOUNDATION Dr. John Big Canoe Memorial Scholarship: www.medicalfoundation.ca CANADA POST AWARD: <https://www.canadapost.ca/cpc/en/our-company/giving-back-to-our-communities/canada-postawards-for-indigenous-students.page?>

CANNON MEMORIAL BURSARY: <https://students.ubc.ca/enrolment/finances/awards-scholarships-bursaries/awardsindigenous/descriptions-awards-indigenous>

C.H. DOWLING MEMORIAL SCHOLARSHIP (UNIVERSITY OF VICTORIA): <https://www.uvic.ca/registrar/safa/in-course-scholarships/indigenous/index.php>

COLUMBIA BASIN TRUST GRANTS & BURSARIES: <https://ourtrust.org/grants-and-programs-directory/columbia-basin-bursary/>

FIRST CITIZENS FUND STUDENT BURSARY PROGRAM: <https://bcaafc.com/education/first-citizen-funds/>

BAAFC GIL PURCELL MEMORIAL JOURNALISM SCHOLARSHIP FOR NATIVE CANADIANS: <http://www.aadnc-aandc.gc.ca/eng/4078514441336/4078514441336>

HELEN BASSETT COMMEMORATIVE SCHOLARSHIPS: <http://assiniboine.net/grants-and-scholarships/241/helen-basset-commemorative-studentscholarship>

HEALTH SCIENCES ASSOCIATION (HAS) BURSARIES: Scholarships, Awards, and Financial Support | Office of the Registrar:
<https://www.ualberta.ca/index.html>

INDIGENOUS FORESTRY SCHOLARSHIP PROGRAM STUDY & WORK: <https://www.forestrycouncil.ca/cpages/ifsp>

IRVING K. BARBER BC SCHOLARSHIP SOCIETY: How to Apply - Irving K Barber <https://www.bcscholarshipsociety.ca/>

MNBC Employment & Training Kootenay Region Suite 240 – 1113 Baker Street Cranbrook, BC V1C 1A7 Tel: 1-250-417-3305 Fax: 1-250-417-3626 Toll Free: 1-888-417-3306

INDSPIRE: <http://indspire.ca>

KPMG's Aboriginal Scholarship Program: KPMG's Indigenous Student Awards - KPMG Canada:
<https://kpmg.com/xx/en/home.html>

MARY AND JAMES FYFE-SMITH MEMORIAL BURSARY: FIELD OF STUDY: HEALTH CAREERS & SERVICES; LAW; SOCIAL SERVICES Awards for Indigenous students | Student Services: <https://you.ubc.ca/financial-planning/scholarships-awards-canadian-students/indigenous-students/>

ROYAL BANK ABORIGINAL STUDENT AWARDS PROGRAM: http://www.rbc.com/careers/aboriginal_student_awards.html

SCHOLARSHIPSCANADA.COM – Once students complete a registration form, they can search the database.
<http://www.scholarshipscanada.com/>

SCOTIABANK SCHOLARSHIP AWARDS: http://www.collectionscanada.gc.ca/eppp-archive/100/200/301/inac-ainc/scholarships-e/sbaas_e.pdf

STUDENT AWARDS: <http://www.studentawards.com/>

(Register your information and the data base will match you with bursaries/scholarships/ grants or line of credits)

THOMPSON RIVERS UNIVERSITY – INDIGENOUAHS SHOLARCHIPS, BURSARIES & AWARDS: Student Awards & Financial Aid: Thompson Rivers University (tru.ca) UBC ABORIGINAL GRADUATE FELLOWSHIPS:
<https://www.grad.ubc.ca/awards/aboriginal-graduate-fellowships>

TC Energy Scholarships: Empowering students across North America: <https://www.tcenergy.com/>

YVR ART FOUNDATION SCHOLARSHIPS: <http://www.yvraf.com/programs>

MNBC Employment & Training Kootenay Region Suite 240 – 1113 Baker Street Cranbrook, BC V1C 1A7 Tel: 1-250-417-3305 Fax: 1-250-417-3626 Toll Free: 1-888-417-3306

Reminder: Apply directly at the school that you are attending, for any in house scholarships or bursaries, apply with the mines, major companies in BC, check at all the banks, BC Friendship Centres, BC Hydro, Telus, companies that you can potentially work for once you are done training. Apply for a student loan, once approved, cancel the loan, and ask to keep the grants. **All monies received while in a contract are to be disclosed to Metis Employment & Training

Check out the Mount Baker website for other scholarships and Bursaries:

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