

Howling Coyote Newsletter

December 2023

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



ʔakinmi yakiʔ ʔituq 'iʔqakɕamnamki



kiʔsuk kyukyit hu sukiʔqukni kin wamiʔkiʔ Ktunaxa ʔamakʔis

Upcoming Dates

December 1- University of Calgary Visit

Dec 8- Non-instructional Day

Dec 25 to Jan 5- Winter Break

January 8- Welcome Back and Happy New Year!

Jan 8- Grad Photos all week

Jan 15- Grad Photos all week

Jan 29- Second Semester Begins

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

School Calendar

Annual Calendar

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](#)

[Yaqa 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](#)

2024 Orange Shirt Day Design Contest

[DOWNLOAD THE ENTRY FORM AND RULES](https://orangeshirtday.org/orange-shirt-day/2024-orange-shirt-day-design-contest/?fbclid=IwAR3ZI6CFIhDrxhTswNkw3oSAMHDC9afJZCxDkIpC31oakIYRGThma2rTVII_aem_Ac94dV-QWRSvMHWS2KrqrMp8M_5hnt8ngAIYrNoJueXGcVJcpYtUWM0jQZfouLqBUtI)

https://orangeshirtday.org/orange-shirt-day/2024-orange-shirt-day-design-contest/?fbclid=IwAR3ZI6CFIhDrxhTswNkw3oSAMHDC9afJZCxDkIpC31oakIYRGThma2rTVII_aem_Ac94dV-QWRSvMHWS2KrqrMp8M_5hnt8ngAIYrNoJueXGcVJcpYtUWM0jQZfouLqBUtI

About the Contest

Participating in the 2024 Orange Shirt Day Design Contest is one way youth can get involved by using art and creativity to help spread awareness regarding the on-going impacts of Indian Residential Schools and to honour Survivors and the children that never made it home.

Who can participate?

The contest is open to K-12 students across Turtle Island. We invite participants to reflect on Orange Shirt Day and the importance of residential school healing when creating and submitting their original designs.

Deadline

January 31st, 2024

Application Form:

<https://orangeshirtdayorg.lightningbasecdn.com/wp-content/uploads/2023/11/16496-OSS-2024-Design-Contest-8.5x1183.pdf>

Email or send us your completed application form and artwork at:

info@orangeshirtday.org

Deadline to register is December 4 2023



ʔAQAM ELVES GIFT OF GIVING

Registered or Child/ren of Registered ʔaqam Band Members (Birth – 18 years of age) are eligible to receive a gift from ʔaqam.

For inclusion of “Gift of Giving” children are to be registered by providing the following information:

NAME & GENDER & AGE

ADDRESS & PHONE NUMBER

GIFT SUGGESTION (3 Minimum) ~ Birth - 12 YEARS

GIFT CARD CHOICE ~ (2 Minimum) ~ 13 - 18 YEARS

Contact Kim or Autumn by Monday December 4, 2023

khalvorson@aqam.net 778-761-0913

apatrick@aqam.net 778-761-0896



Distribution of gifts will be December 22nd during the ʔaqam Christmas Parade

Applications for Registration are available now!





Ktunaxa Kinbasket
Child & Family
Service Society

KKCFSS WINTER

WONDERLAND LUNCHEON

DECEMBER 8TH

(PRO D DAY)

Come say
HELLO
to Santa!!



KNC GYMNASIUM - 220 Cranbrook St. N

Doors Open & Lunch Served

From 12:30 PM - 3:00 PM

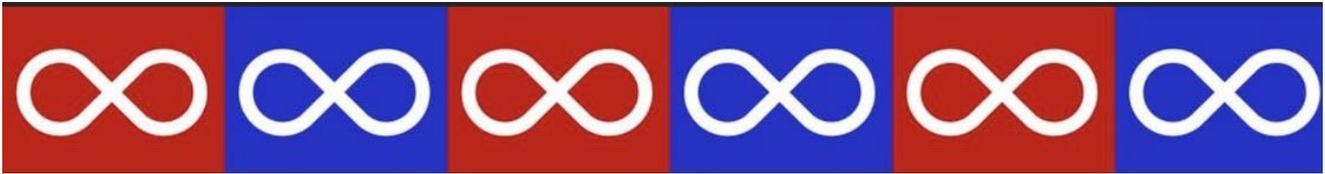
**Door Prizes, Crafts & Fun
Lunch & refreshments provided.**

In-town transportation can be provided upon request, call to request a time slot.

Link to RSVP in the description!

Contact kkcfs Prevention for more info

250-489-4563 or kkcfsprevention@ktunaxa.org



Rocky Mountain Métis Association



Li Zhoor di d'Nowel

FOOD HAMPERS



Food Donations Accepted until Dec

15th @ Rocky Mountain Métis

Association Office

Location: 5th Ave Plaza

Drop off: M-F from 10-2

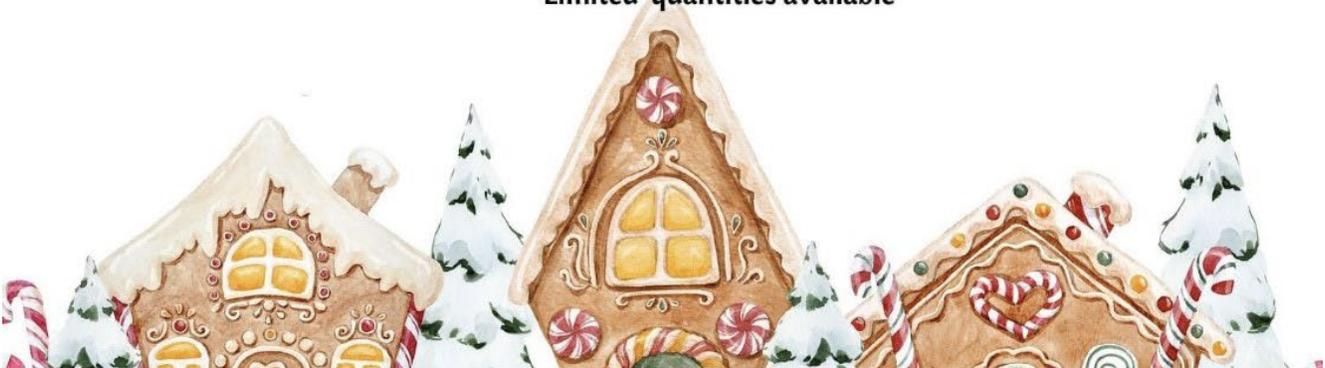


**Are you in need of a Christmas
Food Hamper??? We are here to**

help. Please email us at:

rmmanavigator@gmail.com

****Limited quantities available**





**RIBBON
SKIRT & SHIRT
MAKING**

**WEDNESDAY
NOV22, DEC 6TH & 20TH
6-9PM**

**AQ'AM
LANGUAGE & CULTURE CENTRE**

WEDNESDAY NIGHT ACTIVITY

GENEALOGY

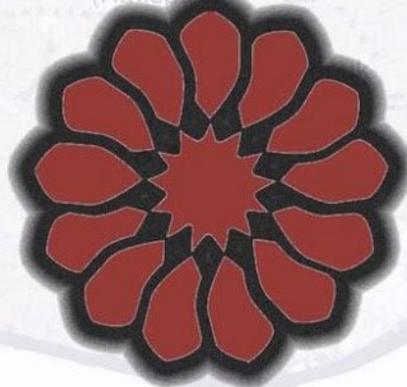
with Gina Clarricoates

**Wednesday
November 15th & 29th**

December 13th

6pm - 9pm

Language and Culture Centre



Colouring Contest: Submit your finished art in the Gathering Place by December 21st. Room 101.

Winner announced on December 22nd. Prize is your choice out of our prize cupboard.



Embrace Inuit Tradition and Whip Up This Simple Charcuterie Board with an Ulu

by VANESSA BROUSSEAU

PREP TIME

20 min

YIELDS

2-4 servings

I love using my ulu to make charcuterie boards for entertaining – it’s a simple way to weave Inuit tradition into daily hosting. If you’re unfamiliar, an ulu is a wonderful and multi-purpose Inuit kitchen tool – it translates to “woman’s knife” and is used by Inuit women. An Inuk woman may own several different ulus for many different purposes, including cleaning animal skins, sewing, making clothing and food preparation. There is a man’s ulu as well which is longer in shape and looks much like a fishing knife, but they are very difficult to find. In today’s society, all genders are welcome to use an ulu for any purpose they would use a knife for.

According to Inuit legend, when an Inuk woman dies, her ulu retains her energy, making ulus powerful spiritual objects. We want our talents, knowledge and skills to never be forgotten, which is why ulus are so important to me. One of the best qualities of the ulu is how ergonomically friendly it is. You don’t need much strength to cut with it, as you have the ability to rock it back and forth. Another feature I appreciate is that one side of the blade is sharp and the other isn’t, making it extra versatile.

Historically, the blade of an ulu would be made of stone and the handle made up of either bone, ivory, antler or wood. My modern-day ulu is made of stainless steel and the handle is sodalite. To sharpen it, I use a whetstone or bring it to my local blade smith.

I encourage you to purchase an authentic ulu and try this amazing kitchen tool out for yourself. This charcuterie board is a great place to start and test out your ulu skills – I’ve specifically chosen ingredients that highlight how fun and ergonomically friendly an ulu can be in the kitchen.





INGREDIENTS:

Salami	Bologna	Turkey breast	Kielbasa sausage
Smoked pepperoni	Mozzarella/Cheddar	Dill Havarti	Redwood smoked
Red pepper	Pickled beets/ Beans	Stuffed green olives	Assorted berries
Cream cheese	Hot red pepper jelly	Red pepper dip	Assorted crackers

For full directions visit: <https://www.foodnetwork.ca/recipe/inuit-ulu-knife-charcuterie-board/>

NUNAVUT DAY COOK BOOK: <https://www.tunngavik.com/files/2021/12/2021-Nunavut-Day-Cookbook-ENG.pdf>

HAPPY HOLIDAYS!