

Howling Coyote Newsletter

January & February 2025

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



ʔakinmi yaki‡ ?ituq' ‡i‡qakčamnamki



Upcoming Dates:

January 4th – National Ribbon Skirt Day

January 13th – Warriors Meeting 11:25-12:25

January 15th – MBSS spirit day – Monochromatic day!! Choose your favourite colour, then come to school decked out in that colour. Movie night will be held in the MBSS Gym, with tickets available for \$ 5 each

January 16th – Non-Instructional Day (**No School**)

January 20th – INED Council 11:25-12:25

January 27th – 2nd Semester begins! & Warriors Meeting during lunch 11:25-12:25

February 6th – Report Cards

February 10th – Warriors Meeting 11:25-12:25

February 13th – Non-instructional day (**No school**)

February 16th – Family Day (**No School**)

February 17th – INED Council 11:25-12:25

February 24th – Warriors Meeting

February 25th – Pink Shirt 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](#)

[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](#)

[Yaqan Nukiy](#)

[Metis Nation BC](#)

[Rocky Mountain Metis Association](#)

Languages:

[First Voices](#)

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

[Michif](#)

Museums:

[Glenbow Museum](#)

[Museum of Anthropology](#)

Games:

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

[Creative Spirits](#)

Would you like to join our Indigenous Education Council (INED Council) meetings as a parent/caregiver?

Who attends the Indigenous Education Council Meetings?

Our Indigenous Education Council consists of our Principal and vice principal, Mount Baker Elders, Indigenous Education Coordinator, teachers, Indigenous Education Support Workers, parents/caregivers, and warriors.

What does the Indigenous Education Council do?

Meet once a month during lunch hour to discuss upcoming events, what our next steps should look like, how we can increase cultural components to our existing events, make changes to improve events, and any relevant items members bring forward.

If this interests you, or you would like to learn more, please feel free to reach out to MBSS IESW's Alison Farkvam or Megan Holmes.

GATHERING PLACE EXPECTATIONS

- Kindness and respect for others
- Phones put in the hotel or backpack
- Clean up after yourself
- Appropriate use of language, or you will be asked to leave
- A green slip or sign-in is required, and doing work is expected
- Sign out at the office with parent permission if leaving the school

?AQ'AM

COMMUNITY ICE



?AQ'AM

HOCKEY & FAMILY SKATE

FREE &
OPEN TO
EVERYONE

AT
WESTERN
FINANCIAL
PLACE



JUST BRING YOUR HOCKEY GEAR

EVERY FRIDAY
3:30PM-4:30PM

Jumpstart



PARTICIPANTS MUST
HAVE BASIC SKATING
SKILLS

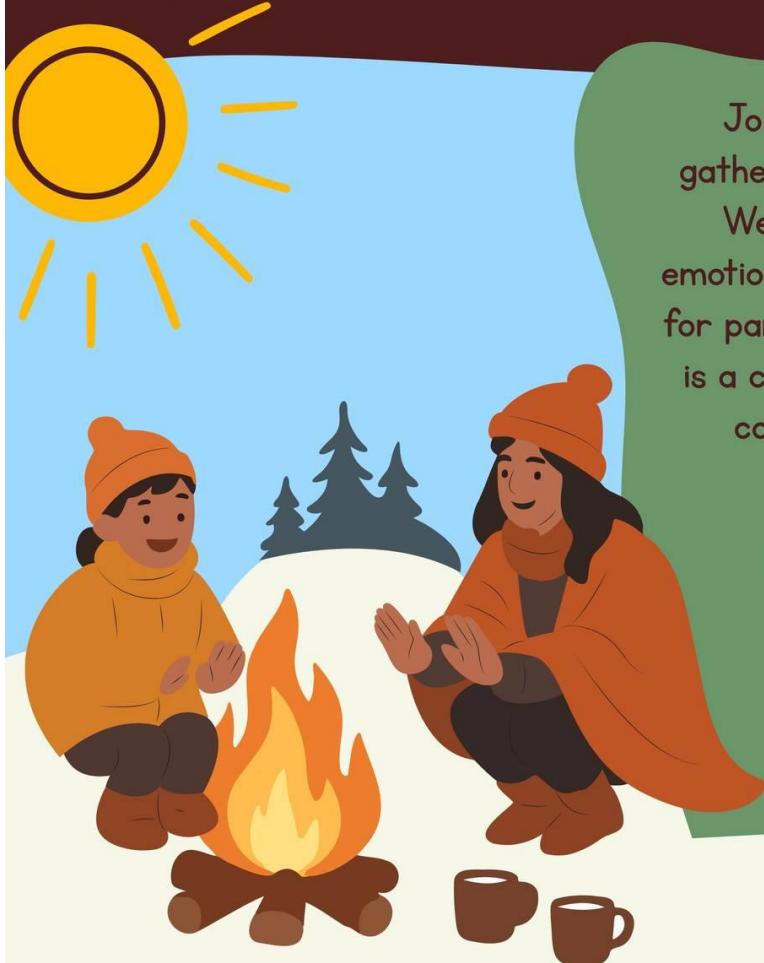


Ktunaxa Kinbasket
Child & Family
Service Society



Winter Wellness

SUPPORTING EMOTIONAL WELLNESS AND
CONNECTION WITH EARLY YEARS



Join us to start the new year for a gathering with our Mental Wellness team.

We'll focus on care, connection, and emotional wellness during the winter season for parents, caregivers and little ones. This is a calm, welcoming space to slow down, connect, and care for one another.

Chief Joseph Center
1007 Baker St Cranbrook
January 9th, 2026
10:30am – 12:30pm

Snacks and connection provided

earlyyears@ktunaxa.org

250-489-4563

FOUNDRY

• FOUNDRY •
EAST Kootenay

Opened by:
 Ktunaxa Kinbasket
Child & Family
Service Society

 Courage to
Connect

East Kootenay
Addiction Services Society

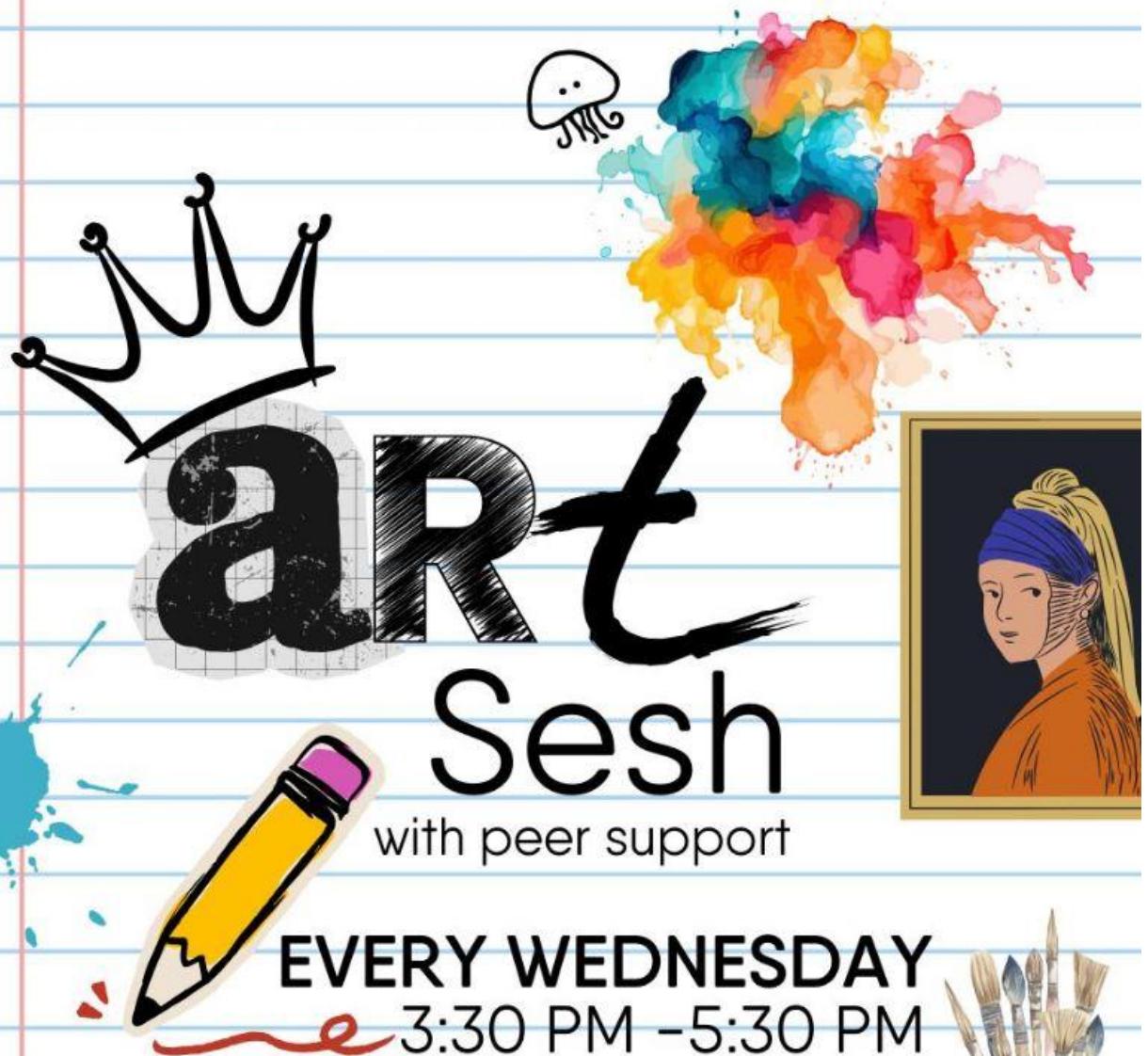
NO EXPERIENCE NEEDED. JUST COME AS YOU ARE.

TRANQUILITY TUESDAYS

3:30 PM - 4:30 PM

Learn simple tools to handle stress and anxiety,
sleep better and feel more grounded.





tikxawičikimik
Foundry East Kootenay
100 12th Ave S, Cranbrook, BC



JANUARY 2026

•FOUNDRY•
EAST KOOTENAY

Groups/Programs

Mon	Tue	Wed	Thu	Fri
5 Resume drop-in 3pm-4:30pm	6 Mid-day Munchies	7 Art Sesh 3:30pm-5:30pm BGC Game Night 3pm-5:30pm	8 Cooking 3:30pm-5pm	9
12 Resume drop-in 3pm-4:30pm	13 Mid-day Munchies	14 Art Sesh 3:30pm-5:30pm	15	16
19 Resume drop-in 3pm-4:30pm	20 Mid-day Munchies	21 Art Sesh 3:30pm-5:30pm	22 Cooking 3:30pm-5pm	23 Open- 9am-12pm Closed- Rest of Day
26 Resume drop-in 3pm-4:30pm	27 Mid-day Munchies	28 Art Sesh 3:30pm-5:30pm Pride baking- 3:30pm-5:30pm	29	30
2 Resume drop-in 3pm-4:30pm	3 Mid-day Munchies	4 Art Sesh 3:30pm-5:30pm	5 Cooking 3:30pm-5pm	6

JANUARY 2026



Services/Appointments

Mon	Tue	Wed	Thu	Fri
5	6	7	8	9
Primary Care- During business hours				
	Same Day Counselling	Walk-in Counselling- 1:30pm-5pm		Same Day Counselling
12	13	14	15	16
Primary Care- During business hours				
	Same Day Counselling	Walk-in Counselling- 1:30pm-5pm		Same Day Counselling
19	20	21	22	23
	Same Day Counselling	Walk-in Counselling- 1:30pm-5pm		Open- 9am-12pm Closed- Rest of Day
Primary Care- During business hours				
26	27	28	29	30
		Walk-in Counselling- 1:30pm-5pm		
	Same Day Counselling			Same Day Counselling
Primary Care- During business hours				
2	3	4	5	6
	Same Day Counselling	Walk-in Counselling- 1:30pm-5pm		Same Day Counselling
Primary Care- During business hours				

ROCKY MOUNTAIN METIS ASSOCIATION (RMMA)



January Edition 2026

LII GAZETTE

• ROCKY MOUNTAIN MÉTIS ASSOCIATION •

News Letter

Rocky Mountain Metis Association Information Sheet

Our address: 110 108 Van Horn Street South

Our phone number: 250-489-8960

Hours of operation

Monday- closed

Tue - Wed: 10 AM TO 2 PM

Thurs: 9 AM to 4 PM

Fri: 10 AM to 2 PM

Navigator: Sarah Mackay

Navigator Email Address:

rmmnavigator@gmail.com

President's email address:

RockyMountainCC@mnbc.ca

Our Facebook Page: Rocky Mountain Métis

Association

Our website: rockymountainmetis.com

Who are we?

Rocky Mountain Métis Association is a Chartered Community working with the Métis Nation of British Columbia, the only recognized Métis government in BC. Our association was created to serve the needs of all our citizens within our designated boundaries. From Kimberley to Jaffray to Creston and Riondel, we strive to serve our communities' needs. This is a non-political site with a heart for growing pride in Métis culture.

Board and sub-committees:

The Rocky Mountain Metis Association Board of Directors meets monthly on the last Wednesday of every month @ 6:30 PM. Citizens are welcome to attend any of our meetings.

The board has three subcommittees. If you are interested in joining one of these committees, please let us know by emailing the president at Rockymountaincc@mnbc.ca, and we will discuss it at our next board meeting.

Below are some of the many services we provide:

- * When can we assist you with filing for your citizenship?
- * We have a laptop for citizens to use should they wish to apply for their citizenship online.
- * You can also do your resume or any genealogy research.
- * Genealogy library - we have quite an extensive genealogy library for use in our office.
- * If you need to photocopy anything while doing your genealogy, please ask Sarah, our navigator.
- * Rocky Mountain Metis Association provides many cultural and language programs.
- * We put on many kitchen (potluck) parties for the citizens to mingle and have fun.
- * We can assist with finding resources (financial and other) through the MNBC website.
- * We have a pantry which provides staple items, fresh bread, fruit, vegetables and meat to the eligible community.
- * Every Monday and Friday from 10 am to 12 noon, we have a beading group.
- * Calendar of events is posted monthly on our Facebook page.

If you prefer to receive notices of events by mail, please contact our navigator at our community space.

We are currently looking for volunteers who may be interested in doing hospital or home visits. This is to help citizens who are unable to get out into the community and attend community cultural events. Also, if you know of any of our citizens who are hospitalized, please call the office to let us know. We would like to start making visits to them. This would include a smudge if needed, wellness bags, etc.





ROCKY MOUNTAIN
MÉTIS ASSOCIATION

January Edition 2026

LII GAZETTE

NEWS LETTER

SANTA AND MRS. CLAUSE CAME FOR OUR MÉTIS CHILDREN'S CHRISTMAS CELEBRATION ON DECEMBER 6TH



We had a wonderful time at our children's Métis Christmas party held in December at our community space. There was cookie decorating, ornament painting, beading and so much more. The kids had a blast, and everyone left with smiles.

MICHIF WORD OF THE MONTH

: FAMILY
: FAAMII



MICHIF TO GO is an app you can download on your cell phone and this app will teach you how to pronounce each word.

Every month we will learn a new word.

Also, the website below is a great resource.

<https://michif.org/dictionary/>

MAARSII
THANK YOU TO OUR SPONSORS FOR THE GENEROUS DONATION WE RECEIVED FOR THIS YEAR'S CHRISTMAS HAMPERS.



A huge thank you to all our donors, we were able to help 32 families in need this holiday season.

MAARSII

WHAT'S IN STORE FOR JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Happy Holidays RECOVERY	2 CLOSED	3
4	5 MÉTIS BEAD CIRCLE	6 MÉTIS BEAD CIRCLE OFFICE HOURS WITH STAFFED HOURS	7	8 RECOVERY	9 MÉTIS BEAD CIRCLE	10
11	12 MÉTIS BEAD CIRCLE	13	14	15 RECOVERY	16 MÉTIS BEAD CIRCLE	17
18	19 MÉTIS BEAD CIRCLE	20	21	22 RECOVERY	23 MÉTIS BEAD CIRCLE	24
25	26 MÉTIS BEAD CIRCLE	27	28	29 RECOVERY	30 MÉTIS BEAD CIRCLE	31

JANUARY 2026
Rocky Mountain Métis Association
OFFICE HOURS:
 MONDAY - CLOSED
 TUESDAY, WEDNESDAY, THURSDAY 10:00 AM - 2:00 PM
 FRIDAY 10:00 AM - 12:00 PM
OFFICE CLOSED FOR ALL EVENTS NOT LOCATED AT THE BEADING BIRMA COMMUNITY SPACE
ADDRESS:
 210 100 VAN HORNE STREET
 CALGARY, ALBERTA T2P 1C2
CONTACT INFO:
 250 489 8869
info@rmma.ca
EVENT LOCATION INFO:
 BEADING BIRMA COMMUNITY SPACE
 FOOD RECOVERY BIRMA COMMUNITY SPACE


Beading twice a week at our community space, on Monday and Friday, from 10 am to 12 pm.

Every Thursday, food recovery from 12 pm to 4 pm.

Keep an eye on our Facebook page as we will add all the events for January in the new year!



NATIONAL INDIGENOUS HEALTH AND WELLNESS ASSOCIATION



CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

REGISTER TO volunteer WITH



Canadian Mental
Health Association
Kootenays
Mental health for all

Association canadienne
pour la santé mentale
Kootenays
La santé mentale pour tous



- Crisis Line
- Snow Angels
- Senior Friendly Visitor
- Senior Friendly Check-in Program
- Volunteer Assisted Shopping Program
- Community Volunteer Income Tax Program

safeTALK

SUICIDE ALERTNESS FOR EVERYONE

Using a simple yet effective model, safeTALK empowers everyone to make a difference. safeTALK is a three-hour face-to-face workshop featuring powerful presentations, audiovisuals, and skills practice. At a safeTALK workshop, you'll learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.

DATE: Saturday, January 17, 2026

TIME: 9am - 1pm

\$65 for a 4 hour class (includes materials)

Group rates available upon request

Email

events@cmhakootenays.org
to register!

Learn more at:

<https://kootenays.cmha.bc.ca/training/>



Canadian Mental
Health Association
Kootenays
Mental health for all



YOUTH IMPACT



REGISTRATION OPENS
AT 6 PM ON...



Cranbrook
Youth Impact

January



MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
CHILL ZONE MEET @ YOUTH IMPACT 3:30-6:00	OFF THE SHELF BOOK CLUB MEET @ PUBLIC LIBRARY 3:30-5:30 LEARON	PLANNING AND PIZZA MEET @ YOUTH IMPACT 3:30 - 6:00	BOARD GAMES MEET @ FOUNDRY 3:30-5:00 SUPER SMASH BROS TOURNAMENT MEET @ YOUTH IMPACT 5:15-6:30	VIRTUAL D&D CAMPAIGN ON ZOOM 4:00-6:00
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
CHILL ZONE MEET @ YOUTH IMPACT 3:30-6:00	VISION BOARDS & FONDUE MEET @ YOUTH IMPACT 3:30-6:00	Chef Nation PORK TENDERLOIN & CHOCOLATE CREAM PIE MEET @ YOUTH IMPACT 3:30-6:00 LEARON	HUMAN SLED DOGS MEET @ MOIR PARK 3:30 - 6:00	VIRTUAL D&D CAMPAIGN ON ZOOM 4:00-6:00
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
CHILL ZONE MEET @ YOUTH IMPACT 3:30-6:00	BOWLING 3:30-5:00 ARCADE GAMES 5:00-6:00 (SPONSORED BY CRANBROOK HYUNDAI) MEET @ ENCORE 	CARDBOARD SLEDDING AND SMORES MEET @ IDLEWILD 3:30-6:00	BAKING NIGHT MEET @ YOUTH IMPACT 3:30-6:00 LEARON	VIRTUAL D&D CAMPAIGN ON ZOOM 4:00-6:00
MONDAY 26	TUESDAY 27	WEDNESDAY 28	FRIDAY 30	SATURDAY 31
CHILL ZONE MEET @ YOUTH IMPACT 3:30- 6:00	TOUR A BUSINESS: KEY CITY THEATRE MEET @ KEY CITY 3:30 - 5:30 LEARON	Chef Nation CHINESE CUISINE MEET @ YOUTH IMPACT 3:30-6:00 LEARON	VIRTUAL D&D CAMPAIGN ON ZOOM 4:00-6:00	BOX SEATS AT THE BUCKS GAME DONATED BY SALVADOR READY MIX MEET @ WESTERN FINANCIAL PLACE @ 6:30 

FOLLOW US!



@YOUTHIMPACT



@YOUTHIMPACTCBK

\$25 MONTHLY FEE

PLEASE CONTACT US IF THIS IS AN ISSUE

OPEN FOR ALL YOUTH GRADES 6-12

CONTACT US!

(250)-919-3596



YI@BGCCRANBROOK.CA



The Métis Nation BC



Métis steps

We are inviting students, parents/caregivers to come to our Métis STEPS (Skill training, employment, and post-secondary education) information session with Gregg Berg and Christine Stanwick, on January 21, 11:25-12:25. This will take place in the computer lab in the library.

Please RSVP to Megan or Alison via email at: megan.holmes@sd5.bc.ca, Alison.Farkvam@sd5.bc.ca if you will be attending, so we can ensure we have enough food/refreshments, and if you have any allergies.

If you have not already RSVP'd to Alison Farkvam or Megan Holmes, please do so as soon as possible!