



NEWSLETTER

ʔakinmi yakiʔ ʔituq' ʔiʔqakɣamnamki

MBSS



FLAG RAISING

Ktunaxa Flag Raising

Join us on **June 12th at 11am** for the Ktunaxa Flag Raising event. All are welcome, meet at the flag pole.



HONOURING CEREMONY

Grade 12 Honouring Ceremony

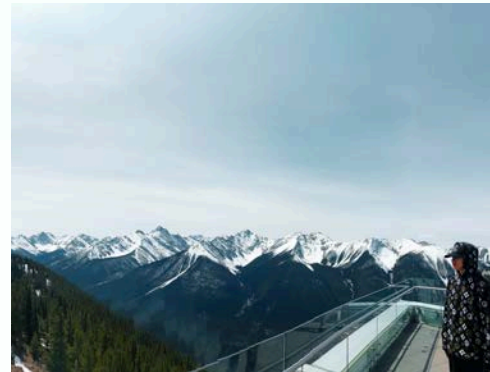
All grade 12's are invited to join our grade 12 honouring ceremony happening in the Library on **June 23rd from 10am-2pm** drop-in style. Bring your friends/family for pictures and to celebrate YOU!



PLANNING FOR THE FUTURE

Calgary and Lethbridge trip!

Students from Mount Baker, Laurie and Parkland went on tours at the University of Lethbridge, Lethbridge Polytechnic, and the University of Calgary.



On the horizon

Warriors
Final Meeting
June 10 at 11:25

Ktunaxa Flag Raising
June 12 @ 11am

InEd Council Meeting
June 17th at 11:25

Honouring Ceremony
June 23rd 10am - 2pm



alison.farkvam@sd5.bc.ca



Alexis.hekker@sd5.bc.ca





NEWSLETTER

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MBSS



Indigenous Ed Council

The MBSS Indigenous Education Council meets every 3rd Tuesday of the month

Time: 11:25am-12:25pm

Place: MBSS Library

For more info, contact
Alison:

250-426-5241 ext. 748

Grad Packs are available!



Get your grad packages June 10th - 26th by clicking this link for more information: [MBSS Grad Page](#)

Grad List is posted!

You can find the grad list posted in the Office and outside the Counselling room. If your name is not on this list, please speak with Alison, Alexis or Counselling ASAP!



Parent Engagement Forms are out!

Parent engagement forms are DUE no later than **September 26th, 2025**. This is a **mandatory** form that allows us to provide support services to Indigenous students.

This form takes about 2 minutes to fill out and can be done online by clicking this link: [Parent Engagement Form 2025/2026](#)

Or by filling out the form attached and returning to Alexis or Alison in the Gathering Place or by emailing

Alison.farkvam@sd5.bc.ca or Alexis.hekker@sd5.bc.ca





ʔakinmi ya·kiʔ ʔituq̓tiʔqakʒamnamki Mount Baker Secondary School

1410 Baker Street Cranbrook BC V1C 1B2
Phone: 250-426-5241 Fax: 250-426-6673 mbss.sd5.bc.ca

May 1, 2025

Dear Parents and Guardians,

We are looking forward to the 2025/2026 school year! The Indigenous Education Support Workers currently working at Mount Baker Secondary School are:

Alison Farkvam & Alexis Hekker

In preparation for the upcoming school years, we have enclosed a few documents for your review:

- Indigenous Education and Parent Engagement Permission Form **(Needs to be signed and returned)**
- MBSS Indigenous Education and Support Services Information Sheet
- MBSS Indigenous Education Support Workers Contact Information

We look forward to discussing our Indigenous Support Services with your student. We will now be accepting your permission to support your student for the years they will be attending MBSS. Please feel free to drop in and meet with us to learn more about available opportunities. If you do not wish your student to receive support services through Indigenous Education, please let us know. Some examples of services we provide are:

- MBSS Elders in Residence available for guidance and support
- Indigenous Language and Cultural Programs
- Indigenous Support Services
- Advocacy for strategies and structures to be culturally safe and/or appropriate for Indigenous Students
- Drinks are available in the Gathering Place Room 101 for .50 cents
- Free Store for school supplies in Locker 76
- Warriors Student Leadership Program

There are always opportunities and support for Indigenous Students at MBSS.

With thanks and respect,

Alison Farkvam
alison.farkvam@sd5.bc.ca
(250) 426-5241 Ext: 25101

Alexis Hekker
alexishekker@sd5.bc.ca
(250) 426-5241 Ext: 25052



ʔakinmi ya·kiʔ ʔituqʔitqakʔamnamki Mount Baker Secondary School

1410 Baker Street Cranbrook BC V1C 1B2
Phone: 250-426-5241 Fax: 250-426-6673 mbss.sd5.bc.ca

Indigenous Education Parent Engagement Permission Form

MBSS Indigenous Education program and services are intended to support the success of Indigenous students. MBSS Indigenous Education programs and services include Indigenous Language and Culture programs, Indigenous Support Services and facilitation of the Indigenous World Views and Perspectives into education at MBSS. MBSS Indigenous Education advocates that strategies and structures used be culturally safe and/or appropriate for Indigenous students. (Please refer to the enclosed reference of services provided.)

I give permission for the Indigenous Education Program in School District No. 5 (Southeast Kootenay) at MBSS to be included in communications and decision-making made by MBSS Staff regarding my child, _____, a student of Indigenous ancestry at MBSS

To assist us in providing supports for your child, please tell us what works for your child, what he/she needs, and/or what has worked for him/her in the past:

I believe/know that my child has Indigenous Ancestry:

- | | |
|--|--|
| <input type="checkbox"/> Inuit | <input type="checkbox"/> Metis |
| <input type="checkbox"/> Status | <input type="checkbox"/> Non-status |
| <input type="checkbox"/> Living on Reserve | <input type="checkbox"/> Indigenous Ancestry |

What is the best way for us to contact you?

Email:	_____	Text:	_____
Telephone:	_____	In person:	_____

Parent Signature:	_____
Parent Name:	_____
Date:	_____

MBSS Indigenous Education Support Services

Emotional – Social Support

- Parent/Guardian Contact
- Referrals
- Community Connections
- Personal Support
- Mentorship
- Group Work

Mental-Educational Services

- Subject Support
- Homework
- Tutoring
- Review: Report
- Review/Monitor: Attendance
- Meeting: Student Services
- School Based Team
- Discipline

Physical

- Food and Drinks
- Transportation
- School Materials
- Cultural Material
- Supplies

Spiritual – Culture Language

- Elders/Elder Support
- Presentations
- Providing/Locating Resources
- Welcoming Spaces



The Howling Coyote

June 2025

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MBSS

GRADS PLEASE RSVP!

RMMA

DOOR PRIZES

KITCHEN PARTY

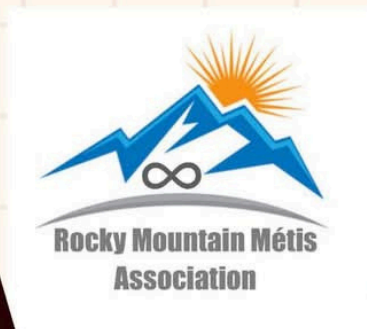
AT PARKLAND MIDDLE SCHOOL

5PM

THURSDAY JUNE 5TH

(250)-489-8960

rmmasummerstudent@
gmail.com



FIDDLE MUSIC,
JIGGING LESSONS, &
SASHING THE 2025
MÉTIS GRADUATES!

PLEASE BRING A DISH IF
YOU ARE ABLE TO!





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MBSS

**Are you Ktunaxa?
Over the age of 15?
Full time student?
Want to connect with your
language and culture?**

**With the support from the
KNC Self Created Summer Student program,
we can work together to help you attain
fundamental employable skills**

**Contact Chrystal Williams
before June 11th
to develop a fun and engaging work
play book for your application!!**

cwilliams@aqam.net



ʔAQ'AM
LANGUAGE & CULTURE





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MBSS

KTUNAXA FLAG RAISING

Thursday June 12th

11am

Mount Baker Senior
Secondary School

Everyone is welcome
Meet at the flagpole

For more information, please contact

✉ Alison.farkvam@sd5.bc.ca

✉ Alexis.hekker@sd5.bc.ca





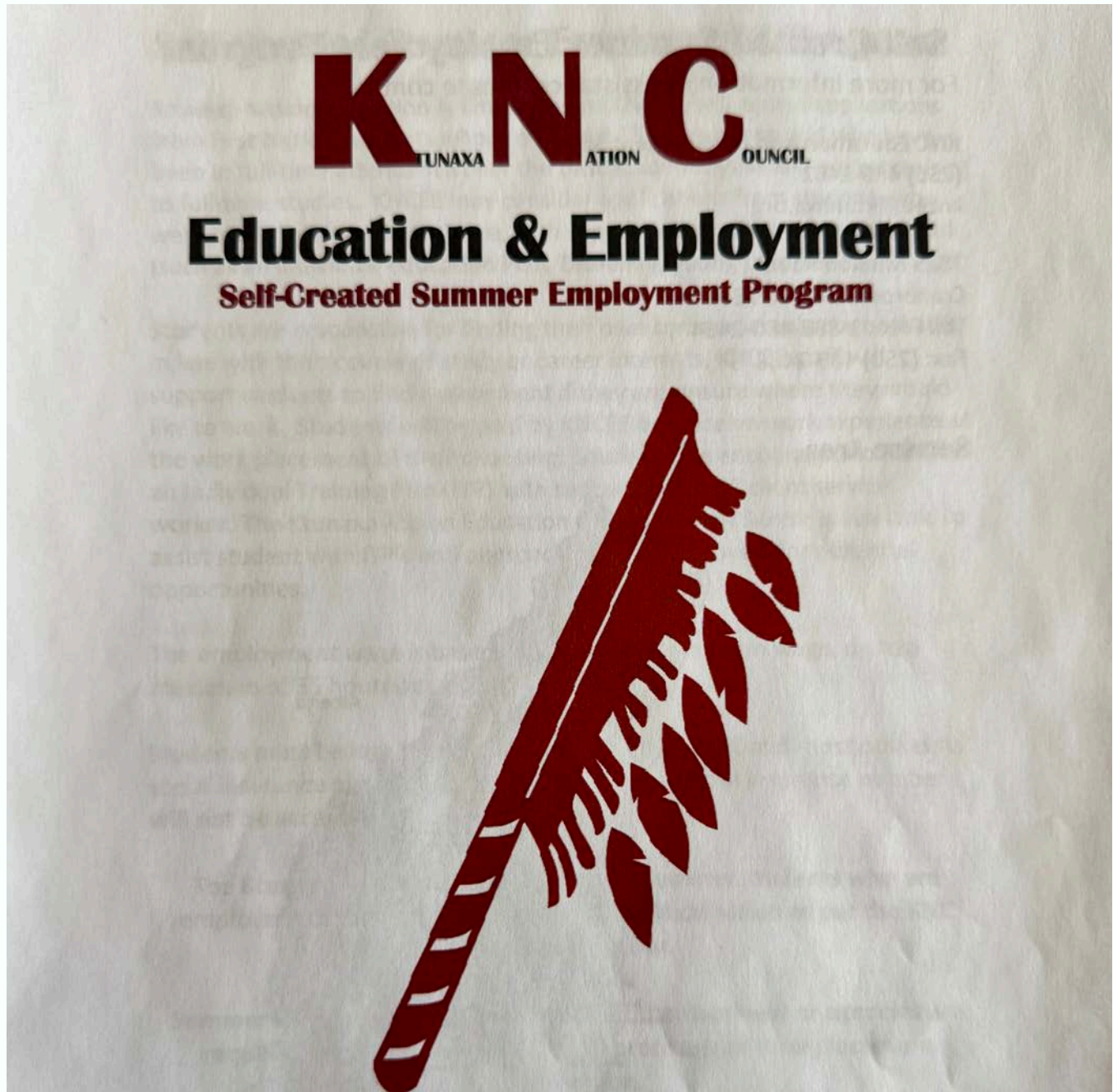
The Howling Coyote

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MBSS



Deadline for application

June 13th

Applications in Gathering Place

Contact: kncee@ktunaxa.org for more info

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MBSS

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 EASTER MONDAY	3	4	5 KITCHEN PARTY 5PM FOOD RECOVERY 12-4PM	6 MÉTIS BEADING CIRCLE 10-12	7
8	9 MÉTIS BEADING CIRCLE 10-12	10	11 OFFICE CLOSED	12 OFFICE CLOSED FOOD RECOVERY 12-4PM	13 MÉTIS BEADING CIRCLE 10-12 OFFICE CLOSED	14
15	16 MÉTIS BEADING CIRCLE 10-12 BEADING DROP-IN 4:30-6:30	17 ELDERS TEA & GAMES 10-12	18 NATIONAL INDIGENOUS PEOPLES DAY CELEBRATION 12-4PM	19 FOOD RECOVERY 12-4PM	20 MÉTIS BEADING CIRCLE 10-12 V'NDSI DANCE NATURE SHOW 7PM	21 BOW MAKING 10-4PM
22 BOW MAKING 10-4PM	23 KIDS GAME NIGHT 3-5PM YOUTH HORSEBACK RIDING	24 ELDERS TEA & GAMES 10-12 PAINT NIGHT 6-9PM YOUTH HORSEBACK RIDING	25 YOUTH HORSEBACK RIDING	26 YOUTH HORSEBACK RIDING FOOD RECOVERY 12-4PM	27 MÉTIS BEADING CIRCLE 10-12 NATURE WALK KIDS MINI GOLF 10-12	28
29	30					

OFFICE HOURS:

MONDAY - FRIDAY 9:00 AM - 4:00 PM

**OFFICE CLOSED FOR ALL EVENTS NOT LOCATED AT THE
RMMA COMMUNITY SPACE**

ADDRESS:

**5TH AVE PLAZA
110, 108 VAN HORNE STREET
CRANBROOK, BC V1C1Z3**

CONTACT INFO:

250-489-8960

RMMANAVIGATOR@GMAIL.COM

EVENT LOCATION INFO:

BEADING @RMMA COMMUNITY SPACE

BEADING DROP-IN @RMMA COMMUNITY SPACE

BOW MAKING @IDLEWILD PARK

ELDERS TEA & GAMES @RMMA COMMUNITY SPACE

LEADERS TEAG & CARNEO CRIMIA COMMUNITY OF
FOOD RECOVERY @RMMA COMMUNITY SPACE

KIDS GAME NIGHT @RMMA COMMUNITY SPACE

KIDS MINI GOLF @ELIZABETH LAKE LODGE

KITCHEN PARTY @PARKLAND MIDDLE SCHOOL

NIPD @ROTARY PARK

PAINT NIGHT @RMMA COMMUNITY SPACE

V'NI DANSI SHOW @CRANBROOK HISTORY CENTRE

YOUTH HORSEBACK RIDING @DEWER CREEK





The Howling Coyote

June 2025

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Ktunaxa Kinbasket
Child & Family
Service Society



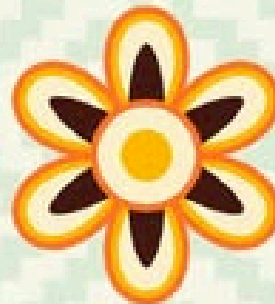
· FOUNDRY ·
EAST KOOTENAY

ksukiʔqukamaʔnam:
to celebrate and enjoy the company of one another

NATIONAL INDIGENOUS PEOPLES DAY

JUNE 18, 2025
12:30 PM - 5:00 PM
ROTARY PARK, CRANBROOK

THIS YEAR'S THEME IS
CELEBRATING COMMUNITY



ARE YOU MAKING A POSITIVE
IMPACT IN YOUR COMMUNITY?

We invite you to join us in celebrating National Indigenous Peoples Day at Rotary Park (Cranbrook) on Wednesday, June 18, 2025, from 12:30 pm to 5:00 pm.

Please contact Dana at earlyyears@ktunaxa.org
for more info.



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June 2025

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Come Bake Rainbow Cinnamon
Rolls @ Foundry East Kootenay!

16TH JUNE- 3:30-4:30

Everyone welcome (2SLGBTQ+ and allies!)





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June 2025

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MBSS



ROCKY MOUNTAIN MÉTIS ASSOCIATION



In celebration of National Indigenous Peoples Day

V'NI DANSI MÉTIS COMMUNITY JIGGING WORKSHOP & PERFORMANCE

Featuring V'ni Dansi Métis jiggers!

JUNE 20TH / 6:30 PM - 8:30 PM
ROYAL ALEXANDRA HALL AT THE
CRANBROOK HISTORY CENTRE

Learn how to Métis jig! Everyone welcome!
Light snacks and drinks are provided


Door Prizes!

NEWSLETTER

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MBSS

ROCKY MOUNTAIN MÉTIS ASSOCIATION



Paint Night

JUNE 24TH, 6PM-9PM

12 SPOTS AVAILABLE

COME PAINT IN A CLASS GUIDED BY MÉTIS
ARTIST JEN MOSE

FOOD AND SNACK SUPPLIED
ALL PAINTING EQUIPMENT SUPPLIED

**RMMA COMMUNITY SPACE: UNIT 110, 108 VAN
HORNE STREET S, CRANBROOK**



**RSVP AT
250-489-8960 OR
RMMASUMMERSTUDENT
@GMAIL.COM**



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June 2025

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MBSS

STELLER VISTA
OFF GRID ADVENTURES

YOUTH HORSEBACK RIDING

Join us in Dewer Creek for a complete off grid overnight wilderness adventure, featuring horseback riding lessons, trail riding, and a cabin stay!

Meeting place: kimberley Esso @1pm

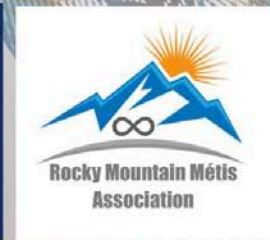
DATES:

1.JUNE 23RD – 24TH

2.JUNE 25TH – 26TH

3.JULY 8TH – 9TH

15 SPOTS AVAILABLE
FOR MÉTIS YOUTH 13+
5 PEOPLE PER DATE,
RSVP FOR ONE OF THE
DATES ABOVE



*All food included,
and bedding
provided.*



TO RSVP, CALL OR EMAIL:

+250-489-8960

rmmasummerstudent@gmail.com



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MBSS

Youth Art Contest

CALLING ON

First Nations artists,
poets & storytellers!

You could win

\$50

For entering - for
the first 25 artists

\$500

Per winning
submission

CATEGORIES

Visual Art • Short Stories • Poetry

THEME

For you, your future,
your community.

Stand together against cancer caused by HPV

HOW IT WORKS

- 1 Learn about HPV at [FNHA.ca/HPV](https://fnha.ca/hpv)
- 2 Create up to 3 pieces of art in any one or several categories
- 3 Submit by **June 30, 2025** by following the QR code or link
- 4 Win prize money and see your art in FNHA's HPV campaign resources and website!

Join FNHA's HPV Cancer Care Action Campaign!

Express your perspectives and cultural values on community wellness, HPV & cancer prevention.

Open to First Nations individuals in BC ages 11 and above!

Submit by June 30, 2025



Open to all
skill levels!





The Howling Coyote

June 2025

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 **I-SPARC**
Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council




**Rocky Mountain Métis
Association**

RMMA 10TH ANNUAL INDIGENOUS HOCKEY SCHOOL

Camp will feature on/off ice training
and skill development
Light food and beverage provided
Open to all Indigenous Youth (First Nations,
Métis & Inuit) ages 6 - 18.
Door Prize Raffle

Event Inquiries:

Parker Orchard
Sport & Physical
Activity Coordinator,
Interior Region
porchard@isparc.ca
250-856-0868



**Western Financial Place
Arena - Cranbrook**
10:00pm - 6:00pm
AUGUST 9TH & 10TH

<https://isparcbc.wufoo.com/forms/mltdntd0pxroth/>

FREE TO REGISTER





NEWSLETTER

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Ya·kiʔ ʔawumuʔtiʔamnamki

Regional Health Centre

**Call us at
250 420 2700**

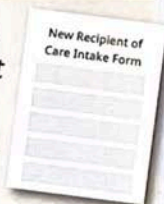
**Ktunaxa Nation
Regional Health Centre**
Ya·kiʔ ʔawumuʔtiʔamnamki

32 9th Ave. S.
ʔakisqakʔiʔit (Cranbrook),
B.C., Canada
FAX: 250 420 2782

Want to become a client?

Drop by during centre hours
to fill in a basic *New Recipient
of Care Intake Form*.

NOTE: New clients meet
the health centre mandate.
Health Centre services are inclusive
of **Ktunaxa** members, their families,
and other **Indigenous peoples** who
are living in ʔamakʔis Ktunaxa.



Centre Hours

Monday to Friday
9:30 AM ~ 4:00 PM

Closed on stat holidays

Weekly Schedule

*(For health centre clients: Please register
as a client if you intend to drop in. Thank you.)*

Drop-In Appointments

Mondays 1:00 PM

Thursdays 1:00 PM

*Drop in to see a nurse
practitioner or counsellor.*

*We welcome drop-in appointments and will
prioritize individuals based on the urgency of
their needs, with care and sensitivity to each
person's unique situation.*

OAT Afternoons

Wednesdays 1:00 PM

Opioid Agonist Treatment

Visit us at
www.ktunaxa.org



KTUNAXA
NATION



kʔawʔa
SOCIAL
INVESTMENT



NEWSLETTER

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**KTUNAXA
NATION**
Ya·kiʔ ʔawumuʔtiʔamnamki
Regional Health Centre

**KTUNAXA
NATION****kʔawfaw
SOCIAL
INVESTMENT**

Where We Are

Call Us
250 420 2700
Ktunaxa Nation
Regional Health Centre
Ya·kiʔ ʔawumuʔtiʔamnamki
ʔakisqakʔiʔit (Cranbrook)
32 9th Ave. S.
Cranbrook, B.C. Canada

Hours
Monday ~ Friday
9:30 AM ~ 4:00 PM
Closed on stat holidays
FAX: 250 420 2782

Who We Serve

All services are inclusive of **Ktunaxa** members, their families, and other **Indigenous peoples** who are living in ʔamakʔis Ktunaxa.

Please **contact us** to learn more or to book an appointment, 250 420 2700.

What We Offer

Services Overview

Nurse Practitioner	Assessment, prescriptions, diagnostics, referrals
Nurse: Public Health	Immunizations, TB testing, STI testing, PAPs, prenatal/postnatal support, contraception
Nurse: Primary Care	Wound care, injections, blood draws, care navigation
Nurse: LPN Community Outreach	In-community care, complex client support, mobile health services
Mental Wellness Clinician	Counselling, mental health support, crisis response, trauma & addiction support
Social Work Support	Medical travel, income assistance support, crisis support, senior services, community resource navigation & referrals
Internal Medicine	Monthly specialist appointments (by referral)
Psychiatry	Monthly specialist appointments (by referral)
Physiotherapy	Bi-weekly physio services (referral needed)
Substance Use Treatment Support	Referrals, treatment navigation, OAT medication, counselling,
Safer Use Education	Naloxone training, using safely, supplies (e.g., naloxone, pipes, needles)
Ktunaxa Health Outreach Van	Wound care, immunizations, STI testing, harm reduction, basic needs
Foot Care	Monthly foot assessments and treatments

Health & Wellness

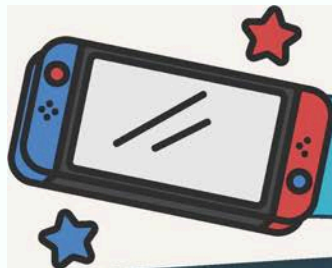
Appointment Booking	Support from Medical Office Assistants (MOAs)
Free Snacks & Drinks	In partnership with local food programs, available to all
Medical Supplies	Breast pumps, Plan B, lice kits, wound care, blood pressure monitors, naloxone, condoms etc.



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FOUNDRY PRESENTS:

MONDAY'S THRIVE AND STRIVE

Thrive and Strive is a weekly beginner workout oriented group with the focus of building a solid, healthy, and consistent routine towards one's physical health!

This group will include weightlifting, yoga, meal prep, and more!



Location : 100 12th Ave S, Cranbrook
Date : Every Monday!
Start Time : 3:30pm
End Time : 5:00pm

• FOUNDRY •

EAST KOOTENAY



The Howling Coyote

June 2025

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MBSS

MOVIE TIME

Movie Fridays

2:00pm-5:00pm

On Pro-D Days and School Breaks Foundry
will be Hosting Movie Days!

Stop by to enjoy some snacks and movies
from 2pm-5pm



NEWSLETTER

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MBSS

WE WANT YOU!

to join our

LANCER

D&D Campaign

JOIN US!

Build skills. Forge connections. Shape your story.

Join us in a sci-fi tabletop roleplaying adventure where you'll pilot giant mechs, complete missions, and collaborate with your team.

Starting may 21st
every other wednesday

3:30-5:30

TIKAWICKINIK
POWDERY EAST HOOTENAY

• **F.** •
EAST HOOTENAY





The Howling Coyote

June 2025

NEWSLETTER

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MBSS

• FOUNDRY •

EAST KOOTENAY

Resume and Job search Drop-in

Stop by Foundry East Kootenay.

Every Monday from 2:00pm-5:00pm

Needing help
designing a resume?

Do you need support in looking
for a job?

We can help you achieve
your goals!



NEWSLETTER

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MBSS

**Our wellness counsellors
are available for walk-in:**

Wednesday - 2:00pm-6:00pm

Thursday - 2:00pm-6:00pm



Check out our wellness
counsellor's bookable hours
VIA our Foundry app, or call our
front desk;
(778) 517-8658





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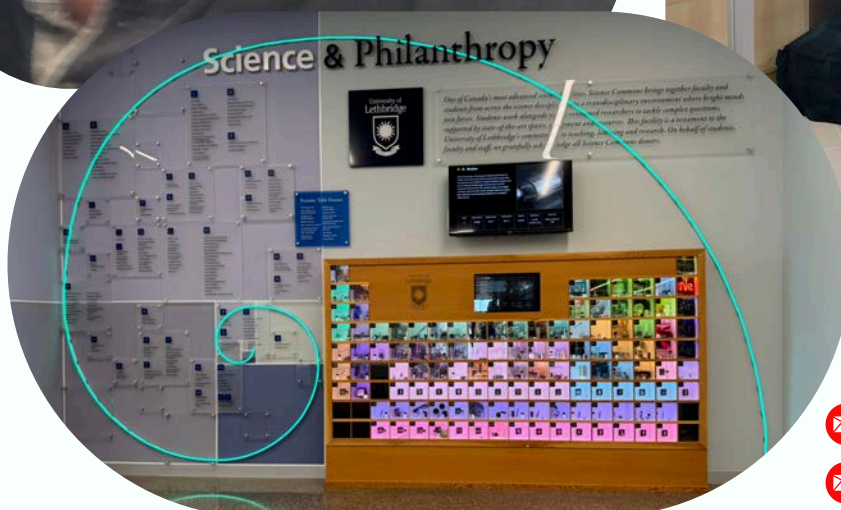
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alison.farkvam@sd5.bc.ca



Alexis.hekker@sd5.bc.ca