Howling Coyote Newsletter



November & December 2026

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

ʔakinmi yakiǂ ʔituqˀǂiǂqakȼamnamki



Upcoming Dates:

November 8th – Indigenous Veterans Day
November 10th – Remembrance Ceremony
Warriors Meeting 11:25-12:25
November 11th – STAT NO SCHOOL
November 16th – Louis Riel Day & Rock Your Mocks Week & Marks Due
November 17th – Metis Flag Raising 11:00 AM-Meet at flagpole
November 19th – Grad Check Begin & Report Cards
November 20th – PRO D DAY – Teachers in session, students no school.
November 23rd – Grad check begin
November 24th – Indigenous Education Councill 11:25-12:25
November 25th – Grad/Parent Scholarship Meeting 7 PM

December 2nd – MBSS Band Winter Concert KCT @ 7:30 PM
December 8th – Warriors 11:25-12:25
December 15th – Indigenous Education Council 11:25-12:25 PM
December 17th – Locker Clean out 3 PM
Winter Break – December 21st – January 3rd

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

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.			

Student Handbook

School Calendar

Annual Calendar

Our Elders in Residence

Dorothy Ratch
Mel Ratch
Joan O'Neil
Winnie Vitaliano
Pheb Goulet



Indigenous Websites

Communities:
?aqam
Tobacco Plains
?akisqnuk
Yaqan Nukiy
Metis Nation BC
Rocky Mountain Metis Association

Games:
Indigenous Games for Children (Youth)
Creative Spirits

Languages:
First Voices
First Voices Kids (Ktunaxa Songs and Stories)
Michif

Museums:
Glenbow Museum
Museum of Anthropology

We are looking for parent volunteers!!

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, 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



ʔat hu wiłiłwinatała'ni kwanaqnaniyikɕałka.

{Ktunaxa Veterans, you are always in our hearts.}

Dwayne Albert
Joseph B. Andrew
Mary Denise Antiste
Thomas Antiste
Edward Auld
Edward Auld
Francis Auld
Paul Auld
Virgil Auld
Isaac Basil
Gina Big Beaver
Fred Birdstone
Zachary Birdstone
Abel Capilo
Arnold Caye
Francois Caye
Francisco M. Caye
Darren Couture
Richard Couture
Ronald Couture
Tom Couture
Wayne Couture
Isaac David
Matthias David
F. Kennedy Dupuis
Bernard Eneas
Joseph Eugene
Raymond Finley
Tricia Finley
Vernon Finley
Anthony Fisher
Benjamin Francis
Ike Francis
Nicholas Francis
Kenneth Friedlander Jr.
Clarence Gingras
Eli (Dick) Gingras
Francis Gingras
Kenneth Francis Gingras
Thomas Gingras
Tom Gingras
William Gingras
William Gingras
Sam Pierre Goodman
Garnet Gravelle
James Gravelle
Nicholas Gravelle
Aloysius Hewankorn
Charles Hewankorn
George Hewankorn
Henry Hewankorn
Jerry Hewankorn
Leroy Irvine Hewankorn
Rose Hewankorn
Christopher Horsethief
Harold Irvine
LeRoy Irvine
Lloyd Irvine
Maurice Isaac
Steven Isaac
Wilfred Jacobs
Lucien Jimmie
Moses Jimmie
James Kallowat
Howard Kallowat
Camille Kenmille
Donald Kenmille
Eneas Kenmille
Lawrence Kenmille
August Lefthand
Francis P. Lefthand
Frank Lefthand
George Lefthand
Kenny Lefthand
Patrick Lefthand
Victor Lefthand
M. Jason Louie
Misty Louie
Robin Louie
W.C. Louie
Melvin Madplume
Camille Mathias
Joseph Mathias
Aloysius McCoy
Isaac McCoy
Joseph McCoy
Abraham Michel
Isadore Michel
Johnny Michel
Matt Michel
Wilbert Michel
Sebastian Mike
Edward Morigeau
Helen Ruth Morigeau
Joseph James Morigeau
Toby Nicholas
Richard Nichols
Peter Sam Nicolai
Justin O'Bennick
Richard O'Bennick
Louis (Pug) Pablo
Michael T. Pablo
Thomas E. Pablo
Mary Paulite
Douglas Phillips
Edward Phillips
Frank Phillips
George Phillips
Joe Phillips
Joseph Phillips
Neol R. Phillips
Johnny Pierre
Mose Pierre
Pete Pierre
Frank Martin Sam
Martin Sam
Mathias Sam
Peter M. Sam
Pete Sanchez
Clarence Abel Sebastian
Mark Sebastian
Pat A. Sebastian
Stainslaw Simon
Joseph Skookum
Michael Smith
Henrietta Stanley
Andrew Starr
Lassaw Stasso
Lasaw Stasso Jr.
Michaelanne Stasso
Peter Stasso
Lawrence Jack Stevens
William Stevens
Daniel Stiffarm
Jeremy Stiffarm
Louis F. Stone
William Swanson
Pierre Sylvester
Frank Tenas
Herbert White
Stanley White
Joseph Whitehead
Louis William
K. G. Williams
Leo Williams
Isadore Williams
Joseph Williams

We apologize if we have missed anyone. Please email corrections to news@ktunaxa.org so we can update our records.

To those who sashed and stood,
for freedoms won in the wood,
our hearts weave a debt,
so we shall not forget.



WITH ETERNAL GRATITUDE
AND REMEMBRANCE.

MTC

Mount Baker Secondary School

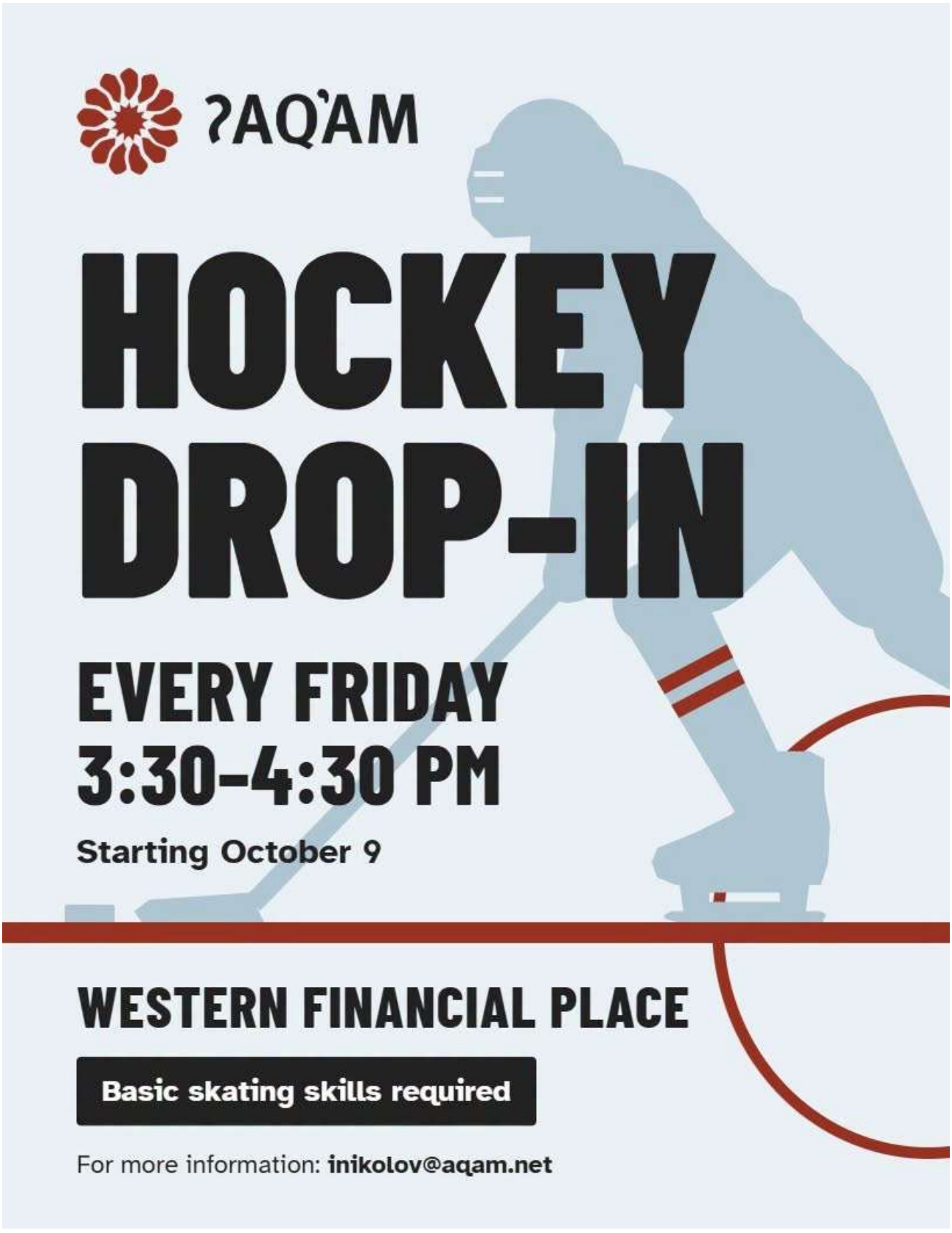
METIS FLAG RAISING

NOVEMBER 17TH AT 11 AM

1410, Baker Street Cranbrook
Meet at the flagpole



All Are Welcome


ʔAQ'AM
HOCKEY
DROP-IN
EVERY FRIDAY
3:30–4:30 PM
Starting October 9
WESTERN FINANCIAL PLACE
Basic skating skills required
For more information: inikolov@aqam.net

ALL KTUNAXA CITIZENS WELCOME

STIPEND PROVIDED

rsvp
walk-ins also welcome

ENGAGE WITH US ON KTUNAXA'S LEGACY TRUST!

creating a LEGACY

for future generations

Round 1: November 10, 2026 5-8pm

Round 2: November 26, 2026 5-8pm

location: Band office, meeting room, 3050 BC-93

DOOR PRIZES, DINNER, AND STIPEND PROVIDED!

***all Citizen virtual option*:**

Round 1: October 27, 2026 5-8pm

Round 2: November 19, 2026 5-8pm

visit ktunaxahakqyit.org

win me!



KTUNAXA NATION

WAYFINDERS

Wednesday
Activity Night

Start a new project or finish an old one



Every Wednesday

ʔaq̓am Language and Culture building

6-9pm

Dinner provided

Sewing machines available

For more info : cwilliams@aqam.net


Christmas
MARKET
Saturday, November 14, 2026
10:00 AM – 4:00 PM
Dan Joe Gymnasium
7500 Mission Road • Cranbook, BC
Looking for:
CRAFTS
FOOD
CANDLES
ART
BAKED GOODS
and more!
$25.00 per table
if you supply your own
$35.00 per table
if the venue supplies the table
Apply by email at rcjburnham@gmail.com
Deadline to secure a spot:
Friday, November 6, 2026

ʔAQʼAM

HOLIDAY CARD CONTEST



Calling all ʔaq̓amnik̓!
Enter to have your photo or art featured on the card, and you could win a $100 Visa gift card!

Submit by November 20, 2026
by emailing communications@aqam.net

FOR POTLUCK & YOUTH GIFT
RSVP ONLINE OR
CALL (250) 426-5717

ʔAQ̓AM

ʔAQ̓AM COMMUNITY CHRISTMAS DINNER

POTLUCK

SATURDAY, DECEMBER 5, 2026
3 - 7 PM
DAN JOE MEMORIAL GYM

GIFTING, GAMES, GOOD FOOD AND GOOD CHEER



PHOTOS WITH THE BIG GUY IN RED!





WE ARE LOOKING FOR
2 EVENT
PHOTOGRAPHERS!
FULL DAY STIPEND
CONTACT
COMMUNICATIONS
@AQAM.NET



OPERATION CHRISTMAS ELF

We're collecting new, unused gifts for our students to "shop" for their loved ones this Christmas!

This special opportunity allows students to experience the joy of giving and choosing something meaningful for the people they love.

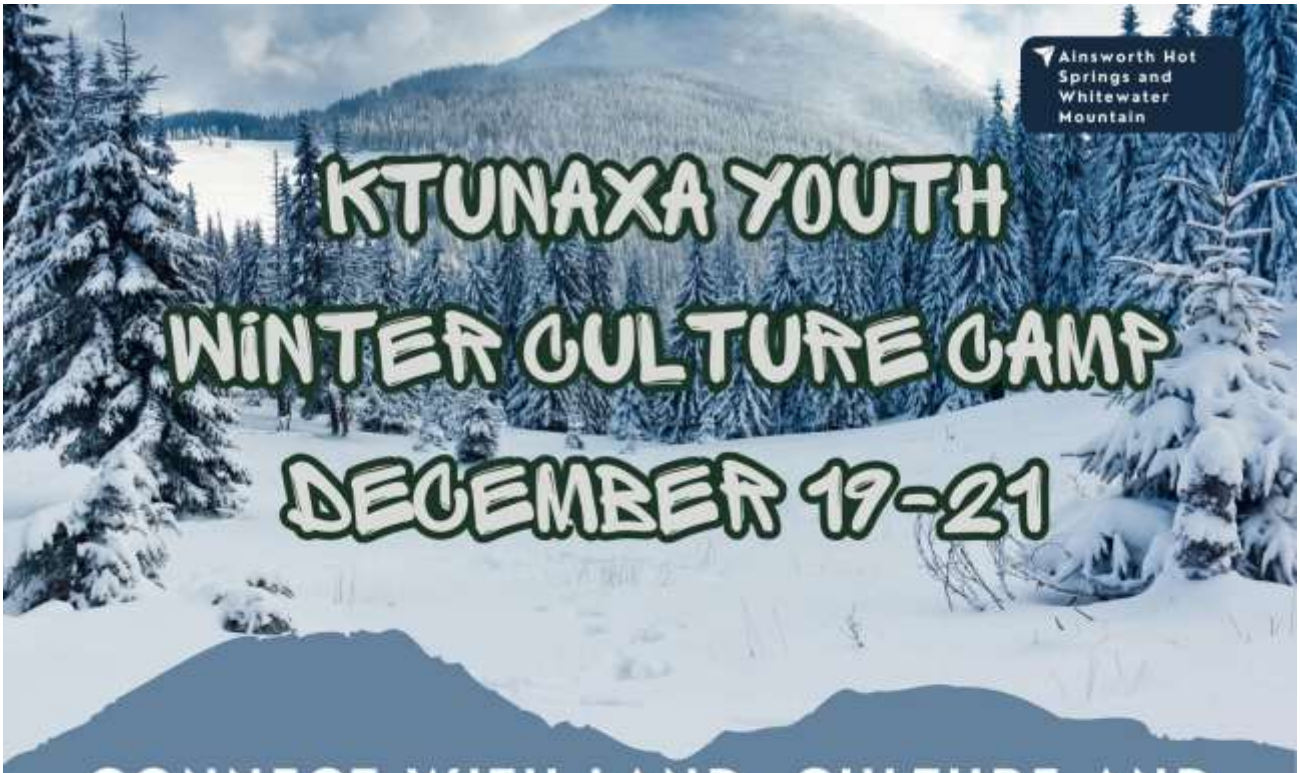
🎁 What We're Looking For:
Gifts for all ages, from young children to grandparents
New, unused items that are unwrapped
Gift bags, tissue paper, and gift tags

Every donation helps make this Christmas tradition extra special for our students and their families. Thank you for helping us spread the spirit of giving!

Drop-Off Contact:
Bonnie Harvey
bharvey@aqam.net
📞 250.421.9275

ʔAQ̓AM

Deadline to donate: Friday, December 04, 2026



KTUNAXA YOUTH WINTER CULTURE CAMP

DECEMBER 19-21

CONNECT WITH LAND, CULTURE AND COMMUNITY AT AINSWORTH HOT SPRINGS AND WHITEWATER MOUNTAIN

YAQAN NUKIY YOUTH GROUP INVITES KTUNAXA YOUTH AGES 15-25 TO GATHER AND CONNECT WITH LAND AND CULTURE!

- *Accomodation at Ainsworth, meals, and ski/snowboard instruction provided. Transportation to yaqan nukiy is not.*
- *Ski/Snowboard, Ktunaxa Arts, Land Based Activities and Learning Opportunities!*
- *Limited number of participants so register as soon as possible. Registration confirmation by November 20th, 2026*
- *Fill out form by scanning the QR code on the flyer!*

SCAN QR CODE TO REGISTER AND FOR MORE INFORMATION!
Registration Closes on November 13th

For more information and if you have any questions or concerns, please email youth@lowerkootenay.com

RMMA (Rocky Mountain Metis Association)



Taanishi,
Rocky Mountain Métis Community,

The holiday season is just around the corner, and we would love to bring our community together for a **Christmas Potluck Dinner.**

Please join us on ***Friday, November 27th, 2026*** *at* ***5:30 PM*** *at the Railway Museum for an evening of good food, visiting, and Christmas cheer.*

Bring a dish if you can!

Enjoy an evening of:

- *Traditional Métis fiddling and dancing*
- *Crafts and festive activities*
- *A special guest*
- *Fun for the whole family*

There will also be a draw for

Turkeys and Gifts!

A gift for every child registered!

Please register by providing your child's name and age.

(Ages 0 – 18)

Rocky Mountain Métis

Kids Christmas Party

November 27
5:30 PM

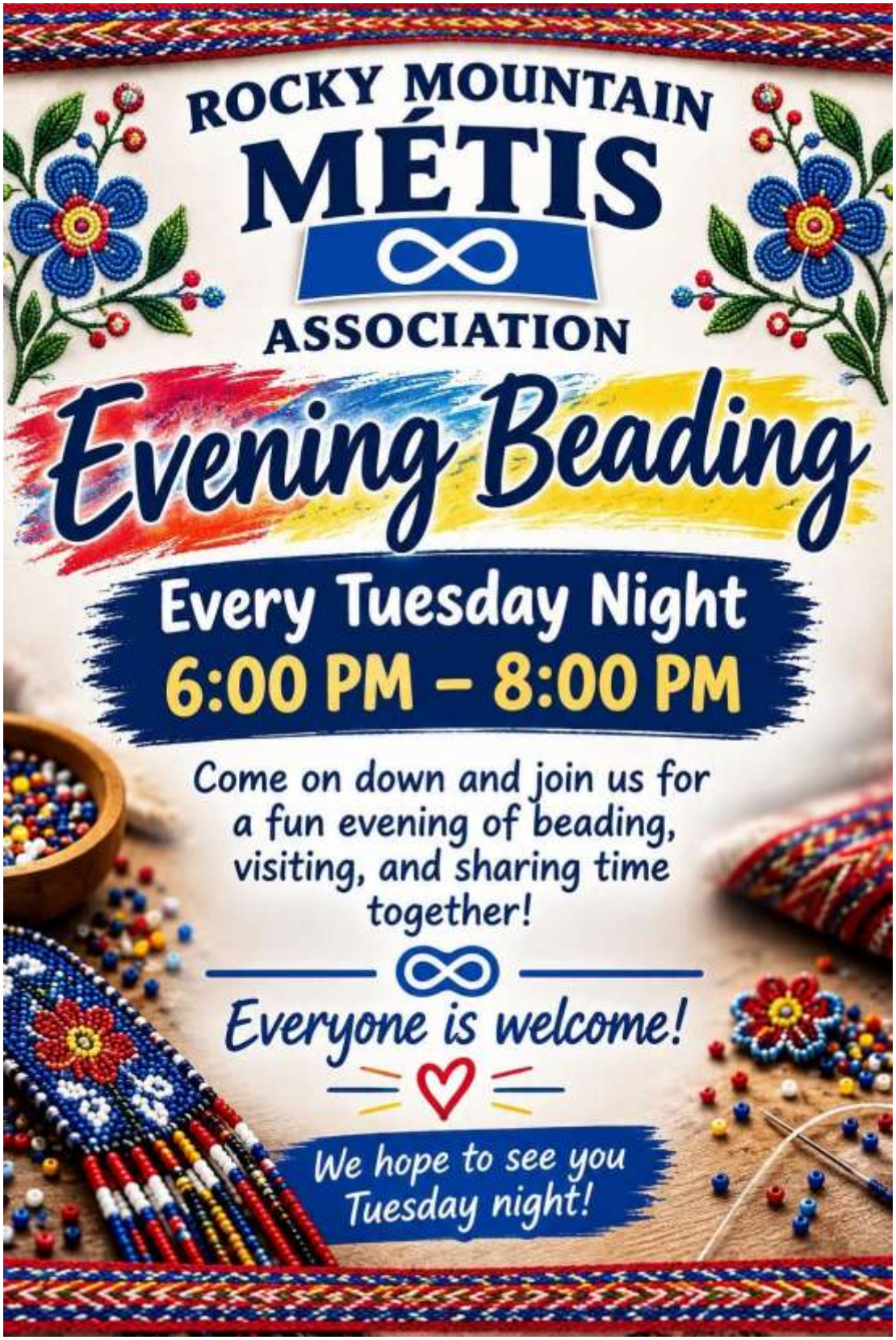
- Pot Luck Dinner
- Crafts
- Cookie Decorating
- Hot Chocolate



There will be pictures with Santa!

Location:
The Railway Museum

Please register with Alyssa at
rmmafamilynavigator@gmail.com
with your child's age and gender for a gift.


ROCKY MOUNTAIN
MÉTIS
ASSOCIATION
Evening Beading
Every Tuesday Night
6:00 PM – 8:00 PM
Come on down and join us for a fun evening of beading, visiting, and sharing time together!
Everyone is welcome!
We hope to see you Tuesday night!

Growing Together

A monthly caregiver group facilitated by Foundry East Kootenay

First Thursday of the Month, 5:00–6:30 pm

Dinner Provided

Youth Space Available to Meet Peer Support Team

For Parents/Caregivers Wanting Tools to Connect & Communicate with their Teen

Call (778) 517-8658 to Register
Limited Spaces Available



4 sessions

Starting November 5

Nov 5:	Understanding My Parenting Style
Dec 3:	Listen to Connect, Not to Fix
Jan 7:	When Things Get Hard
Feb 4:	Connection in Everyday Life



ɬikxawiɬikimik
For all things to be connected

·FOUNDRY·

Weekly Calendar

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For all things to be connected

·FOUNDRY·

Monday, November 2nd:
- Same-Day Bookable Counselling
- Cooking with Shaun, 3:00-4:45 pm

Tuesday, November 3rd:
- Same-Day Bookable Counselling
- Hot Lunch, 11:30-1:00pm
- Study Spot (chill, drop-in homework and learning space with free food and educational support!), 3:00-4:45pm

Wednesday, November 4th:
- Drop-In Counselling, 2:00-6:00pm
- Youth Substance Use Connections w/ Elaine from MHSU (support and harm reduction...snacks included!), 1:00-4:30pm
- D&D (Dawn the RPG Campaign, ages 16-24!), 3:30-5:30pm

Thursday, November 5th:
- Drop-In Counselling, 2:00-6:00pm
- Art Sesh, 3:30-5:30pm
- Growing Together (monthly caretakers group, dinner is provided!), 5-6:30pm

Friday, November 6th:
- Same-Day Bookable Counselling
- Pride & Gender Diversity Group (16-24!), 3:30-4:45pm

Services Offered by Appointment During Business Hours:
- Primary Care (offered by Physicians and Nurse Practitioners)
- Solution-Focused Brief Therapy (offered by Wellness Counsellors)
- Cultural Support and 2SLGBTQIA+ Connection
- Foundry Works and Education Program
- Youth Peer Support
- Caregiver Peer Support
- Foundry Facility Tours

Contact us with any questions!

Call our front desk:
778-517-8658
Send us an email:
foundry@ktunaxa.org
Or come in and see us,
10-5 M; 9-5 T;
10-6 W/TH; 9-5 F

PRIDE & GENDER DIVERSITY GROUP



WHERE: Foundry East Kootenay
100 12th Ave S, Cranbrook, BC

WHEN: Fridays - 3:30 - 4:45

WHAT TO EXPECT

Open conversations & peer support
Talk about identity, relationships, school, family, coming out, transitioning, and whatever matters to you.

Gender & Identity Discussions
Explore gender identity, expression, pronouns, transitioning, and common myths about being trans or queer.

Activities & Games
Creative activities, games, crafts, group challenges, and opportunities to just hang out.

Community & Resources
Learn about local LGBTQ2S+ resources, supports, events, and community organizations.

A Space to Belong
Meet other LGBTQ2S+ youth and young adults in a respectful and supportive environment.

AGES: 12–15 & 16-24
Alternating weeks

Ages 16-24:	Ages 12-25:
Sept. 18th, 25th	Sept. 18th
Oct. 9th, 23rd	Oct. 2nd, 16th, 30th
Nov. 6th, 20th	Nov. 13th, 27th
Dec. 4th, 18th	Dec. 11th

Contact: Wes Spiry
wes.spiry@kkcfss.org
(250) 464-0542

YOU DON'T NEED TO HAVE IT ALL FIGURED OUT.

No label required.
Come as you are.

Free Welcoming Inclusive Confidential

Everyone deserves a place to feel seen, supported and connected

aRt Sesh



EVERY THURSDAY

3:30 PM -5:30 PM

@tíkxawiçikimik
Foundry East Kootenay
100 12th Ave S, Cranbrook, BC


YOUTH SUBSTANCE USE CONNECTIONS
With Elaine from MHSU
Drop-in at Foundry East Kootenay
Wednesdays
1:00 PM - 4:30 PM
tíkxawiɛikimik
For all things to be connected
·FOUNDRY·
EAST KOOTENAY
Operated by:
Ktunaxa Kinbasket Child & Family Service Society
Interior Health

Belong, Explore, Grow

A guide to activities, clubs, sports, arts, and opportunities for children and youth.

Team Sports

Kootenay East Soccer Association
kootenayeastsoccer@gmail.com | kootenayeastsoccer.com

East Kootenay Volleyball Club
admin@ekvcvolleyball.com | ekvcvolleyball.com

Rocky Mountain Rams Football
rmramsfootball@gmail.com | rmrfootball.ca

Field Sports

Cranbrook Minor Ball
cmba@outlook.com | cranbrookminorball.net

Badgers Lacrosse
cranbrookbadgers@gmail.com | badgerssports.ca

Cranbrook Lacrosse Association
cranbrooklacrosse@gmail.com | cranbrooklacrosse.com

Ice Sports

Cranbrook Minor Hockey
cranbrookminorhockey.com

Cranbrook Skating Club
cranbrookskating@gmail.com | cranbrooksc.uplifterinc.com

Cranbrook Curling Club
cranbrook.curling.io

Aquatics & Recreation

Cranbrook Tritons Swim Club
swimtritons@gmail.com | cranbrooktritons.com

City of Cranbrook Recreation Programs
cranbrook.ca | 250-489-0220

Key City Gymnastics
office@keycitygym.ca | 250-426-2090 | keycitygym.ca

Outdoor Adventure & Cycling

Wildhorse Cycling Youth MTB
wildhorseyouthmtbclub@gmail.com | bikewildhorse.ca

Ridetheory
info@ridetheory.ca | ridetheory.ca

Cranbrook Community Forest & NorthStar Rails to Trails
cranbrook.ca | cranbrookbc.com

Individual & Snow Sports

ClimbARQ
info@climbarq.com | 250-489-0620

Cranbrook Archery Club & Bowling
cranbrookarcheryclub.com | encorebrewing.com

Kimberley Alpine Team & Kimberley Nordic Club
kimberleyalpineteam.ca | kimberleynordic.org

Find Your Fit

Youth Activities and Opportunities in Cranbrook

Arts, Creativity, & Technology

Cranbrook Arts
cranbrookarts.com

Key City Theatre & Cranbrook Community Theatre
keycitytheatre.com | cranbrookcommunitytheatre.com

YXC Makerspace
yxcmakerspace.ca | 250-778-8802

Dance & Movement

Kootenay Dance Xtreme
admin@kootenaydancextreme.com | 778-481-5155

Stages School of Dance
stagesschoolofdance.com | 250-426-6735

Aspire Dance
aspiredance.ca | 250-489-4257

Leadership & Service

BGC Youth Impact
yi@bgccranbrook.ca | 250-919-3596 | bgcranbrook.ca

Cranbrook Army Cadets & Key City Air Cadets
250-426-2126 | bcaircadetleague.com

Girl Guides
girlguides.ca

Community & Environmental

Ktunaxa Nation Youth Programs
ktunaxa.org

Wildsight Kimberley Cranbrook
kimcran@wildsight.ca | 250-427-2535 | wildsight.ca

Cranbrook 4-H Club & Cranbrook Youth Ambassadors
4hbc.ca | cranbrookyouthambassadors.com

Learning & Wellbeing

Cranbrook Public Library Teen Hub
staff@cranbrookpubliclibrary.ca | 250-426-4063

Foundry East Kootenay
foundry@ktunaxa.org | foundrybc.ca

KidsSport
kidsportcanada.ca

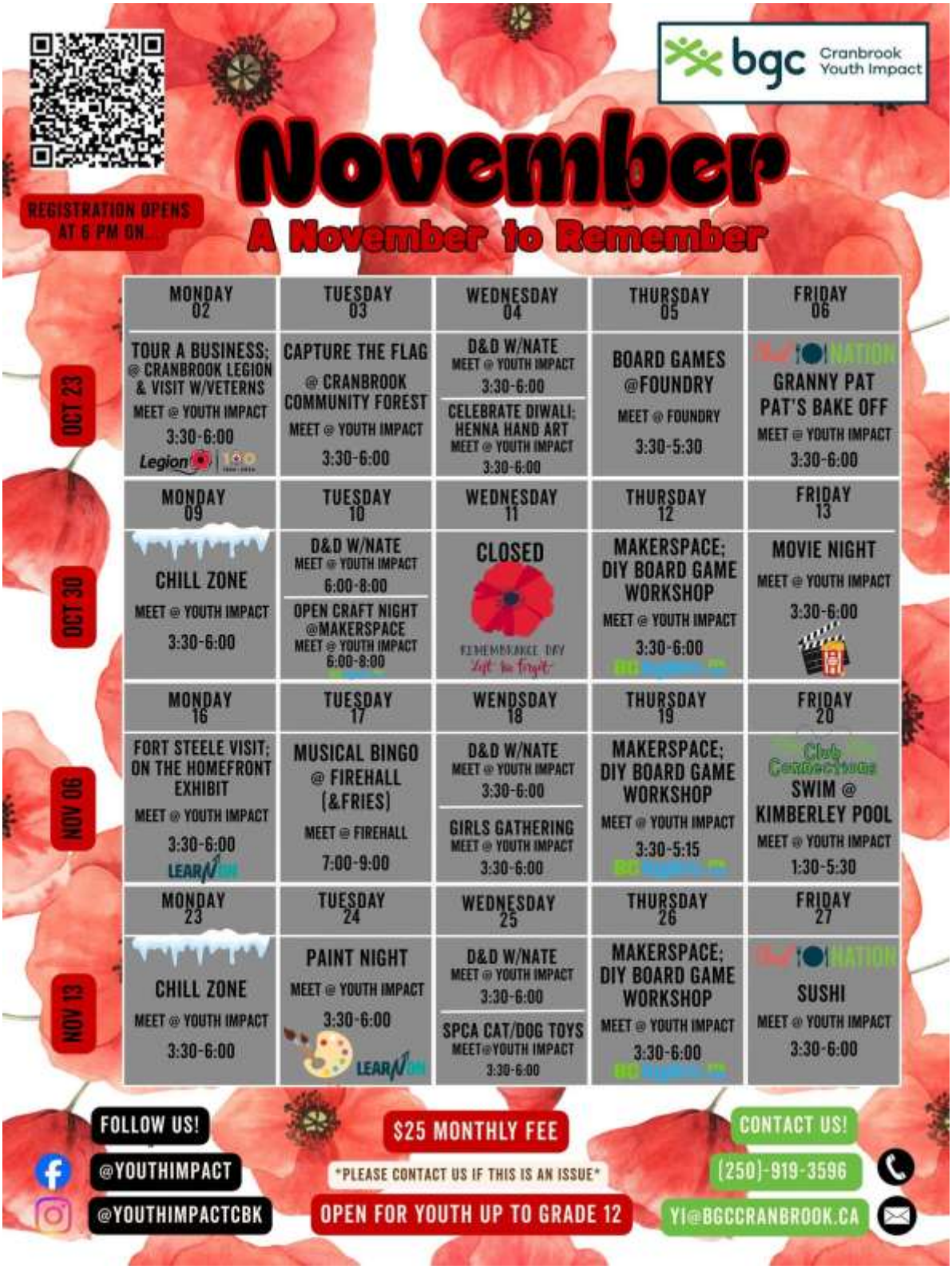
Martial Arts

Rocky Mountain Martial Arts
martialartscranbrook.com | 250-919-7786

Cranbrook Judo Club
cranbrookjudo@gmail.com | 250-409-4224

Cranbrook Kyokushin Karate
kyokushincranbrook.ca

YOUTH IMPACT



Volunteer


REGISTER TO volunteer
Are you:
• a retiree wanting to spend time & talk with others
• a student who wants volunteer hours for your resume
• a teenager who wants to help the less fortunate
• a working professional who needs a healthy outlet
• a good samaritan who wants to give back to our community
• a Kootenay resident who wants to avoid the fall/winter blues by connecting with others
Volunteer programs for you to choose from:
• Crisis Line
• Snow Angels
• Senior Friendly Visitor
• Senior Friendly Check-in Program
• Volunteer Assisted Shopping Program
• Community Volunteer Income Tax Program
PLEASE CALL US AT 250-426-8019

Youth Outreach
and Family Support Program

is a **free, confidential, short term, and voluntary** program that supports youth 12-18 with a variety of challenges

We can support with...

- mild mental health concerns
- family challenges
- life skills
- health and wellness
- housing
- relationships
- connecting with other community services

We can meet...

- during school or after school
- in our office or in our community
- in person, over the phone, or over video

If you think we can support you, please reach out to 250-426-7477.

You can also ask for a referral from your school counsellor, family doctor, or other supports

Canadian Mental Health Association
Kootenays
Mental health for all

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

JA British Columbia | Member of JA Canada

Columbia Basin trust

Community Futures East Kootenay



JA Company Program

Build Your Own Start-up!

YOUTH AGED 14-18

Join JA Company Program and get the knowledge needed to organize and operate an actual business enterprise!

The program supports the curriculum objectives of a range of subjects including entrepreneurship, marketing, general business, career studies, social studies, mathematics, leadership and co-op.

Program Details

- Dates: November 17, 2026 to February 16, 2027 (with holiday and other breaks)
- Times: Tuesdays, 5:00–7:00 PM MT
- Location: Ground Floor Coworking Space / YXE Maker Space. Community Futures – East Kootenays | 100, 131 7th Avenue South, Cranbrook, V1C 2J3
- Capacity: 15 students
- Free of charge

YXC MAKER {SPACE}

In this 12-week program, you will:

- Launch your own student-led business from scratch with $300 in startup funding.
- Build skills in marketing, sales, finance, and leadership, with the opportunity to take on an executive role in your area of interest
- Work with experienced mentors
- Strengthen your resume and post-secondary applications
- Meet other motivated students and have fun along the way
- Have facilitated access to the maker space to bring their ideas to life

Deadline to Register: November 10!

CLICK HERE TO REGISTER

Or scan this QR code

Need More Information?

Please visit
JA Company Program

jabc.org

Cranbrook Women's Resource Centre
a Community Connections program

Every woman deserves resources, connection, and community during the holidays.

The Christmas Season can bring a lot of pressure, and if you are a woman facing a difficult time right now - whether you are struggling to make ends meet, managaing a crisis, or just trying to provide for your family - Here at the CWRC we see you.

The Cranbrook Women's Resource Centre has resources and holiday assisstances to help wrap you in support. If you or a woman you know needs a helping hand this Christmas please reach out to us. Your safety, dignity, and privacy are our top priority.

Register by Dec 7

Please provide, first and last name of mom, names and ages of children.

REGISTER & CONNECT:

250-426-2912

cbkwrc@ccssebc.com

ccscranbrook.ca/wrcgroup

COLLEGE OF THE ROCKIES

