

Howling Coyote Newsletter

January 2021

ki?suk kyukyit **Taanishi Halu Hello**

HAPPY NEW YEAR!

?akinmi yaki? ?ituq' #i?qak?amnamki



ki?suk kyukyit hu suki?qukni kin wami?ki? Ktunaxa ?amak?is

**Acknowledging we are in the
homelands of the Ktunaxa People.**



Aboriginal Education Support Workers

Alison Farkvam
MBSS (250) 426-5241 ext. 748
alison.farkvam@sd5.bc.ca

Marie Dawson
MBSS (250) 426-5241 ext. 747
marie.dawson@sd5.bc.ca

Mount Baker Secondary School Website

Mount Baker-

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

School District #5 -

[http://www.sd5.bc.ca/Pages/default.aspx#/=](http://www.sd5.bc.ca/Pages/default.aspx#/)

Ask AN ELDER

Do you have a question for an Elder?

Please send your questions to Alison Farkvam

alison.farkvam@sd5.bc.ca



All the best to **SHEENA RIVERS**, Aboriginal Education Support Worker.

She has accepted a new position outside of SD#5.

She has been apart of the SD#5 team for the past eight years and will be greatly missed.

Good luck to her and a Safe and Happy 2021!



Graduation



Please check the Mount Baker website regularly for updates on Grad.

<https://www.sd5.bc.ca/school/mbss/Students/Graduation/Pages/default.aspx#/=>

****REMINDER****

**Graduation Photos Beginning Next Week
January 11th**

Book Online

All Grads, you can now book your graduation photos online at www.lifetouch.ca/southernalberta.

Once on the website, click on LETHBRIDGE, under CHOOSE YOUR LOCATION choose High School Session, under PROVINCE type BC and under CITY type Cranbrook, your school will then pop up to click on and book!

****Please contact Lisa Kennedy at Lifetouch directly at 1-403-327-2658 if the photo sign up gives you a message that your name cannot be found, and she will add you in****

Scholarship Parent/Student Information:

[Scholarship Parent Night powerpoint 2020 with voice recording.mp4](#)

MBSS Application for Local Scholarships, Bursaries and Awards 2020-2021 (will open in February 2021)

<https://www.sd5.bc.ca/school/mbss/Students/Awards%20-%20Scholarships/Pages/default.aspx#/=>

Aboriginal SCHOLARSHIP & BURSARY Information

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:

<http://www.sd43.bc.ca/secondary/terryfox/ProgramsServices/CareerCentre/Scholarships%20and%20Financial%20Aid%20Documents/Aboriginal%20Scholarships%20and%20Awards.pdf>

ABORIGINAL LEARNING LINKS:

<http://aboriginallearning.ca/scholarshipsbursaries/>

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>

BCNWA (Females Only)

<http://bcnwa.weebly.com/funding-application.html>

CANADIAN NURSES FOUNDATION TD

Aboriginal Nursing Fund: <http://cnf-fiic.ca/what-we-do/scholarships-and-bursaries/>

CANADIAN MEDICAL ASSOCIATION

SPECIAL Bursary Program for Undergraduate Aboriginal Medical Students:

<http://medicalfoundation.ca/en/what-we-do/financial-aid/>

CANADA POST AWARD:

<https://www.canadapost.ca/cpc/en/our-company/giving-back-to-our-communities/canada-post-awards-for-indigenous-students.page?>

C.H. DOWLING MEMORIAL SCHOLARSHIP
(UNIVERSITY OF VICTORIA):

<https://www.uvic.ca/registrar/safa/in-course-scholarships/indigenous/index.php>

CONGRESS OF ABORIGINAL PEOPLES

(ISETP HOLDER) <http://www.abo-peoples.org/aset-aboriginal-skills-and-employment-training-strategy/>

GIL PURCELL MEMORIAL JOURNALISM
SCHOLARSHIP FOR NATIVE CANADIANS:

<http://www.aadnc-aandc.gc.ca/eng/4078514441336/4078514441336>

HUSKY ENERGY ABORIGINAL EDUCATION
SCHOLARSHIP:

<http://www.huskyenergy.com/socialresponsibility/aboriginalaffairs/educationawards.asp>

INDSPIRE: <http://indspire.ca>

KPMG's Aboriginal Scholarship Program:

<https://home.kpmg.com/ca/en/home/industries/government-public-sector/human-social-services/human-and-social-services-kpmg-indigenous-student-awards.html>

MUNGO MARTIN MEMORIAL AWARDS

<http://cahr.uvic.ca/nearbc/documents/2010/Mungo-Martin-Memorial-Awards.pdf>

ALL NATIONS TRUST COMPANY:

<https://www.antco.ca/community/scholarships-bursaries>

NORMAN WELLS OPERATIONS SAHTU
ABORIGINAL SCHOLARSHIP:
[http://www.imperialoil.com/Canada/English/Files/
ThisIs/Norman_Wells_Scholarship_pamphlet.pdf](http://www.imperialoil.com/Canada/English/Files/ThisIs/Norman_Wells_Scholarship_pamphlet.pdf)

ROYAL BANK ABORIGINAL STUDENT
AWARDS PROGRAM:
[http://www.rbc.com/careers/aboriginal_student_a
wards.html](http://www.rbc.com/careers/aboriginal_student_awards.html)

BC HYDRO Indigenous Scholarships &
Bursaries:
[https://www.bchydro.com/community/indigenous-
relations/opportunities/individuals/donations_spon
sorships.html](https://www.bchydro.com/community/indigenous-relations/opportunities/individuals/donations_sponsorships.html)

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

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

THE FIRST CITIZENS FUND STUDENT
BURSARY PROGRAM:
[http://www.bcaafc.com/programs/firstcitizensfund
/31-studentbursary](http://www.bcaafc.com/programs/firstcitizensfund/31-studentbursary)

TRANSALTA Aboriginal Bursary Program:
<http://www.transalta.com/communities/aboriginal>

UBC ABORIGINAL GRADUATE
FELLOWSHIPS:
[https://www.grad.ubc.ca/awards/aboriginal-
graduate-fellowships](https://www.grad.ubc.ca/awards/aboriginal-graduate-fellowships)

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

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

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

GET METIS SCHOLARSHIPS IN CANADA 2020 <https://worldscholarshipforum.com/metis-scholarships/>



BC Recovery Benefit

Apply now for the BC Recovery Benefit, a one-time, tax-free payment of up to \$1,000 for eligible families and single parents and up to \$500 for eligible individuals. You have until June 30, 2021 to apply.

Check out the website for eligibility.

<https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>

30 days of gratitude

#1 What smell are you grateful for today?	#2 What technology are you grateful for?	#3 What color are you grateful for?
#4 What food are you most grateful for?	#5 What sound are you grateful for today?	#6 What in nature are you grateful for?
#7 What memory are you grateful for?	#8 What book are you most grateful for?	#9 What place are you most grateful for?
#10 What taste are you grateful for today?	#11 What holiday are you grateful for?	#12 What texture are you grateful for?
#13 What abilities are you grateful for?	#14 What sight are you grateful for today?	#15 What season are you grateful for?
#16 What about your body are you grateful for?	#17 What knowledge are you grateful for?	#18 What piece of art are you grateful for?
#19 What touch are you grateful for today?	#20 Who in your life are you grateful for?	#21 What song are you most grateful for?
#22 What story are you grateful for?	#23 What tradition are you grateful for?	#24 What challenge are you grateful for?
#25 What moment this week are you most grateful for?	#26 What form of expression are you most grateful for?	#27 What small thing that you use daily are you grateful for?
#28 What small thing that happened today are you grateful for?	#29 What friend/family member are you grateful for today?	#30 What talent or skill do you have that you are grateful for?

Join us
in
30
Days
of
Gratitude



Rocky Mountain Metis Association

LOOKING FOR A VOLUNTEERS!

Are you passionate about helping others in need? Don't mind number crunching and taking online courses? This could be for you!

CRA developed the CVITP which is a unique program that collaborates with community organizations and volunteers to provide free tax preparation services by providing volunteers with training, free tax prep software, access to CRA EFILE system guidance, and support to assist organizations with the delivery of program during tax season and throughout the year.

This also gives you the training so you can get future employment doing tax returns.

Contact:
Krista, RMMA Navigator
at 250 489 8960





2021

Winter Craft Creations

OPEN TO COMMUNITY CHILDREN
AND YOUTH
AGE 1 - 16

PLEASE SIGN UP BY JAN 15
PRIZES FOR THE BEST 3 CREATIONS



Are YOU interested in entering the Home-Care field?

FUNDED!

Skills for Home Support Micro-Credential Certificate **February 1, 2021 – March 26, 2021**

The Ktunaxa Nation Council Education and Employment Sector, in partnership with the College of the Rockies, are **seeking 12 participants** for a “Skills for Home Support” Micro-Credential Certificate.

Gain the skills you need for new opportunities in residential care homes and private care businesses. Be linked to employment opportunities, and have the option to “ladder” into the **Health Care Aid Certificate Program** offered at the College of the Rockies!

This is funded via the Ministry of Advanced Education, Skills & Training.

Funding covers your tuition, books, certification fees, and laptops. Education & Employment Sector staff will also work with each candidate to secure additional supports such as a living allowance and transportation funds.

The Skills for Home Support Micro-Credential will prepare you to provide in-home personal care for seniors, people with disabilities, and those recovering from illness or injury—in just eight weeks! You will receive and 200 hours of instruction, following all provincial COVID-19 requirements.

To be eligible, you must:

- ☑ Be a Ktunaxa Nation Citizen or Aboriginal individual living in Kamak?is Ktunaxa, with the ability to travel, as some of the program delivery will be provided in-person
- ☑ Have completed Grade 10 with 60% or higher in English 10 and Math 10, or have had an assessment by College of the Rockies that demonstrate the skill levels to be successful in this program
- ☑ Have complete immunizations
- ☑ Have a Criminal Record Check, which includes working with vulnerable adults

To apply, submit a resume and cover letter to Kristi Strobbe at kstrobbe@ktunaxa.org

For any questions or support with your application, please email Kristi or contact her at 250-427-6602

YOU WILL LEARN:

- Meal preparation, nutrition, and cleaning
- Interpersonal skills, psycho-social and emotional supports
- Appropriate COVID-19 procedures within a home environment
- Appropriate documentation procedures
- Various certifications: First Aid, CPR, FoodSafe, Provincial Violence Prevention and ASIST Training and more
- Resume skills, self-marketing, self-employment coaching and/or work placement

Contest Corner!

December 2020 Contest Corner Winner
Hailey Dawson

Can you answer this question?
How do you say “WE ARE HAPPY” in Ktunaxa?

Find your answer here: <https://www.firstvoices.com/home>

Contest Closes January 31st 2021!!!!

Winners will be announced in the February Newsletter.

Email answers to Marie Dawson: Marie.Dawson@sd5.bc.ca

The first **3 MBSS/KES students** to email the answer, will each win a \$6 Safeway gift card and goodies.



HOW TO MAKE PEMMICAN

What you need:

- 1 1/2 lbs (about a pound and a half of lean, shoulder roast)
- Salt and pepper
- Fresh or frozen wild blueberries
- Venison, Bison, Elk, Moose or Beef (choose one)
- Fat, suet, or tallow

Let the meat firm up in the freezer, then slice it thin. After adding liberal amounts of salt and pepper, set the oven to the lowest possible temperature (around 150 degrees) and lay out the strips of meat directly onto a rack. Keep the oven door slightly open to prevent moisture buildup.

Put a handful of frozen berries (wild blueberries or huckleberries if you have them) on a small oven pan to dry out with the meat.

Let the meat dry out for about **15 hours**, or until it takes on a crispy jerky characteristic that breaks apart easily. Pulverize the jerky in the food processor or blender until it becomes powder.

After the meat, repeat the process for the blueberries. No need to wash the blender in between – you'll mix the dried meat and dried berries together anyway. Again, you want it powder like.

Now, render the fat. Put about half a pound of that into a cast iron pan and cooked it slowly over super-low heat.

Make sure to stir the fat as it rendered out, and watched closely so that it doesn't burn. When the fat stops bubbling, the rendering is done.

Use a strainer to avoid all the crispy bits; you just want the pure, liquid fat.

****Continue to next page****

Mix the meat and berry powder together, then slowly add the hot liquid fat. Pour just enough so that the fat soaks into the powder.

Once it firms, cut it into bars or roll it into balls.

Pemmican will keep for a long time in the fridge or freezer.

Historically, this was a utilitarian food, perfect for long treks through the wilderness.

