

Howling Coyote Newsletter

January 2023

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



ʔakinmi yakiʔ ʔituq' ʔiʔqakçamnamki



Upcoming Dates

January 4th is National Ribbon Skirt Day

Grad Photo Sessions- Dates: January 9-13 & 16-20. Location: Aux Gym. Book your appointment soon! Click here: [Grad Photo Session](#)

Semester Two Begins- January 30th

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

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2022-2023%20Student%20Handbook.pdf>

School Calendar

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2022-2023%20Calendar.pdf>

Annual Calendar

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2022-2023%20Fridge%20Magnet.pdf>

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](#)

[Yagan Nukiy](#)

[Rocky Mountain Metis](https://www.cranbrookmetis.com/)

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](#)

The Indigenous Education Council Needs you!



The Indigenous Education Council meets eight times per year to discuss Indigenous Education here at Mount Baker.

We would like students and parents to get involved, be informed, and make decisions regarding Indigenous Education.

Please email Marie Dawson if you are interested.

marie.dawson@sd5.bc.ca

Upcoming Meeting Dates:

January 17 th 2023
February 21 st 2023
April 18 th 2023
May 16 th 2023
June 13 th 2023

We meet in the Gathering Place, room 101

11:30 am – 12:30 pm



**THE WINNER OF THE
DECEMBER 15TH
WARRIORS MEAT DRAW**

**Congratulations
Dorothy Ratch!**

**She won a \$350 Rick's Fine Meats
Freezer Pack**

Thank you all for your support!



Ktunaxa Language

Aqamnik School Online Resource Links for Families

To listen and learn Ktunaxa, please visit:

<https://www.aqamnikschool.com/online-resource-links-for-families>

The following Ktunaxa Season and Month related words can be heard on the Aqamnik School Website.

Wanuyit- Winter

ᓕumayit- Spring

ᓇaqsukit- Summer

Naktasuᓇk- January

Nupqu- February

ᓕikuᓇ- March

Kakkmi- April

ᓇuᓕumi- May

Kᓕaᓕuᓇk ᓇupqa- November

Nistamu- December

Qapsin nataniᓕ kiᓇin naᓇ - What month is it?

ᓇupnakut- Fall

HEARTY MOOSE STEW

prep time: 30 minutes

cook time: 1 hour 45 minutes

total time: 2 hours 15 minutes

8 - 10 servings

Ingredients

- 2-4 lbs moose shoulder or rump. Can be substituted with beef or bison. Cubed.
- 1 cup flour. Plus 3 tbsp. flour.
- Salt and pepper to taste.
- 6 tbsp cooking oil.
- 1 large onion. Chopped.
- 2 cloves garlic. Finely chopped.
- 1/2 cup canned whole tomatoes.
- 2-3 large carrots. Diced.
- 2-3 celery stalks. Diced.
- 3-4 medium potatoes. Cubed.
- 2 cups sliced mushrooms or button mushrooms.
- 4 cups moose or beef broth.

Instructions

1. Combine 1 cup of flour, 1 tsp. salt, and 1/2 tsp pepper in a large bowl.
2. Coat the meat cubes with flour mixture and shake off excess,
3. In a large frying pan heat 3 tbsp of cooking oil on medium-high heat.
4. Add meat and brown on all sides. Make sure the meat is separated and not touching during the cooking. Remove and place in a large stockpot. Ensure that the oil remains in the frying pan.
5. Lower heat to low.
6. Fry chopped onion and garlic until softened. Add to the stockpot.
7. Add enough broth to the pot to just cover the meat.
8. Add tomatoes and simmer over low-medium heat with the lid on for 1-hour or until meat is fork-tender.
9. Add vegetables and cook for another 30 minutes or until the vegetables can be easily pierced with a fork.
10. combine 3 tbsp of flour with cold water until it achieves a paste-like consistency. Add the flour-water mixture to the stew pot and cook for another 10 minutes or until the gravy thickens.
11. Season with salt and pepper to taste.



First Nations Education Steering Committee

The Seventh Generation Club is an initiative for BC First Nations students that encourages them to make healthy choices, stay in school and be active participants in their school and community.

What's New?

- See the latest newsletters – [Junior edition](#) and [Senior edition](#).

Photos and Art

The First Nations Education Steering Committee and First Nations Schools Association appreciate having photos and artwork to use in our publications, including the annual Seventh Generation Club student day timer.

All submissions must be accompanied by a completed consent form ([student form](#), [adult form](#)). Student consent forms must be signed by a parent/guardian. For record keeping purposes, we also ask that you include first names as part of the image/item file name.

The Seventh Generation Club

Suite 113 - 100 Park Royal South

West Vancouver, BC

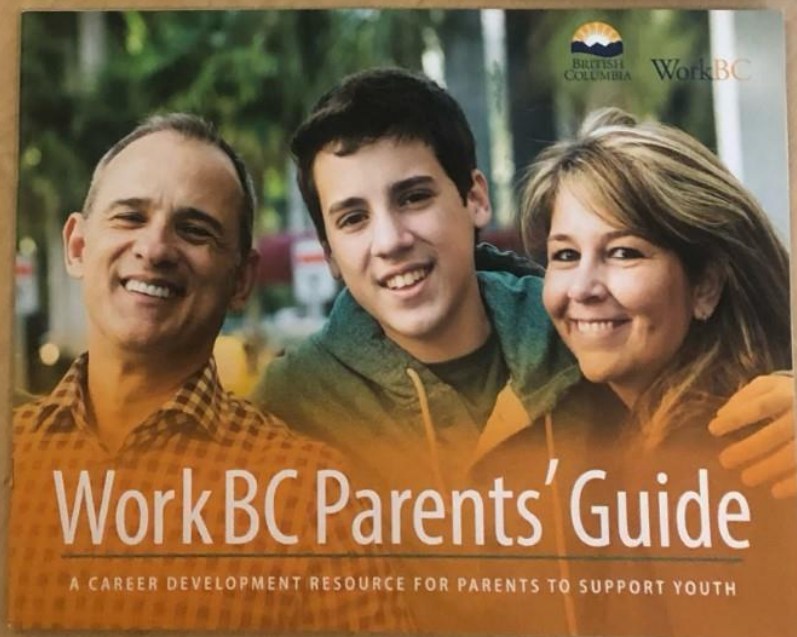
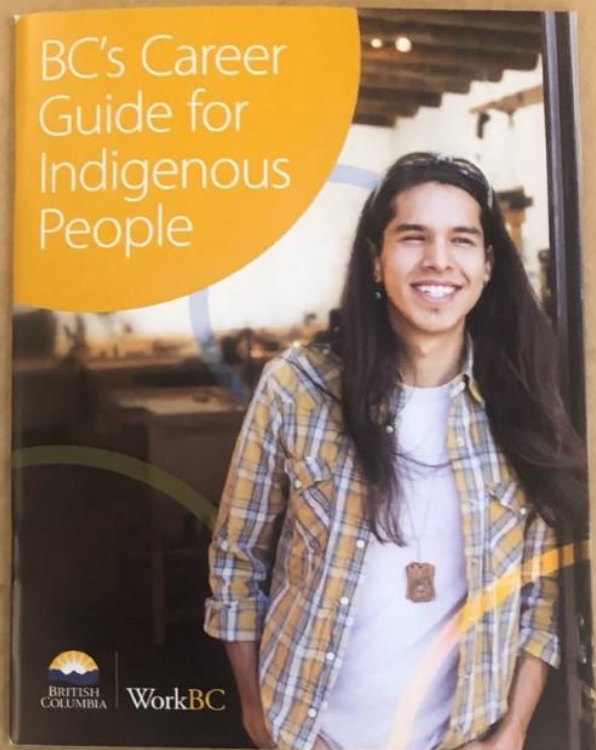
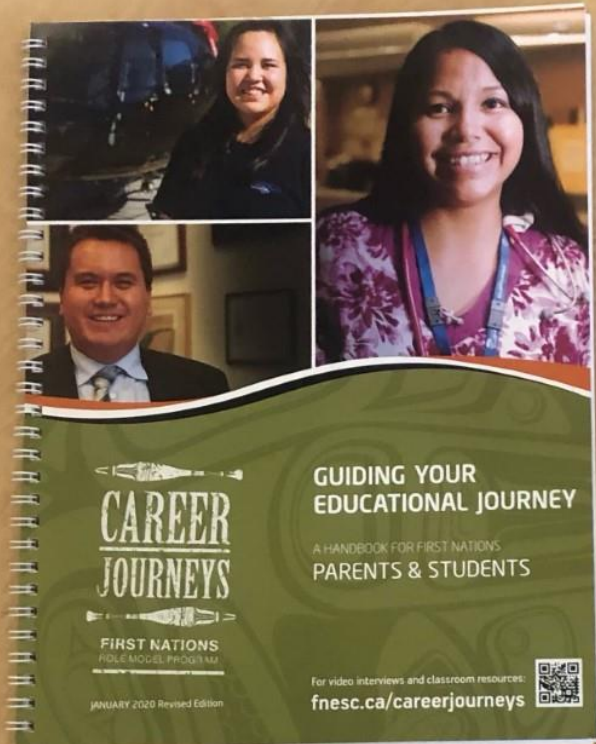
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P: (604) 925-6087

F: (604) 925-6097

If you have any questions, or would like to see something included on the website or in the newsletter, email us at seventhgen@fnesc.ca.

Drop by the Gathering Place (room 101)
to have a look at our New Career Guides.



Rock your ribbon skirt!

**JANUARY 4TH is
NATIONAL
RIBBON
SKIRT DAY**

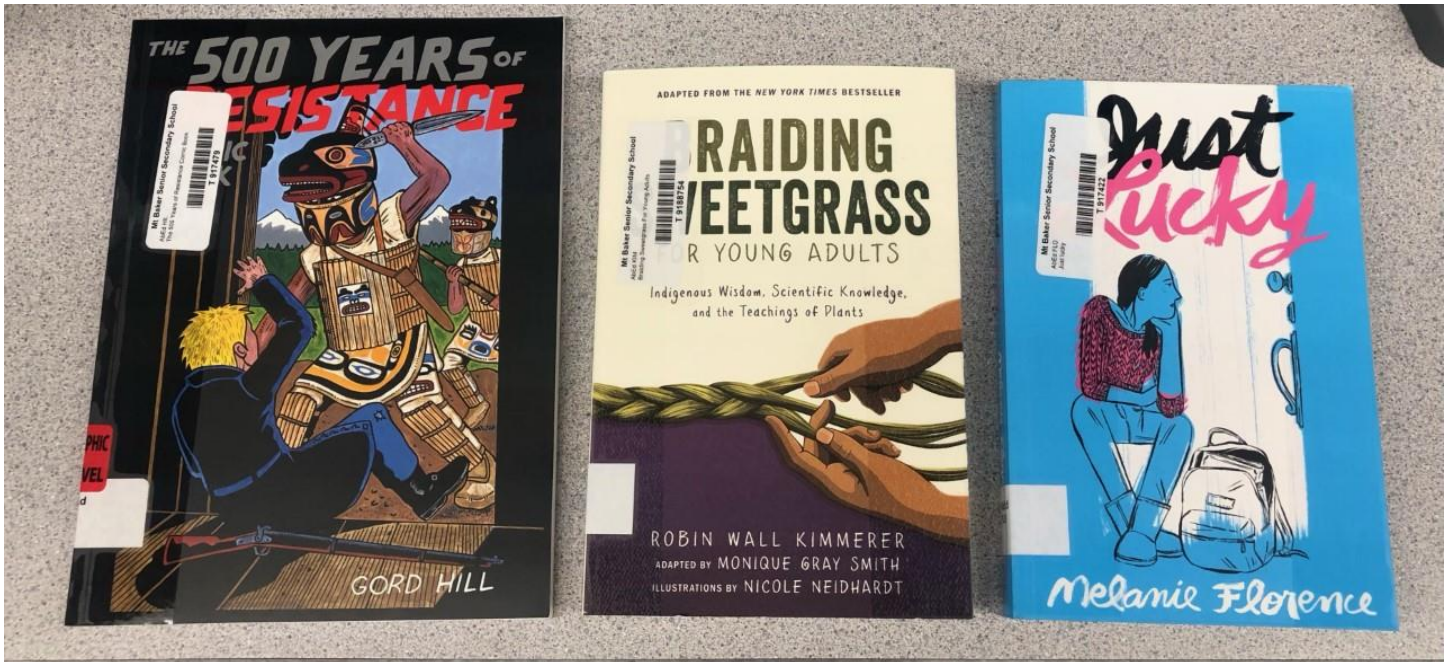


#ISUPPORTBELLA



Recommended Reads

In The Mount Baker Library



The 500 Years of Resistance by Gord Hill

The 500 Years of Resistance Comic Book is a powerful and historically accurate graphic portrayal of Indigenous resistance to the European colonization of the Americas, beginning with the Spanish invasion under Christopher Columbus and ending with the Six Nations land reclamation in Ontario in 2006. Gord Hill spent two years unearthing images and researching historical information to create *The 500 Years of Resistance Comic Book*, which presents the story of Aboriginal resistance in a far-reaching format.

Braiding Sweetgrass by Robin Wall Kimmerer

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants, and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these lenses of knowledge together to show that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings are we capable of understanding the generosity of the earth and learning to give our own gifts in return.

Just Lucky by Melanie Florence

Fifteen-year-old Lucky loves her grandparents. True, her grandmother forgets things, like turning the stove off, or Lucky's name, but her grandfather takes such good care of them that Lucky doesn't realize how bad things are . . . until she loses her grandfather and is left caring for her grandmother on her own. When her grandma sets the kitchen on fire, Lucky can't hide what's happening any longer, and she is sent into foster care. She quickly learns that some families are okay, and some aren't. And some really, really aren't. None of them feel like home. And they're certainly not family.

Ladies Auxiliary- Fraternal Order of Eagles

Is hosting a
Pancake Breakfast

At the Eagles Hall

715 Kootenay St N, Cranbrook

Sunday, January 15th
8 am - 11 am

\$5.00

Pancakes

Eggs

Hashbrowns

Sausages



Proceeds to be donated to the Mount Baker Warriors Indigenous Leadership Group for their field trip.