

Howling Coyote Newsletter

June 2024

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



ʔakinmi yakiʔ ʔituq 'iʔqakʕamnamki



Upcoming Dates

June 3rd- Final Commencement list posted.

June 7th- School not in session

June 13th- MBSS Ktunaxa Flag Raising at 11 am

June 14th – School not in session

June 24th- Grade 12 Blanket Gifting. Open House 10 am to 2 pm in the MBSS Library

June 27th- Commencement

June 28th- Prom

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:

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2023-2024%20Student%20Handbook.pdf>

School Calendar:

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/2023-2024%20Student-Parent%20Calendar.pdf>

Annual Calendar:

<https://www.sd5.bc.ca/AboutUs/calendar/Documents/2023.2024%20Approved%20Calendar%20May%2025%2c%202023.pdf>

Our Elders in Residence

Dorothy Ratch

Mel Ratch

Joan O'Neil

Winnie Vitaliano

Pheb Goulet



Indigenous Websites

Communities:

[?aqam](#)

[Tobacco Plains](#)

[?akisqnuq](#)

[Yaqaan Nukiy](#)

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](#)

Rocky Mountain Métis Association

MÉTIS KITCHEN PARTY & POTLUCK

Honouring 2024 MBSS Métis Graduates
Sashing Ceremony



JUNE 11TH, 2024

5:00 - 8:00 PM

PARKLAND MIDDLE SCHOOL
1115 - 2ND AVENUE S, CRANBROOK BC

CALL OR EMAIL THE OFFICE FOR
FURTHER DETAILS

250-489-8960

RMMANAVIGATOR@GMAIL.COM

PLEASE BRING A DISH IF YOU'RE ABLE



Do You Need Summer Employment?

Please drop by to see Anna Fidork from Ktunaxa Nation Council (Client Services Worker, Education & Employment)

Any First Nation students seeking summer employment this year, the Ktunaxa Nation Employment and Training will help support you. This is for status or non-status First Nations.

June 12th at 11:30 am
MBSS Gathering Place.
Room 101

Lethbridge College, University of Lethbridge, and University of Calgary Tour.
May 23rd and 24th



May 27th Awards Night



Imagine Peace Through Art Celebration

Idelwild Park- May 30th



Ktunaxa Elder Joan O'Neil reading a Ktunaxa Legend.



National INDIGENOUS PEOPLES Day

JUNE 20TH

JOIN US TO CELEBRATE INDIGENOUS CULTURE &
HONOUR OUR INDIGENOUS YOUTH

 Thursday, June 20th, 2024

 12:30 pm to 6:30 pm

 At Rotary Park, Cranbrook, BC

 kkcfssprevention@ktunaxa.org

 (250) 489-4563

- BBQ Lunch Provided
- Face Painting
- Sharing of a Legend
- Dancing, Jigging & Drumming
- Door Prizes
- Everyone is Welcome

PLEASE CONTACT US FOR MORE INFORMATION!

VISIT OUR WEBSITE & FOLLOW US ON SOCIAL MEDIA!

kkcfss.org
[@kkcfss](https://www.instagram.com/kkcfss)



Ktunaxa Kinbasket
Child & Family
Service Society



Summer Support

If you are in need of support over the summer
please reach out to

Alison Farkvam (250) 919-0964



She is available:

June 28th to July 16th

August 26th to September 5th.

Please fill out the 2024/ 2025 Parent Engagement Survey.

Dear Parents and Guardians,

We are looking forward to the 2024/2025 school year! The Indigenous Education Support Workers currently working at Mount Baker Secondary School are:

Alison Farkvam & Marie Dawson

We look forward to discussing our Indigenous Support Services with your student for the 2024/2025 school year. 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 & Marie

SURVEY LINK:

<https://forms.office.com/Pages/ResponsePage.aspx?id=-Ww-n3eFgEeB4RWrf3QgdMTzYMY3M-9FnQgH56nGkrVUQjE2OFM5U0tZWTUyQjc2WEtDNllwTFJYUy4u>

Blackberry Ice Cream Box Cake



Ingredients

- 3 pt. vanilla ice cream, divided and softened
- 3/4 c. blackberry preserves
- 1 c. lemon curd, divided
- 2 c. crushed gingersnaps (about 8 oz.)
- 1 c. fresh blackberries, cut in half and divided, plus more to serve
- 1 c. cold heavy whipping cream
- 1/2 tsp. vanilla extract

Directions

- Line a 9-by-5-inch loaf pan with plastic wrap, making sure the entire pan is covered and has at least 2 inches of overhang.
- Scoop 2 pints of the vanilla ice cream into a large bowl. Stir until spreadable. Fold in the blackberry preserves until combined. In a medium bowl, scoop the remaining 1 pint of vanilla ice cream and stir until spreadable. Fold in 1/4 cup of the lemon curd.
- Working quickly, sprinkle the bottom of the prepared loaf pan with 1/2 cup of the crushed cookies.
- Dollop 1 cup of the blackberry ice cream mixture over the wafers. Top with 1/2 cup of the lemon curd ice cream mixture, swirling and spreading to smooth. Gently press 1/2 cup of the blackberries into the ice cream. Repeat the layers twice, ending with a final layer of the crushed cookies.
- Wrap the entire loaf pan with plastic wrap. Freeze until the cake is firm, 6 hours or up to 1 week.
- To a large bowl, add the heavy cream, 1/2 cup of the lemon curd, and the vanilla. Using an electric hand mixer, whip at medium-high speed until stiff peaks form, 2 to 4 minutes. Cover and refrigerate until ready to use, up to 1 hour.
- Remove the icebox cake from the freezer. Using the plastic overhang, remove the cake from the loaf pan and invert it onto a serving platter. Dollop with the lemon whipped cream and top with blackberries.
- Slice and serve with dollops of the remaining lemon curd, if desired.

Did you know?

Did you know the Ktunaxa people have occupied the lands adjacent to the Kootenay and Columbia Rivers and the Arrow Lakes of British Columbia, Canada for more than 10,000 years. Their traditional territory covers about 70,000 square kilometers within the Kootenay region of southeastern British Columbia.

Did you know for thousands of years the Ktunaxa seasonally migrating throughout their homelands to follow vegetation and hunting cycles. They obtained their food, medicine, and materials for shelter and clothing from nature.

Did you know the Ktunaxa language is unique among Native linguistic groups in North America. Their names for landmarks throughout their homelands, and numerous heritage sites, confirm this region as traditional Ktunaxa land.

Did you know that the Inuit are Indigenous people of the Arctic. The word Inuit means "the people" in the Inuit language of Inuktitut.

Did you know "Inuit" is to be used as a plural noun and as an adjective, example: A group of Inuit drummers, and the term "Inuk" be used only as a singular noun, example: An Inuk singer.

Did you know Gabriel Dumont was born in 1837 in the Red River Settlement, now called Manitoba. His father, Isidore Dumont, was the grandson of Jean-Baptiste Dumont, a French-Canadian voyageur. The Dumont's were well-known in the area for their bison hunting abilities. The family would also make an income selling hides to the Hudson's Bay Company and trading pemmican, the vital resource for fur traders.

Did you know Metis military leader Gabriel Dumant is best known for leading Métis military forces during the Northwest Resistance of 1885. Although unable to read or write, Dumont could speak six languages and was highly adept at the essential skills of the plains: horseback riding and marksmanship.

Did you know Louis Reil, Metis leader, founder of Manitoba, and central figure in the Red River and North-West resistance was born in 1844 in the Red River settlement of Saint Boniface, Manitoba. He died November 16th, 1885 in Regina Saskatchewan. Riel led two Métis governments and was central in bringing Manitoba into confederation.

HAVE
A GREAT
SUMMER!

