

Howling Coyote Newsletter

May 2024

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



ʔakinmi yakiʔ ʔituq 'iʔqakʕamnamki



Upcoming Dates

School not in session- May 3rd

Red Dress Day- May 5th

Legally Blonde Spring Show- May 9, 10, 11, 12

Moose Hide Campaign Day- May 16th

School not in session- May 17th

School not in session- May 20th

Scholarship Awards Night- May 28th at 7 pm

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](#)

Grads

MBSS Application for Local Scholarships and Bursaries 2023-2024

The MBSS internal scholarship application is closed, however we do multiple 3rd party scholarships. Please check with the counselling office.

External Scholarships

External Scholarship Websites to check out:

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

University

Get Yourself Ready For University:

<https://www.sd5.bc.ca/school/mbss/Students/graduatingstudent/University%20Information/Pages/default.aspx#/=>

Graduation

Updates and Reminders:

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

Any updates will be posted on the MBSS webpage and emailed.

Feel free to call the office with your questions (250) 426-5241

Did you Know?

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

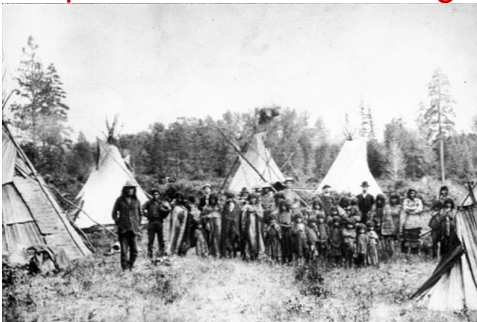
Did you know the Ktunaxa language is unique among Native linguistic groups in North America. Their names for landmarks throughout their homelands, and numerous heritage sites, confirm this region as traditional Ktunaxa land.

Did you know "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 there are 6 Ktunaxa First Nations. 4 in Canada and 2 in the U.S.

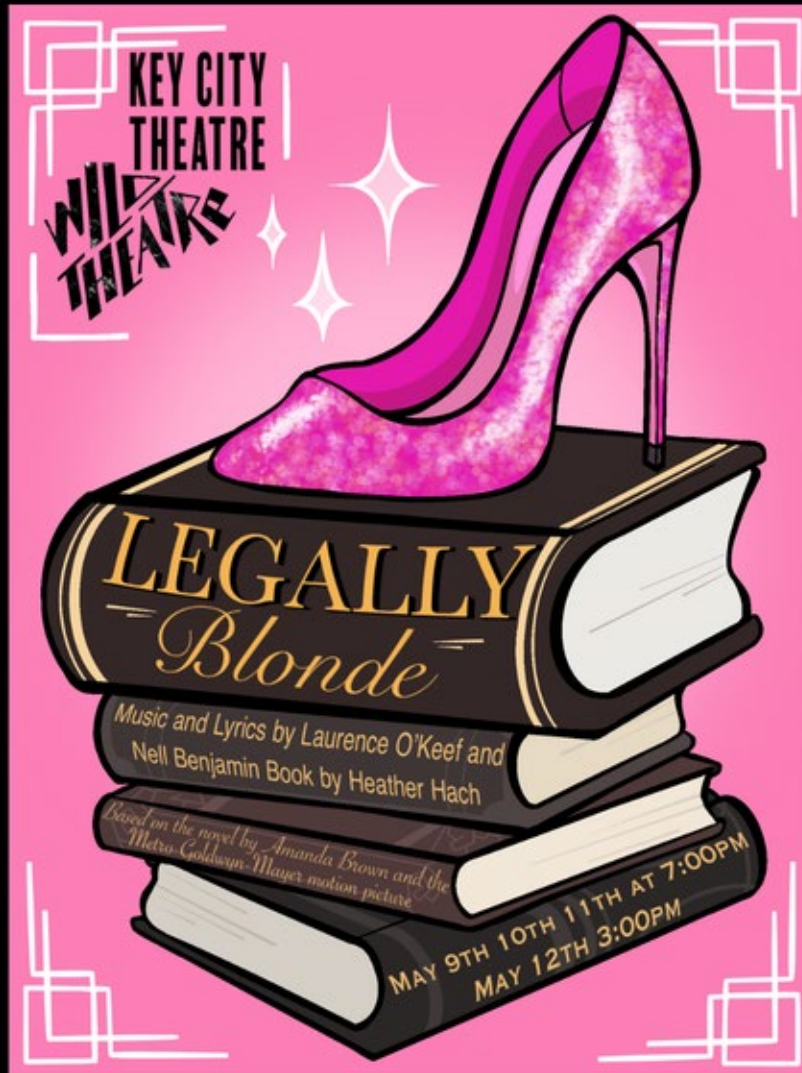
Did you know that the Inuit are Indigenous people of the Arctic. The word Inuit means "the people" in the Inuit language of Inuktitut.

Did you know 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.



MAY 9-12, 2024

WILD THEATRE:
LEGALLY BOND



Moose Hide Campaign

Moose Hide Campaign Day events take place on May 16 at 10 a.m. to 11 a.m. At the Cranbrook at Rotary Park.

The Moose Hide Campaign, which began over 10 years ago along the Highway of Tears, is a grassroots movement led primarily by Indigenous and non-Indigenous men to raise awareness for and stand up against gender-based violence and violence towards women and children.

For more local information: ekmoosehidecampaign@gmail.com

To learn more about the movement: moosehidecampaign.ca

To read full article: <https://www.kimberleybulletin.com/news/moose-hide-campaign-events-scheduled-for-may-16-in-kimberley-and-cranbrook-7345720>



Ktunaxa Creation Story

In ancestral times referred to by the Ktunaxa as the animal world, there were references made many times by the Creator to when there will be ʔaqʔmakniḱ (people).

At that time, there was some disturbance caused by a huge sea monster known as Yawuʔniḱ, who killed many of the animals. A council was called by the Chief animal, Naʔmuqʔin. Naʔmuqʔin was huge. He was so tall that he had to crawl on his hands and knees, for if he stood up his head would hit the ceiling of the sky. It was decided that Yawuʔniḱ had to be destroyed. A war party was formed. Yawuʔniḱ plied the Kootenay and Columbia River System including Columbia Lake and Arrow Lakes. Yawuʔniḱ was sighted in the Columbia Lake near Yaqa·n Nuʔkiy and the chase was on. At that time, the Kootenay River and the Columbia Lake were joined. As the chase proceeded, Naʔmuqʔin gave names to many locations along the Kootenay River, Kootenay Lake, Arrow Lakes and the Columbia River. Yawuʔniḱ was pursued down the Kootenay River past the Wasa sloughs, now called Wasa, BC. Skinkuʔ got into trouble here when he fell into the river and had to be rescued by Wasa, (horse-tail). The chase went by where the St. Marys River empties into the Kootenay River. ʔaqam, where the St. Marys Reserve is now located, then on down river to Kankak (spring) where Mayuk (weasel) joined the war party. There were animals on both sides of the river as the chase continued, and among the party was a parasite, ʔa·kukʔakuwum, who had to be carried on the backs of other animals. His name was ʔumtus and he was mean and bossy. The other animals grew tired of his nagging and dumped him into the river at a place now known as Yaqakiʔ waʔmitquʔiḱi ʔumtus. Leaving the land of the Eagle, ʔa·knuqʔuʔaʔamakis and into the land of the woodtick, ʔaʔna ʔAmakis, past Wasaʔki (Waldo) then on past the now 49th Parrallel and then past Kaxax (Turtle), now underwater, near Rexford, Montana. The chase went on by ʔa·kiʔyi (jennings) and on by ʔaqswaq (libby) then into Skinkuʔ ʔAmakis (the land of Coyote), past ʔaqanqmi (Bonners Ferry, Idaho) then northerly past the now international boundary into ʔaʔpu ʔamakis, the land of the Wolverine, past Yaqa·n Nuʔkiy (Creston, BC) then up the Kootenay Lake past ʔaqasqnuḱ, (Kuskannok, BC). The chase went on by ʔAkuqʔi (Akokli Creek), past Ksanka Creek. The Yawuʔniḱ chose to follow the Kootenay River past ʔaqyamʔup (Nelson, BC). The chase was now in Miʔqaqas ʔamakis (the land of Chickadee). At Kiḱsiḱuk, (Castlegar, BC) Yawuʔniḱ went north into the Arrow Lakes, past ʔakinḱaʔnuḱ (Arrow Rock) where arrows were shot into a crevice in the rock. If the arrow was true, the journey continued, if the mark was missed, beware, danger ahead. The arrow was true and the journey continued past ʔaʔnuʔniḱ (Nakusp) then up past Ktunwakanmituk Miʔqaqas (Revelstoke, BC) where the Columbia River flows into the Arrow Lakes, then up and around The Big Bend then down past ʔaknuqʔuk (Golden, BC) past Yaknusuʔki (Briscoe, BC) then on past Yakyuʔki. The chase carries on through Kwataqnuḱ (Athlmer) then past Kananuk (Windermere, BC) past ʔakiskqnuḱ (Windermere Lakes), then back into the Columbia Lake, Yaqa·n Nukiy, (Canal Flats, BC). This completed the cycle of the chase.

Yawuʔniḱ would once again escape into the Kootenay River and the chase would go on. The chase would go on and on. Every time the war party thought they had Yawuʔniḱ cornered, Yawuʔniḱ would escape again. One day sitting on the riverbank observing the chase was a wise old one named Kiḱum. Kiḱum told Naʔmuqʔin, You are wasting your time and energy chasing the monster. Why not use your size and strength and with one sweep of your arm, block the river from flowing into the lake and the next time the monster enters the lake you will

have him trapped. Nałmuqzin took the advice of Kikum and did as he was told. The next time Yawunik entered the lake, he was trapped. Having successfully corralled Yawu?nik, a decision had to be made as to whom the honor of killing Yawu?nik would be bestowed upon. The honor was awarded to Yamakpał (Red-headed Woodpecker). When Yawu?nik was killed, he was taken ashore and butchered and distributed among the animals. There remained only the innards and bones. The ribs were scattered throughout the region and now form the Hoo Doos seen throughout the area. Nałmuqzin then took the white balloon-like organ, known as the swim bladder, and crumbled it into small pieces and scattered it in all directions saying, 'These will be the white race of people'. He then took the black ingredient from the inner side of the backbone, the kidney, and broke it into small pieces and scattered them in all directions declaring, 'These will be the black race'. He then took the orange roe and threw the pieces in all directions saying, 'These will be the yellow race of people'. Nałmuqzin looked at his bloody hands and reached down for some grass to wipe his hands. He then let the blood fall to the ground saying, 'This will be the red people, they will remain here forever'. Nałmuqzin, in all the excitement, rose to his feet and stood upright hitting his head on the ceiling of the sky. He knocked himself dead. His feet went northward and is today know as Ya·fiki, in the Yellowhead Pass vicinity. His head is near yellowstone Park in the State of Montana. His body forms the Rocky Mountains. The people were now keepers of the land. The spirit animals ascended above and are the guiding spirits of the people.

Retrieved from: <https://www.ktunaxa.org/who-we-are/creation-story/>

nasu?kin Joe Pierre tells The Ktunaxa Creation Story

<https://www.youtube.com/watch?v=jtttU5PmCds>



Ten Essential Spring Gardening Tasks

Spring is the most active time to be in the garden. Using all the pent-up energy we've accrued over winter, let's head outdoors to clean out and prepare our garden beds, repair hardscaping, do a little pruning and moving, and start the growing season off right. Here are ten things you can do to launch the spring season successfully.

1. Time for a spring inspection.

On one of the first warm days of spring, it's time to inspect the garden. What happened in the garden over the winter. Take note of:

- Check for damaged plants from cold, snow, and deer.
- Beds that will need to be cleaned out.
- Check the wood structures such as fences and trellises.
- Check for animal burrows.

2. Address hardscaping issues first.

In early spring before the ground is ready to be worked, focus your energy on fixing wood structures or damaged retaining walls. You may need to level out your stepping stones, clean out your gutters, and fix fences, benches, decks, sheds, trellises, window boxes and raised beds. Do you need to paint or add new raised beds?

3. Spring cleanup.

Just before your spring bulbs start to pop up, clean the plant debris out of your garden beds. This includes fallen branches, matted down leaves, last year's perennial foliage, ornamental grasses and needles from trees.

4. Test your garden soil.

Experts recommend testing your garden soil every 3-5 years to see what nutrients or organic materials it needs and which it has too much of. You might learn, for example, that your soil is very high in phosphorous, so you would avoid adding fertilizers that contain a lot of it. Or you might find out your soil is naturally alkaline and need to add aluminum sulfate around your evergreens and acid-loving shrubs like hydrangeas.

5. Feed your soil.

Once you know what your garden soil needs based on your test results, talk with someone at your local garden center about which specific products to use, always following package instructions for best results. A good general practice is to top-dress the soil with an inch or two of compost, humus and/or manure in early spring just before or as your bulbs are starting to emerge. That's also a good time to sprinkle an organic slow-release plant food around your perennials and shrubs. Earthworms and other garden creatures will do the job of working these organic materials down into the soil for you.

6. Get out a sharp pair of pruners.

Spring is a good time to prune *some kinds* of woody shrubs and trees. We've created a detailed guide for you to follow here: [Pruning Demystified](#). Here are a few highlights:

- Start by pruning out anything that has been broken or damaged by winter ice, snow and cold. Remove dead wood, too.
- Follow the general rule that flowering shrubs which bloom on new wood (this year's growth) can be trimmed in spring.
- Spring is also a good time to shear back evergreens like box wood and arborvitae, once their initial flush of new growth has finished emerging.
- DO NOT prune early flowering shrubs and those that bloom on old wood (last year's stems) like azalea, Lilac, and Quince. You risk cutting off this year's flower buds as you might not be able to see them, but they are there, so resist the urge to prune.

7. Divide perennials and transplant shrubs.

In early spring when they are just beginning to pop up, divide and transplant any perennials that have outgrown their space or grown large enough to split, if desired. In most cases, it's best to divide and move perennials in the opposite season of when they bloom. That means moving summer and fall blooming perennials in spring, and spring blooming perennials in fall. This avoids disrupting their bloom cycle. Evergreen shrubs can be moved in early spring before their new growth appears or in early fall to give them enough time to re-establish their roots before winter. Deciduous shrubs can be moved almost anytime they are not in bloom and the weather is mild, but generally spring and fall are the preferred seasons for transplanting. If you move them while they are dormant, there will be less stress on the plants, and they will be more likely to spring back into action quickly.

8. Put out any necessary supports like trellises and stakes.

If you've brought a trellis into the garage or shed for winter, early spring is a good time to bring it back out into the garden. Make sure it's sturdy and apply a fresh coat of paint if needed before using it again. If you grow peonies, delphiniums, or any other perennials that require support, set them out now or get them ready to go. Trying to wrangle tender peony stems into a peony ring is tough work once their leaves have unfurled.

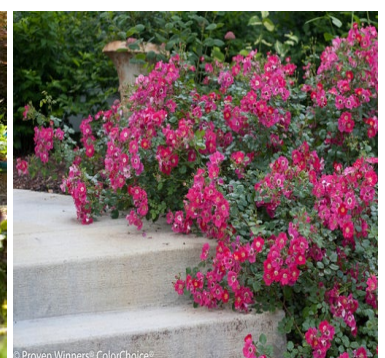
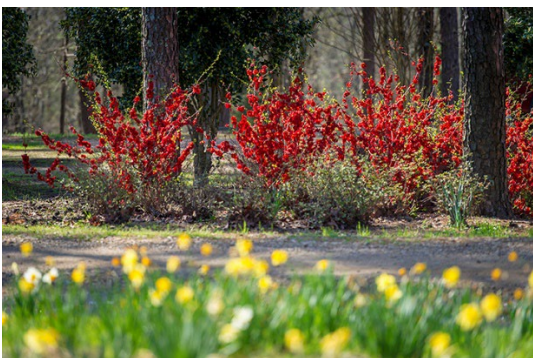
9. Plant your spring containers and borders.

Though most annual flowers need the soil to warm up a bit before planting, some cool weather loving plants like pansies won't mind them being planted in the garden early. For most other annuals, it's a good idea to wait until your area's last frost date to plant. Your local Extension Service website lists that date on their website.

10. Be ready to take cover if freezing temperatures are in the forecast.

If you garden in an area where late spring frosts and freezes are a possibility, be prepared to cover up plants that have tender emerging buds or foliage if freezing temps are in the forecast. If the buds haven't begun to open yet, there's no need to cover them. Use old sheets and towels or professional row cover is available for purchase. DO NOT cover tender plants with plastic sheeting or tarps. The effect of the plastic touching the newly emerging buds and foliage will magnify the cold's effect, rather than mitigate it.

Retrieved from: <https://www.provenwinners.com/learn/early-spring/10-essential-spring-gardening-tasks>



MAKE A BRIGHT SPRING SALAD



To make a Bright Spring Salad you can throw in anything that you enjoy!

I like Delightful, but its easy to make the same salads at home. Your base can be rice or rice noodles, then you can add:

- Salad Greens
- Onion
- Asparagus
- Sweet Potato
- Peas
- Feta cheese
- Roasted chickpeas
- Avocado
- Pickles
- Fresh herbs such as cilantro or chives.
- The dressing can be anything that you like best. Easy vinaigrette: lemon juice, apple cider vinegar, olive oil, and spices.



RED DRESS DAY

Red Dress Day History

Red Dress Day seeks to raise awareness of the ongoing issue of missing and murdered Indigenous women and girls in Canada. These cases often go unsolved and receive limited media attention, perpetuating the marginalization of the Indigenous community. Red Dress Day seeks to encourage more public attention on the problem, advocate for justice, promote healing, and ultimately aim to put an end to the disproportionate rates of violence against Indigenous women and girls in Canada.

The concept behind Red Dress Day originated from Métis artist Jaime Black's art installation, "The RED Dress Project," which displayed empty red dresses as a visual representation of the missing and murdered Indigenous women and girls. Since its inception in 2010, Red Dress Day has gained recognition throughout Canada, fostering unity and creating opportunities for education and dialogue regarding the systemic issues affecting the Indigenous community, including racism, sexism, and the societal implications of colonization.

Red Dress Day is observed across Canada, with individuals, communities, and businesses participating in various ways. Participants are encouraged to wear red clothing as a show of solidarity and support, and to hang red dresses in public spaces to promote awareness and start conversations on the issue. Many communities hold events such as vigils and educational sessions, providing a platform for affected families to share their stories and build connections. Red Dress Day is recognized annually on May 5th in Canada, coinciding with the National Day of Awareness for Missing and Murdered Indigenous Women and Girls in the United States.



Please check out the Red Dress Day information located in the hall, across from the Gathering Place, room 101.