

Howling Coyote Newsletter

November 2022

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



ʔakinmi yakiʔ ʔituq' ʔiʔqakçamnamki



Upcoming Dates

November 2 - Metis STEPS info session over lunch

November 8 - National Indigenous Veterans Day

November 11 - Remembrance Day

November 16 - MBSS Metis Flag Raising & Louis Riel Day

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/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>

Our Elders in Residence

Dorothy Ratch

Mel Ratch

Joan O'Neil

Winnie Vitaliano

Pheb Goulet



Aboriginal 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](#)

Metis SKILLS TRAINING, EMPLOYMENT, POST- SECONDARY (STEPS)



For grade 10, 11, & 12 students,

Christine from Metis STEPS will be at Mount Baker on Wednesday November 2nd from 11:30 am – 12:30 pm, to give you information on funding for Post-Secondary Education.

Pizza Lunch Provided. Please RSVP if you would like to attend.

Cranbrook Metis Employment and Training:

Derek Lacey & Christine Stanvick
240-1113 Baker St, Cranbrook, BC V1C 1A7

8:30 am- 4:30 pm (Mon-Fri)

(250) 417-3305

<https://www.mnbc.ca/mnbc-ministries/steps/>

Citizenship Application: <https://www.mnbc.ca/mnbc-ministries/citizenship-info/>

MNBC Scholarship Info: <https://www.mnbc.ca/news/2022/metis-nation-british-columbia-announces-improvement-to-skills-training-employment-and-post-secondary-steps-program/>.

Rocky Mountain Metis Association (RMMA)

1-250-489-8960

Email - rockymtnmetis@gmail.com

Facebook - <https://www.facebook.com/cranbrook.metisevents>

Metis Genealogy Websites:

<https://www.bac-lac.gc.ca/eng/census/1926/Pages/search.aspx>

<https://www.metismuseum.ca/browse/index.php/13056>

<https://www.redriverancestry.ca/ancestors.php>

<https://www.gov.mb.ca/chc/archives/hbca/biographical/index.html>

<http://www.biographi.ca/en/results.php?ft=Bird>

<https://www.metisnationdatabase.ca/>

<https://www.scribd.com/doc/18197649/Metis-Rights-and-Land-Claims-in-Canada>

https://www.myheritage.com/research?formId=trees&formMode=1&action=query&exactSearch=0&useTranslation=1&colId=40000&qname=Name+fn.Raymond+ln.Bird+fnmo.1&qbirth=Event+et.birth+ey.1943+epmo.similar&qdeath=Event+et.death+ey.2015+ep.Golden+epmo.similar&csrf_token=D_0c63ff6g4a3f1251_5f16fvy8261331pk.1643426161.8bfeb1b4a7f4639c3f6e2e24e41f7572&tr_id=f58161wxlff39f81

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:

November 29 th 2022
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

Rocky Mountain Metis Association Employment Opportunity

Position Title: Community Navigator

Contract: March 31, 2023 (extension possible)

Wage: \$21- \$28 per hour depending on experience

Start Date: Immediately

Closing Date: November 4, 2022

The successful Candidate will work under the direction of the Rocky Mountain Metis Association Board.

Key Duties and Responsibilities:

- Provide support for citizens in all aspects, including assistance in completing Citizenship applications, program applications and renewals, provide information and direction for programs, services, and resources available in the community.
- Compile and maintain an up-to-date contact list of membership.
- Conduct surveys on cultural programming, employment and skills training, mental health support requirements, develop directory of Metis businesses with the RMMA area.
- Communicate with membership, develop bi-monthly newsletter, post RMMA activities on social media.
- Schedule Board meetings, prepare agenda and minutes as required.
- Facilitate events and programs.
- Prepare applications for future funding, complete necessary reports, cheque issuance, entry and monitoring of budgets and expenditures.
- Facilitate communication with Metis citizens, board members and MNBC staff in a constructive, effective manner.
- Process all correspondence, letters, documents and proposals, records, distribute all incoming mail, maintain on-line filing system.

Required Skills:

- Knowledge of office administration
- Ability to maintain a high level of accuracy in preparing and entering information
- Demonstrated ability to effectively communicate both verbally and in writing
- Ability to utilize strong interpersonal skills to deal with others effectively
- Ability to prioritize tasks, meet deadlines, and work with minimal supervision
- High aptitude with Microsoft Word, Excel, video conferencing, MailChimp and other digital applications
- High standard of ethics and ability to maintain confidentiality
- Self-directed and self-motivated
- Ability to work independently
- Knowledge and/or awareness of the historical and contemporary contributions made by Métis people in B.C.

Other duties may be assigned as needed to help ensure the efficient operation of RMMA.

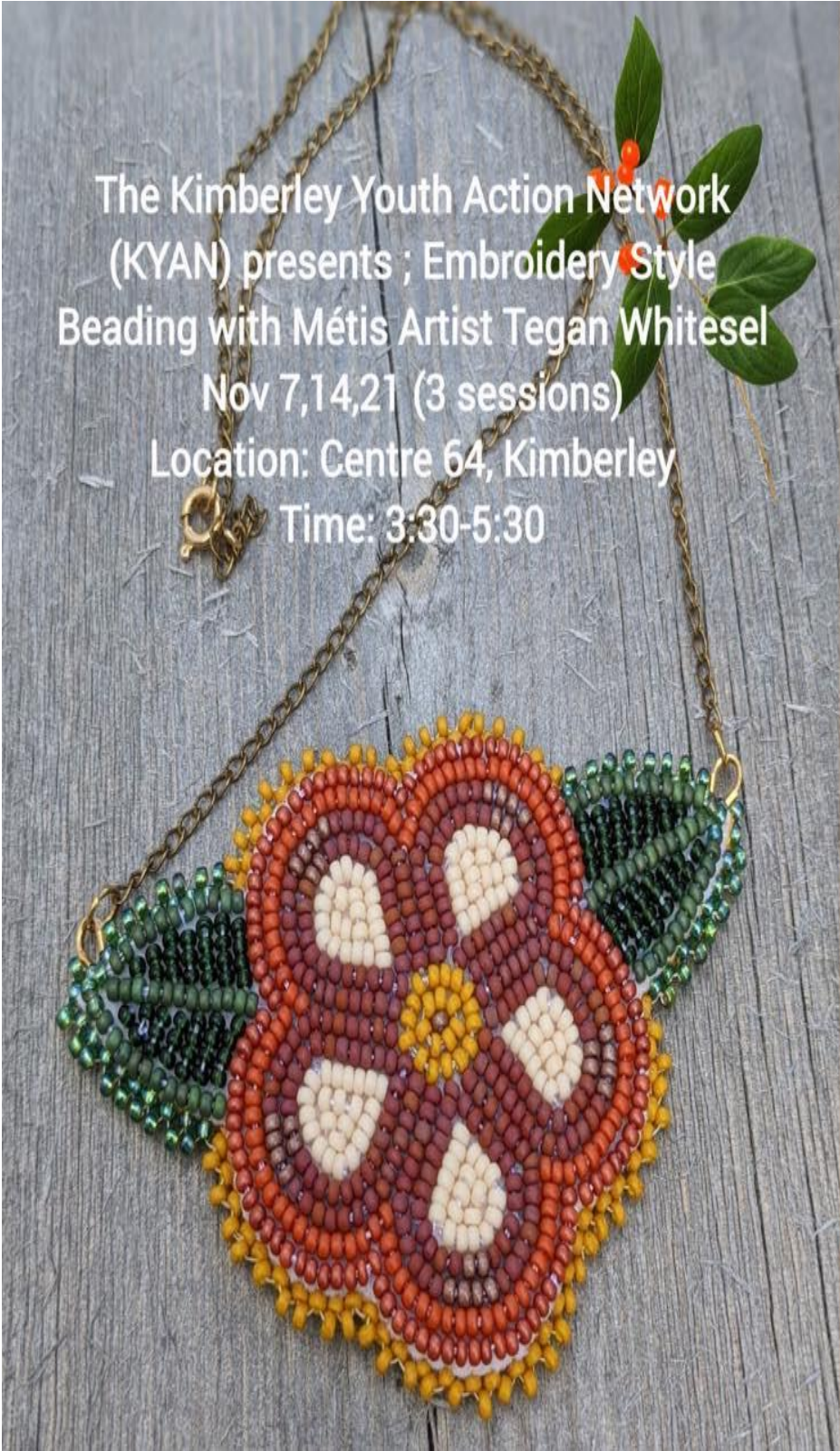
Requirements:

Criminal Record Check required

Valid Class 5 driver's license and access to a reliable vehicle.

For more information or to apply, please submit your resume including references to rmnavigator@gmail.com.

Thank you for your interest and we appreciate your application. However, only applicants selected for an interview will be contacted.



The Kimberley Youth Action Network
(KYAN) presents ; Embroidery Style
Beading with Métis Artist Tegan Whitesel
Nov 7,14,21 (3 sessions)
Location: Centre 64, Kimberley
Time: 3:30-5:30



Tegan Whitesel is a Métis
mixed-media artist working on
the unceded territory of the
Ktunaxa peoples in
Kukama?nam (Kimberley, BC)

• FOUNDRY •

YOUTH ADVISORY COUNCIL MEETING

YOUTH AGED 12-24

IN GOLDEN

INVERMERE

RADIUM

KIMBERLEY

CRESTON

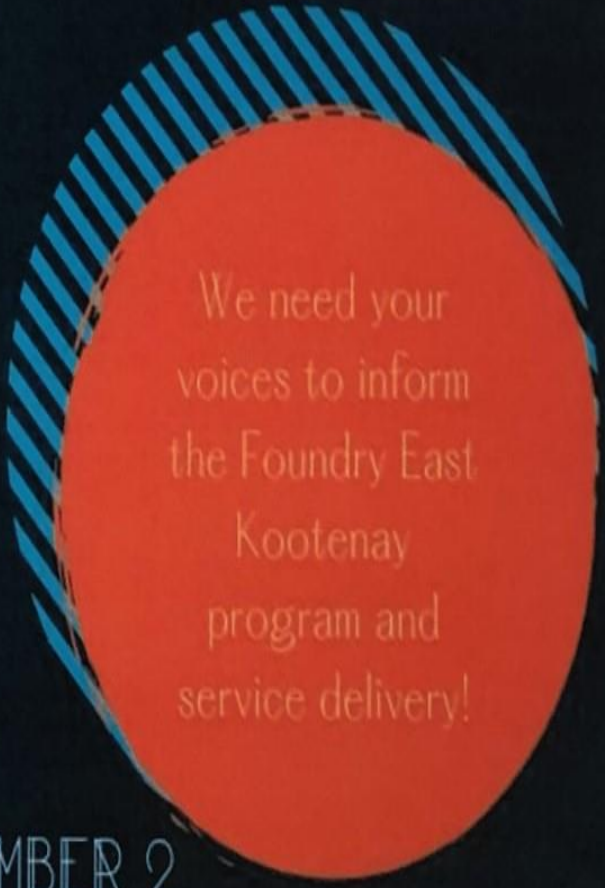
FERNIE

ELKFORD

SPARWOOD

CRANBROOK

OR SURROUNDING AREAS:



We need your
voices to inform
the Foundry East
Kootenay
program and
service delivery!

6:00 PM WEDNESDAY, NOVEMBER 2

IN PERSON OR VIRTUAL

1007 BAKER STREET, CRANBROOK, BC

PLEASE CONTACT



MICHAELA.MATTERS@KTUNAXA.ORG



**INDIGENOUS
TOURISM BC**

LET YOUR ANCESTORS BE YOUR GUIDE

FREE tourism training for Indigenous people

In this training you will learn:

- Value of Tourism*
- Indigenous Ambassador
- Frontline Customer Service - including SuperHost Service for All
- First Nations & SuperHost Destination Ambassador
- Indigenous Storytelling
- FOODSAFE*
- Foundation of Workplace Safety
- BSafe (includes Covid safety)
- First Aid – standard First Aid
- Other – tourism skills training for area
- Serving It Right (SIR)*

Attend Indigenous cultural activities and local field trips. Learn of First Nation cultures and Indigenous tourism in BC.

Honor your Ancestors.

Be the best Host you can be. Learn Indigenous storytelling, how First Nations will lead tourism, how to be an empowered host, and more.

Training is open to any Indigenous person interested in developing a career in tourism and hospitality. Participant supports available.

For More Information Contact:

Lecia Furber, Human Resources Manager
LFurber@steugene.ca 250-420-2000 x3018

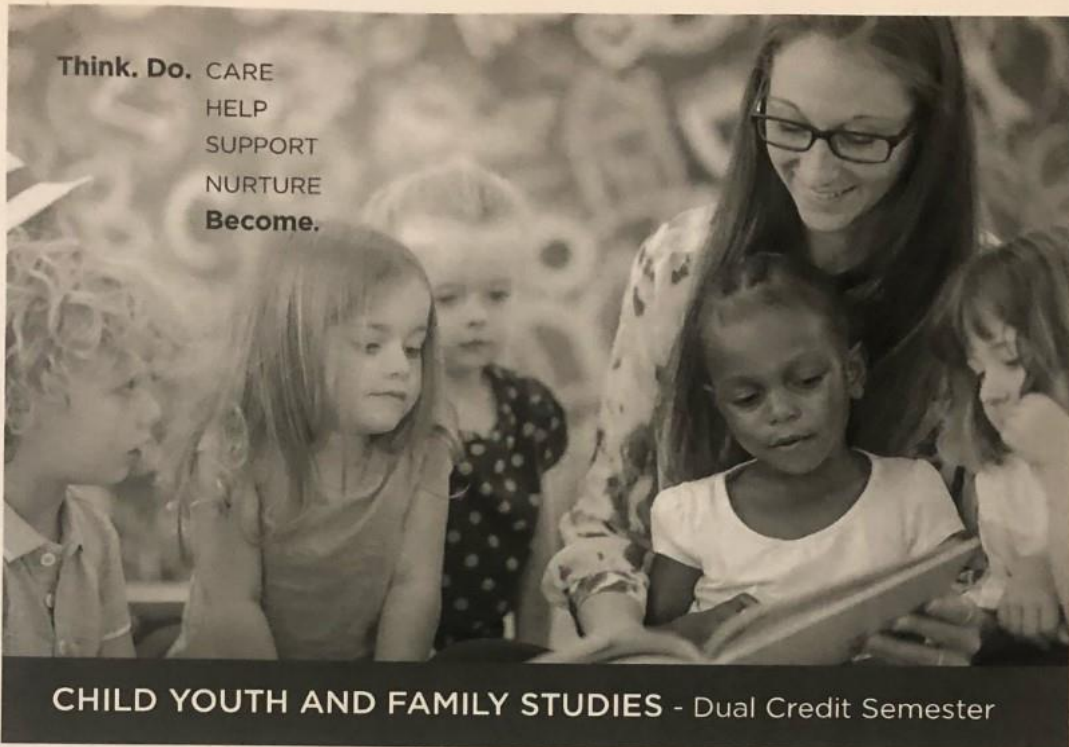
STARTING NOVEMBER 14, 2022 @ St. Eugene Golf Resort & Casino

Training supported by:



**BRITISH
COLUMBIA**

Supported by the Province of British Columbia



Think. Do. CARE
HELP
SUPPORT
NURTURE
Become.

CHILD YOUTH AND FAMILY STUDIES - Dual Credit Semester

If you are a high school student in School District 5, 6, or 8, and would like to get a jump-start on a career as an Early Childhood Educator, Education Assistant, or Human Service Worker this dual credit semester may be right for you. Daycares and School Districts in our region need more qualified staff to meet critical shortages.

WHAT YOU WILL GAIN:

- 16 high school credits toward graduation
- An educational qualification for work in an entry level position as an Early Childhood Education Assistant
- 13 post-secondary credits, Early Childhood Education (ECE)
- 7 of these post-secondary credits are applicable in any one of the CYFS certificate programs

Successful participants of the program will be eligible to apply for licensure to work as ECE Assistants. With our flexible online delivery, once working, students can build onto the 13 credits in the Child, Youth, and Family studies academic stream to pursue full certification in Early Childhood Education, Education Assistant or Human Service Work.

BEGINS FEBRUARY 2023

This 16 week semester includes two of the Child Youth and Family Studies core courses and two courses in Early Childhood Education.

- CYFS 101 - Inclusive Interpersonal Communications
- CYFS 116 - Lifespan Development
- ECED 105 - Developing Positive Relationships with Young Children
- ECED 149 - Studies in Diversity

Pre-requisite: 65% minimum in English 12
Textbook costs approximately \$600

For more information:
Please contact your high school counsellor.



COLLEGE OF
THE ROCKIES



Indigenous Youth Roundtable Discussion Child and Family Services



ARE YOU AN INDIGENOUS YOUTH with lived experience with Child and Family Services? We are looking for 10 youth to participate in a virtual round table discussion on **November 27, 2022**. Sharing your story can help make things better for other Indigenous young people.



ROUNDTABLE DISCUSSION: NOV 27, 2022 @ 2 PM EST
REGISTRATION: OPENS OCT 7, to NOV 1, 2022

NO COST. Limited to 10 Indigenous youth with lived experiences with Child and Family Services.



FOR MORE INFORMATION, CONTACT
Natasha Saunders at nsaunders@nwac.ca



REGISTER WITH LINK PROVIDED IN CAPTION



Jordan's Principle Regional Service Coordinator



Assistance with Jordan's Principle requests, appeals, payments, data collection, and case management

ʔAQ'AM HEALTH AND WELLNESS CENTRE:

OCTOBER 19

NOVEMBER 2

NOVEMBER 16

DECEMBER 14

ʔAQ'AM HEALTH FAIR

NOVEMBER 30

Health

- mobility aids
- wheelchair ramps
- elders' services
- mental health services

Social

- social work
- land-based activities
- respite care
- cultural programming

Education

- tutoring services
- teaching assistants
- mental health services
- assistive technology

✉ MICHAELA.MATTERS@KTUNAXA.ORG

☎ 2504641631



ʔAQ'AM



Ktunaxa Kinbasket
Child & Family
Services Society

• FOUNDRY •
EAST KOOTENAY

Not sure what Jordan's Principle Services are? Visit the following link to learn more!
<https://jordansprinciplehubbc.ca/>

Celebrate Qat'muk

Pow Wow

All Ktunaxa are Invited!

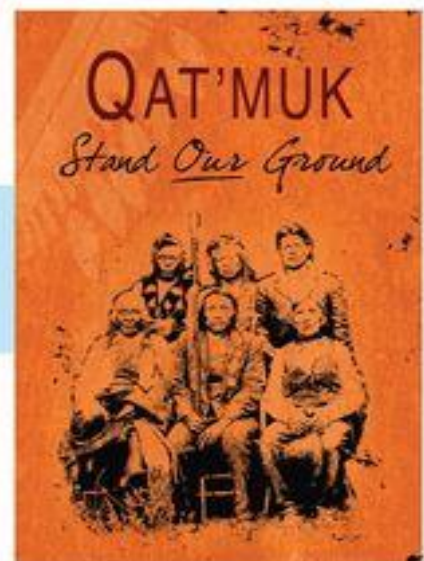
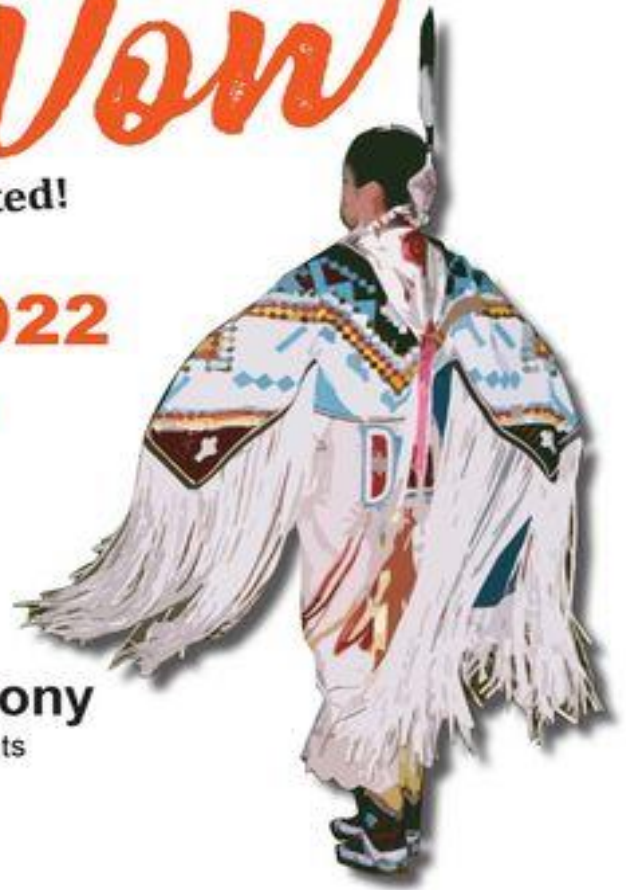
November 18, 2022
Heritage Inn
Cranbrook

2:30 Doors Open
(Doors close at 2:50)
3:00 Welcome & Ceremony
Opening Comments & Acknowledgements
5:30 Dinner
7:00 Pow Wow

**Celebrate the Past, Present
and Future of Qat'muk**

So we can plan for the meal, please RSVP
to Kerri Garner at kgarner@ktunaxa.org
by October 18, 2022. Thank you!

Please Note: Due to health concerns
of some who will be in attendance, we
request that you do a COVID rapid test
within 24 hours of the event and also
wear a mask. We will have rapid tests
at the door if you do not have access to one.



Ktunaxa Language

Ktunaxa word of the month: ǫ'upnakut (To be fall, autumn)

The Ktunaxa language is an integral part of the Ktunaxa people's identity, as a nation and a community. It is known as a cultural isolate language – an exceptionally unique language unlike and unrelated to any other in the world.

Through the [Ktunaxa Community Portal](#) on FirstVoices.com, online visitors can read, listen to, and learn words, phrases, songs, stories, games and more. Learners can also access the [Ktunaxa Language app](#) – a media-rich bilingual dictionary and phrase collection comprised of words and phrases archived at the online Aboriginal language database FirstVoices.com – through iTunes.

The [College of the Rockies](#) also offers an online University Studies course in Basic Ktunaxa. The program aims to help students develop the skills, strategies, and resources to support the revitalization of Ktunaxa language in their homes, their schools, and their communities.

To learn more about the Ktunaxa language, watch [Living the Language - Canada: The Ktunaxa](#), a short and fascinating documentary produced by Al Jazeera, which chronicles the history of our language and the efforts being made to preserve it.

Explore First Voices: <https://www.firstvoices.com/>

Oven or Stovetop Bannock

There are many ways to cook Bannock - on the stovetop, in the oven, fried, or over an open fire. Here is an oven and stove top recipe.

4 cups all-purpose flour
2 tbsp baking powder
1 tsp salt
1 ½-2 cups warm water
¼ cup lard or butter (for baked bannock)
oil for cooking (for stovetop bannock)

In a large bowl, stir together the flour, baking powder and salt.

For baked bannock: Make a well in the middle of the flour mixture and pour in the water, then stir just until combined.

Spread the dough into a greased or parchment-lined 9×13-inch pan and drop three dollops of lard (or butter) onto the top of the batter. Bake in a preheated 400°F oven for 20-25 minutes, turning once to brown the other side.

For stovetop bannock: Gradually add enough water to moisten the ingredients and bring the mixture together in a ball. Turn the dough out onto a lightly floured surface and gently knead about 10 times.

Shape the dough into round patties about ½-inch thick. Cook on an oiled skillet for 3-4 minutes per side, until golden brown.

Serves 12.

