

Howling Coyote Newsletter

November 2023

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



ʔakinmi yakiʔ ʔituq 'iʔqakʕamnamki



Upcoming Dates

November 1st – Photo Retakes

November 9th – Remembrance Day Assembly

November 10th – Non instructional Day (No School)

November 13th – Rock Your Mocs (all week)

November 16th – Metis Flag Raising

November 17th – Report Cards

November 24th - Non instructional Day (No School)

November 29th - Christmas Music Concert

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 Link:

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

School Calendar Link:

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

Annual Calendar Link:

<http://www.sd5.bc.ca/AboutUs/calendar/Documents/2023.2024%20Approved%20Calendar%20May%2025%2c%202023.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](#)

[Yaqaan Nukiy](#)

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 parents to get involved, be informed, and help make decisions regarding Indigenous Education.

Please email Marie Dawson if you are interested.

marie.dawson@sd5.bc.ca

Upcoming Meeting Dates:

November 21st, 2023

We meet in the library.

11:30 am – 12:30 pm

The National Museum of the American Indian in New York

Explore Online: <https://americanindian.si.edu/explore/exhibitions/online>

Resources: <https://americanindian.si.edu/online-resources>



Post-Secondary Education

We are extremely proud of all students who choose to pursue post-secondary education and we support their continued academic success. The College of the Rockies offers programs such as Human Service Worker, Education Assistant, Business Administration, Hair Stylist, Practical Nurse, Plumber, Welder, and more.

Programs: <https://cotr.bc.ca/programs/>



Open House!

Saturday, November 4 | 10:00 am – 1:00 pm

Enter to win a \$1,000 Tuition Voucher!

[College of the Rockies 2023 Open House](https://www.cotr.bc.ca/)

250-489-2751

<https://www.cotr.bc.ca/>

Pumpkin Bread

Servings: Makes 2 loaves

Prep Time: 20 Minutes

Cook Time: 65 Minutes

Total Time: 1 Hour 30 Minutes

INGREDIENTS:

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off.
- ½ teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1½ sticks (¾ cup) unsalted butter, softened.
- 2 cups sugar
- 2 large eggs
- 1 (15-oz) can 100% pure pumpkin.

INSTRUCTIONS:

1. Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy).
2. In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
3. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point -- that's okay.
4. Add the flour mixture and mix on low speed until combined.
5. Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.
6. Fresh out of the oven, the loaves have a deliciously crisp crust. If they last beyond a day, you can toast individual slices to get the same fresh-baked effect. **Freezer-Friendly Instructions:** The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.



First Nation Profiles Interactive Map

<https://geo.aadnc-aandc.gc.ca/cippn-fnpim/index-eng.html>



Indigenous Veterans

The First Nations, Inuit and Métis of Canada have a long and proud tradition of military service to our country.

Many Indigenous men brought valuable skills with them when they joined the military. Patience, stealth, and marksmanship were well-honed traits for those who had come from communities where hunting was a cornerstone of daily life. These attributes helped many of these soldiers become successful snipers (military sharpshooters) and reconnaissance scouts (men who stealthily gathered information on enemy positions). Indigenous soldiers earned at least 50 decorations for bravery during the war. Henry Louis Norwest, a Métis from Alberta and one of the most famous snipers of the entire Canadian Corps, held a divisional sniping record of 115 fatal shots and was awarded the Military Medal for his courage under fire.

While Indigenous soldiers again served as snipers and scouts, as they had during the First World War, they also took on interesting new roles during this conflict. One unique example was being a "code talker." Men like Charles "Checker" Tomkins of Alberta translated sensitive radio messages into Cree so they could not be understood if they were intercepted by the enemy. Another Cree-speaking "code talker" would then translate the received messages back into English so they could be understood by the intended recipients.

Indigenous service members would receive numerous decorations for bravery during the war. Willard Bolduc, an Ojibwa airman from Ontario, earned the Distinguished Flying Cross for his brave actions as an air gunner during bombing raids over occupied Europe. Huron Brant, a Mohawk from Ontario, earned the Military Medal for his courage while fighting in Sicily.

Indigenous people also contributed to the war effort on the home front. They donated large amounts of money, clothing and food to worthy causes and granted the use of portions of their reserve lands to allow for the construction of new airports, rifle ranges and defense installations. The special efforts of First Nations communities in Ontario, Manitoba and British Columbia were also recognized with the awarding of the British Empire Medal to acknowledge their great contributions.

For additional information visit:

<https://www.veterans.gc.ca/eng/remembrance/people-and-stories/indigenous-veterans>





A positive opportunity to be united and celebrate tribal individuality by wearing moccasins. We honor our ancestors, and Indigenous Peoples worldwide, during Rock Your Mocs events and commemorate National Native American Heritage Month.

Mount Baker Secondary School

METIS
FLAG RAISING

NOVEMBER 16TH AT 11 AM



All Are Welcome!

THE GATHERING PLACE

Come check out our Community Events Board and grab a free snack and school supplies. Make yourself a coffee, tea, or hot chocolate. We also sell Bubly for .50 cents each.

