

The Howling Coyote Newsletter

November/ December
2021

kiʔsuk kyukyit **Taanishi Halu Hello**

ʔakinmi yakiʔ ʔituq' #iʔqakʕamnamki



kiʔsuk kyukyit hu sukiʔqukni kin wamiʔkiʔ Ktunaxa ʔamakʔis

**Acknowledging we are in the
homelands of the Ktunaxa People.**



Ask an Elder

Do you have a question for an Elder?

Please send your questions to Alison Farkvam

alison.farkvam@sd5.bc.ca



Information & Events

School Calendar Links

[Student Handbook - 2021/2022.pdf](#)

[Student/Parent Calendar - 2021/2022.pdf](#)

Bell Schedule & Block Rotation



BELL SCHEDULE

Opening warning bell	8:25 am
Class One	8:30 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 3:16 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.	

Mount Baker Secondary School Website

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

School District #5 -

<http://www.sd5.bc.ca/Pages/default.aspx#/=>

Rock your Moc's Monday, November 15th



Remembrance Day Thursday, November 11th



Metis Flag Raising Tuesday, November 16th



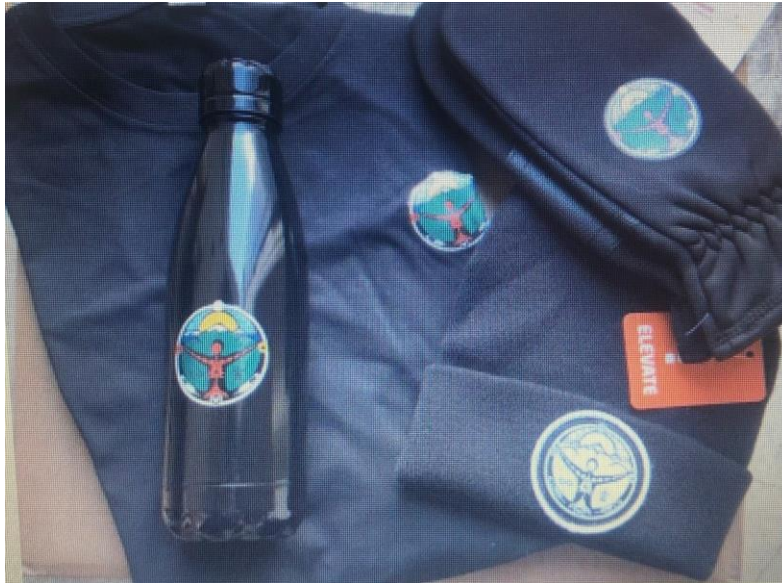
Contest Corner

How do you write December in Ktunaxa?

Find the answer here: <https://www.firstvoices.com/>

Contest Closes: December 10, 2021

All **MBSS/KES students** to email an answer will receive ABED Logo merch of their choosing.



Winners will be announced on December 17th.

Email answers to Marie Dawson: Marie.Dawson@sd5.bc.ca

Métis Holiday Cranberry Pear Sauce

Also known as Métis Holiday Sauce des Atocas

Nothing brings people together better than good food and festive holidays. Today, we are combining the traditions of the festival loving Metis and the perfect accompaniment to a Christmas or Thanksgiving turkey dinner. **Métis Holiday Cranberry Pear Sauce**. Or if you prefer to say it more in a Métis fashion – **Métis Holiday Sauce des Atocas**.

Just as the Métis people can be found throughout all of Canada, cranberries are also found nationwide. Yes, the cranberry is a nationally uniting berry found in all provinces and territories. Long looked upon as a food source for Indigenous people, now mixed with pears and of course, Canadian Maple Syrup, we have a new unique blend. Perfect for today's celebrations.

However, the Métis do not refer to the cranberry or even the french translation of “canneberge” as the identifying name for this wild fruit. No, rather Métis refer to this Canadian fruit as “des Atocas”.

Des Atocas was and still is an important food source to the Métis of Canada. Especially for adding flavor to pemmican as well as being a great source of Vitamin C. And of course, let's not forget about using it as a condiment to turkey, chicken, and more.



See Recipe Below

Prep Time: 10 minutes
Cook Time: 10-15 minutes
Passive Time: 15-20 minutes

INGREDIENTS

- 340 grams [fresh cranberries](#)
- 2 medium [ripe pears](#) peeled and diced
- 2 teaspoons [fresh ginger](#) peeled and grated
- 3 Tablespoons [fresh rosemary leaves](#) finely diced
- 3 Tablespoons [Canadian maple syrup](#)
- 3/4 cup [water](#)
- [Sea salt](#) to taste



INSTRUCTIONS

1. Add cranberries, pear, ginger, rosemary leaves, maple syrup, and water to a medium saucepan. Cook over medium-high heat, stirring occasionally, until the mixture starts to boil, and the cranberries burst open, approximately 5 minutes.
2. Reduce heat to medium-low and simmer for another 5-10 minutes. While cooking, mash the cranberries and pears with a wooden spoon. Season with a pinch of sea salt and stir to combine.
3. Remove from heat and allow sauce to cool for 15-20 minutes before checking the consistency. Add a little water if the sauce is too thick. Taste and add more maple syrup for a sweeter sauce, if desired.
4. Optional: For a smoother sauce, blend one-half of the cranberry mixture in a food processor or blender until smooth. Stir puree back into the remaining sauce before serving.
5. Serve immediately or chill before serving. Enjoy!

Numa Ka.Kin Drum Group

Everyone is welcome to drum over lunch.

Upcoming drumming dates:

Nov 8th

Dec 2nd



Ktunaxa Creation Story

nasu?kin Joe Pierre tells
The Ktunaxa Creation Story

<https://youtu.be/jtttU5PmCds>



JCI Kootenay is very proud to present a telling of The Ktunaxa Creation Story by nasu?kin Joe Pierre of ?aq'am.
Presented on October 14, 2021 via Zoom.

Guardian In Training Program (GIT)

The Guardian in Training (GIT) Program promotes development of land leadership through team-based activities and mentorship opportunities. The GIT program strives to develop today's young people into the leaders of tomorrow. To ensure success in this program, we connect GIT's with current k'it'ik ka-kin and community mentors. The GIT will have a safe space where they can feel accepted, find their own voice, and become engaged in their community. The GIT Program will develop the participants individual skills and generate opportunities that will enable ʔaǰamniǰ youth to strengthen ʔaǰam self-governance, and will support and organize opportunities for the youth to be able to identify and explore their interests.

Competencies Covered:

- Leadership
- Communication
- Team Dynamics
- Project Management
- Environmental Stewardship
- Fundraising

Proposed Certification and Training Received:

- OFA 1
- Flat Water and Canoe Tripping
- Hike Leadership
- Water testing and monitoring
- Flora and Fauna Identification
- Outdoor Survival Skills
- Public Speaking
- Resume and Interview Skills

This program will begin to develop the skills the youth will need to acquire to obtain future employment working as Stewards of the land of ʔamakʔis Ktunaxa. Summer employment opportunities will be made available by ʔaǰam and Columbia Outdoor School to those who participate in the Guardians in Training program.

The GIT will meet twice a month, on the first and third Thursday from 3:30 PM- 5:00 PM at the ʔaǰam Health & Wellness Centre. Snacks will be provided.

Shonna Murphy 
Director of Programs
Columbia Outdoor School & Blue Lake Camp
Office Phone: 250-426-3676
Cell Phone: 250-688-0702
www.ColumbiaOutdoorSchool.com



Guardians in Training Program



- Training and Certification
- Job Shadowing
- Employment Opportunities
- Guest Speakers, Field Trips

- Leadership
- Project Management
- Stewardship
- Fundraising



GUARDIAN IN TRAINING PROGRAM

GIT'S

- Training and Certification
- Job Shadowing
- Employment Opportunities
- Guest Speakers, Field Trips



FIRST AND THIRD THURSDAY'S
BEGINNING IN OCTOBER

@ ʔaᑭam Health and Wellness Centre
3:30 PM to 5:00 PM

WHAT IS GIT?

Do you want real world experience in outdoor, career related fields? The GIT program will provide you with opportunities for training, certification, networking, and will help you to identify and explore your interests for future career paths.

For more information please join us at Mt. Baker School Library September 28th 11:25 AM-12:15 PM as special guests of the Warriors, or contact Bonnie Harvey at bharvey@aqam.net

ABED Council

We are looking for one more parent to join ABED Council.

The ABED Council meets on Tuesdays at lunch 11:25 am – 12:25 pm.

We meet eight times per year to discuss issues and events related to Aboriginal Education.

Please contact Marie Dawson for location or if you would like more information at (250) 426-5241 ext. 25052.

2021/ 2022 Meeting Dates:

- **Nov 30th**
- **Jan 18th**
- **Feb 15th**
- **April 19th**
- **May 17th**
- **June 14th**

Ktunaxa Employment & Training



KTUNAXA
NATION

Education and Employment Sector

The Education and Employment Sector provides client services ranging from:

- Resume & Cover Letter Support
- Computer Access for Training Needs
- Career Counselling
- Post Secondary Support
- Industry Training
- Job Search Support
- Employment Workshops
- Assistance with Online Applications
- Assistance with Scholarship Applications
- Summer Student Employment

We look forward to serving your Employment, Education, Career, and Training needs

Please contact us for more information:

Andrew Fletcher—Youth Support Worker

Andrew.fletcher@ktunaxa.org
250-919-9346

Trevor Steuart —Client Support Worker

Trevor.steuart@ktunaxa.org
250-489-2464 Ext: 3042

Meagan Bremner —Employment Officer

mbremner@ktunaxa.org
250-489-2464 Ext: 4037