

# Howling Coyote Newsletter

October 2020

**kiʔsuk kyukyit! Taanishi! Halu! Hello!**

From Marie, Alison and Sheena  
Aboriginal Education Team at MBSS

ʔakinmi yakiʔ ʔituq ʔiʔqakʔamnamki



**Acknowledging we are in the  
Home lands of the Ktunaxa People.**



# Mount Baker Secondary School Website

**Mount Baker-**

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

**School District #5 -**

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

## Aboriginal Education Support Workers

Alison Farkvam

MBSS (250) 426-5241 ext. 748

[alison.farkvam@sd5.bc.ca](mailto:alison.farkvam@sd5.bc.ca)

Marie Dawson

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Sheena Rivers

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Ask AN ELDER- Do you have a question for an Elder?  
Please send your questions to Alison Farkvam  
[alison.farkvam@sd5.bc.ca](mailto:alison.farkvam@sd5.bc.ca)

Joan O'Neil



Dorothy Ratch



Marguerite Cooper



Winnie Vitaliano



Pheb Goulet

# Hearty Hamburger Soup

## Ingredients:

1.5 lbs - Lean Ground Beef or Venison

2 Tbsps.- Olive oil

1- Onion

4- Carrots

3 - Celery ribs

3 10 oz – Low sodium beef broth

1 28 oz - Canned tomatoes in tomato sauce

4 - 6 Large Potatoes

Season- Salt & Pepper to taste

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**Brown the beef:** Heat olive oil in a large pot over medium-high heat. Crumble in hamburger, cook and break up until no longer pink, about 6 – 7 minutes. Transfer, leave a little fat in pot.

**Add canned ingredients, potatoes, veggies and seasonings:** Pour in beef broth, tomatoes & tomato sauce. Season with salt and pepper to taste.

**Simmer soup:** Bring mixture to a light boil, then reduce heat to low. Cover and let simmer, until potatoes are tender, about 25 minutes.

**Freeze up to 3 months.** Thaw overnight in the fridge.



## Fall Activities

**Pick Apples-** Make caramel or candied apples.  
<https://www.allrecipes.com/recipe/21130/caramel-apples/>

**Go on a nature hike-** See if you can identify different kinds of trees. Look for wildlife collecting food for winter. Watch for migrating birds.

**Collect fall leaves-** Press them into books or paste them onto handmade greeting cards.

**Take a drive-** Check out the beauty of the Kootenays

**Have a bonfire-** The chill in the air makes fall the perfect time to sit together by the warmth of a blazing fire with a nice warm mug of cocoa or cider.

**Make a leaf pile and jump in!**- Be sure to remove the rake first.

**Pumpkins-** Decorate, bake and roast the seeds.

**Take Photo's-** With the beautiful colours and sunny days, now is the perfect time for selfies or group photos'.





## **SCHOLARSHIP & BURSARY Information**

ABORIGINAL ARTS DEVELOPMENT AWARDS: <http://www.fpcc.ca/arts/Programs/>

ABORIGINAL BURSARIES SEARCH TOOL: <http://www.aadnc-aandc.gc.ca/eng/1351185180120/1351685455328>

ABORIGINAL FUNDING TOOL:  
<http://www.sd43.bc.ca/secondary/terryfox/ProgramsServices/CareerCentre/Scholarships%20and%20Financial%20Aid%20Documents/Aboriginal%20Scholarships%20and%20Awards.pdf>

ABORIGINAL LEARNING LINKS: <http://aboriginallearning.ca/scholarshipsbursaries/>

Apprentice Grants for 3rd and 4th year and Red Seal: <https://www.canada.ca/en/employment-social-development/services/apprentices/grants.html>

ATCO Pipelines Aboriginal Education Awards Program:  
<http://www.atcopipelines.com/Community/Indigenous-Education-Awards-Program>

BCNWA (Females Only) <http://bcnwa.weebly.com/funding-application.html>

CANADIAN NURSES FOUNDATION TD Aboriginal Nursing Fund: <http://cnf-fiic.ca/what-we-do/scholarships-and-bursaries/>

CANADIAN MEDICAL ASSOCIATION SPECIAL Bursary Program for Undergraduate Aboriginal Medical Students: <http://medicalfoundation.ca/en/what-we-do/financial-aid/>

CANADA POST AWARD: <https://www.canadapost.ca/cpc/en/our-company/giving-back-to-our-communities/canada-post-awards-for-indigenous-students.page?>

C.H. DOWLING MEMORIAL SCHOLARSHIP (UNIVERSITY OF VICTORIA):  
<https://www.uvic.ca/registrar/safa/in-course-scholarships/indigenous/index.php>

CONGRESS OF ABORIGINAL PEOPLES (ISETP HOLDER) <http://www.abo-peoples.org/asets-aboriginal-skills-and-employment-training-strategy/>

GIL PURCELL MEMORIAL JOURNALISM SCHOLARSHIP FOR NATIVE CANADIANS:  
<http://www.aadnc-aandc.gc.ca/eng/4078514441336/4078514441336>

HUSKY ENERGY ABORIGINAL EDUCATION SCHOLARSHIP:  
<http://www.huskyenergy.com/socialresponsibility/aboriginalaffairs/educationawards.asp>

INDSPIRE: <http://indspire.ca>

KPMG's Aboriginal Scholarship Program:  
<https://home.kpmg.com/ca/en/home/industries/government-public-sector/human-social-services/human-and-social-services-kpmg-indigenous-student-awards.html>

MUNGO MARTIN MEMORIAL AWARDS <http://cahr.uvic.ca/nearbc/documents/2010/Mungo-Martin-Memorial-Awards.pdf>

ALL NATIONS TRUST COMPANY: <https://www.antco.ca/community/scholarships-bursaries>

NORMAN WELLS OPERATIONS SAHTU ABORIGINAL SCHOLARSHIP:  
[http://www.imperialoil.com/Canada/English/Files/ThisIs/Norman\\_Wells\\_Scholarship\\_pamphlet.pdf](http://www.imperialoil.com/Canada/English/Files/ThisIs/Norman_Wells_Scholarship_pamphlet.pdf)

ROYAL BANK ABORIGINAL STUDENT AWARDS PROGRAM:  
[http://www.rbc.com/careers/aboriginal\\_student\\_awards.html](http://www.rbc.com/careers/aboriginal_student_awards.html)

BC HYDRO Indigenous Scholarships & Bursaries:  
[https://www.bchydro.com/community/indigenous-relations/opportunities/individuals/donations\\_sponsorships.html](https://www.bchydro.com/community/indigenous-relations/opportunities/individuals/donations_sponsorships.html)

SCHOLARSHIPSCANADA.COM – Once students complete a registration form, they can search the database. <http://www.scholarshipscanada.com/>

STUDENT AWARDS: <http://www.studentawards.com/>

THE FIRST CITIZENS FUND STUDENT BURSARY PROGRAM:  
<http://www.bcaafc.com/programs/firstcitizensfund/31-studentbursary>

TRANSALTA Aboriginal Bursary Program: <http://www.transalta.com/communities/aboriginal>

UBC ABORIGINAL GRADUATE FELLOWSHIPS:  
<https://www.grad.ubc.ca/awards/aboriginal-graduate-fellowships>

YVR ART FOUNDATION SCHOLARSHIPS: <http://www.yvraf.com/programs>

COLUMBIA BASIN TRUST GRANTS & BURSARIES: <https://ourtrust.org/grants-and-programs-directory/columbia-basin-bursary/>

INDIGENOUS FORESTRY SCHOLARSHIP PROGRAM STUDY & WORK:  
<https://www.forestrycouncil.ca/cpages/ifsp>

GET METIS SCHOLARSHIPS IN CANADA 2020 <https://worldscholarshipforum.com/metis-scholarships/>

Apply  
Online





## Contest Corner!

September Contest Corner Winner  
Cianne Astaforoff

Can you answer this question...

What does INUIT mean in Inuktitut?

**Contest closes October 30th 2020.**

**Winners to be announced in the November Newsletter.**

Email answers to Marie Dawson: [Marie.Dawson@sd5.bc.ca](mailto:Marie.Dawson@sd5.bc.ca)

The first **3 MBSS/KES students** to email the answer will each win a bag of goodies.



# Inuit

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"Inuit," is the Inuktitut word for "the people."

Today, Inuit strive to pass on the knowledge of their ancestors to their children. Children learn Inuktitut language as well as English in school and Elders teach life skills to make sure that the youth of today learn about their culture. Children learn traditional skills such as hunting, skinning, processing and preparation of food.

For more information about Inuit people, please visit:

<https://www.itk.ca/about-canadian-inuit/>





## PUMPKIN PIE RECIPE

### Pie Crust:

- 1 store-bought or [homemade pie crust](#)

### Pumpkin Pie Filling:

- 1 cup light brown sugar
- 1 tablespoon all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 3 large eggs lightly beaten
- 1 15-ounce can pumpkin puree
- 1 and 1/4 cups evaporated milk

# INSTRUCTIONS

## To prepare the pie crust:

1. Preheat oven to 400°F.
2. Prepare the pie crust by rolling the dough out to 12-inches in diameter. Next, carefully transfer the dough to a 9-inch pie plate (make sure it's at least 1 and 1/2 inches deep), gently fit it into the pie plate, trim any excess dough, and flute the edges. Line the pie dough with parchment paper or foil, making sure to cover the bottom and fit it snugly in the corners and up the sides, then fill with pie weights (dried beans or dry rice work well too).
3. Bake the pie crust at 400°F for 12-15 minutes. Remove from the oven and remove the parchment paper (or foil) and pie weights. Return the pie crust to the oven and bake for an additional 5 minutes. Remove from the oven and set aside to cool.

## To prepare the filling:

1. In a large mixing bowl, whisk together the brown sugar, flour, salt, cinnamon, ginger, nutmeg, and cloves until well combined. In a separate mixing bowl, whisk together the eggs, pumpkin puree and evaporated milk until well combined. Pour the wet ingredients into the dry ingredients and mix together until fully combined.

## To make the pumpkin pie:

1. Pour the pumpkin pie filling into the partially baked pie crust. Return to the oven and bake at 400°F for 45-50 minutes, or until the center is almost set (it should be a little wobbly). Remove from the oven and transfer to a wire rack for 2-3 hours to cool completely. Cover tightly and refrigerate for several hours or overnight.





