

The Cawing Crow Chronicle

October 2025

Grateful to live, learn, and work in the homelands of the Ktunaxa People.



Upcoming

October is Ktunaxa Appreciation Month

October 4th- National Day of Action for Missing and Murdered Indigenous Women, Girls & Gender Diverse People.

October 10th- No School, Non-Instructional Day

October 10th- ?a?am Community Wood Day

October 13th – No School, Stat Holiday

October 24th- No school, Professional Development Day

October 24th- Ktunaxa Literacy Day

Parkland Information

Get In Touch

1115 2nd Ave S Cranbrook, V1C 2B4

Phone: (250) 426 - 3327

Fax: (250) 426 - 6334

Email: pms.mailing@sd5.bc.ca



Elders in Residence

Pheb Goulet
Joan O'Neil
Dorothy Ratch
Mel Ratch
Winnie Vitaliano



Indigenous Websites

Communities:

[?aqam](#)

[Tobacco Plains](#)

[?akisqnuk](#)

[Yaqan 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](#)

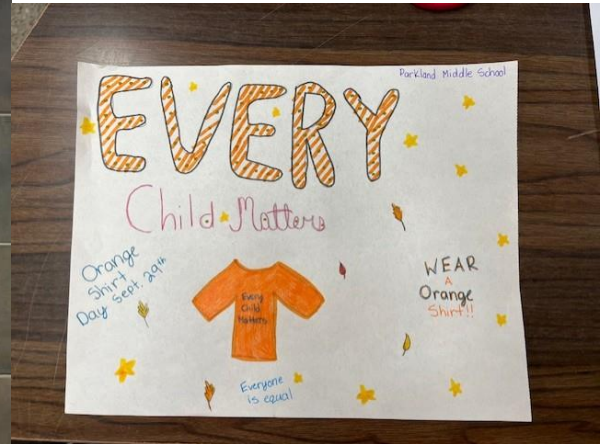
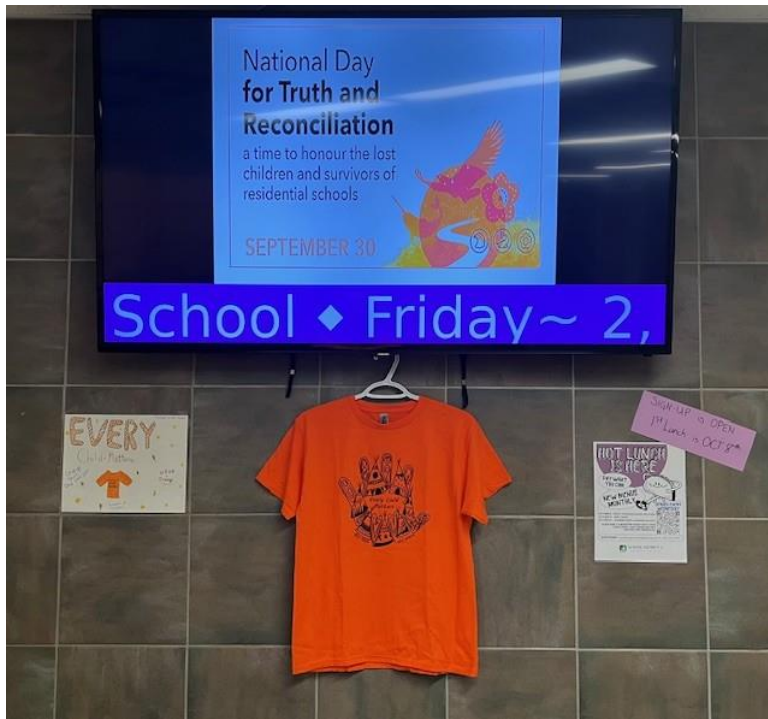
EVERY CHILD MATTERS

English	Ktunaxa	QR
Every Child Matters	Ikamniitk qapi hakamxuni:qa?ni	



September 30th is the National Day for Truth and Reconciliation, a federal statutory holiday in Canada that honours the survivors of residential schools, the children who never returned home, and their families and communities. The day aligns with Orange Shirt Day, emphasizing the importance of education, reflection, and commemorative activities to acknowledge the tragic and ongoing impacts of residential schools on Indigenous peoples.





Ktunaxa Elder Joan O'Neil

Sisters in Spirit **National Day** **of Action**

for Missing and Murdered
Indigenous Women, Girls,
and 2SLGBTQQIA+ People

October 4th



ᑭᐱᑭᐱᐱ Community Wood Day



October 10, 2025

ᑭᐱᑭᐱᐱᐱ ᑭᐱᑭᐱᐱᐱ - chop the wood

ᑭᐱᑭᐱᐱᐱ ᑭᐱᑭᐱᐱᐱ - carry the wood

ᑭᐱᑭᐱᐱᐱᐱᐱ ᑭᐱᑭᐱᐱᐱ - stack the wood

SEE MARIE FOR PERMISSION FORMS



KTUNAXA

Ktunaxa (pronounced 'k-too-nah-ha') people have occupied the lands adjacent to the Kootenay and Columbia Rivers and the Arrow Lakes of British Columbia, Canada for more than 10,000 years. Our traditional territory covers about 70,000 square kilometres (27,000 square miles) within the Kootenay region of southeastern British Columbia. Historically, our territory included parts of Alberta, Montana, Washington and Idaho.

For thousands of years, we enjoyed the natural bounty of the land, seasonally migrating throughout our homelands to follow vegetation and hunting cycles. We obtained all our food, medicine and material for shelter and clothing from nature – hunting, fishing and gathering throughout our territory, across the Rocky Mountains and on the Great Plains of both Canada and the United States. European settlement in the late 1800s, followed by the establishment of Indian Reserves, led to the creation of the present Indian Bands. Ktunaxa Nation Council (KNC) is directed by Leadership from four Ktunaxa First Nations: ʔakisq̓nuk, ʔaq̓am, yaqan nuʔkiy and Yaq̓it ʔa·knuq̓li'it. (Canada)

- ʔaq̓am
- ʔakisq̓nuk
- yaqan nuʔkiy
- Yaq̓it ʔa·knuq̓li'it

Ktunaxa- Kootenai Tribes (United States)

- Kootenai Tribe of Idaho
- Confederated Salish and Kootenai Tribes (Ksanka Band)

For More Information Visit: <https://www.ktunaxa.org/who-we-are/>

Ktunaxa Language

First Voices is an Indigenous Language Revitalization Platform.

An online space for Indigenous communities to share and promote language, oral culture and linguistic history.

Under Ktunaxa, you can see the **Ktunaxa WORD OF THE DAY!**

Hear the word and see the alphabet. <https://www.firstvoices.com/ktunaxa>

[ʔa·knuqʔuxunaʔtit mata](#)

Horsemint, field mint

Ktunaxa ʔaktukaqʔwum	English
Ki'su'k kyukyit çitmiyit wiłnam kwałkwayit	Good Afternoon, hello Night Morning Evening
Ya·kił ʔitqawxaxamki	A gathering place
Ya·kił sukiłqukamałnamki	A happy, safe place
Hu çinaxi ya·kił ʔisaknununamki	I am going to the bathroom
Kinç ç̣i·kam	Are you coming?
Kin nuwasʔ	Are you hungry
Waha, hu nuwumni	No, I'm full
Hiy, hu nuwasni	Yes, I'm hungry
Kinç ç̣i·kam	Do you want to come?
Kin ç̣xał ʔik	Are you going to eat?
Hu ç̣xał ʔikni	I am going to eat
Hiy	Yes
Waha	No
Maʔç̣	Don't
Huyas	Okay
Taxas	Continuing conversation
Taxa	Enough, done
Taxta, huç ła ʔupxinisni	I'll see you later or again.
Taxta, huç ç̣inaxi ʔakiskaqłiʔit	Later, I'm going to Cranbrook

<https://ktunaxahakqyit.org/ktunaxa-language-resources>



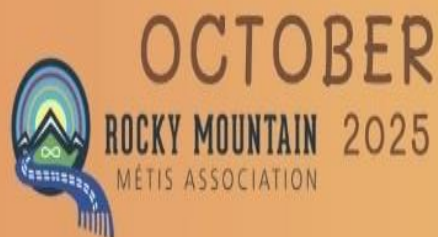
YOHO NATIONAL PARK FIELD TRIP





A great time was had on our trip to Yoho National Park, and Eagles Nest Campground. We walked around Emerald Lake, stopped at waterfalls, and enjoyed a wetlands presentation by Ktunaxa Knowledge Holder, Hilary, from ʔakisq̓nuk.

Rocky Mountain Metis Association



Rocky Mountain Métis Association

OFFICE HOURS:

TUESDAY - WEDNESDAY 10:00 AM - 2:00 PM

THURSDAY 9:00 AM - 4:00 PM

FRIDAY 10:00 AM - 2:00 PM

UNLESS OTHERWISE STATED IN RED

ADDRESS:

5TH AVE PLAZA

110, 108 VAN HORNE STREET

CRANBROOK, BC V1C1Z3

CONTACT INFO:

250-489-8960

RMMANAVIGATOR@GMAIL.COM

IMPORTANT DATES THIS MONTH:

FOOD RECOVERY EVERY THURSDAY

BEADING CIRCLE EVERY MONDAY AND FRIDAY

GENEALOGIST OCT 10TH & 11TH - TIMES ON CALENDAR

MENTAL HEALTH PRESENTATION OCT 18TH @ 2-4 PM

RMMA ANNUAL GENERAL MEETING OCT 21ST @ 6:30 PM

MENTAL HEALTH PRESENTATION OCT 25TH 2-4 PM

HALLOWEEN OCT 31ST

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
				FOOD RECOVERY 12-4	MÉTIS BEADING CIRCLE 10-12	
5	6	7	8	9	10	11
	MÉTIS BEADING CIRCLE 10-12			FOOD RECOVERY 12-4	GENEALOGIST 9:00-11:30 AND 1:00-3:30 PRESENTATION 6:30 PM	GENEALOGIST 9:00-11:30 AND 1:00-4:00 PM
12	13	14	15	16	17	18
	THANKSGIVING OFFICE IS CLOSED			FOOD RECOVERY 12-4	MÉTIS BEADING CIRCLE 10-12	MENTAL HEALTH PRESENTATION 2-4 PM
19	20	21	22	23	24	25
	MÉTIS BEADING CIRCLE 10-12	RMMA AGM 6:30 PM		FOOD RECOVERY 12-4	MÉTIS BEADING CIRCLE 10-12	MENTAL HEALTH PRESENTATION 2-4 PM
26	27	28	29	30	31	
	MÉTIS BEADING CIRCLE 10-12				MÉTIS BEADING CIRCLE 10-12 HALLOWEEN	



ROCKY MOUNTAIN
MÉTIS ASSOCIATION



Visit with a Métis Genealogist



**PLEASE JOIN US FOR
2 DAYS OF MÉTIS GENEALOGY
RMMA COMMUNITY SPACE**

110, 108 VAN HORNE STREET SOUTH

THERE ARE 4 POP-IN AND TALK SESSIONS

OCT 10TH FROM 9:00 - 11:30

& 1:00 PM - 3:30 PM

OCT 11TH FROM 9:00 - 11:30

& 1:00 PM - 4:00 PM

Métis Genealogy Evening Presentation

OCT 10TH @ 6:30 PM

Everyone Welcome





Barbecue Chicken FryBread Tacos

Also Known as Indian Tacos or Navajo Tacos

Ingredients:

Fry Bread

- 3 cups flour
- 2 tbsp baking powder
- 1tsp salt
- 1/2 cup sugar
- 3 cups milk (or water

Salsa

- 2 cups field tomatoes. Diced.
- 1/2 cup red onion. Finely diced.
- 1/2 bunch cilantro. Finely diced.
- 3 tbsp canola oil
- 1/2 tbsp freshly squeezed lime juice (approx. 1/2 lime).
- 1 clove garlic. Finely diced.
- 1 pinch salt.

BBQ chicken breasts. (Can be omitted for vegetarian or substituted for a meat of your choice).

- 5 5oz chicken breasts.
- 3 tbsp butter for cooking.
- 1 cup BBQ sauce.

Toppings

- 1 head iceberg lettuce. Shredded.
- 8 oz sour cream
- 1 cup cheddar cheese. Shredded

Instructions:

Fry Bread

1. In a large bowl, mix the dry ingredients together.
2. In the center of the mix make a well. Add milk or water to the well and fold the mixture until dough is slightly sticky.
3. Let dough rest for 15 minutes.
4. Add cooking oil to a large pan and heat to 350°.
5. Dust a rolling surface with flour and coat the dough until the dry flour has been absorbed.
6. Roll the dough into a ball and cut into 8 even pieces.
7. Roll each into a ball and stretch and flatten into patties that are approx. 4 inches in diameter and about 1/2 inch thick.
8. Place the flattened dough gently into the hot oil. Cook until golden brown on both sides (approx 1-1 1/2 minutes per side).

Salsa

1. In a large bowl, mix together all ingredients and let rest for the flavors to meld.

Barbecue Chicken

1. In a large pan heat butter over medium heat.
2. Add chicken to the heated butter. Season with salt and pepper.
3. Cook chicken thoroughly through.
4. Remove chicken and place on a cutting board.
5. Thinly slice the cooked chicken breast and brush with your favorite bbq sauce.
6. Return to heat and cook until the bbq sauce begins to caramelize.

Putting your Frybread Taco Together

1. Place frybread on your plate
2. Later a handful of shredded lettuce on the bread.
3. Add chicken
4. Top with sour cream, shredded cheese
5. Layer with a tablespoon of salsa.

