

# The Cawing Crow Chronicle

**November 2025**

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



## Upcoming

### November is Metis Appreciation Month

November 8- Indigenous Veterans Day

November 10- PMS Remembrance Day Assembly

November 11- Remembrance Day (No school- STAT Holiday)

November 21- Professional Development Day (No school)

# 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](mailto:pms.mailing@sd5.bc.ca)



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## Elders in Residence

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



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## 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](#)



## November is Metis Appreciation Month

The Métis are a distinct Indigenous people of Canada with a unique cultural heritage resulting from unions between First Nations women and European men, primarily fur traders. The first fur traders in Canada were French fishermen and explorers in the early 1500s. The Metis developed their own customs, language, and way of life, and are recognized as one of Canada's three Indigenous peoples alongside First Nations and Inuit. Métis communities are historically concentrated in a region often called the Métis Homeland, which includes parts of Manitoba, Saskatchewan, Alberta, Ontario, and British Columbia (In the US- Montana, North Dakota, and Minnesota). For more information visit:

Canadian Geographic

<https://indigenouspeoplesatlasofcanada.ca/article/frequently-asked-questions-metis/>

Gabriel Dumont Institute

<https://gdins.org/>

Red river Ancestry

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

Gabriel Dumont Institute- Métis Muséum

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

## Did you know?

The Métis Nation emerged as a distinct Indigenous people and Nation in the historic Northwest during the 18th century. By the 1820s-1850s, Métis self-identity crystallized as hundreds of Métis worked as free traders, fur trade boatmen, bison hunters, and farmers across the homeland. During this time, the Métis called themselves “gens de libre,” “Otipemisiwak” or the “Free People” - a reflection of their strong desire for independence and self-determination. It was in this era that the Métis Nation developed their unique culture, grounded in Michif, strong community ties, and shared ways of life.

## Who Was Louis Riel?

On October 22, 1844, Louis Riel was born in the heart of the Red River Settlement, where Winnipeg now stands. Raised in a strong, vibrant Métis community and grounded in both Michif and Catholic traditions, Riel would grow into one of the most visionary and courageous leaders in the history of the Métis Nation. He stood for the Metis Nation when it mattered most, leading the Red River Resistance in 1869–1870 and securing the Manitoba Act, which protected Métis rights as Manitoba entered Confederation. Fifteen years later, he answered the call again, leading the Northwest Resistance to defend Métis land, laws, and way of life. Louis Riel fought for First Nations rights in addition to Métis rights, viewing their struggles as interconnected against the federal government. He fought for the protection of all landowners, including First Nations, Métis, and settlers, and for the rights of Indigenous peoples regarding land, treaties, and self-determination.







**ROCKY MOUNTAIN**  
MÉTIS ASSOCIATION

# **MÉTIS FAMILY FALL KITCHEN PARTY**

**You are invited to come gather  
as a community  
to celebrate Louie Riel week & our culture  
on November 12<sup>th</sup>**

**From 5:00 pm to 8:00 pm  
at the Cranbrook Train Museum**

**There will be fun  
activities for the kids.**

**Live music by JJ and Gordon.**

**A yummy potluck-style dinner, bring your  
favorite meal to share with everyone if you  
can.**

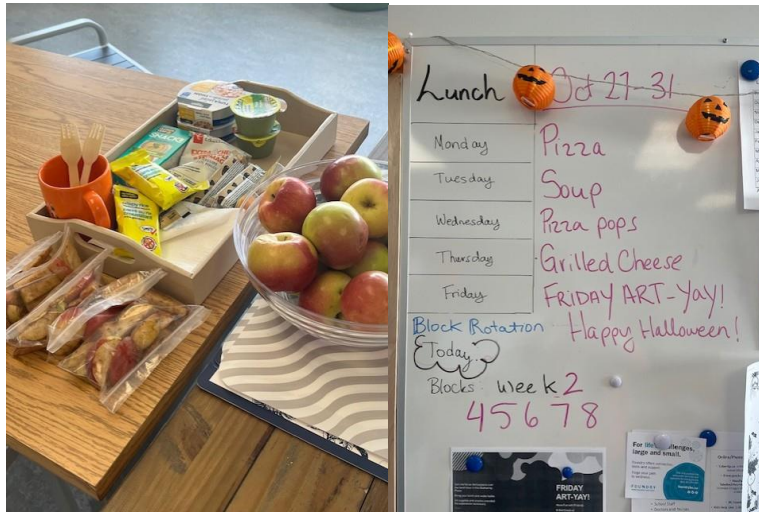
**Door prizes, plus a chance to win a  
family turkey dinner.**

**Any questions, please contact us at the RMMA Community space  
110, 108 Van Home Street South.  
250-489-8960**

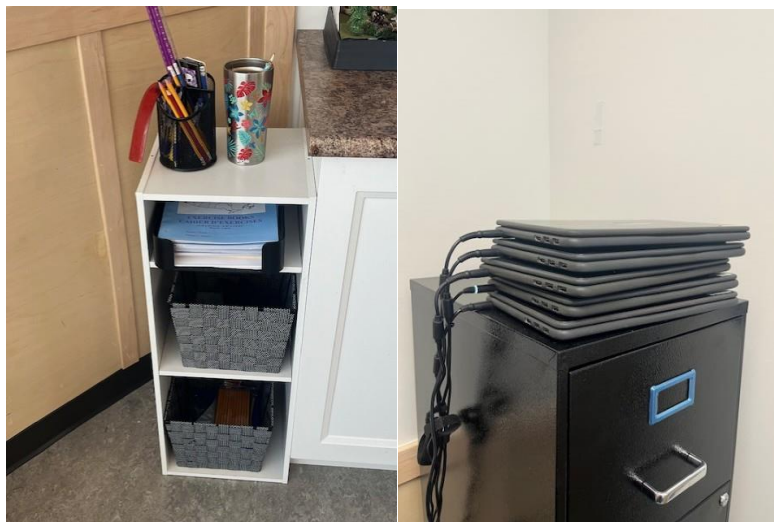




# Indigenous Education Student Supports



Snacks are provided daily, and a weekly lunch menu is posted.



Free school supply shelf and use of technology.



Art on Fridays over the lunch hour.

And so much more... 😊 See Miss Marie if you have any questions.





NOVEMBER 8, 2025

# Indigenous Veterans Day



**Halifax**  
Regional Centre for Education



# **In Flanders Fields**

**{Poem by Lieutenant Colonel John McCrae,  
translated into Ktunaxa by Mary Mahseelah.}**

**ʔuquʔk Flanders Fields ni poppies kqunawizʔmi  
kukitinqaps kʔikmaʔinxunakis kitqatkaʔxu ka-kmuxunaʔaʔis;**

**ɛ qu ʔa-kiʔmiyit ni yikʔna, ksakit ʔatʔk,  
knuxun hin qa ʔisiʔt huʔpaʔniʔni  
kwiʔkikʔiʔit ka-kinqa-kiniʔ ʔumi.**

**Huʔinaʔaʔni ʔa-kuqʔayitʔin.**

**Qa wunikitni hu ʔinaʔaʔni wunmanamu,  
Hu wuniʔxuniʔti ʔa-kinmitqapkanuqʔiʔmiyit,  
hu wu-kati kwatminuqka,  
hu ɛʔakiʔkaʔni ɛ hu ɛʔakiʔiʔni,  
ɛ na taxa hu sakqwaʔaʔni ʔuquʔk Flanders Fields.**

**Kinʔ ɛʔʔkat ku wanaqnani-maʔnala ʔininik:  
ɛʔinmitikʔisni na kyukaka-t ʔa-ki-nam na ʔa-kinuqua-ku  
Ninkuʔnis kinʔ ʔiktkawizʔin.**

**Napit hin ʔuʔziʔt kqanikitʔi  
na kamnaʔa ku ʔipnaʔa  
Huɛ qawuniʔxunitaʔni kqa-nmiʔuniʔnam,  
mi-ka paqminuqyuk poppies ʔuquʔk Flanders Fields.**

**~oOo~**



# Ktunaxa Language

## November



In the Ktunaxa language, **November** is "**Kʔaʔuʔk ʔupqa**," which is associated with the deer rutting season. This name reflects a traditional observation of the natural world and the timing of events relevant to the Ktunaxa people.

In the Ktunaxa language, the word for **fall/autumn time** is **ʔupnakutnamu**. Here are additional Ktunaxa words related to the autumn season:

- **ʔupnakut** - Fall, autumn time
- **ʔiʔqunʔiʔit** - For the temperature to go down after the hottest part of the day
- **kisqatuk** – Cold water
- **haʔkaʔmitiʔ kanmiyit** - To be a partly cloudy morning
- **haʔqannukammi** - For snow to blow and drift
- **ʔisqatʔiʔit** - Cold (referring to the weather or places)
- **ʔa·kumʔiʔit** - Frost



### **Metis Elder Alma Desjarlais Famous Stew**

#### **You'll need:**

- 3 lb. meat cubed (Game Meat or Beef)
- 1 lb. carrots diced
- 1 onion chopped
- $\frac{1}{2}$  a turnip cubed
- 2 potatoes cubed
- 3 stalks celery diced
- 1 x 32 oz. can diced tomatoes
- 1 can peas

#### **What you do:**

1. Put meat in flour and brown with onions on medium heat
2. Add potatoes and cook for about 10 minutes
3. Adding vegetables
4. Cook in oven-safe dish for 2 hours at 350°F



## What is lateral violence?

Lateral violence is a form of intra-group conflict where members of an oppressed group, or members within any group, express aggression toward one another rather than toward their external oppressors. Examples of lateral violence are blaming, belittling, making hurtful jokes, and using intimidating or patronizing tones. The roots of lateral violence are a result of colonization, trauma, and systemic inequality.

## What are Microaggressions?

Microaggressions are subtle, verbal or nonverbal slights, snubs, or insults that communicate hostile, derogatory, or negative messages toward members of marginalized groups. They can be based on race, gender, sexual orientation, disability, or other characteristics, and while they may seem small to the perpetrator, they can cause significant harm to the recipient.

## What can we do?

Caring for one another is important for human connection, purpose, and well-being, and can be practiced through acts of compassion, support, and respect. This involves actively helping those in need, showing kindness, and being a supportive presence, which benefits both the giver and receiver. Cultivating this behavior is a skill that strengthens communities and enriches individual lives by fostering a sense of belonging and purpose.

**If you are experiencing bullying or harassment, please tell your parent(s)/guardian, or a trusted adult. Do not suffer alone.**

**Youth can get support over the phone 24/7 by calling The BC Kids Help Phone 1-800-668-6868.**



The Crow  
reminds us:  
You don't  
have to **loud**  
to be **powerful**.  
You don't have  
to be seen  
to matter.

Watch.  
Think.  
**Soar.**

