

Howling Coyote Newsletter

September 2020

ki?suk 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

Marie Dawson

MBSS (250) 426-5241 ext. 755

marie.dawson@sd5.bc.ca

Sheena Rivers

KES (250) 426-6677

MBSS (250) 426-5241 ext. 747

sheena.rivers@sd5.bc.ca



Orange Shirt Day

September 30th



The annual Orange Shirt Day opens the door to a global conversation about Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A day for survivors to reaffirm that they matter. Every Child Matters, even if they are an adult, from now on.

<https://www.orangeshirtday.org/>

Joan O'Neil



Marguerite Cooper



Pheb Goulet



Dorothy Ratch



Winnie Vitaliano



ELDERS

ASK AN ELDER- Do you have a question for an Elder? Please send your questions to Alison Farkvam alison.farkvam@sd5.bc.ca

Happy First Day of Fall

The **autumn** equinox arrives on September 22, 2020, officially marking the beginning of **fall** in the Northern Hemisphere.



This day also signifies the beginning of the harvest season, when produce like gourds & apples, that have been nourished by Mother Earth's soil are ready to eat.



For Ktunaxa Community Members

ʔaᓄam Community - St. Mary's Indian Band

Hunt and Harvest Youth Camp

- October 1st to the 3rd
- Ages 10 +
- Overnight camp
- waᓄkna making
- Pit Cooking
- Hide harvest process
- Hunting with Ktunaxa Hunters

If you know a youth who may be interested please contact: **Kristen Whitehead (250) 426-5717 ext. 3561**

HUNT & HARVEST YOUTH CAMP

**LEARN OUTDOOR & HUNTING KNOWLEDGE
FROM SKILLED KTUNAXA HUNTERS**

- **WAᓄKNA MAKING**
- **HIDE HARVESTING**

OCTOBER 1, 2 & 3
AGES 10+

SIGN UP IS LIMITED TO 10 SPOTS
CONTACT - KRISTEN WHITEHEAD
250-426-5717 EXT 3561



MÉTIS NATION
BRITISH COLUMBIA

MNBC has a number of fully funded training programs available for Métis individuals. If you or anyone you might be interested in one of these programs, please apply or share! Click the images for program details or contact MNBC Skills and Training.

Email: skillstraining@mNBC.ca or phone 604-506-1989

SEE PROGRAMS BELOW



MNBC OFFERING
FULLY FUNDED
HEALTH CARE
ASSISTANT
TRAINING PROGRAM
FOR MÉTIS
INDIVIDUALS

HEALTH CARE ASSISTANT

Click the link to find out more info

Canada

BRITISH
COLUMBIA

MÉTIS NATION
BRITISH COLUMBIA

Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.

MNBC is pleased to offer a fully funded 27-week Health Care Assistant Training Program for Métis individuals. The program is primarily online. [DETAILS](#). This program starts October 29. Email: skillstraining@mnbc.ca or phone 604-506-1989.



MNBC OFFERING
FULLY FUNDED 5-
WEEK MICROSOFT
FUNDAMENTALS
TRAINING PROGRAM
FOR MÉTIS
INDIVIDUALS

MICROSOFT OFFICE FUNDAMENTALS

Click the link to find out more info



Canada



Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.

*MNBC is pleased to offer a fully funded 5-week Microsoft Office Fundamentals Program for Métis individuals. [DETAILS](#). **This program begins September 29!** Email: skillstraining@mNBC.ca or phone 604-506-1989.*



MNBC OFFERING
FULLY FUNDED
CLASS 1 DRIVER
TRAINING IN PRINCE
GEORGE AND LOWER
MAINLAND FOR
MÉTIS INDIVIDUALS

CLASS 1 DRIVER TRAINING

Click the link to find out more info

Canada

BRITISH
COLUMBIA

MÉTIS NATION
BRITISH COLUMBIA

Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.

MNBC is pleased to offer fully funded Class One Driver Training in the Lower Mainland and Prince George for Métis individuals. [DETAILS](#). Email: skillstraining@mnbc.ca or phone 604-506-1989.



MNBC OFFERING
FULLY FUNDED
PROGRAM IN SURREY
FOR MÉTIS
INDIVIDUALS

INTRO TO CONSTRUCTION TRAINING PROGRAM

Click the link to find out more info

Canada

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COLUMBIA

MÉTIS NATION
BRITISH COLUMBIA

Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.

MNBC is pleased to offer a fully funded 11-week Introduction to Construction Training Program for Métis individuals. [DETAILS](#). This program starts October 19. Email: skillstraining@mNBC.ca or phone 604-506-1989.

PROFESSIONAL PROJECT ADMINISTRATOR

CERTIFICATE PROGRAM

Royal Roads University Professional and Continuing Studies, Métis Nation BC, and the Future Skills Centre have partnered together to deliver online training for up to 60 Métis students across British Columbia.



The Professional Project Administrator – Certificate program is designed to connect Métis students with employment-focused online training for an in-demand segment of the economy. This program will provide the skills needed to set students on the path to a successful career in the rapidly growing profession of project administration. [DETAILS.](#)

Apple Crisp with Oat Crumble

APPLE FILLING:

- 8 medium apples (or 10 small apples), peeled, cored and sliced*
- 1/4 cup white granulated sugar
- 2 tablespoons light brown sugar packed
- 1 tablespoon all-purpose flour
- 3/4 teaspoon ground cinnamon
- 1/4 cup water

CRUMB:

- 1 1/4 cup quick-cooking oats (or rolled oats for a chewier crumb)
- 1 1/4 cup all-purpose flour
- 3/4 cup light brown sugar packed
- 1/4 cup white granulated sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 3/4 cup (180 g) unsalted butter melted

INSTRUCTIONS

Preheat oven to 350°F (175°C).

1. Arrange the sliced apples into a 9x13-inch baking dish. Add the sugars, flour and cinnamon over the apple slices. Pour in the water and mix everything through until apples are evenly coated.
2. In a bowl, combine the oats, flour, sugars, cinnamon, salt, baking powder and melted butter. Mix well using a metal spoon or your fingertips, until the butter has soaked through the dry ingredients (about one minute of mixing or less). Sprinkle evenly over the apple filling.
3. Bake for 40-45 min or until crumble is golden-brown and apples are tender.

NUTRITION: Calories: 393kcal | Carbohydrates: 71g | Protein: 3g | Fat: 12g