

Howling Coyote Newsletter

September 2023

Acknowledging that we live, learn, and work in the
homelands of the Ktunaxa People.



ʔakinmi yakiʔ ʔituq' #iʔqakʕamnamki



kiʔsuk kyukyit hu sukiʔqukni kin wamiʔkiʔ Ktunaxa ʔamakʔis

Upcoming Dates

Welcome Back!

Wild Day - Sept 14th

Picture Day - Sept 18th

Orange Shirt Day - Sept 29th

National Day of Truth and Reconciliation - Sept 30th

INFORMATION



BELL SCHEDULE

Opening warning bell	8:30 am
Class One	8:35 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 3:15 pm

Student Handbook

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/Student%20Handbook%2023-24.pdf>

School Calendar

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/Student-Parent%20Calendar%202023-2024.pdf>

Annual Calendar

<https://www.sd5.bc.ca/school/mbss/About/Calendars/Documents/23-24%20Fridge%20Magnet.pdf>

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.				

Our Elders in Residence

Dorothy Ratch

Mel Ratch

Joan O’Neil

Winnie Vitaliano

Pheb Goulet



Indigenous Websites

Communities:

[?aqam](#)

[Tobacco Plains](#)

[?akisqnuq](#)

[Yaqaan Nukiy](#)

Languages:

[First Voices](#)

[First Voices Kids \(Ktunaxa Songs and Stories\)](#)

[Michif](#)

Games:

[Indigenous Games for Children \(Youth\)](#)

[Creative Spirits](#)

Museums:

[Glenbow Museum](#)

[Museum of Anthropology](#)

The Indigenous Education Council Needs You!



The Indigenous Education Council meets eight times per year to discuss Indigenous Education here at Mount Baker.

We would like a couple of parents to get involved, be informed, and help make decisions regarding Indigenous Education.

Please email Marie Dawson if you are interested.

marie.dawson@sd5.bc.ca

Upcoming Meeting:

September 19th

We meet in the library.

11:30 am – 12:20 pm

Frequently Asked Questions

Q: What are the 3 Indigenous groups recognized by the Canadian Constitution?

A: First Nations, Inuit, & Métis.

Q: What is the main difference between First Nations, Inuit, and Métis?

A: The three groups are distinct peoples with unique histories, languages, cultural practices, and spiritual beliefs. Many First Nations hold reserve lands. Members of a First Nation may live both on and off these reserves. Metis and Inuit people do not hold reserve lands.

Q: If I have some First Nation ancestry, am I then Metis?

A: Not necessarily. Since the 18th century, the word has been used to describe individuals with mixed Indigenous and European ancestry. But it's generally recognized that being Métis is more than having mixed Indigenous and European heritage. Métis have a distinct collective identity, customs, and way of life, unique from Indigenous or European roots. The 1996 Report of the Royal Commission on Aboriginal Peoples stated "Many Canadians have mixed Aboriginal/non-Aboriginal ancestry, but that does not make them Métis. Some of them identify themselves as First Nations persons or Inuit, some as Métis and some as non-Aboriginal. What distinguishes Métis people from everyone else is that they associate themselves with a culture that is distinctly Métis."

Q: Do Inuit and Metis people have status?

A: No. The Indian Act applies only to status Indians and has not historically recognized Métis and Inuit peoples. As a result, the Métis and Inuit have not had Indian status and the rights conferred by this status despite being Indigenous to Canada and participating in Canadian nation building.

Q: What is a treaty?

A: Treaties form the constitutional basis of alliance between Indigenous peoples and Canada. While Metis and Inuit have distinct agreements with the federal government, historic treaties were signed almost exclusively with First Nations. Treaties differ based upon the timeframe in which they were created and the reasons for their completion. Generally, these agreements allowed for the use of Indigenous lands by non-Indigenous peoples in exchange for annual payments, guaranteed rights, and other benefits. Examples of treaties that cover large areas of land in Canada include the Peace and Friendship Treaties in the Maritime provinces and Gaspé region. The purpose of these treaties was to bring peace and trade relations. The federal government signed Numbered Treaties in the Prairies, Northwestern Ontario, the Northwest Territories and portions of the Yukon and British Columbia. The government wanted the Numbered Treaties to allow settlement in the west and gain Indigenous lands. First Nations who signed the Numbered Treaties were made promises, both orally and in writing, that were meant to protect their inherent rights and support them in the changing economy.

Apple Crisp

This apple crisp recipe is a simple yet delicious fall dessert that's great served warm with vanilla ice cream.

Prep Time: 30 mins
Servings: 12

Cook Time: 45 mins
Yield: 1 (9x13-inch) crisp.

Total Time: 1 hr 15 mins

Ingredients

- 10 cups all-purpose apples, peeled, cored, and sliced.
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- ½ cup water
- 1 cup quick-cooking oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar.
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup butter, melted

Directions

1. Gather all ingredients.
2. Preheat the oven to 350 degrees F (175 degrees C).
3. Place sliced apples in a 9x13-inch baking dish. Mix white sugar, 1 tablespoon flour, and cinnamon together: sprinkle over apples. Pour water evenly over apples.
4. Combine oats, 1 cup flour, brown sugar, baking powder, and baking soda in a large bowl. Add melted butter and mix with a fork until crumbly, sprinkle evenly over apple mixture.
5. Bake in the preheated oven until top is golden brown and apples are bubbling around the edges, about 45 minutes.
6. Enjoy!



Nutrition Facts (per serving): Calories 316, Fat 8 g, Carbs 61 g, Protein 2 g

Does living one's Indigenous culture mean living in the past?

Yes and no...

As we all should know by now, due to colonization, the Indian Act, and residential school experiences, shame, and bigotry, the Indigenous peoples of Canada, to varying degrees, have lost their languages, traditions, rituals, inherited beliefs, ways of being and knowing.

We can acknowledge the B.C Ministry of Education and Child Care changes to curriculum and efforts to include Indigenous world views and perspectives, and funding from the federal and provincial governments that enables Indigenous Nations to provide training and cultural activities to their people. We can acknowledge that non-Indigenous people are learning about the not-so-distant past, people are attempting language, and honouring local protocols. But for those of us who don't drum, who don't bead or dance...what then? Do we need to live the "old" ways?

It's understandable to want to embrace one's Indigenous culture, to reclaim the past, to learn what was lost so that we can raise the future generations in our traditions. I think it is vital for parents, Elders, and nations to teach their young what was, and what still is. We can still have contemporary interests, but we can also learn about our nation's teachings.


If you don't bead maybe you would like to sew; If you don't dance, maybe you like tell the stories; and if you don't drum, then maybe you are interested in traditional cooking. Find what interests you so that we can preserve Indigenous knowledge before it is lost.

Talk to your parents, Elders, and community members. Watch, read, and discuss. If you are living away from your nation, we have five Elders, from five different nations here at MBSS that would love to chat with you. Please keep checking the board outside of the Gathering Place for upcoming community events.

Stay safe,

Marie Dawson

Metis Citizen & Indigenous Education Support Worker



**DROP-IN
BEADING CIRCLE
EVERY
MONDAY AND FRIDAY
10AM-12PM**

**5TH AVE PLAZA,
UNIT 110
108 VAN HORNE STREET
SOUTH**



ROCKY MOUNTAIN METIS
ASSOCIATION

**ELDERS AND
SENIORS TEA**

SEPTEMBER 18
1:30 PM - 3:30PM



»»————««

Join us for snacks and a
selection of tea!

»»————««

Special Guest Speaker from
Rockys Law
Kobus Van-wky
Wills and Estate Lawyer

PLEASE CALL OR EMAIL
RMMNAVIGATOR@GMAIL.COM TO RSVP AT
250-489-8960

**Rocky Mountain Métis
Association**

We would like to invite you to our
OPEN HOUSE
September 28! 5-7 p.m!
5th Ave Plaza
Unit 110, 108th Van Horne St. South

- Come see the new space!
- Meet the board of directors!
- Come check out the calendar of events!
- Enter to win a door prizes!
- Light snacks and drinks provided.
- Put some program suggestions in our suggestion box!

rmmanavigator@gmail.com | 250.489.8960

ROCKY MOUNTAIN METIS ASSOCIATION (RMMA)

AQ'AM

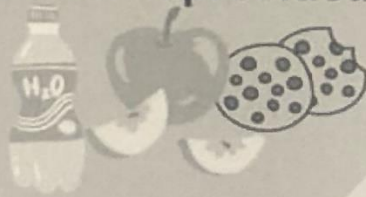
Community Wood Day 2023

Date: October 6, 2023

Time: 9:00-3:00



**Snacks, refreshments
and lunch provided**



Location:

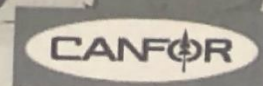
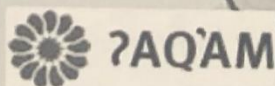
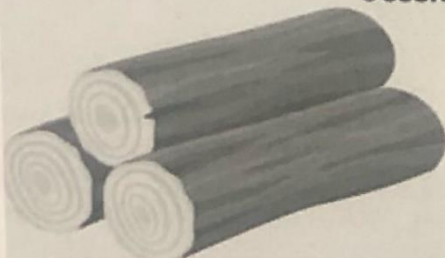
**5441 Mission Wasa
Low Road
(Lot adjacent to
Stubby and Juanitas)**

To be put on the list contact Kim, Pina or Jessica

Kim: (778) 761-0913

Pina (778) 761-1057

Jessica: (778) 761-0917



RMMA SEPTEMBER 2023 CALENDER OF EVENTS

TO REGISTER CALL OR EMAIL THE OFFICE: 250.489.8960 or rmmanavigator@gmail.com

<p>All programming held at The Rocky Mountain Metis Office. Unit 110, 108 Van Horne Street, Cranbrook BC.</p> <p>Requires RSVP'ing and a \$20.00 cash, fully refundable deposit, prior to attending**</p>						1 Drop-in Beading Group 10-12 p.m.	2
3	4 CLOSED FOR STAT	5 After School Elementary Students Metis Beadng Group 3:30 – 4:30 p.m.	6 Drop-in Beading 1-3:30 p.m.	7 Food Recovery Day After School Drop-in Middle School Metis Beading group 3:30- 4:30	8 Drop-in Beading Group 10-12 p.m.	9	
10	11 Drop-in Beading Group 10-12 p.m.	12	13 Drop-in Metis Dot Painting 1-3:30 p.m.	14 Food Recovery Day Fish Scale Flower Art 6:30 – 8:30 p.m. ** (please see note above)	15 Drop-in Beading Group 10-12 p.m. Fish Scale Flower Art Pt2 6:30 – 8:30 p.m. ** (please see note above)	16	
17	18 Drop-in Beading Group 10-12 pm Elder's Tea 1:30 – 3:00 p.m.	19 After School Elementary Students Metis Beadng Group 3:30 – 4:30 p.m.	20 Drop-in Beading 1-3:30 p.m.	21 Food Recovery Day After School Drop-in Middle School Metis Beading group 3:30- 4:30 p.m.	22 Drop-in Beading Group 10-12 p.m.	23	
24	25 Drop-in Beading Group 10-12 p.m.	26	27 Drop-in Metis Dot Painting 1:00 – 3:30 p.m.	28 Food Recovery Day OPEN HOUSE! Come see our new location! 5:00 – 7:00 p.m.	29 Drop-in Beading Group 10-12 p.m.	30	



CRANBROOK FREE FOOD

Updated March 2023

FOOD BANK: 1624 Industrial Road #2 426-7664

STREET ANGELS: 46-17th Ave S 420-2756

ANKORS: 1324-2nd St N 426-3383

SALVATION ARMY: 533 Slater Rd 426-3612

St. Aidan Orthodox: 201-7th Ave S 420-1582

St. Mary's Church: 39-10th Ave S 426-4266

MOBILITY ISSUES? FOOD BANK: Deliveries available **SALVATION ARMY:** Home-cooked meals (fresh & frozen)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>BEVERAGES, SNACKS Salvation Army: 9:30-11am ANKORS: 9:00am -2:00pm</p>	<p>BEVERAGES, SNACKS Street Angels: 9am-6pm Salvation Army: 9:30-11am ANKORS: 9:00am -2:00pm Food Bank: 9-12:30pm</p>	<p>BEVERAGES, SNACKS Street Angels: 9am-6pm Salvation Army: 9:30-11am ANKORS: 9:00am -2:00pm</p>	<p>BEVERAGES, SNACKS Street Angels 9am-6pm Salvation Army 9:30-11am ANKORS: 9:00am -2:00pm</p>	<p>BEVERAGES, SNACKS Street Angels: 9am-6pm Salvation Army: 9:30-11am</p>	<p>BEVERAGES/ SNACKS Street Angels: 11 am – 6 pm</p>
<p>BREAKFAST Christ Church: 7:30 – 9:30am (46 – 13th Ave S) St. Mary's Church: 8-10am (*3rd Monday of every month + small food hamper)</p>	<p>BREAKFAST Street Angels: 9-10am</p>	<p>BREAKFAST Christ Church: 7:30 – 9:30am 1st and 2nd Wed. every month (46 – 13th Ave S)</p>	<p>BREAKFAST Street Angels: 9-10am</p>	<p>BRUNCH ANKORS 11:30am-1:30pm</p>	
<p>FOOD BANK Bread Shed Open 24/7 Shopping Appts (food for ~5 days) Fresh veg/fruit, dairy, eggs, meat, non-perishables, toiletries, baby *Every two weeks if needed Phone 9:30am-11:30 pm M W F to book an afternoon pick up time</p>	<p>FRESH FOOD GIVEAWAY (bring your own bag) Salvation Army 12:00pm</p>	<p>FOOD BANK Bread Shed Open 24/7 Shopping Appts (food for ~5 days) Fresh veg/fruit, dairy, eggs, meat, non-perishables, toiletries, baby *Every two weeks if needed Phone 9:30am-11:30 pm M W F to book an afternoon pick up time</p>	<p>FRESH FOOD GIVEAWAY (bring your own bag) Salvation Army 12:00pm</p>	<p>FOOD BANK Bread Shed Open 24/7 Shopping Appts (food for ~5 days) Fresh veg/fruit, dairy, eggs, meat, non-perishables, toiletries, baby *Every two weeks if needed Phone 9:30am-11:30 pm M W F to book an afternoon pick up time</p>	
<p>LUNCH Salvation Army 11:30-12:30pm</p>	<p>LUNCH Salvation Army 11:30-12:30pm</p>	<p>LUNCH Salvation Army 11:30-12:30pm</p>	<p>LUNCH Salvation Army 11:30-12:30pm</p>	<p>LUNCH Salvation Army 11:30-12:30pm</p>	
	<p>SUPPER Street Angels 5pm \$2 or do a chore</p>		<p>SUPPER Street Angels 5pm \$2 or do a chore</p>	<p>SUPPER Street Angels 5pm \$2 or do a chore</p>	<p>SUPPER Street Angels:5pm \$2 or do a chore</p>