

# INDIGENOUS EDUCATION

## COMMUNITY NEWSLETTER

ISSUE #8 | WINTER 2023



Calgary Board of Education

Email: [IndigenousEducation@cbe.ab.ca](mailto:IndigenousEducation@cbe.ab.ca)

Twitter: [@Indigenous\\_cbe](https://twitter.com/Indigenous_cbe)



Winter Night Sky in Banff

Photo by Touann Gatouillat Vergos @ unsplash.com

### CBE DATES TO REMEMBER:

KINDERGARTEN REGISTRATION FOR 2023/2024 IS NOW OPEN! CLICK [HERE](#) FOR MORE INFO

FEBRUARY 20<sup>TH</sup>  
[FAMILY DAY](#)

FEBRUARY 23<sup>RD</sup>  
[PINK SHIRT DAY](#)

FEBRUARY 21<sup>ST</sup>  
[INTERNATIONAL MOTHER LANGUAGE DAY](#)

MARCH 8<sup>TH</sup>  
[INTERNATIONAL WOMEN'S DAY](#)



Beaver in Moh'kins'tsis

Photo by Igor Kyrlyuk @ unsplash.com

## OKI, DANIT'ADA, UMBA-WATICH, TAWNSHI, TANSI, HELLO!

Welcome to the 2022/ 2023 CBE Indigenous Education Team's quarterly community newsletter. Here you will find information, resources, supports and teachings reflective of Indigenous knowledge and practices. Check out our previous issues:

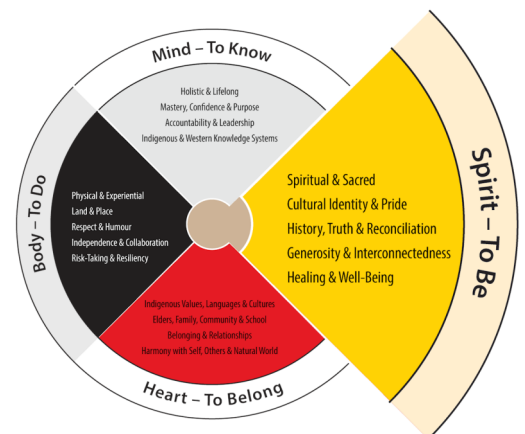
[Issue 1](#) [Issue 2](#) [Issue 3](#) [Issue 4](#) [Issue 5](#) [Issue 6](#) [Issue 7](#)

Look for our next issue in April 2023!

## CBE HOLISTIC LIFELONG LEARNING FRAMEWORK

As a system we continue to use the CBE Holistic Lifelong Framework as a critical piece in working with Indigenous students and families. Elders and Knowledge Keepers have taught us that entering the Indigenous Education Holistic Lifelong Learning Framework through the eastern door - in spirit - is vital in our efforts to ensure that students who self-identify as Indigenous are supported to experience improved achievement and well-being. (CBE Indigenous Education Framework, 2022)

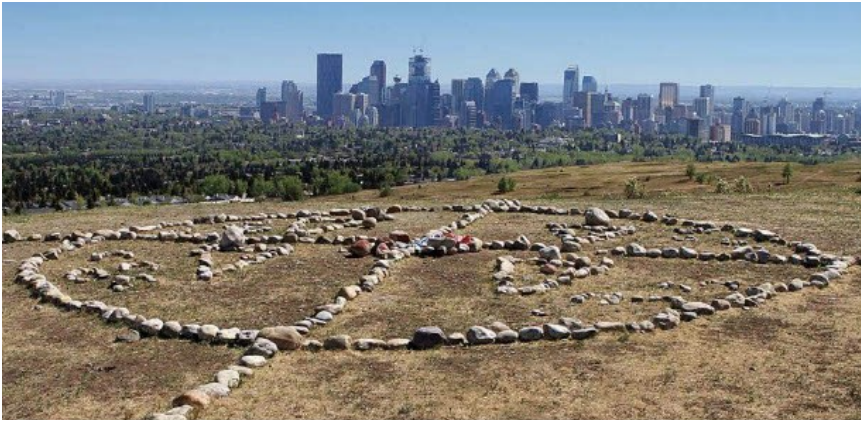
Click [here](#) to learn more about the Framework.





## Acknowledging the land where we gather

We would like to acknowledge the traditional territories and oral practices of the Blackfoot Nations, which includes the [Siksika](#), the [Piikani](#), and the [Kainai](#). We also acknowledge the [Tsuu'ina](#) and [Stoney Nakoda](#) First Nations, the [Métis Nation \(Region 3\)](#), and all people who make their homes in the Treaty 7 region of Southern Alberta.



learning | [as unique](#) | as every student



Click on the pictures to learn more about the land and animals.

### READ



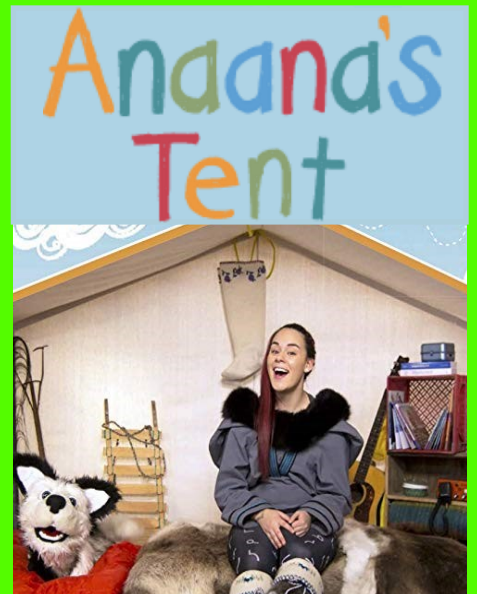
Books:  
This Place: 150 Years Retold  
Learn About [Here](#)

### LISTEN



Podcasts:  
Kiwew  
Listen [Here](#)

### WATCH



Television:  
Anaana's Tent  
Watch [Here](#)

## CBE INDIGENOUS EDUCATION TEAM MEMBER SPOTLIGHT

Kwe' Hi my name is Crystal McPherson and I am status First Nation Mi'kmaw from the band Miawpukek located in Connie River Newfoundland. I have been with the Calgary Board of Education for 15 years and am on the Indigenous Education Team as a Diversity & Learning Support Advisor (DLSA). My role involves supporting students, families and schools in student success and well-being through Holistic Practices including Spirit, Heart, Body and Mind and connecting with Elders and Knowledge Keepers, and agencies in the community. I look forward to connecting.

All my relations.

*Crystal*

Crystal is one of three DLSA's working at CBE schools.

To connect with a CBE DLSA please contact your child's school.



**Crystal McPherson**

Photo Provided by Crystal McPherson

## ORDER OF CANADA APPOINTEES



"All Creations are natural laws,  
there is no Creation stronger  
than the other.  
To all my relations."

Elder Reg Crowshoe  
Elder Rosemary Crowshoe

Last June, Governor General Mary Simon announced that Piikuni Elder Dr. Reg Crowshoe and Elder Rosemary Crowshoe were appointed as [Members of the Order of Canada](#), in recognition of their commitment to the preservation of Blackfoot culture and reconciliation. Elder Reg and Elder Rose have worked extensively with many agencies in Moh'kins'tsis including The Calgary Board of Education on the CBE Elder Advisory Council. Congratulations to Elders Reg and Rosemary for receiving this incredible honour.

Click [here](#) to learn about sanctified kindness (kimapi'pitsan) From Elders Reg and Rose Crowshoe

Click [here](#) to read about their appointment.

## GREAT THINGS HAPPENING IN YYC

### Chinook Blast

**What:** Chinook Blast hits Calgary with a celebration of community, culture, and civic pride. The best local art, music, theatre, sport and recreation on display.

**When:** January 27th to February 12th

**Where:** Various Locations throughout Calgary

**Website:** [chinookblast.ca](http://chinookblast.ca)

### Miskanawah Annual Friendship Round Dance

**What:** Join Miskanawah for their 17th annual Round dance. With MCs Hal Eagletail and Daniel Wildman and Stickmen Albert Goulet and Lyle Tootoosis

**When:** February 25th 5:00pm to 10:00 pm

**Where:** Miskanawah Community Services Association

**Website:** [miskanawah.ca/annual-round-dance](http://miskanawah.ca/annual-round-dance)

### Youthlink Calgary Police Interpretive Centre

**What:** Police museum with tons of hands on exhibits. Climb in the police car, find out about forensics and learn about all the cool police artifacts.

**When:** Fridays and Saturdays 10:00 am to 4:00 pm

**Where:** Youthlink Calgary in Westwinds CPS Headquarters

**Website:** [youthlinkcalgary.com](http://youthlinkcalgary.com)

### BLKFT at Olympic Plaza

**What:** Award winning DJ BLKFT will be rocking the Olympic Plaza stage with his eclectic mix of dance music bringing smiles to people of all ages.

**When:** February 12th from 4:00 pm to 6:00 pm

**Where:** Olympic Plaza

**Website:** [chinookblast.ca/events/blkft](http://chinookblast.ca/events/blkft)

## CONNECTING TO SPIRIT: A BLACKFOOT PERSPECTIVE

In order to understand who we are, it is first necessary to understand the world around us.

Click on the pinecone to watch a video on connecting to spirit through the land from a Blackfoot perspective.



Photo by Alazne Qaisar @ unsplash.com



Elbow Falls Kananaskis

Photo by Igor Kyrilluk @ unsplash.com

## THE IMPORTANCE OF RECONCILIATION

### RECONCILIATION BEGINS WITH YOU

This important video series was a creative project led by the [Gord Downie and Chanie Wenjack Fund](#) in collaboration with Justin Stephenson and a number of Indigenous artists and collaborators. It was created "to raise awareness of the importance of reconciliation, showcase young Indigenous artists, and help everyone in Canada understand their personal responsibility on our collective journey toward reconciliation."

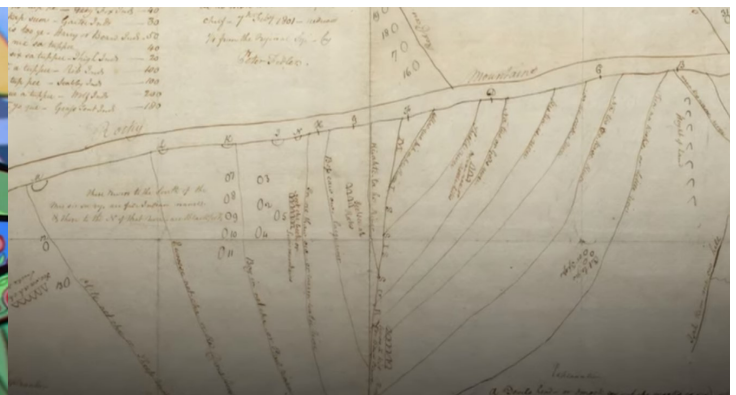
(The Gord Downie & Chanie Wenjak Fund, 2023)

### FINDING OUR WAY FORWARD

Finding our way forward is part of the larger Reconciliation Begins With You series. This beautiful video was written by Blake Angecone and Buffy St. Marie, with support and special thanks to Dr. Leroy Little Bear and Saa'kokoto. The video shares about the first map of this place, transcribed by Peter Fidler, from the knowledge shared with him by Blackfoot Chief, Ackomokki.



Click [Here](#) to watch Finding our way forward.



Click [Here](#) to learn about the Fidler Map.

## CHECK OUT THIS AMAZING AUTHOR!

### Napi and the Wolves

by Jason Eagle Speaker  
Illustrated by Jason Eagle Speaker

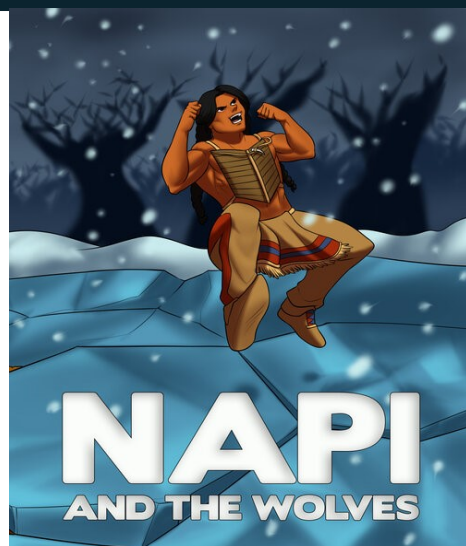
#### About the Book

When Napi is warned not to jump too long on the ice, he quickly learns a lesson about the value of listening.

#### About the Author

Jason is both Blackfoot and Duwamish. Born in Seattle, raised on four reservations and two cities, he is an award winning nationally published author, illustrator, and publisher of other author's amazing works. His true stories focus on revealing the modern strengths and struggles of Indigenous people.

Watch Treaty 7 Puppet Storytime [here!](#)



Find the book at the  
[Calgary Public Library](#)

## FEATURED LANGUAGE: PLAINS CREE

Plains Cree is spoken by many Indigenous people across Alberta.

mînisá	Berries
kohkom	Grandmother
maskwa	Bear
miskisik	Eyes
nitohta	To Listen

Check out the Cree Online Dictionary [here](#).

Click [here](#) to learn from Cree educator, presenter, speaker and Indigenous Education coach Etienna Moostoos-Lafferty.



Etienna Moostoos-Lafferty

*Photo provided by Etienna Moostoos-Lafferty*

## FEATURED PLANT: LABRADOR TEA

[Labrador Tea](#) known as "Muskego" to the Métis is an evergreen shrub, whose leathery green leaves hold moisture in the woolly mats of hairs hiding on the underside of their shape. White flowers bloom in late spring to mid-summer, when seed capsules ripen and hang onto the plant for long periods of time. This plant makes its home in shaded parts of Northern forest floors, bogs, and open tundra. Leaves and twigs provide nourishment for caribou, moose and many small beings find shelter under the shrub's cover. The leaves and flowers can be used to make a weak tea used to treat a variety of ailments including asthma, colds, bronchial infections and stomach aches. As well, it can be ground into a paste and applied to treat burns, lice, and bedbugs. The pungent odor of the dried leaves is an effective repellent against rodents and insects. The plant does have toxic properties though, so should be used sparingly and strong tea avoided! (Plantwatch.naturealberta.ca, 2015)

Learn more about Labrador Tea [here](#) and [here](#)!



LABRADOR TEA

*Image by Сергей Шабанов @ pixabay.com*

## FEATURED RECIPE: THREE SISTERS SOUP

Three sisters soup is a healthy and delicious meal that is perfect for a cold winter day. It is made from the three sister crops (corn, beans and squash). The Haudenosaunee, (Six Nation Iroquois Confederacy) which includes the Mohawk, Oneida, Onodaga, Cayuga, Seneca and Tuscarora Nations have used traditional and sustainable methods for generations in the cultivation of the three sister crops.

### Ingredients:

- 2 cups sweet corn
- 2 cups fresh green beans
- 2 cups cubed squash
- 1 1/2 cups diced potatoes
- 5 cups chicken or vegetable broth
- 2 table spoons melted butter
- 1 minced onion
- 2 tablespoons flour
- 1/4 teaspoon pepper

### Preparation and Cooking:

1. Combine broth, corn, green beans, squash and potatoes in a large pot and bring to a boil.
2. Reduce heat to low and simmer for 10 mins or until vegetables soften.
3. Blend melted butter and flour and stir into soup.
4. Increase heat to medium. Cook for 5 mins or until soup thickens.
4. Serve and Enjoy! (Serves 6 hungry tummies)



Photo courtesy of Brigitte Tohm @ unsplash.com

Click [here](#) to learn more about the 3 sister crops.

## AWESOME ORGANIZATIONS IN YYC

### THE MOSS BAG PROJECT

The teachings and knowledge surrounding the importance of moss bags (waspisonak in Cree) have been passed down from generation to generation for centuries by Indigenous peoples throughout Turtle Island. In 2014 The Moss Bag Project was founded as a way of sharing these teachings and providing support for Indigenous families. The organization is Indigenous led and creates sustainable and reciprocal structures of support through academic resources and traditional education. They offer Indigenous centered child rearing education sessions, moss bog making classes and traditional education. Through generous donations and the creation of both functional and ornate moss bags, they are able to raise funds for the Moss Bag Scholarship. This scholarship is offered to Indigenous mothers and Two-Spirit parents that are on their post secondary education journey. The Moss Bag Project has been sharing its teachings at Telus Spark and has a permanent installation at the Creative Kids Museum. Kids are able to learn from Elders and knowledge keepers, feel the materials moss bags are made of, and even wrap their parents up in a adult sized moss bag!



Photo Courtesy of the mossbagproject.org

FOR MORE INFO ON THE MOSS BAG PROJECT'S OFFERINGS, TEACHINGS, SCHOLARSHIPS OR DONATION PROCESS

[themossbagproject.org](http://themossbagproject.org) [instagram.com/themossbagproject](https://www.instagram.com/themossbagproject)

Check out the Moss Bag Project at Telus Spark [here](#).

Click on the logo or picture to watch a video.

## Counselling Resources

### Indigenous Mental Health Care at Sheldon Chumir Health Centre

Long term mental health counselling, with a focus on trauma therapy.

(403) 955-6645

### Access Mental Health

24-hour emergency, urgent care, community and mental health access. Information Addiction and mental health resources and services.

(403) 955-6200

### Wood's Homes Mobile Family Crisis Support

Counsellors provide supports to families in crisis experiencing parent-child or parent-youth conflict, and concerns about child/ youth mental health.

(403) 299-9699

### Indian Residential School Survivors Society

24 hour emergency crisis line for survivors and families needing support surrounding residential schools including Kamloops findings.

1 (800) 721-0066

Need a comprehensive list of youth mental health supports?

Click [here](#).

Need a comprehensive list of resources for Indigenous families?

Click [here](#).



Photo by David Wirzba @ Unsplash.com

## Cultural Programming

Click on the logos to learn more about programming at these agencies!



ABORIGINAL FRIENDSHIP CENTRE OF CALGARY  
Many Nations. One Family.™



URBAN SOCIETY FOR ABORIGINAL YOUTH



Photo by Kim Mackinnon @ unsplash.com

## Emergency Food Hampers

Salvation Army Calgary  
[salvationarmycalgary.org](http://salvationarmycalgary.org)

(403)-220-0432

Calgary Food Bank Self-Referral Line  
[calgaryfoodbank.com](http://calgaryfoodbank.com)

(403) 253-2055

7Lot Meals and Food Hampers  
[dashmesh.ca](http://dashmesh.ca)

(403) 590-0970

Additional supports and assistance  
[ab.211.ca](http://ab.211.ca)

Call 2-1-1