

# INDIGENOUS EDUCATION

## COMMUNITY NEWSLETTER

ISSUE #3 | SUMMER 2021



Calgary Board  
of Education

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

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



Brass Buttons West of Cochrane

Photo Taken by Clare Copithorne

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

Welcome to the CBE Indigenous Team's quarterly community newsletter. Here you will find information resources, supports and teachings reflective of Indigenous knowledge and practices. Missed our last newsletters? Check out our [winter](#) and [spring](#) issues.

### SUMMER SOLSTICE: A TIME OF RENEWAL AND CONNECTION

Summer Solstice is a time of celebration in both the human and non-human world. The new moon signals the long rains that will lead to growth and transformation. Green grass carpets the ground, animal mothers welcome their young, scented blossoms invite pollinating friends, and water sparkles under rays of light. Mother Earth is waking up and summer is near! Grandfather Sun will reach his most northerly point in our sky, shining from above the horizon for longer than any other day of the year. We call this the Summer Solstice. In Indigenous communities, the solstice is a time for renewal and connection. Saa'kokoto shares that summer is a season of abundance and a time for harvesting. He reminds us to harvest life itself; the things we experience make us who we are. When the sun rises on Sunday, June 20th, look East and feel gratitude for all the gifts that summer brings and look forward to the possibilities that lie ahead.

Learn more online at [The Summer Solstice Indigenous Festival!](#)

### DATES TO REMEMBER:

**JUNE 20<sup>TH</sup>**  
SUMMER SOLSTICE

**JUNE 21<sup>ST</sup>**  
[NATIONAL INDIGENOUS PEOPLES DAY](#)

**JUNE 21<sup>ST</sup> TO 26<sup>TH</sup>**  
[ABORIGINAL AWARENESS WEEK CALGARY](#)

**JUNE 29<sup>TH</sup>**  
LAST DAY OF CBE CLASSES

**JULY 9<sup>TH</sup>**  
[NUNAVUT DAY](#)

**AUGUST 2<sup>ND</sup>**  
HERITAGE DAY

**AUGUST 9<sup>TH</sup>**  
[INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES](#)

**AUGUST 17<sup>TH</sup>**  
FIRST DAY OF CBE CLASSES (MODIFIED CALENDAR)

**SEPTEMBER 1<sup>ST</sup>**  
FIRST DAY OF CBE CLASSES (TRADITIONAL CALENDAR)

**SEPTEMBER 6<sup>TH</sup>**  
LABOUR DAY



Black Eyed Susan in Cochrane

Photo Taken by Clare Copithorne



**Moose at Mount Kidd, Alberta**

Photo taken by Clare Copthorne

## ACKNOWLEDGEMENT OF THE LAND

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 Tsuut'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.

[Click to learn more about Acknowledgements.](#)

## FEATURED MEDICINE: SWEETGRASS

Sweetgrass or "Sipatsimo" (Blackfoot), "Wihkes" (Cree), is considered a sacred plant and is used as a smudge in ceremony to purify and to bring positivity to a space. Known as the hair of Mother Earth, resembling kindness, sweetgrass is believed to carry prayers to Creator or "Ihtsi-pai-tapi-yopa" (Blackfoot) and into the spirit world. The smoke is said to take over the words and transition them over. The sweetgrass is braided, dried and burned and carries a sweet scent. Because it is a sacred plant it must always be handled with respect. Sweetgrass is also used for many medicinal purposes and for crafts.

[Click to learn more about sweetgrass](#)



**Sweetgrass**

Image provided by Cedarbrae Elementary School



**Chantal Stormsong Chagnon**

Photo provided by Cree8

## KNOWLEDGE KEEPERS IN THE COMMUNITY

Chantal Stormsong Chagnon is a Cree Ojibwe Métis Singer, Drummer, Artist, Storyteller, Actor, Educator, Social Justice Advocate and Activist with roots in Muskeg Lake Cree Nation, Saskatchewan. A respected and passionate knowledge keeper in the community, Chantal builds awareness and understanding of Indigenous culture, history, and social justice issues through sharing of traditional songs, stories, crafts and teachings to people of all ages and culture. Chantal has presented at numerous events such as conferences, conventions, social justice rallies and of course, classrooms from pre-school to university. Her performances engaging and inspirational performances have taken place at venues across treaty 7 territory including the National Music Centre, Saddle Dome, Jubilee Auditorium, Jack Singer Concert Hall and many more. Chantal has also collaborated with various bands and artists in both traditional, contemporary and modern music. Chantal shares:

**“Through our stories we learn about ourselves and each other.”**

Chantal livestreams on YouTube and Facebook each Tuesday from 6:30pm to 7:30pm MST sharing traditional teachings, stories and songs. Check her out at:

[youtube.com/Stormshadowsong](https://youtube.com/Stormshadowsong)



# SUMMER YOUTH PROGRAMS IN YYC

## YMCA Indigenous Camps

- What:** Indigenous summer camps free to Indigenous participants. All Participants are required to bring and wear a mask, except when doing high intensity activities. Campers required to bring lunch, supplies, water bottle, etc.
- When:** 2 week sessions (#1 July-5th-16th, #2- July 19th-30th, #3 - August 3rd-13th, #4 - August 16th-27th)
- Where:** YMCA Camp River Edge 1215 - 50 Ave SW Calgary
- Contact:** For more info or to register please email [Hope.Williams-Smith@calgary.ymca.ca](mailto:Hope.Williams-Smith@calgary.ymca.ca)  
(Provide session number wanted, name of children, DOB, AHC number /status card, phone number and email)

## Ribbon Shirt Making Class

- What:** In this 4 week program Participants will learn how to make a ribbon shirt and receive teachings from elders. All supplies provided. 12 sewing machines available to borrow if needed.
- When:** Tuesdays 10 am to 1pm July 6th - 27th 2021
- Where:** Zoom virtual online
- Contact:** Pre-registration required by June 30, 2021.  
Linda Collins: [NEconnector@miskanawah.ca](mailto:NEconnector@miskanawah.ca) or 403-700-8440  
Lynette Persaud: [NWconnector@miskanawah.ca](mailto:NWconnector@miskanawah.ca) or 403-714-4895

## Ultimate Summer Challenge

- What:** Kids 0 to 17 can explore reading challenges, activities and free programs at their local library. Tons of opportunities to win prizes including an ipad, Nintendo switch, stem activities and more.
- When:** All summer long
- Where:** Calgary Public Library
- Website:** [calgarylibrary.ca/events-and-programs/ultimate-summer-challenge/](http://calgarylibrary.ca/events-and-programs/ultimate-summer-challenge/)

## Kids Up Front at Home

- What:** A variety of online activities, resources, and programs including yoga classes, karate classes, dance lessons, museum tours, music lessons, drama workshops and much much more.
- When:** All summer long
- Where:** Virtual online
- Website:** [kidsupfront.com/kidsathome/](http://kidsupfront.com/kidsathome/)

## Park and Play/ Stay and Play

- What:** Free programs including crafts, games and active play for children ages 3-12 years old.
- When:** All summer long.
- Where:** Various community locations across Calgary.
- Website:** [calgary.ca/csps/cns/children-and-youth/seasonal-programs/park-n-play-and-stay-n-play-programs.html](http://calgary.ca/csps/cns/children-and-youth/seasonal-programs/park-n-play-and-stay-n-play-programs.html)

## Antyx Weekly Summer Youth Programs

- Mondays:** In-person drop-in rap cypher at Bob Bahan Aquatic Centre (6:00-7:30)  
Contact: [Bryan@antyx.org](mailto:Bryan@antyx.org)
- Wednesdays:** What Feeds Us- 8-week sketchbook library project (4:30-6:30)  
Contact: [Stephanie@antyx.org](mailto:Stephanie@antyx.org)
- Thursdays:** Antyx Cooking Together Online (Recipes posted 2 wks prior on social media) (4:30-6:30)  
(1st and 3rd) Contact: [Nic@antyx.org](mailto:Nic@antyx.org)
- Thursdays:** Online Rap group (6:30-8:30)  
Contact: [Bryan@antyx.org](mailto:Bryan@antyx.org)



Bluebells

Photo by Gord Copilthorne

## CHECK OUT THESE AMAZING LOCAL AUTHORS!



**Payne Many Guns**

Photo Courtesy of Calgary Public Library

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

### Siksikawa Otaawahsinnowa (Where the Blackfoot People Live)

By Miikotsiminii (Red Wing), Payne Many Guns  
Illustrated by Payne Many Guns

#### About the Book

This timeless story written by teenage Blackfoot author Payne Many Guns captures the many ways the Siksika live in harmony with the land, animals, and stars in their traditional territory.

#### About the Author

Miikotsiminii is a member of the Siksika Nation, part of the Blackfoot Confederacy. Many Guns shares his Blackfoot name with his great-great-grandfather and comes from a long line of chiefs and signatories of Treaty 7. He is very passionate about his language and culture because of the knowledge, pride, strength, and resiliency it gives him.

### Omahkitapiksi Okakinikiwa (Teachings from our Elders)

by likiinayookaa Yellowhorn  
Illustrated by Smith Wright  
Translation by Shirlee Crowshoe

#### About the Book

likiinayookaa shares her personal story of the teachings she learned as a child from her Elders. These fundamental lessons speak to the traditional and sacred knowledge and visions of Omahkitapiksi (Old People).

#### About the Author

likiinayookaa is a Blackfoot author and educator from the Mamoyiksi Fish Eater Clan of the Kainai First Nation. She is a mother to Saapaata Wacey Rabbit, a professional hockey player, and has been married for 30 years to I'tsaapoyi Marvin Yellow Horn. She received her Master of Education, Bachelor of Education, and Bachelor of Management from the University of Lethbridge, and is the current principal at Piitoayis Family School, Calgary Board of Education.



**likiinayookaa Yellow Horn**

Photo Courtesy of Calgary Public Library

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

## GREAT THINGS HAPPENING IN YYC

### City of Calgary Activities

**What:** A variety of in-person and virtual free activities happening throughout throughout the summer provided by the city of Calgary. Pre-registration required for some activities.

**When:** All summer

**Where:** Virtual as well as throughout Calgary.

**Website:** [calgary.ca/csps/free-activities.html](https://calgary.ca/csps/free-activities.html)

### Marda-Gras Street Festival

**What:** The longest running street festival in the city. Great food and entertainment. Family and pet friendly.

**When:** August 8th

**Where:** Marda Loop

**Website:** [visitmardaloop.com/mardagrass/](https://visitmardaloop.com/mardagrass/)

### Pet-a-Palooza

**What:** The west coast's largest outdoor free pet festival. The social event of the year for your pet with ninja dog, races, pet yoga, sample treats, food, toys and of course free swag.

**When:** July 24 & 25th 2021

**Where:** Eau Claire Market

**Website:** [petapaloozawest.com/calgary](https://petapaloozawest.com/calgary)

### Calgary Pride Festival

**What:** The Calgary Pride Festival and Parade will be hosting a variety of events with thousands gathering in celebration of gender and sexual diversity.

**When:** August 27th to September 6th 2021

**Where:** Various Venues

**Website:** [calgarypride.ca/festival-2021/](https://calgarypride.ca/festival-2021/)

## WORDS OF WISDOM LOTTIE MANYWOUNDS

Elder Lottie Manywounds is an integral part of the Calgary Board of Education Elder Advisory Council. Lottie is married to John Manywounds of the Tsuut'ina Nation and is a proud mother, grandmother and great grandmother. As an Elder on Treaty 7 territory, she provides invaluable oral contributions during Elder Advisory Council meetings that work to influence and improve the education of all students in the Calgary Board of Education. Lottie enjoys sharing her wealth of knowledge and teachings about the medicine wheel. Here are some words of wisdom from Lottie.



**“DON'T FEAR THE TRUTH. ASK QUESTIONS!”**

## VACCINATIONS

COVID-19 vaccines can help prevent you from getting infected with COVID-19 and protect you from getting severely sick if you do contract the virus. Everyone 12 years age and older is eligible for a first shot of the Covid 19 vaccine. [Second doses](#) are currently being offered in stages. Book your shot at participating pharmacies, through the AHS online booking tool or by calling 811. For more information or to book your shot click on the link below.

[albertahealthservices.ca/topics/page17295.aspx](https://albertahealthservices.ca/topics/page17295.aspx)



Tiger Lillies West of Cochrane

Photo Taken by Clare Capithorne

## AWESOME AGENCIES IN YYC

Closer to Home Community Services (CTH) is a charitable organization located in Calgary that offers a wide range of services designed to meet the unique needs of children, youth and families.

Closer to Home's mission *Empowering Families to Stay Together* is

the focus of everything they do. Closer to Home is committed to contributing to a future where every child belongs to a family and feels valued and secure. They strive to preserve, reunify and build stronger families who can care for their children and contribute meaningfully in their community. The agency provides a broad array of strength-based and family-centred services that teach, coach and support children, youth and families to create new possibilities and achieve better futures together! Closer to home works closely

with Indigenous families and communities in Calgary and area, striving to create safety and connection to culture and healing. Some of their family programs include Home Visitation, family drumming circles, and many others offered through their North Central Family Resource Network. This year they are also offering a FREE online Summer Camp (Summer in the City) with some potential for in-person activities and field trips.



Photo Courtesy of Closer To Home

**FOR MORE INFORMATION ABOUT  
HOW TO GET YOUR FAMILY INVOLVED WITH CLOSER TO HOME  
CLICK ON THE LOGO OR CALL (403) 543-0555**

**CLICK ON THE PICTURE TO WATCH A VIDEO ABOUT  
THE HOME VISITATION PROGRAM**



## Counselling Resources

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

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

(403) 955-6645

### Access Mental Health

Inner-city health care center including 24-hour emergency, urgent care, community health and mental health access. Information and referral options for addiction and mental health resources and services.

(403) 955-6200

### Distress Centre Counselling

Free and confidential. Assisting with stabilizing people when they are in crisis.

(403) 266-4357

### Wood's Homes Mobile Family Crisis Support

Counsellors provide supports to families in crisis and are focused on supporting families experiencing parent-child or parent-youth conflict, and/or concerns about a child or youth's 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

## Cultural Programming

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



## Emergency Food Hampers

Awo Taan

[awotaan.org](http://awotaan.org)

(403) 531-1880

Aboriginal Friendship Centre

[afccalgary.org](http://afccalgary.org)

(403) 270-7379

Calgary Food Bank Self-Referral Line

[calgaryfoodbank.com](http://calgaryfoodbank.com)

(403) 253-2055

Additional hamper supports and assistance

[ab.211.ca](http://ab.211.ca)

Call 2-1-1



Wild Roses in Kananaskis

[Click to learn about Wild Roses](#)

Photo Taken by Clare Copithorne