

INDIGENOUS EDUCATION

COMMUNITY NEWSLETTER

ISSUE #7 | WINTER 2022



Calgary Board
of Education

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Chuwapchichiyán Kudi Bi / Canmore

Photo by Kym MacKinnon @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](#)

Look for our next issue in 2023!

WINTER SOLSTICE: A TIME OF CEREMONY

The winter solstice is a celebration of the light returning to Turtle Island. It is the shortest day of the year; Grandfather Sun will now begin to shine for longer each day bringing the promise of warmer weather, growth, and new life. Darkness can represent struggle, and light brings hope of easier times. Saa'kokoto has shared that the Solstice begins a new year in Blackfoot tradition. It is a time to look back at moons past and look forward to the "new sun" of the future; a time to appreciate what has transpired during the past year, the lessons that have been learned, and to set new intentions for the time to come. In this process is the notion of renewal. Is what we know, or think we know, still true? Is it still valid? Ceremony itself is an action of renewal - to renew the knowledge and traditions that have been passed down from Elders through generations. To renew the truth of Indigenous ways of being, belonging, doing and knowing. The solstice is a time of ceremony and song for some Indigenous cultures. It is a time of significance and celebration. We celebrate light and the return of Grandfather Sun - light sustains life and for that we have gratitude for all of creation.

CBE DATES TO REMEMBER:

NOVEMBER 7TH
[INTERNATIONAL INUIT DAY](#)

NOVEMBER 8TH
[INDIGENOUS VETERANS DAY](#)

NOVEMBER 11TH
[REMEMBRANCE DAY](#)

NOVEMBER 15TH
[ROCK YOUR MOCS DAY](#)

NOVEMBER 14TH-20TH
[MÉTIS WEEK](#)

DECEMBER 21ST
[WINTER SOLSTICE](#)

DECEMBER 22ND
CBE WINTER BREAK BEGINS

JANUARY 9TH
CLASSES RESUME
(CBE TRADITIONAL CALENDAR)

JANUARY 16TH
CLASSES RESUME
(CBE MODIFIED CALENDAR)

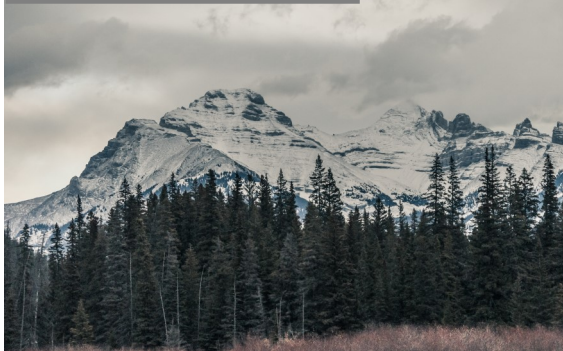


Winter Frost Calgary

Photo by Kate Oseen @unsplash.com

Winter Day in Banff

Photo by Priscilla Du Preez @ pixabay.com



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.

[Rozsa Foundation Land Acknowledgement](#)

FEATURED ANIMAL: MAMIA'TSIKIMI/ MAGPIE

Mamiá'tsikimi (magpie) is a special bird with a significant connection to Treaty 7 territory. Mamiá'tsikimi teaches us about resilience. They are known for being a tough and adaptable bird that makes its home all over Western Canada. It takes time for humans to build relationships with Mamiá'tsikimi, but once that relationship forms, Mamiá'tsikimi recognizes familiar voices and brings special gifts in very intentional ways. Mamiá'tsikimi teaches us to slow down and be thoughtful with our actions and to recognize the importance of balanced worldviews and learning from different perspectives. The colours reflected in Mamiá'tsikimi's tail feathers remind us to keep a "yes, and..." perspective, rather than seeing the world, situations, or circumstances through a fixed perspective. A shift in how we perceive can reveal possibilities that opens up insight, inspires creative thought, and fosters hope.

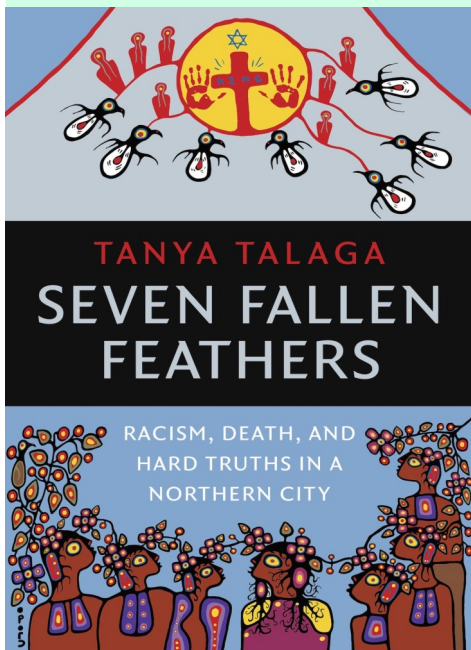
Learn more about Mamiá'tsikimi [Here!](#)



MAMIA'TSIKIMI

Image by Sabine @ pixabay.com

READ



Books:
Seven Fallen Feathers
by Tanya Talaga
Learn About [Here](#)

LISTEN



Podcasts:
Warrior Kids
Listen [Here](#)

WATCH



Television:
Buffy Sainte-Marie: Starwalker
Watch [Here](#)

KNOWLEDGE KEEPERS IN THE COMMUNITY

Jackie Soppit has been positively influencing the lives of both Indigenous and non-Indigenous youth in Treaty 7 territory for years. When Jackie was a 16 year old she pivoted her life and started her journey on rediscovering her cultural identity and history as an Indigenous woman. A direct descendent of the widely respected Cree Chief Big Bear (Mistahi-maskwa) she carries his traits of wisdom and strength in all that she does. Jackie has been dancing for over 30 years. Since 1999 she has been running the non-profit Wandering Spirit Native

Awareness LTD developing and facilitating programming that educates and promotes intercultural awareness and respect. She is also the founder of Thundering Nations International Dance Company. Through dance, song and teachings of all nations she aims to strengthen cultural identity awareness, wellness and uniting cultures. She provides cultural programming and awareness including: cultural awareness workshops, dance, drumming, regalia making, hide scraping, Indigenous Awareness training, life skills, event planning, traditional performances and pow wow consultation. Jackie has traveled the world spreading her message and has taught thousands of students over the years.

“These kind of programs are helping to save lives. It saved mine.”

Learn more about Jackie [Here](#).

Check out Wandering Spirit Native Awareness Ltd [Here](#).



Jackie Soppit

Photo courtesy Jackie Soppit



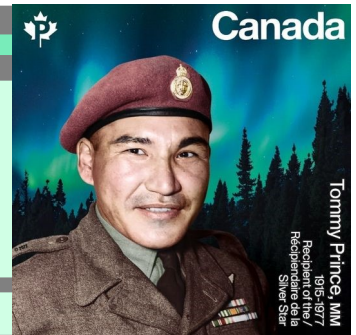
Jackie Soppit

Photo courtesy Jackie Soppit

Tommy Prince: A National Hero

Tommy Prince is one of Canada's most decorated Indigenous war veterans and was a prominent Anishinaabe activist who fought for equality and the rights of his people. Canada Post unveiled a new stamp in October of 2022 to commemorate his life.

Learn More about Tommy [Here](#).



MÉTIS WEEK: A CELEBRATION OF CULTURE, HISTORY AND CONTRIBUTIONS

The [Métis](#) people have a unique history, culture and language. They are Ojimpemisiwak, "the people that own themselves". They continue to stand strong behind their heritage, preserving the stories, traditions, and ways of life that distinguish the Métis from other Indigenous groups within Canada. The Métis culture dates as far back as the 17th century, known for its distinctive clothing, art, festive music, and dance. In November, the Alberta Métis Nation will vote on passing forward their own constitution, which will allow for self-governance. This is of historical significance because it will provide supports in health, housing, language, education, training, economic development, justice and more. This was once a dream of Louis Riel and a fight he led with conviction.

November 14th–20th is Métis Week, a week to celebrate Métis culture, history, and contributions, including recognition of Louis Riel's birthday on November 16th. Throughout the week, the CBE will host a system-wide Twitter learning challenge for schools.

To learn more about Métis Culture click [Here](#).



Métis Nation Flag

Photo courtesy albertametis.com

CHRISTMAS RESOURCES

Magic of Christmas

(403) 803-1619

"Reindeer busses" deliver toys to children's homes on Christmas Eve. Available by referral once every three years. Deadline Dec. 15, 2022.
themagicofchristmas.org/about/referrals/

North East Calgary Adopt-a-Family

(403) 590-6656

Available by referral through Community Resource Centers.
Email: necaafs@shaw.ca
necaafs.com/

Salvation Army-Christmas Toy Program

(403) 220-0432

Families with children ages 0-12 can apply to receive Christmas toys for their children.
salvationarmycalgary.org

Women's Centre Toy Room

(403) 264-1155

Women choose a gift for their children and themselves.
Call for more info and to book an appointment for December.
womenscentrecalgary.org/donate/toy-room/

Centre Street Church Christmas Hampers

(403) 293-3900

Self-referral for a food hamper only. Registration closes November 28th.
my.cschurch.ca/hamper-recipient

Alexandra Centre Society Christmas Hampers

(403) 269-5588

Available by referral through a social worker or service agency. Deadline Nov.14, 2022
email info@alexandracentresociety.org
alexandracentresociety.org/programs/christmas-hampers

Closer to Home Adopt a Family

(403) 543-0555

For communities north of 16th Ave and west of Deerfoot Trail.
Families receive a Christmas gift card. Phone assessment to qualify (self-referral).
closetohome.com/ways-to-give/adopt-a-family/

Kinette Club-Adopt-a-Family

Available by referral through a registered social agency once every three years.
kin Calgary.com/adopt-a-family/



Photo by Karsten Winegeart @ unsplash.com

GREAT THINGS HAPPENING IN YYC

Authentically Indigenous Craft Show

What: Holiday marketplace with unique handmade crafts from Indigenous artists from Treaties 7, 6, & 8.
When: December 10th & 11th
Where: Kerby Centre
Website: www.authenticallyindig.com/

Celebration Square

What: Tons of family friendly activities like mini golf, fireside stories, games, live performances and music.
When: Sundays from noon to 6pm
Where: Celebration Square East Village
Website: evexperience.com/event-calendar

Christmas at the Nation

What: Holiday market with Tsuut'ina Nation dance performances, tipis, food, skating and of course Santa!
When: December 16-18th
Where: 7 Chiefs Sportsplex & Chief Jim Starlight Centre
Website: christmasatthenation.ca/

Studio Bell: National Music Centre

What: Explore music in Canada through exhibitions such as Speak Up! Showcasing Indigenous trailblazers in music.
When: Thursday through Sunday 10am to 5pm
Where: Studio Bell: National Music Centre
Website: studiobell.ca/

Lion's Festival of Lights

What: An amazing annual display in its 36th year with over 500,000 lights including Treaty 7 tipis.
When: Late November to Early January 6pm to Midnight
Where: Confederation Park
Website: lionsfestivaloflights.ca/

YYC Bump Festival Tour

What: Self-guided tour of over 100 murals featuring Indigenous, 2SLGBTQ+ and BIPOC artists. Create your own personalized tour using the online map.
Where: Primarily Downtown Calgary
Website: yycbump.ca/

CHECK OUT THIS AMAZING LOCAL AUTHOR!



Sheena Potts

Photo Courtesy of Calgary Public Library

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

Aakomimmihtanii (Love)

by Mai'stoistowaakii (Crow Pretty Woman), Sheena Potts
Illustrated by Kristy North Peigan

About the Book

A beautiful illustration of the many ways love is alive in Blackfoot traditions and culture. A soft, gentle, and pure reflection of Siksikaitsitapi values.

About the Author

Mai'stoistowaakii (Crow Pretty Woman) Sheena Potts.

Niitsi Piikaniaakii. I am a Piikani woman.

Nitsikohtatsiika'si nokosiksi kii nisotana. I am proud mother and grandmother.

Niitsikoyikitomai'takapinaan Siksitaitsitapi. We practise the ways of Siksikaitsitapi.

Niitsininamsskaapinaan. We belong to the Thunder Pipe Society.

Iyipposstoyiitsi nitaanist ksinima'tstohoki'p. I have been an educator for 30 years.



FEATURED LANGUAGE: MICHIF

taanishi
li salay
maarsii
l'ivayr
noohkoom

Hello!
Sun
Thank You
Winter
Grandmother

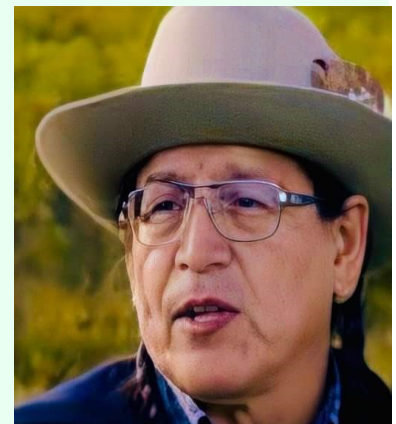
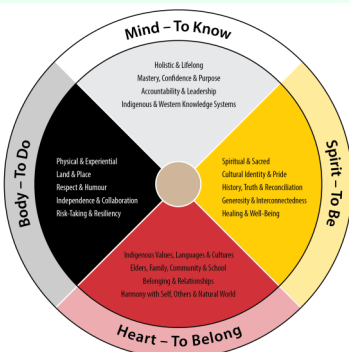
Hear Michif words by clicking [Here](#).



CBE HOLISTIC LIFELONG LEARNING FRAMEWORK

Across our system, school teams and service units are learning about the CBE Indigenous Education's Holistic Lifelong Learning Framework. The framework, informed by the Canadian Council on Learning's attributes of Indigenous learning and guidance from our Elders, provides an overview of how schools

can promote Indigenous students' achievement and well-being. By incorporating the four interconnected domains of the framework in practice, schools can foster spaces that are welcoming, caring, safe and respectful. While this work is critical for Indigenous students and families, it is beneficial for all. In this issue, we begin exploring our understandings of the Holistic Lifelong Learning Framework through the Spirit domain: *To Be*.



Elder Duane Mistaken Chief
Photo courtesy Elder Duane Mistaken Chief

Click to learn more!

Listen to Elder Duane Mistaken Chief (Kainai Nation) teach about 'spirit' through the Blackfoot worldview [Here](#).

FEATURED RECIPE: MOOSE STEW

Ingredients:

- 2 lbs cubed moose shoulder or rump
- 1 cup flour. Plus 3 tbsp flour
- Salt and pepper to taste
- 1/2 cup canned whole tomatoes
- 1 large chopped onion
- 2 finely chopped garlic cloves
- 2-3 large diced carrots
- 2-3 diced celery stalks
- 3-4 medium cubed potatoes
- 2 cups button mushrooms
- 4 cups moose or beef broth
- 6 tbsp cooking oil

Preparation and Cooking:

1. Combine 1 cup of flour, 1 tsp salt, and 1/2 tsp pepper in a large bowl.
2. Coat meat cubes with flour mixture. Shake off excess,
3. In a large frying pan heat 3 tbsp of cooking oil on medium-high heat.
4. Add meat and brown on all sides. Ensure meat is separated and not touching during cooking.
5. Remove and place in a large stockpot. Ensure oil remains in the frying pan.
6. On low heat fry chopped onion and garlic until softened. Add to stockpot.
7. Add enough broth to pot to just cover meat.
8. Add tomatoes and simmer over low-medium heat with lid on for 1-hour or until meat is fork tender.
9. Add vegetables. Cook for additional 30 minutes or until vegetables can be easily pierced with a fork.
10. Combine 3 tbsp of flour with cold water paste-like consistency occurs. Add flour-water mixture to stew pot and cook for another 10 minutes or until gravy thickens.
11. Season with salt and pepper to taste.



Photo by Ivars Krutainis @ Unsplash.com



Photo courtesy of food-guide.canada.ca

AWESOME AGENCIES IN YYC

AWO TAAN HEALING LODGE SOCIETY

Awo Taan Healing Lodge Society provides a range of culturally sensitive programs to help support clients affected by violence, trauma and abuse, many of whom include Indigenous women and their family members. Awo Taan means "shield in the Blackfoot language and was gifted its name by Ruth Scalp Lock of the Siksika First Nation. Through traditional, holistic and spiritual teachings, Awo Taan is able to offer a culturally responsive and highly effective environment for families affected by violence and abuse. Its services are preventative, restorative and outreach based. Some of the programs that Awo

Taan offers through its family resource network are the Grandmother Turtle program, elder support programs, beading, Triple P (Positive Parenting Program), women's circle of safety, men's healing circle, youth circles, the healthy babies program, and youth mentorship programs. Awo Taan also has a number of amazing community events that occur each year including the Sisters in spirit march and the ever popular and super cute Tiny Tots pow wow.



Photo Courtesy of Awo Taan Healing Lodge Society



To learn more about Awo-Taan's programs click [Here](#)
Or Call (403) 531-1880 EXT. 100

FOR AWO TAAN SHELTER INFO CLICK ON THE LOGO
CLICK ON THE PICTURE TO CHECK OUT AWO TAAN ON YOUTUBE.

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

Looking for a comprehensive list of youth mental health supports?

Click [Here](#).



Photo by Matthew Sichkaruk @ Unsplash.com

Cultural Programming

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



URBAN SOCIETY FOR ABORIGINAL YOUTH



Beaver in the Snow

Photo by Jeremy Hynes @ unsplash.com

Emergency Food Hampers

Salvation Army Calgary

salvationarmycalgary.org

(403)-220-0432

Calgary Food Bank Self-Referral Line

calgaryfoodbank.com

(403) 253-2055

7Lot Meals and Food Hampers

dashmesh.ca

(403) 590-0970

Additional supports and assistance

ab.211.ca

Call 2-1-1