

# INDIGENOUS EDUCATION

## COMMUNITY NEWSLETTER

ISSUE #9 | SPRING 2023



Calgary Board  
of Education

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Coyote

Photo by Abbie Chohrach @ unsplash.com

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

Welcome to the CBE Indigenous Education Team's community newsletter filled with 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](#) [Issue 8](#)

Look for our next issue in May 2023!

### SPRING EQUINOX: A TIME OF RENEWAL

The upcoming spring equinox, on March 20th, will indicate the beginning of a new season. Once again, Na'toosi (Grandfather Sun) and Kokomikisomm (Grandmother Moon) will share the sky equally, providing a balance of day and night. Motoyi (spring in Blackfoot) is a time of renewal and new beginnings. After a season of rest, the land comes to life with new growth, movement, and sounds. Green grass appears, the rivers thaw, beavers emerge from their winter lodges, and buffalo calves are born. For the two-leggeds, it is a time of awakening as well. Elder Casey Eagle Speaker has reminded us what a gift it is to witness life at the very beginning, to feel the energy of Na'a and come to understand her interconnectedness and our place within it. Elder Casey and Saa'kokoto have shared that in traditional Blackfoot ways, the First Thunder signals a time for sacred practices and ceremonies to begin. This initiates a time of preparation, a time of gathering when the roots, berries, and medicines provide for Niitsitapi again.

Click [Here](#) to learn about Ksistsikoom (Thunder).

### CBE DATES TO REMEMBER:

MARCH 20<sup>TH</sup>  
SPRING EQUINOX

MARCH 21<sup>ST</sup>  
[INTERNATIONAL DAY FOR THE  
ELIMINATION OF RACIAL  
DISCRIMINATION](#)

MARCH 22<sup>ND</sup>  
[WORLD WATER DAY](#)

MARCH 25<sup>TH</sup>  
CBE SPRING BREAK BEGINS

MARCH 25<sup>TH</sup>  
[EARTH HOUR](#)

APRIL 3<sup>RD</sup>  
CLASSES RESUME  
(CBE TRADITIONAL CALENDAR)

APRIL 11<sup>TH</sup>  
CLASSES RESUME  
(CBE MODIFIED CALENDAR)

APRIL 22<sup>ND</sup>  
[EARTH DAY](#)

### SPRING

Motoyi (Black-foot)

Wedu (Stoney Nakoda)

Xadaguzidi (Tsuutina)

Praentaan (Michif)

Miyokamin (Cree)



Seedling Drawing

Image by rawpixel.com on freepix



### 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 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.



learning | as unique | as every student  
 Alberta Board of Education

## CBE LAND ACKNOWLEDGEMENT

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Watch the [USAY Land Acknowledgement](#).

## FEATURED LANGUAGE: BLACKFOOT

ii-taa-mik-kss-ka-nao-to-ni  
 tsa-nii-ta-piiwa?  
 is-poom-mo-kit  
 ni'tokskaa  
 naato'ka  
 niooska  
 ii ni

Good Morning  
 How are things?  
 Help me.  
 One  
 Two  
 Three  
 Buffalo



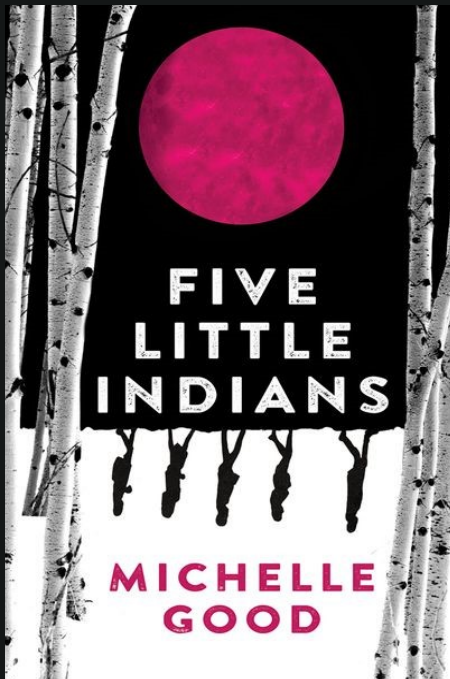
Big Rock (okatok)

Photo courtesy of The Galt Museum

Learn more Blackfoot language from the Galt Museum [Here](#).

Listen to traditional stories in Blackfoot from the Glenbow Museum [Here](#).

### READ



Books:  
 Five Little Indians  
 Learn About [Here](#)

### WATCH



Television:  
 Coyote's Crazy Smart  
 Science Show  
 Watch [Here](#)

### LISTEN



Podcasts:  
 Unreserved  
 Listen [Here](#)

## CBE INDIGENOUS EDUCATION TEAM MEMBER SPOTLIGHT

Oki, Tansi, Umba-watich, Danit'ada, Tawnshi, Bonjour, and Hello. My western name is Shane Cunningham. My Indigenous name is Meek-Saa''boop (Red Plume in Piikani). I am Métis of Cree and Irish decent and part of the Cunningham Clan from the Saint Albert, Lac Saint Anne area in northern Alberta. I was not raised in this area but was born and raised in a small town in Southern Alberta called Pincher Creek (18 Km from the Piikani reserve known as Brocket). This is why Elder Leonard Weasel Traveler (Bastien) blessed me with a Blackfoot name. I am very honoured to carry this name with pride and respect. I have been with the Calgary Board of Education and a member of the Indigenous Education Team for 29 years as a Diversity and Learning Support Advisor and oskâpêwis (Elder's helper). I enjoy sharing the teachings I have received from Blackfoot, Cree, Métis and other Elders I've had the privilege of being taught by. I am also proud to have been working with so many amazing people, who I consider family, who have been with the team over my last 29 years and look forward to those who will come in the future.

Shane



**Shane Cunningham**

Photo provided by Shane Cunningham

Shane is one of three DLSA's working at CBE schools.  
To connect with a CBE DLSA please contact your child's school.

## GREAT THINGS HAPPENING IN YYC

### Easter Extravaganza

**What:** Join in the fun with 65 vendors, music, door prizes, free treats for kids and free pictures with the Easter Bunny!  
**When:** April 8th 9am-1pm  
**Where:** Marda Loop Community Center  
**Website:** [eventbrite.com/e/easter-extravaganza-market-tickets-573190547357](https://www.eventbrite.com/e/easter-extravaganza-market-tickets-573190547357)

### Devonian Gardens

**What:** Explore this hidden oasis in the heart of Calgary with one hectare of gardens including over 500 trees, a living wall, fountains, fish ponds and a playground to climb and explore.  
**When:** Open Daily 10am-6pm  
**Where:** 4th floor of The Core shopping center  
**Website:** [calgary.ca/parks/devonian-gardens.html](https://calgary.ca/parks/devonian-gardens.html)

### Unplugged: An Earth Hour Celebration

**What:** Musical performances, crafts, and lots of hands on learning about pedal powered bike generators, Alberta's renewable energy sources, and more! All non-essential lighting in the library will be turned off from 8:30pm-9:30pm.  
**When:** March 25th 7pm-9:30pm  
**Where:** Central Library  
**Website:** [calgarylibrary.ca/events-and-programs/programs/calgary-unplugged-an-earth-hour-celebration/](https://calgarylibrary.ca/events-and-programs/programs/calgary-unplugged-an-earth-hour-celebration/)

### Spring Market Collective

**What:** Over 140 local artists, designers and makers of all kinds will be showcased. With live performances, DJ's, a Kids Zone, and tons of fun for all.  
**When:** April 14th 4pm - 9 April 15th & 16th 10am - 6pm  
**Where:** BMO Center Hall F  
**Website:** [marketcollective.ca/events/](https://marketcollective.ca/events/)

### New Tribe Magazine's Mental Health Film Launch

**What:** Screening of New Tribe's film about alternative mental health practices. Discussion panel with film makers and Indigenous leader in self love and healing, Dwight Farahat. Leave inspired with new tools to take on life's challenges.  
**When:** April 15th 2:30pm-5pm  
**Where:** Evergreen Community Spaces  
**Website:** [eventbrite.ca/e/new-tribe-magazines-mental-health-film-launch-event-tickets-560712655647](https://www.eventbrite.ca/e/new-tribe-magazines-mental-health-film-launch-event-tickets-560712655647)

### Indigenous Voices: Doreen Bergum

**What:** Join Treaty 7 Métis Elder Doreen Bergum to learn about traditional Métis values as part of this continuing education series on working towards reconciliation.  
**When:** March 21st 6:00pm- 8pm  
**Where:** Saint Mary's University Room M100  
**Website:** [stmu.ca/event/indigenous-voices-metis-elder-knowledge-keeper-doreen-bergum/](https://stmu.ca/event/indigenous-voices-metis-elder-knowledge-keeper-doreen-bergum/)

## GOOD EATS: EASY VENISON CHILI

Most game meat has significantly fewer calories than domestic grain-fed beef, pork and chicken. Game meat has much more lean body tissue than domestic meat and generally has less saturated fat. The most important benefit is that game has a significantly higher content of polyunsaturated fat than domestic meat, especially beef and pork. Game is high in EPA which is thought to reduce the risk of developing atherosclerosis which is one of the major risk factors for heart attack and stroke.

### Ingredients:

- 1 pound ground venison
- 2 cans of kidney beans (16 oz)
- 1 can tomato juice (1 qt 14 oz)
- Salt and pepper to taste
- 3 drops of Tabasco sauce
- 1 small onion (diced)
- 2 sticks of celery (diced)
- 2 Tbsp chili powder
- 1/2 Tbsp brown sugar

### Directions:

- In a large sauce pan brown meat and onions on medium heat.
- Mix in other ingredients.
- Reduce heat and simmer for 1/2 hour.
- Enjoy!



Photo by Rebecca Hembree @ unsplash.com

Recipe and information from the Native Women's Society's Traditional Foods and Recipes From The Wild Side

## AWESOME ORGANIZATIONS IN YYC

### STARDALE WOMEN'S GROUP

For over 25 years, Stardale Women's Group has empowered the lives of Indigenous girls, strengthened their families, and inspired communities to engage in the core values of reconciliation. They offer programs and services to Indigenous young women and girls in overcoming systemic barriers. Through the Stardale model of holistic support in the physical, emotional, mental and spiritual aspects of life they provide each Stardale girl with resources to thrive. As building blocks to a journey of awakening, healing, self-respect and empowerment, the Stardale model encourages development of skills and enlightenment by healing with compassion.

The girls of Stardale Women's Group participate in a variety of activities and initiatives to help them grow as individuals, as well as cultivate a sense of community and belonging. Past activities have included fashion shows, art exhibitions, concerts/live drumming performances, stage productions and more! In addition to participation in the community and surrounding events, Stardale also works to create a safe space for girls through regular classes. During class time girls are guided to participate in a variety of art and culture projects,

workshops, and life skills development. Stardale girls are also assigned mentors to provide them with development tools and resources needed to facilitate their personal, academic and leadership growth.

Stardale also has created a variety of educational resources including three films to support the learning and understanding of community and showcase the many stories and talents of the girls. The three films (The Road, Shadows in Time and A Light in the Shadow) are available on Vimeo or through the Stardale website.

To learn more about Stardale Women's Group  
click on the logo or call (403) 243-6615

To learn more about Stardale's films click on the picture.



Photo courtesy of stardale.org



## COUNSELLING RESOURCES

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

(403) 955-6645

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

### Access Mental Health

(403) 955-6200

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

### Wood's Homes Mobile Family Crisis Support

(403) 299-9699

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

### Indian Residential School Survivors Society

1 (800) 721-0066

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

*Need a comprehensive list of youth mental health supports?*

Click [Here](#)

*Need a comprehensive list of resources for Indigenous families?*

Click [Here](#)



Photo by Harry Quan @ unsplash.com

## CULTURAL PROGRAMMING

Click on the logos to learn more about agency programming!



URBAN SOCIETY FOR  
ABORIGINAL YOUTH



miskanawah  
empowerment • strength • family



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



Closer  
to Home  
COMMUNITY  
SERVICES



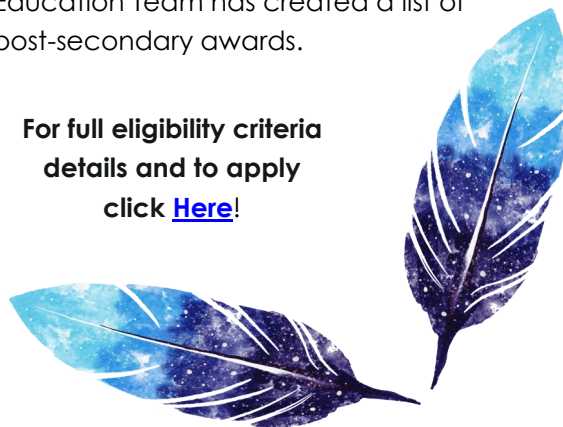
Metis Calgary  
Family Services



## POST-SECONDARY AWARDS

To support self-identified Indigenous students entering post-secondary, the CBE Indigenous Education Team has created a list of post-secondary awards.

For full eligibility criteria  
details and to apply  
click [Here!](#)



Images by bigwore296240 @ vecteezy.com

## EMERGENCY FOOD HAMPERS

Salvation Army Calgary

(403)-220-0432

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

Calgary Food Bank Self-Referral Line

(403) 253-2055

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

7Lot Meals and Food Hampers

(403) 590-0970

[dashmesh.ca](http://dashmesh.ca)

Additional supports and assistance

Call 2-1-1

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



Golden Currant

Photo by David Thielen @ unsplash.com