

INDIGENOUS EDUCATION

COMMUNITY NEWSLETTER

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Calgary Board
of Education

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Prairie Crocus in Moh'kins'tsis

Photo by Lisa Bourgeault @dreamstime.com

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

Welcome to the CBE Indigenous Education 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 previous issues:

[Issue 1](#)

[Issue 2](#)

[Issue 3](#)

[Issue 4](#)

Look for our next issue June 2022!

SPRING EQUINOX: NEW LIFE, GROWTH, TRANSFORMATION

Moto means spring in Blackfoot. The Spring equinox on March 20th will mark the first day of the season, bringing with it promises of new life, growth, and transformation. Na'a (Mother Earth) will begin to wake up and our non-human relations will share seasonal teachings for us to learn from. If we are wisely aware, we will notice ducks returning during the next lunar cycle; this is sa'aiki'somm (duck moon). Blackfoot Elder, Anita Eagle Bear, has also shared that the moon in April is called matsiyikkapisai'k'somm (frog moon). How might these teachings and stories from land and sky enhance our learning experiences this season?

CBE DATES TO REMEMBER:

MARCH 19TH

CBE SPRING BREAK BEGINS

MARCH 20TH

SPRING EQUINOX

MARCH 28TH

CLASSES RESUME
(CBE TRADITIONAL CALENDAR)

APRIL 4TH

CLASSES RESUME
(CBE MODIFIED CALENDAR)

APRIL 15TH

GOOD FRIDAY

APRIL 22ND

EARTH DAY

MAY 1ST

TSUUT'INA DAY

MAY 3RD - 7TH

MENTAL HEALTH WEEK

MAY 5TH

NATIONAL DAY OF AWARENESS
FOR MISSING & MURDERED
INDIGENOUS WOMEN

MAY 10TH

BEAR WITNESS DAY (JORDAN'S
PRINCIPLE)

MAY 12TH

MOOSEHIDE CAMPAIGN DAY

MAY 23RD

VICTORIA DAY



Duck in Inglewood
Photo courtesy 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.

[Calgary Public Library Land Acknowledgement](#)

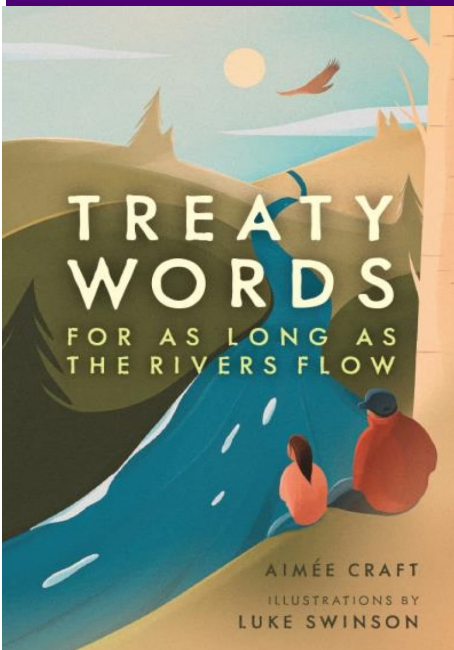
FEATURED ANIMAL: MAZINI/WOLF

According to Tsuut'ina Knowledge Keeper, Hal Eagletail, mazini (wolf) was a teacher for the Tsuut'ina people of how to be good parent. It was mazini that gave people the most training with regard to how to take care of the young ones. Everyone learned how to protect, provide for and keep the young members of the community "in line". These teachings were learned and taught by observing the natural laws on the land. The mazini is the great protector of family. Mazini sightings on the Tsuut'ina territory are special and packs are often sighted every few years. Fish Creek is known to the Tsuut'ina people as Wolf Creek. Many years ago a young child encountered a wolf and the area was named to honour this story. This demonstrates the practice of naming a place based on a significant event that occurred.



Mazini/Wolf
Photo by Steve Kingsman @ dreamstime.com

READ



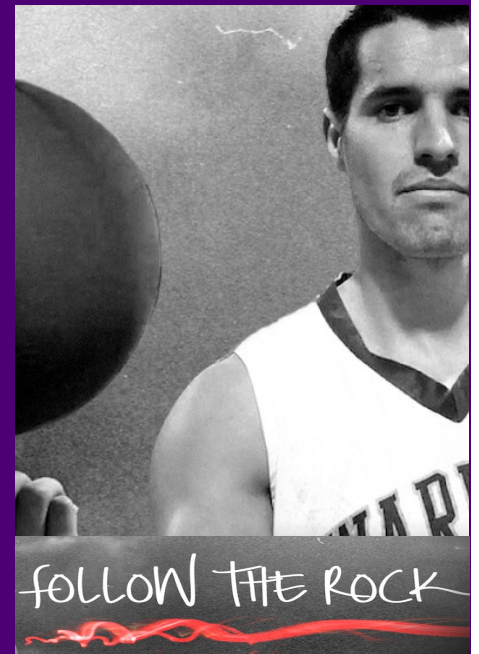
Books:
Treaty Words, by Aimee Craft
Learn About [Here](#)

LISTEN



Podcasts:
Toasted Sister Podcast
Listen [Here](#)

WATCH



Television:
Follow The Rock
Watch [Here](#)

ELDERS IN THE COMMUNITY: FRANK TURNING ROBE

Siksika Nation Elder Frank Turning Robe is known throughout Southern Alberta for his jovial laugh, kind soul, generous nature and cultural knowledge. Alongside his son, Darcy Turning Robe, Frank uses the healing power of the drum to share teachings with children, youth and adults about drumming, Blackfoot culture, history and values. Frank's humorous and engaging way of teaching has made a significant impact on students across Treaty 7 territory. Frank can often be seen wearing a ribbon shirt during performances, teachings at schools, libraries and events. Frank shares that Ribbon shirts came about as a result of trading between European settlers and Indigenous peoples throughout North America in the early 1800's. Different nations would trade fur for various fabrics and ribbons. These materials slowly began to replace the buckskin clothing. Ribbon shirts are a visible representation of Indigenous pride and individuality with different nations often having their own designs representing tribal traditions. Ribbon shirts, along with ribbon skirts often tell a story that is connected with the wearer with simple designs or dazzled up with bead work.



Elder Frank Turning Robe



Click [here](#) to see a video of Elder Frank Turning Robe drumming

MEDICINE OF THE MONTH: CEDAR

"The one known in the Salish languages, as Maker of Rich Women, as Mother Cedar. No matter what the people needed, the cedar was ready to give, from cradleboard to coffin, holding the people."

Robin Wall Kimmerer, Braiding Sweetgrass

One of four sacred medicines, [cedar](#) is used in smudge ceremony and burned to purify the home. Its crackling sound tells spirits of an offering being made and laying its branches around a lodge offers protection.

Coastal Nations use [Mother Cedar](#) to make canoes and carve totem poles and masks. Fibre is woven into ceremonial headdress and medicine is found in her foliage, branches and roots



Cedar Branch

Photo by Amelia Martin @ dreamstime.com

CHECK OUT THESE AMAZING LOCAL AUTHORS!



Natasha Wesley

Photo Courtesy of Calgary Public Library

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

Click [here](#) to listen to the book!

Îethkaîhâ Yawabi (Counting in Stoney)

by Îyarhe Wiyapta (Shining Mountains), Natasha Wesley

Illustrated by Tanisha Wesley

Translation by Natasha Wesley in the Îethka language of the Stoney Nakoda

About the Book

This simple yet precious Îethkaîhâ book of numbers provides a beautiful narrative of counting. Author Natasha Wesley and her artist sister, Tanisha Wesley, portray the numbers 1 to 20 through their way of life.

About the Author

Îyarhe Wiyapta is a seventh-generation descendant of the Holy Medicine Man Chief Hector Crawler, and a sixth-generation descendant of George Crawler, who was a Treaty 7 signatory. She is also a fifth-generation descendant of Ta Otha (Moose Killer), Chief Peter Wesley, and Holy Medicine Man Chief William Snow. She enjoys skiing and being in nature with her family.

A'pistotooki kii Ihkitsik Kaawa'pomaahkaa (Creator and the Seven Animals, why are we here?)

by Crystal Many Fingers

Illustrated by Alex Soop

Translation in the language of the Blackfoot Confederacy

About the Book

A'pistotooki kii Ihkitsik Kaawa'pomaahkaa is a delightful modern story about animals, their gifts, and why they were put on earth.

About the Author

Crystal is a Blackfoot member of the Kainai First Nation of Treaty 7. She grew up on the Blood Reserve and as a child roamed the halls of the University of Lethbridge where her mother was studying to earn her Bachelor of Education degree. This inspired Crystal to enroll at the University of Calgary, where she majored in English Literature. After completing her B.A., Crystal pursued a career in teaching. She completed her Master of Education degree with a specialty in Adult and Workplace Environmental Learning, and now works as the Indigenous Consultant to Curriculum at Bow Valley College.



Crystal Manyfingers

Photo Courtesy of Calgary Public Library

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

Click [here](#) to listen to the book!

GREAT THINGS HAPPENING FOR FREE IN YYC

Police Interpretive Center

What: Police Museum and interpretive center with tons of interactive exhibits, history and a forensic lab and for youth. Free admission and parking.

When: Fridays and Saturdays 10am to 4pm

Where: Youthlink Calgary Police Interpretive Center

Website: youthlinkcalgary.com/visit/

Lilac Festival

What: Free festival with food, live music, local vendors, and tons of sun! This spring Calgary's beloved Lilac Festival is back in full swing.

When: Sunday June 5th 2022 from 10am to 6pm

Where: 4th street between 13th Ave and Elbow Drive

Website: lilacfestival.net/

Aggie Days

What: Check out your favorite farm animals, learn about agriculture and experience hands on exhibits at Aggie Days.

When: April 9th and 10th 2022

Where: Calgary Stampede Nutrien Western Event Centre

Website: ag.calgarystampede.com/events/839-aggie-days-2022-family-days.html

Family Fun Nights

What: Friday night fun themed around different cultures, art, STEM and more while making community connections.

When: Every second Friday

Where: Bellline Community Hub

Website: calgary.ca/general/calendar.html?trumbaEmbed=view%3Devent%26eventid%3D157547320

GOOD EATS: COOKED GOOSE

Goose is a nutritious, flavourful and fatty bird, however the meat is lean. Always remember to remove and clean the pellets before cooking this delicious lean dark meat.

Shane Cunningham's Mama's recipe

- Preheat oven 175F
- Season full goose with salt and pepper, sage and a variety of seasonings.
- Stuff goose with cut up apples and onions to add flavour and moisture.
- Place strips of bacon over the goose.
- Cook in oven for 2-3 hours at 175F depending on the weight of goose.
- Collect goose fat drippings to make a gravy.
- Enjoy with root vegetables such as carrots, potatoes, and turnips.
- Goose bones can be used to make a soup broth.



Niska (Canada Goose)

Photo courtesy of pixabay



Wolf Creek/ Fish Creek

Photo by Brad Calkins @ dreamstime.com

FEATURED LANGUAGE: TSUUT'INA

Danit'ada	(Singular Greeting)
Zaas	Baby
Guts'adats'inii	Love
Yinagha	Moon
Siyisgaas	Thank You

Learn more about the language by clicking [here](#) or [here](#).
Download the Tsut'ina language app [here](#).

AWESOME AGENCIES IN YYC: USAY

The Urban Society for Aboriginal Youth, also known as USAY, is an Indigenous-led organization that offers a variety of programming for youth. Their programs aim to help the coming generations live a lifestyle that is meaningful and true to themselves. USAY offers lunch and after school programming to Indigenous students throughout Calgary schools. One of the biggest afterschool programs is the **Indigenous Inclusion Program** where youth experience fun activities, learn from Indigenous Elders, and learn more about other organizations that may help support them. Many USAY programs provide youth with a bus pass after they've met an attendance requirement or provide meals and other accommodations to ensure there are no barriers to program accessibility.



URBAN SOCIETY FOR
ABORIGINAL YOUTH



Photo Courtesy of USAY

USAY is also working with virtual reality (VR) and augmented reality (AR) content, which can be brought into schools to develop deeper understandings of issues that Indigenous youth are facing. USAY also publishes New Tribe Magazine which brings awareness to issues like reconciliation and decolonization. Youth can be part of the Creative Team which comprises both Indigenous and non-Indigenous youth who identify and learn about social issues within their community in hopes to make positive change. Copies of New Tribe Magazine or USAY's other publications can be requested [here](#).

**FOR MORE INFORMATION ABOUT USAY
CLICK ON THE LOGO OR CALL (403) 233-8225**

**CONNECT TO USAY'S YOUTUBE CHANNEL
BY CLICKING ON THE NEW TRIBE PICTURE**

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 Chernetskaya @ dreamstime.com

Cultural Programming

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



White Tailed Deer

Photo by Lisa Bourgeault @ dreamstime.com

Emergency Food Hampers

Aboriginal Friendship Centre

afccalgary.org

(403) 270-7379

Calgary Food Bank Self-Referral Line

calgaryfoodbank.com

(403) 253-2055

Additional hamper supports and assistance

ab.211.ca

Call 2-1-1