

# INDIGENOUS EDUCATION

## COMMUNITY NEWSLETTER

ISSUE #6 | SUMMER 2022



Calgary Board  
of Education

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Dandelions

Photo by Walter Sturn @ unsplash.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](#)

[Issue 5](#)

### SUMMER SOLSTICE: A TIME OF GRATITUDE

The Blackfoot word for May's full moon is Aapistsisskitsaato's. This is the time of flowers in Blackfoot territory. Elders have taught us that after the flowers is when the long rains come which is called Ito'tsiamssootaa. This moon is the first of the summer moons and the solstice (June 21) will mark a significant shift in seasons. 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. In Indigenous communities, the solstice is a time for renewal, connection and gratitude. Summer is [Ksistsikoom's](#) time of the year. The first thunder is significant in Blackfoot culture and is acknowledged with ceremonies and songs.

### CBE DATES TO REMEMBER:

**JUNE 21<sup>ST</sup>**  
SUMMER SOLSTICE

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

**JUNE 20<sup>TH</sup> TO 25<sup>TH</sup>**  
[ABORIGINAL AWARENESS WEEK CALGARY](#)

**JUNE 28<sup>TH</sup>**  
LAST DAY OF CBE CLASSES

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

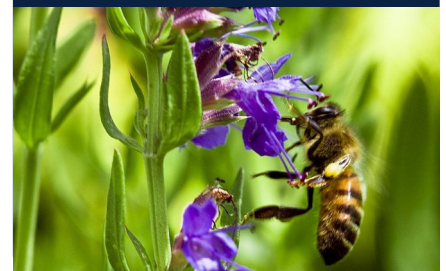
**AUGUST 2<sup>ND</sup>**  
HERITAGE DAY

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

**AUGUST 15<sup>TH</sup>**  
FIRST DAY OF CBE CLASSES  
(MODIFIED CALENDAR)

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

**SEPTEMBER 5<sup>TH</sup>**  
LABOUR DAY



Bee on Giant Hyssop

Photo by Lucien Aeris @ pixabay.com



**Grizzly Bear**

Photo by Jill Wellington @ 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.

### [Bow Valley College Land Acknowledgement](#)

## FEATURED ANIMAL: NAAMÓISISTSII / HUMMINGBIRD

The Blackfoot people, or Niitsitapi, call them, naamóisistsii, or "bee birds". These tiny winged-ones are said to be messengers of joy and a symbol of health by the Haida of the Pacific Northwest Coast. Haida artist, Alvin Adkins, shares that comfort and healing follow a hummingbird's appearance. In Haudenosaunee teachings, the hummingbird's ability to hover in place and then quickly move in all directions signifies "[endurance, energy, joyfulness, agility and loyalty.](#)" They show us the value in being present - teaching us to remain in a moment, appreciating its sweetness. Mother Earth, or Na'a in Blackfoot, is awakening and soon we will see flowers paint the ground in beautiful colours. The hummingbirds will return and when we least expect it - and likely need it the most - we may be lucky enough to experience a visit in a fleeting moment of wonder and delight.



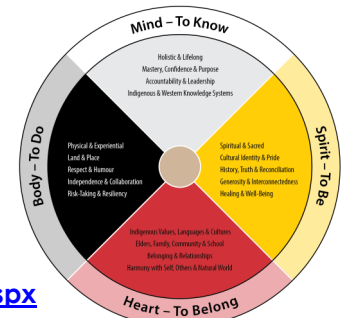
**Hummingbird**

Photo by Veronika Andrews @ pixabay.com

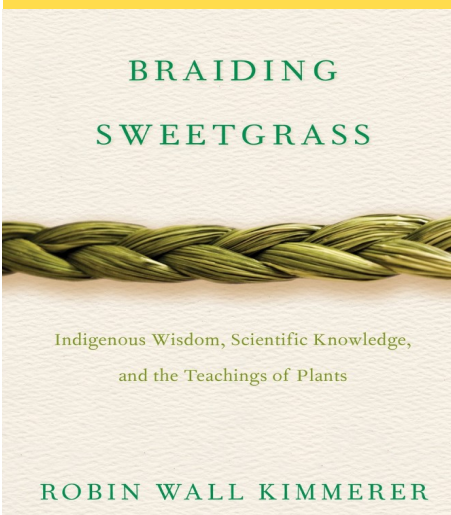
## HOLISTIC LIFELONG LEARNING FRAMEWORK

After more than 2 years of learning and working alongside Indigenous Elders and Knowledge Keepers, the CBE Indigenous Education Holistic Lifelong Learning Framework has been completed and released. The framework can be accessed via the Indigenous Education CBE public webpage:

<https://cbe.ab.ca/programs/supports-for-students/Pages/Indigenous-Education.aspx>



### READ



**BRAIDING  
SWEETGRASS**

Indigenous Wisdom, Scientific Knowledge,  
and the Teachings of Plants

ROBIN WALL KIMMERER

**Books:**  
**Braiding Sweetgrass**  
by Robin Wall Kimmerer  
Learn About [Here](#)

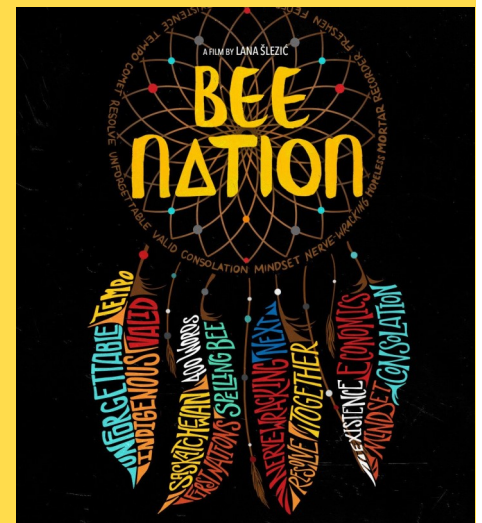
### LISTEN



CHELSEY LUGER & THOSH COLLINS  
**WELL FOR  
CULTURE**  
An Indigenous  
wellness podcast

**Podcasts:**  
**Well For Culture**  
Listen [Here](#)

### WATCH



**Television:**  
**Bee Nation**  
Watch [Here](#)



## ELDERS IN THE COMMUNITY: EDMEE COMSTOCK

Elder Edmee is a proud Métis whose grandfather (Jean Bruce) was the first president of the Métis Provisional Government at the Red River Colony. She is the youngest of 17 siblings who often shares that she grew up in a family who taught her to be proud of her heritage. In 2012, Elder Edmee was awarded the Queen Elizabeth Diamond Jubilee Medal for her community work. Elder Edmee shares her teachings and knowledge regularly with the Calgary board of education as part of the CBE Elder Advisory Council.



Elder Edmee Comstock

Listen to Elder Edmee [here](#).

## SUMMER YOUTH PROGRAMS IN YYC

### Drop in Games and Crafts

**What:** #createyourownadventure. Beadwork, painting, board games, air hockey, foosball, ping pong, reading on the couch, surfing the net. Bring the fun and positivity, we'll provide the tools!

**When:** Every Friday from 5– 8 pm

**Where:** Diamond Willow Lodge

**Contact:** For more info call 403-247-5003 Ext. 1

### 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, more.

**When:** All summer long

**Where:** Virtual online

**Website:** [kidsupfront.com/kidsathome/](https://kidsupfront.com/kidsathome/)

### Ultimate Summer Challenge

**What:** Kids and adults 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, chrome book, gift cards and more.

**When:** All summer long

**Where:** Calgary Public Library

**Website:** [calgarylibrary.ca/events-and-programs/ultimate-summer-challenge/](https://calgarylibrary.ca/events-and-programs/ultimate-summer-challenge/)

### Community Outdoor Summer Programs

**What:** Amazing free outdoor programs and activities for children youth and families offered by the city of Calgary.

**When:** All summer long.

**Where:** Various locations across Calgary.

**Website:** <https://www.calgary.ca/csp/cns/children-and-youth/seasonal-programs/family-seasonal-programs.html>

## PLANT OF THE MONTH: LABRADOR TEA

Labrador Tea 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 relative makes its home in shaded parts of Northern forest floors, bogs, and open tundra. Leaves and twigs provide nourishment for caribou and moose in northern woodlands 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 and the pungent odor of 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! Labrador Tea teaches us of resilience – withstanding the autumnal infection of spruce needle rust and being one of the first plants to recolonize after fire. Elders have taught us that this plant is a reminder that we don't go through struggle without coming out better.



Labrador Tea

Image by Сергей Шабанов @ pixabay.com

## CHECK OUT THESE AMAZING LOCAL AUTHORS!



**Tim Fox**

Photo Courtesy of Calgary Public Library

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

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

### Napi kii Imitaa (Napi and the Dogs)

by Natoyi'sokasiim, Tim Fox  
Illustrated by Keegan Starlight and Amanda Fox-Starlight  
Translation in the language of the Blackfoot Confederacy

#### About the Book

In this well-known and humorous Blackfoot story, mice are having a celebration that Napi and the dogs want to join. To participate, each dog must be respectful and remove their tail. Thunder and rain create chaos and the dogs scramble, accidentally grabbing the wrong tail. How will the dogs ever find their correct tails?

#### About the Author

Natoyi'sokasiim is a member of the Kainai Blood Tribe within Siksikaitstapi, the Blackfoot Confederacy. His family comes from the Ahkaipohkaaks, Many Children's Clan. Tim currently lives and works in Mohkinstsis, Calgary. He is the Vice President of Indigenous Relations for the Calgary Foundation. He is blessed and grateful to be raising his daughter, Charm, alongside her mom Dawn Fox.

### Îyâ Sa Wîyâ Wahogu-kiybi Cha (Red Mountain Woman Receives a Teaching)

by Îyâ Sa Wîyâ (Red Mountain Woman), Tina Fox  
Illustrated by Tanisha Wesley  
Translation by Tina Fox in the Iyethka language of the Stoney Nakoda People

#### About the Book

In this traditional Iyethka Nakoda story, Red Mountain Woman shares a traditional teaching that she learned from her Grandmother about protocol, respect, and sharing.

#### About the Author

Îyâ Sa Wîyâ is a member of the Wesley First Nation, Stoney Nakoda Nation. A great-grandmother, grandmother, and mother, who is a counsellor and Elder at Nakoda Elementary School. A former Certified Nursing Assistant, she earned her undergraduate degree in First Nations counseling later in life. She is a passionate advocate for the retention of the Iyethka language and has contributed to language curriculum development. With her family, Tina sponsors the Watâga Wîyâ Language Award at Morley Community School to encourage language learning in memory of her late daughter, Kim. The Indigenous Consultant to Curriculum at Bow Valley College.



**Tina Fox**

Photo Courtesy of Calgary Public Library

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

## GREAT THINGS HAPPENING FOR FREE IN YYC

### 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 23rd to July 24th 2022

**Where:** Eau Claire Market

**Website:** [petapaloozawest.com/calgary](http://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 26th to September 5th 2022

**Where:** Various Venues

**Website:** [calgarypride.ca/pride-2022/](http://calgarypride.ca/pride-2022/)

### City of Calgary Activities

**What:** A variety free activities happening throughout through out the summer provided by the city of Calgary. Pre-registration required for some activities.

**When:** All summer

**Where:** Various venues throughout Calgary.

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

### Tsuut'ina Nation Annual Celebrations

**What:** Competitive First Nations Dance, Rodeo, Golf, Baseball, and traditional hand game tournament entertainment for youth, families, and the public.

**When:** July 22nd to July 24th

**Where:** Tsuut'ina Nation

**Website:** [travelalberta.com/ca/events/tsuutina-nation-annual-celebrations-17320/](http://travelalberta.com/ca/events/tsuutina-nation-annual-celebrations-17320/)



## GOOD EATS: SASKATOON BERRY JAM

Saskatoon berries or *misâskwatômin* in Cree, can be found across western Canada. In summer heat saskatoon berry jam with bannock can't be beat!

### INGREDIENTS:

- 4 cups saskatoon berries
- 3 cups sugar
- 1/4 cup water
- Juice and grated peel of 1/2 lemon

### DIRECTIONS:

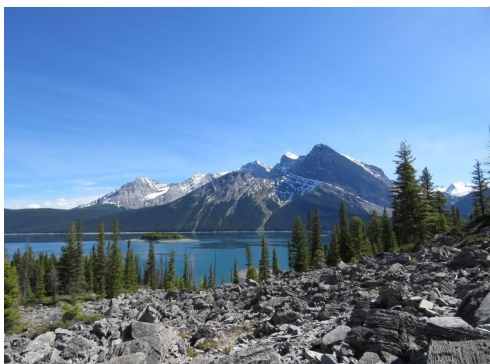
- Crush berries. Heat gently until juice begins flowing.
- Mix in sugar and water and bring to a boil while stirring constantly.
- Add lemon juice and peel.
- Cook, stirring frequently for 15 minutes until jam is thick.
- Pour into jars and let cool. Enjoy with bannock or frybread.



**misâskwatômin**

Photo by Georg Eiermann @ unsplash.com

Want more? Check out how to make saskatoon berry pie [here!](#)



**Ozade Îmne / Kananaskis**

Photo by Akiroq Brost @ pixabay.com

## FEATURED LANGUAGE: STONEY NAKODA

**Umba-watich**

**(greeting)**

**îsniyes**

**(thank you)**

**Ina makoce hunguyabi**

**(mother earth)**

Learn more about the language by clicking [here](#) or [here](#).  
Download the Stoney Nakoda Vocab Builder app [here](#).

## AWESOME AGENCIES IN YYC: MISKANAWAH



**miskanawah**

empowerment • strength • family

Since 1988, Miskanawah (mis-con-a-wah, meaning "Pathways" in Cree) supports vulnerable children and youth holistically through out Calgary and surrounding area. They are a leader in the social services field working from a harm-reduction and strength-based perspective with a focus on Indigenous teachings and traditions. Their framework is rooted in Indigenous teachings, ceremonies and guidance from Elders with culture, community, respect, and trust as its core values. This approach guides individuals and families in building pathways to and within the community, strengthening their natural supports, and engaging in healthier ways of living. Miskanawah is a multi-service organization, offering programs for children, youth, families, and community. Many of its youth programs run out of Diamond Willow Youth Lodge. This space is a gathering place for Indigenous youth to connect with peers,

**FOR MORE INFO ABOUT MISKANAWAH  
CLICK ON THE LOGO OR CALL (403) 247-5003**

**WATCH A VIDEO ABOUT DIAMOND WILLOW LODGE  
BY CLICKING ON THE PICTURE**

participate in their own sense of healing and well-being, and access a variety of supports.



*Photo Courtesy of miskanawah*

## 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.](#)

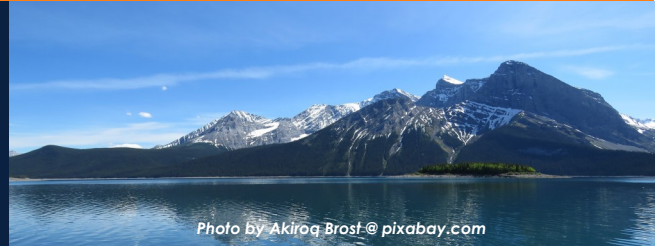


Photo by Akirog Brost @ pixabay.com

## Cultural Programming

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



Magpie

Photo by Viola @ pixabay.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

Additional hamper supports and assistance

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

Call 2-1-1