

INDIGENOUS EDUCATION

COMMUNITY NEWSLETTER

ISSUE #10 | SUMMER 2023



Calgary Board
of Education

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Châska (Hawk) Stoney Nakoda

Photo by David Thielen @ 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](#) [Issue 9](#)

SUMMER SOLSTICE: A TIME OF CELEBRATION

June is a month of celebration for all living beings. The long rains come, encouraging growth and transformation. Green grass carpets the ground, animal mothers nurture their young, scented blossoms invite pollinating friends, and water sparkles under rays of light. Na'a (Mother Earth) is awake and Niipo (summer) is near! Soon, Na'toosi (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 many Indigenous communities, the solstice indicates a time for renewal and connection – a time for ceremonies intimately related to land and spirit. Blackfoot Elder, Saa'kokoto, has shared that the 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 the morning of the solstice, let us look to the East and feel gratitude for all the gifts that summer will bring and look forward to the possibilities that lie ahead.

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

CBE DATES TO REMEMBER:

JUNE IS INDIGENOUS HISTORY MONTH!

JUNE 18TH –24TH
INDIGENOUS AWARENESS WEEK
(CITY OF CALGARY)

JUNE 20TH 21ST
NATIONAL INDIGENOUS
PEOPLE'S DAY

JUNE 29TH
LAST DAY OF CBE CLASSES

JULY 9TH
NUNAVUT DAY

AUGUST 7TH
HERITAGE DAY

AUGUST 9TH
INTERNATIONAL DAY OF THE
WORLD'S INDIGENOUS PEOPLES

AUGUST 31ST
FIRST DAY OF CBE CLASSES

SEPTEMBER 4TH
LABOUR DAY

SUMMER

niipo (Blackfoot)

ama (Tsuu'tina)

niipin (Michif)

nîpîn (Cree)

mnogedu (Stoney Nakoda)



Strawberry Drawing

Image by rawpixel.com

cbe.ab.ca



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 is unique | an every student
Alberta Education
Calgary Board of Education

CBE LAND ACKNOWLEDGEMENT

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Watch the [USAY Land Acknowledgement](#).

FEATURED LANGUAGE: STONEY

wahîyâba
înâ
wîchastabi
wazi
nûm
yamnî
Îsnîyes

Sun
Mother
People
One
Two
Three
Thank you

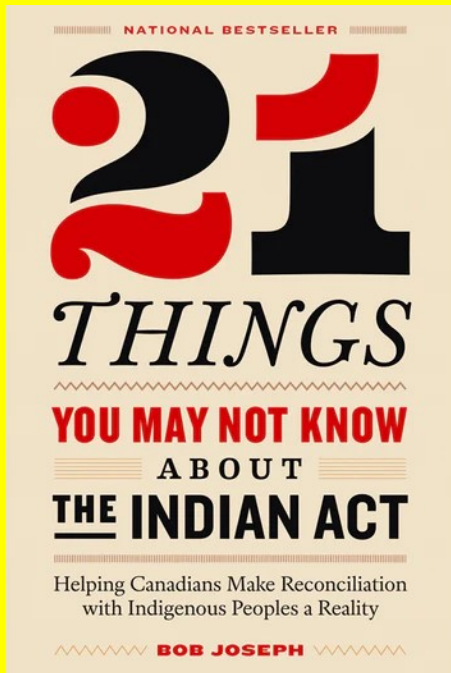
Check out the Stoney Nakoda Dictionary [Here](#)
Get the Stoney Nakoda Language App [Here](#)



Chuwapchipchiyan Kudi B (Canmore)

Photo by Devin Lyster @ unsplash.com

READ



Books:

21 Things You May Not Know About the Indian Act
Learn About [Here](#)

WATCH



Television:

Future History
Watch [Here](#)

LISTEN



Podcasts:

The Laughing Drum
Listen [Here](#)

INDIGENOUS EDUCATION TEAM DLSA TEAM MEMBER SPOTLIGHT

Oki, Tansi, Umba-watich, Danit'ada, Tawnshi, Bonjour, Ahneen, Hello. My name is Gloria Manitopyes. I am Anishanabe, Nehiyaw from Muskowekwan First Nation, Treaty 4 Territory. I have been with the Calgary Board of Education for 13 years as a Diversity and Learning Support Advisor on the Indigenous Education Team. My dream is for every Indigenous student to experience the beauty and richness of our Indigenous cultures. To feel proud of who they are as Indigenous people, to speak their Indigenous language, participate in ceremony, dance, music, art and take their rightful place in society as original peoples of this land.

All of My Relations. - Old Woman Wind who Flies Sacred in the Mountains.

Gloria



Gloria Manitopyes

Photo provided by Gloria Manitopyes

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

National Indigenous History Month Resources Calendar

In recognition of National Indigenous History Month, the CBE Indigenous Education Team has created a calendar of events, activities, and resources embedded with links to films, books, contemporary music, and stories.

This calendar is a valuable resource for individuals and groups to deepen their understanding of Indigenous peoples and communities, while celebrating the numerous contributions that Indigenous peoples have made to the local, provincial, national, and global landscapes.

National Indigenous History Month June 2023						
Ways to Listen, Learn, Explore, and Connect to understand Indigenous Canada						
Films, Books, Music, Stories, Places, Events, Opportunities, Resources						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Click on the calendar to download!

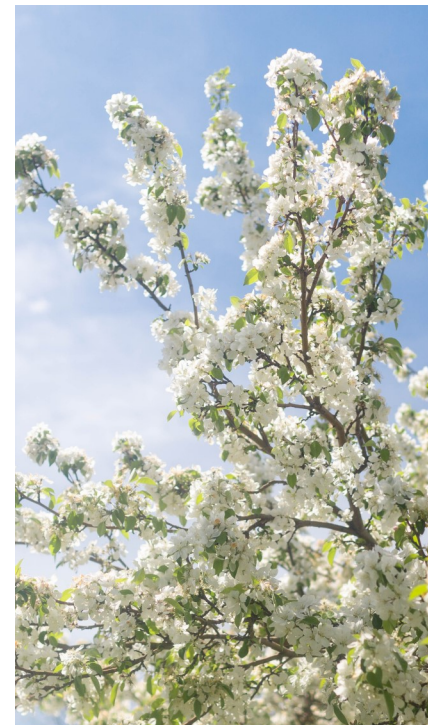


Photo by Devon MacKay @ unsplash.com

GOOD EATS: CEDAR WILD BERRY CHAI TEA

Ingredients:

- 5g Cedar
- Cinnamon
- Staranise
- Cardamon
- Clove
- Black Pepper
- 5 Blueberries
- 4 Strawberries
- 2 Blackberries
- 4 Raspberries

Directions:

- Bring 1 litre of water to boil in a large pot.
- Mix spices (cinnamon, staranise, cardamom, clove and black pepper) in a separate bowl.
- Add cedar, berries and 15g of spice mix to pot.
- Simmer about ten minutes.
- Once cedar goes dark green, remove from pot.
- It's important not to let the cedar cook too long and go dull, as it can release toxins.
- Ladle hot tea into cups to enjoy hot or remove from heat and chill in the fridge for iced tea.
- Sweeten with honey or maple syrup if desired.

Watch Paul make the tea [Here!](#)

Recipe and from summersolsticefestivals.ca/recipes/cedar-wildberry-chai/

Summer just got cooler with this awesome Cedar Chai Wild Berry Tea from acclaimed Anishinaabe chef Paul Owl of the Serpent River First Nation.

Photo by Brian McCall @ unsplash.com



Photo by Alexander Lemann @ unsplash.com

SUMMER OPPORTUNITIES FOR INDIGENOUS YOUTH

The Opportunities for Indigenous Youth Summer 2023 guide supports schools, families, and students as they plan for the summer break. In it you will find information about camps designed for Indigenous students, organizations that ease financial barriers to accessing camps, and summer programs that offer subsidized fees and employment for Indigenous youth. These options promote fair access to programming that fosters personal growth, cultural connection, and skill development, as well as a sense of pride, identity, and empowerment.

Check out the guide [Here!](#)



Photo by Manny Becerra @ unsplash.com

EXCEPTIONAL ELDERS IN YYC: ELDER MARSHA HANSON



Elder Marsha Hanson

Photo provided by Marsha Hanson

Cree Elder Marsha Hanson of the Muskoday First Nation in Saskatchewan, has been helping families in the Mohkinstsis area at [Closer to Home](#) (CTH) for almost 13 years. Her passion for supporting vulnerable families led to a career change as an accountant in the energy sector to joining CTH. Having been part of the "[Sixties Scoop](#)", she was fortunate to have been adopted into a loving family. Marsha's gifted Blackfoot name means White Swan Woman.

Since joining CTH she has been integral in making a difference in the lives of children and families through her work with various CTH programs that help youth and families cope with domestic violence, build resiliency, improve mental health and well-being, develop social skills, and provide counselling and mentoring. Currently Marsha runs the [Ee-Des-Spoom-Ooh-Soop](#) program, is the Program Coordinator for Indigenous Services and serves as the Elder for Pekewe House (CTH's Indigenous Healing Home).

In 2022 Elder Marsha received the Practitioner of the Year Award through CTH, and was honoured with the International Award for Practitioner of the Year through the Teaching Family Association. In May 2023, Elder Marsha's dream was realized when CTH, in partnership with Calgary Police Services and Simon House, had their 1st Annual 'All My Relations Healing Pow Wow,' which united, honoured and welcomed all Nations and community members together with 1200 people in attendance and over 170 dancers.

"I wear many hats and have different responsibilities; still, most importantly, I help those who I connect with to walk in their Indigenous journey, understand the impact of intergenerational trauma in their lives, and begin the healing process, moving forward in a good way for themselves and their children."

Elder Marsha Hanson

METIS NATION OF ALBERTA: GEAR UP FOR SCHOOL

The Gear Up for School program is back and bigger than ever! Métis families with children going into preschool, kindergarten, and Grades 1-6 in 2023-24 can now receive FREE school supplies while supplies last.

Complete the [Application Form](#) and get yours before they're gone!

Who's eligible?

- Children enrolled in preschool, kindergarten, or Grades 1–6 beginning September 2023;
- Alberta residents; and
- Parent/Guardian or child must be an MNA Citizen.

Have questions or need more information?
Please email CFSEarlyYears@metis.org



Photo Courtesy of the Métis Nation of Alberta

EXPLORING CAREER PATHS FOR INDIGENOUS WOMEN IN TRADES

Calgary Board of Education grade 10 student Samantha Robinson, is a 15-year-old Two Spirit, urban Sahtu Dene and Métis person. She/they was born and raised in Mohkinstsis and feel lucky to be a visitor on Treaty 7 territory. Samantha is a role model for Indigenous youth and was recently featured as a first person columnist for CBC Kids news. In her column she shares her dream of building her own house and writes about her journey as an Indigenous woman pursuing a career path in trades.



Photo Courtesy of USAY

Check her column out [Here!](#)



Samantha Robinson

Photo courtesy of CBC Kids News

THE SUMMIT: MARIAM & JIM SINNEAVE CENTRE FOR YOUTH

The **Summit** is a warm and welcoming one-stop resource dedicated to helping all young people who are struggling with mental health issues. It provides a much-needed alternative for families in crisis. Currently, their only option for treatment is a hospital Emergency Department – primarily designed to rapidly triage and treat children with physical ailments. The Summit is tailored to meet the mental health needs of all kids and teens and give them direct access to on-site assessment and therapy – all integrated with leading-edge research and training for the next generation of specialists.

To learn more about services offered at The Summit click on the links below...

[Owerko Family Walk-in Services](#)

[Tallman Family Treatment Services](#)

[Ptarmigan Day Hospital](#)



Photo Courtesy of Alberta Health Services

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 Hannah Busing @ 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

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



Wild Rose

Photo by Akiroq Brost @ pixabay.com