

INDIGENOUS EDUCATION COMMUNITY NEWSLETTER



**Calgary Board
of Education**

Twitter: @Indigenous_cbe

ISSUE #1 | WINTER 2020-2021



Bull Berries near Brocket
Photo Taken by Elder Mary Ellen Little Mustache

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

The Indigenous Education Team is excited to work with students, families and the community in the 2020/ 2021 school year. If you would like to get into contact with the Indigenous Education Team please reach out to your child's school.

WHAT IS THIS NEWSLETTER ALL ABOUT?

In an effort to provide CBE communities with information and access to resources, supports and teachings reflective of Indigenous knowledge and local community, we have developed this quarterly newsletter. It will feature upcoming important dates, resources, supports and Indigenous cultural information related to family wellness and community building for all.

CBE DATES TO REMEMBER:

DECEMBER 19TH
WINTER BREAK BEGINS

DECEMBER 21ST
WINTER SOLSTICE

JANUARY 4TH
CLASSES RESUME (ONLINE)

JANUARY 11TH
IN PERSON CLASSES RESUME

JANUARY 29TH
NON-INSTRUCTION DAY

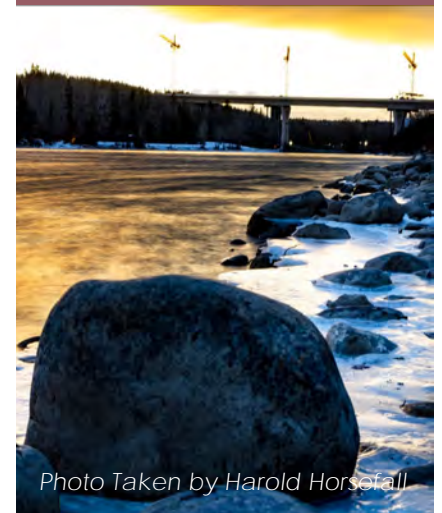
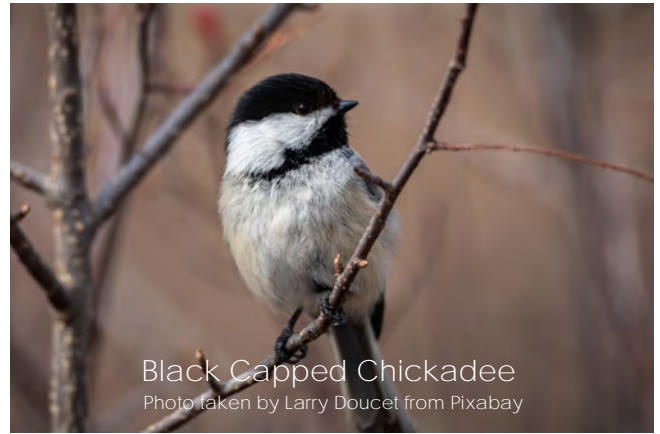


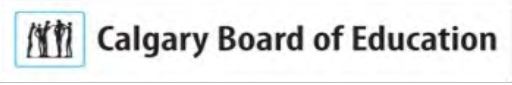
Photo Taken by Harold Horsfall

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.



Black Capped Chickadee
Photo taken by Larry Doucet from Pixabay



Indigenous Well-Being



Try a recipe from your traditional territory

Share or learn traditional stories

Smudge

Learn your language

Connect with family & friends

Drum

Learn about or use traditional medicines

Sing

Learn & play traditional games

Challenge your family to a bannock bake-off

Go out on the land

Laugh!

Pray

Connect with an Elder

Learn a traditional dance

Offer tobacco

Bead

Artwork by Tammy Wat depicts four traditional medicines: rosehips, prairie sage, sweetgrass & wolf willow. The visual of the roots, sprout and full bloom of each plant reminds us of the cycle of life. Each seed must be nurtured to reach full maturity and share its gifts. A sweetgrass braid is wrapped around to symbolize protection.

FEATURED MEDICINE: SAGE

Sage is used to prepare for ceremonies and used in smudges as one of the four sacred medicines. It is believed to purify and drive out negative energy. There are cultural protocols to be followed when harvesting sage. To learn more about smudging from Blackfoot Elders Reg and Rose Crowshoe click the link below.

<https://www.youtube.com/watch?v=ooJCthCBo-0>





DerRic Starlight

Photo Courtesy of Calgary Public Library

CHECK OUT THIS AMAZING LOCAL AUTHOR

Nadudiyiga Suh Sinajuna (Morning Star's Family)

By DerRic Starlight

Illustrated by DerRic Starlight

Translation by Gerald Meguinis and Ellison Starlight

About the Book

In *Nadudiyiga Suh Sinajuna*, author and illustrator DerRic Starlight tells the tale of Morning Star's diverse and loving family life.

About the Author

DerRic Starlight is from the Tsuut'ina Nation. He is a comedian, puppeteer, screenwriter, and pro-wrestling promoter.

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

GREAT EVENTS TO CHECK OUT IN YYC

Zoo Lights

When: 5-9 pm until Jan. 3

Where: Calgary Zoo

Website: www.calgaryzoo.com

Lions' Festival of Lights

When: 6 pm-Midnight until Jan. 8

Where: Confederation Park.

Website: www.lionsfestivaloflights.ca/

Noel Christmas Light Park and Market

When: 5-9 pm Dec. 18th to Jan. 3

Where: BMO Center

Website: www.noelchristmas.ca

Legacy Christmas Lights

When: Starting at 5 pm nightly until Jan. 10

Where: Community of Legacy

Website: www.legacyresidents.ca/#

Authentically Indigenous Craft Market

When: TBA Check the website for updates

Where: Marda Loop Community Association

Website: www.authenticallyindig.com

NAAPI AND THE BULLBERRIES

Naapi and the Bullberries is a story that has been passed on for thousands of years. It contains many important teachings. Elder Mary Ellen Little Mustache retells the story and shows us how to pick Bullberries. Check the video out [here](#).



ELDER MARY ELLEN LITTLE MUSTACHE "NAWAKSAAKI" (HOLY PLANT WOMAN) IS A MEMBER OF BOTH THE SOUTHERN AND NORTHERN PIIKANI NATION. SHE IS A LANGUAGE, CULTURAL AND TRADITIONAL GAMES TEACHER.

MUSIC, INTERVIEWS, ONLINE BINGO AND MORE!



CJWE-FM (Windspeaker Radio) is a radio station in Calgary, Alberta. Owned by the Aboriginal Multi-Media Society, it broadcasts programming targeting southern Alberta's First Nations communities, including mainstream country music, shows featuring Indigenous music and languages, talks with Elders, fascinating interviews and news segments. Click the CJWE Logo to hear some good old country tunes, drumming, or win some prizes playing online bingo!

WORDS OF WISDOM ELDER KERRIE MOORE

A baby Eagle sat high up in a pine tree looking out at the world. He reached his head out and fell out of the nest tumbling down with the branches gently cradling his fall. He landed at the bottom of the tree in a strange world. Quails that were pecking at seeds on the ground surrounded him. The mother quail felt sorry for the baby Eagle and adopted him. He spent his life pecking at seeds and looking up towards the sky at the beautiful eagles who circled above. The baby Eagle grew older, and one day he said to his quail brother, "wouldn't it be wonderful to fly high up in the sky". His quail brother answered, "don't be ridiculous you're a quail".



ELDER KERRIE MOORE IS CREE- MÉTIS ORIGINALLY FROM SASKATCHEWAN. SHE IS AN INTEGRATIVE PSYCHOTHERAPIST AND EDUCATOR, SPIRITUAL ADVISOR AND TRAUMA THERAPIST.

Our children learn from their experiences and environment. The messages we give to our children are verbal and experiential. Children learn from others as well and their social connections are important to develop trust and discernment. It is important to encourage our children to become involved with the world. If we do not participate in activities outside our families, our children will not develop valuable socialization skills or coping mechanisms. They will not know how to live in the world or how to understand others. This creates fear, apathy and intolerance. Education teaches our children that they are unique, that they are just as important as everyone else is, and helps them to explore their potential. Our children will believe what others tell them if they do not have the education to understand that anything is possible.

Counselling Resources

Indigenous Mental Health Care at Sheldon Chumir Health Centre Offers long term mental health counselling, with a focus on trauma therapy.	(403) 955-6645
Elbow River Healing Lodge On site Traditional Wellness Counsellor (Elder) by appointment.	(403) 955-6600
Access Mental Health Inner- city health care center including 24-hour emergency, urgent care, community health and mental health access. Information and referral options for addiction and mental health resources and services.	(403) 955-6200
Distress Centre Counselling Free and confidential. Assisting with stabilizing people when they are in crisis.	(403) 266-4357
Wood's Homes Mobile Family Crisis Support Counsellors provide supports to families in crisis and are focused on supporting families experiencing parent-child or parent-youth conflict, and/or concerns about a child or youth's mental health.	(403) 299-9699
Kerrie Moore-Cree/Metis Elder and Psychotherapist Kerrie is a Metis-Cree Elder and Psychotherapist providing Indigenous people with telephone counselling/ spiritual support. Kerrie facilitates a 5 week "Women's Intergenerational Trauma Teaching and Healing Circle" contact Marsha Hanson, at Closer to Home.	(403) 202-6633

Emergency Food Hampers

Awo Taan https://www.awotaan.org/	(403) 531-1880
Aboriginal Friendship Centre https://www.afccalgary.org/	(403) 270-7379
Calgary Food Bank Self-Referral Line https://www.calgaryfoodbank.com/	(403) 253-2055
Additional hamper supports and assistance programs. https://ab.211.ca/	Call 2-1-1