

# INDIGENOUS EDUCATION

## COMMUNITY NEWSLETTER

ISSUE #4 | WINTER 2021



Calgary Board  
of Education

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Hoar frost in Alberta

Photo provided by pixabay.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](#)

Look for our next issue March 2022!

### WHAT DOES WINTER SOLSTICE MEAN TO INDIGENOUS PEOPLE?

Winter solstice is a celebration of light returning to Turtle Island. It is the shortest day of the year. Grandfather Sun begins to shine longer each day, bringing a promise of warmer weather, growth, and new life. Darkness can represent struggle, and light brings hope of easier times. Elder Randy Bottle (Saa'kokoto) teaches us that the Solstice begins a new year. It is a time for reflection, to look back at moons past and look forward to the "new sun" of the future; a time to appreciate what transpired over the past year, lessons that have been learned, and to set new intentions. In this process is the notion of renewal. Is what we know, or think we know, still true? Is it still valid? Ceremony itself is an action of renewal; to renew the knowledge and traditions that have been passed down from Elders through generations. To renew the truth of Indigenous ways of knowing and being. The solstice is a time of significance, celebration, ceremony and song for some Indigenous cultures. We celebrate light and the return of Grandfather Sun - light sustains life and for that we have gratitude for all of creation.

### CBE DATES TO REMEMBER:

**DECEMBER 18<sup>TH</sup>**  
CBE WINTER BREAK BEGINS

**DECEMBER 21<sup>ST</sup>**  
WINTER SOLSTICE

**JANUARY 4<sup>TH</sup>**  
CLASSES RESUME  
(CBE TRADITIONAL CALENDAR)

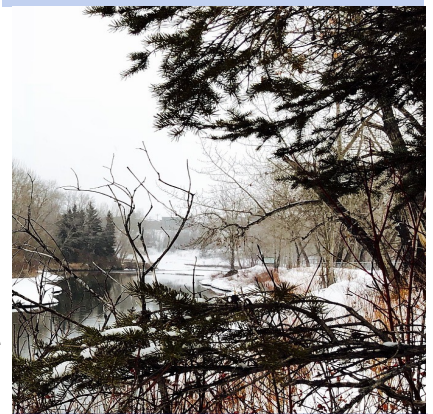
**JANUARY 6<sup>TH</sup>**  
CLASSES RESUME  
(CBE MODIFIED CALENDAR)

**FEBRUARY 10<sup>TH</sup>**  
[MOOSEHIDE CAMPAIGN DAY](#)

**FEBRUARY 17<sup>TH</sup>-18<sup>TH</sup>**  
CALGARY CITY TEACHERS'  
CONVENTION

**FEBRUARY 21<sup>ST</sup>**  
FAMILY DAY

**FEBRUARY 23<sup>RD</sup>**  
[PINK SHIRT DAY](#)



Elbow River Calgary

Photo provided by 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 Foundation Land Acknowledgement](#)



Winter Hare

Photo courtesy pixabay.com

## FEATURED ANIMAL: TA/MOOSE

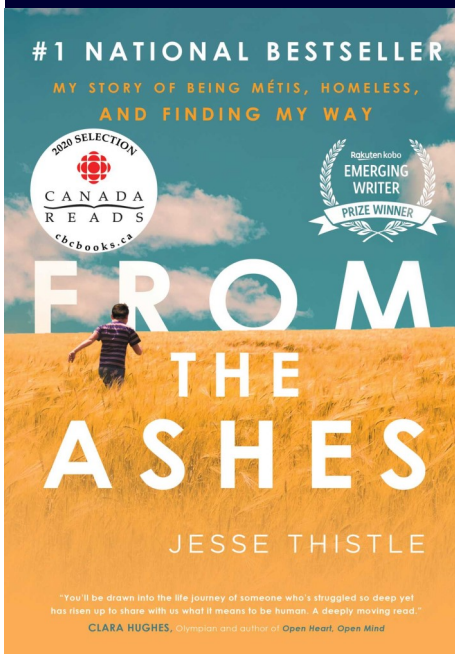
The spirit of ta (moose) lives in the mountains, foothills, meadows and lakes. Ta keeps the natural balance of the grasses that grow in the shallow waters of sloughs and lakes. When the moose finds a good place to eat grass, they will often stay there for a long time. Spiritually, ta is known as a survivor and has been given gifts and characteristics that allow them the best chance of survival during the winter. In the winter, the moose eats willow twigs above the snow. Ta is a solitary being and prefers to be alone. The moose is known for being alone but yet not lonely. (Ta/moose teachings courtesy of Stoney Nakoda Elder Henry Holloway.)



Ta/Moose

Image provided by Claire Copithorne

## READ



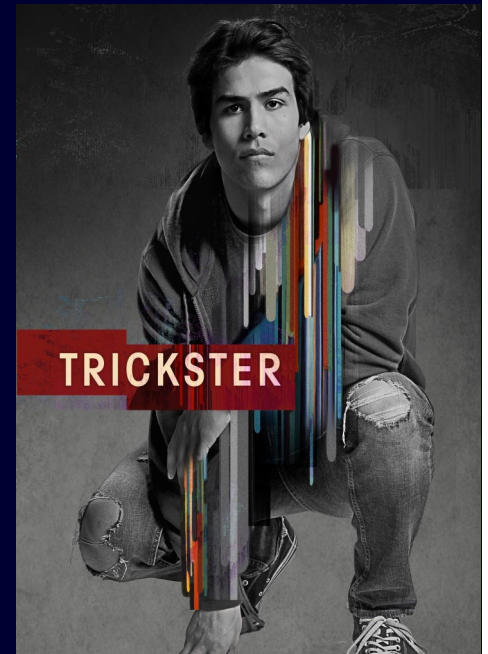
**Books:**  
From the Ashes, by J. Thistle  
Learn About [Here](#)

## LISTEN



**Podcasts:**  
2 Crees In A Pod  
Listen [Here](#)

## WATCH



**Television:**  
Trickster  
Watch [Here](#)



## ELDERS IN THE COMMUNITY

Elder Shirley Hill (Anatsipi'kssaakii) shares her gifts, and knowledge with residents of Moh'kins'tsis each day. A proud member of the Siksika Nation, she has been dancing Fancy Shawl style for almost 40 years. Shirley is passionate about teaching step by step traditional dance and hoop dance. She understands the importance of sharing the history of the Blackfoot people - Niitsitapiisinni (Our Way of Life) from the Dog Days, Horse Days, Buffalo Days and present. Shirley works in many Calgary schools and loves to share stories, and introduce the students to Lemon the Bear. She focuses on Blackfoot words and the importance of language in keeping traditions alive and strong connecting us to nature - the Circle of Life.

Shirley's mother and grandmother went to residential school. When the children were found in Kamloops, Shirley noted that the truth is coming to light and the world woke up. Residential school survivors can now be believed. Elder Shirley wishes to share healing words and bring knowledge and information to students.



Elder Shirley's painting Wolf Trail (Makoyohsokoyi) celebrates a Niitsitapi (Blackfoot) story describing the Circle of Life. Through teachings gained from her cousin Roger Prairie Chicken, Elder Shirley shares that the Milky Way Galaxy shows that we all come from the stars, we do our Earth walk, and then we return to the stars.



Wolf Trail (Makoyohsokoyi)

Milky Way

Photo courtesy Elder Shirley Hill

**One winter the wolves took pity on a starving family. The wolves said to them "We will teach you to hunt." They taught them how to hunt animals with hooves and horns, but not paws and claws. The wolves said "The four legged animals help to teach us balance and respect." The milky way symbolizes the wolves chasing the buffalo across the starry night sky.**

Words to live by from Elder Shirley Hill:

**"Love, light and laughter."**

Watch an interview with Anatsipi'kssaakii [here](#).

## CHRISTMAS RESOURCES

### Closer to Home Adopt a Family

For communities north of 16th Ave and west of Deerfoot Trail. Phone assessment to qualify (self-referral).

[closer-to-home.com/ways-to-give/adopt-a-family/](https://closer-to-home.com/ways-to-give/adopt-a-family/)

(403) 543-0555

### Kinette Club-Adopt-a-Family

Available by referral once every three years.

[kincalgary.com/adopt-a-family/](https://kincalgary.com/adopt-a-family/)

### North East Calgary Adopt-a-Family

Available by referral through Community Resource Centers. email [necaafs@shaw.ca](mailto:necaafs@shaw.ca)

[necaafs.com/](https://necaafs.com/)

(403) 590-6656

### Women's Centre Toy Room

women choose a gift for their children and themselves. Call starting November 29th to book an appointment for December.

[womenscentrecalgary.org/donate/toy-room/](https://womenscentrecalgary.org/donate/toy-room/)

(403) 264-1155

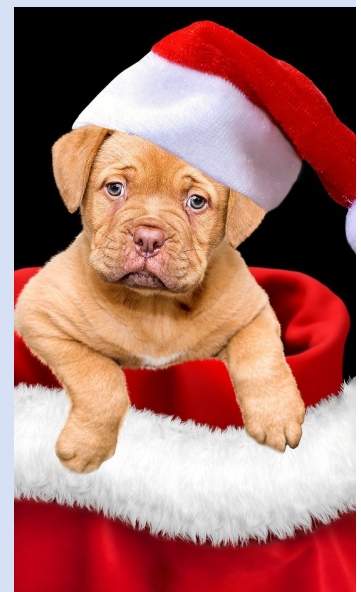


Photo courtesy pixabay.com

## CHECK OUT THESE AMAZING LOCAL AUTHORS!



### Latasha Calf Robe

Photo Courtesy of Calgary Public Library

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

### Niitsippooktsistaanitsi (My Braids)

by Matoomiikamoosaaki (First Steals Woman), Latasha Calf Robe

#### About the Book

Siipisadhkomaapi (Night Boy) is a traditional Blackfoot boy. In this story, he shares his world with his family, and the meaning and gifts of his three braids.

#### About the Author

Latasha Calf Robe is from the Kainaiwa First Nation and a member of the Blackfoot Confederacy. Latasha is the proud daughter of Marvin and Teena Calf Robe. Latasha is a mother of three beautiful Blackfoot children who she raises with her partner Adam Solway. With the support and teaching from her family, Latasha is thrilled to share *Niitsippooktsistaanitsi* with you.

### Ne Îethka Makochî Chach (This is Our Home)

by Mîni Thnî (Cold Water), Trudy Wesley

Illustrated by Tanisha Wesley

Translation by Duane Mark in the Îethka language of the Stoney Nakoda

#### About the Book

Ne Îethka Makochî Chach is a Stoney Nakoda story of the people and animals who live in the foothills and mountains of southern Alberta.

#### About the Author

Mîni Thnî is a member of the Stoney Nakoda Nation from Morley, Alberta. She is the sixth generation of the holy medicine man, Chief Hector Crawler. Her name was given to her by late great-grandfather, George Crawler. Her great-great-great-grandfather was among the Chiefs who signed Treaty 7 in 1877. She enjoys reading, beading, and spending time with her family.



### Trudy Wesley

Photo Courtesy of Calgary Public Library

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

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

## GREAT THINGS HAPPENING FOR FREE IN YYC

### Gingerbread Station

**What:** Drop in to see fantastic gingerbread creations. Everyone is welcome to make a creation of their own.

**When:** November 19<sup>th</sup> to December 18<sup>th</sup>

**Where:** Okotoks Art Gallery

**Website:** [okotoks.ca/your-community/living-okotoks/community-event-calendar/gingerbread-station](http://okotoks.ca/your-community/living-okotoks/community-event-calendar/gingerbread-station)

### Calgary Christmas Market

**What:** Visit the [Rustic Reindeer Rendezvous](#) or see the mean green humbug during [Grinchmas](#).

**When:** November 18<sup>th</sup> to December 23<sup>rd</sup>

**Where:** Calgary Farmers Market

**Website:** [www.calgaryfarmersmarket.ca/news/calgary-christmas-market](http://www.calgaryfarmersmarket.ca/news/calgary-christmas-market)

### Celebration Square

**What:** Ice carving demonstrations, games, fireside stories, live performances, music and celebration.

**When:** Weekends from noon to 6pm November to March

**Where:** Hygge Hut in Celebration Square East Village

**Website:** [evexperience.com/event-calendar](http://evexperience.com/event-calendar)

### Lion's Festival of Lights

**What:** An amazing annual display in its 25<sup>th</sup> year with over 500,000 lights including newly added Treaty 7 tipis.

**When:** November 27<sup>th</sup> to January 8<sup>th</sup> from 6pm to Midnight

**Where:** Confederation Park

**Website:** [lionsfestivaloflights.ca/](http://lionsfestivaloflights.ca/)



## FEATURED RECIPE: KOKUM'S NO FAIL BANNOCK

### Materials:


big bannock bowl  
tablespoon  
butter knife  
baking pan

### Ingredients:

3 heaping tbsp baking powder  
5 cups of flour  
A dash of salt  
1/4 cup oil  
2 cups warm water  
3/4 cup of milk

### Directions:

Mix ingredients together.  
Spray or grease pan.  
Bake at 350F for 25 minutes.  
Brown at 375 for 5 minutes if desired.  
Let cool for 10 minutes.  
Dab with butter when warm.

Serve with jam or butter  
and lots of !



Bannock and Saskatoon Berry Jam

Photo Taken by Sarah Kornelson



### Áísínai'pi

(Writing on Stone Provincial Park)

Photo by Ronniechua at Dreamstime.com

## FEATURED LANGUAGE: BLACKFOOT

Oki  
litamikskanatunii  
Nitanikkoo  
Piita

Hello!  
Morning Greeting  
My name is...  
Eagle

Learn more about the Blackfoot language by clicking [here](#) and [here](#).

[Click](#) to explore the free online Blackfoot Dictionary

## AWESOME AGENCIES IN YYC

### TRELLIS SOCIETY: Iiyika'kimaat Program

The word Iiyika'kimaat, which means "to try hard" in Blackfoot, was gifted to the agency after consultation with elders. The Iiyika'kimaat program provides Indigenous youth, aged 12-21 years, an opportunity to

reach their full potential through culturally-relevant and leadership-specific components and activities. The program runs September through June, Monday through Thursday from 4:00 pm to 8:00 pm. A key focus of our program is to encourage a youth's sense of belonging and social inclusion from an Indigenous worldview by utilizing a strength-based approach to support the youth's achievements, provide motivation, school engagement and positive view of their personal future. Using the Circle of Courage framework, a variety of cultural, recreational and informal mentorship opportunities are incorporated into the program with the intent to provide a positive outlet to explore their true potential. Mentorship can be one-on-one, informal, outreach or cultural and service connections.



Photo Courtesy of Trellis Society

FOR IYIKA'KIMAAT PROGRAM INFORMATION  
CLICK ON THE PICTURE OR CONTACT:  
OKIS PASQUA GRIZZLY BEAR AT (403) 470-7307

FOR TRELLIS INDIGENOUS INITIATIVES CLICK ON THE LOGO.

## 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](#).

## Cultural Programming

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



## Emergency Food Hampers

Aboriginal Friendship Centre

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

(403) 270-7379

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



Black Capped Chickadee

Photo by Jason Cheever at dreamstime.com