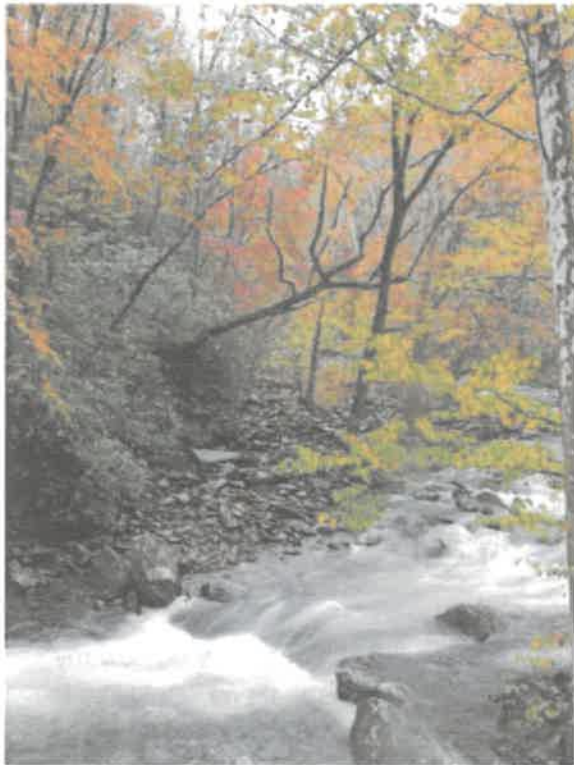


OCTOBER 2024 Mailout

From the Indigenous Education Online Support Team



G'ilakas'la- Thank You from your Online Support Team:

Sandra Rutherford, Alana Alix, Annette Blecic, Giselaïne Ballantyne

Welcome

Welcome to the 2024-2025 school year. Fall brings change and new beginnings. The Indigenous Education Online Support Team wishes you success in all of your educational pursuits. We hope you enjoy the October mailout offerings. Your feedback or ideas on what to include in future mailouts is welcome. Our community of learners come from across British Columbia and we hope to foster a sense of community and connection with the information and contents included in this package and through our offerings throughout the school year.

Items in this Mailout

- Acrylic paints
- Brushes (in envelope)
- Markers
- Pencil Crayons
- Scissors
- Chicken soup package

Newsletter Contents

- Fall 2024 book order information
- Stories and recipes
- Student activity pages/colouring sheets
- Fall Important Days
- Resources and Information

Fall 2024

Recipes using Traditional Foods



SALMON SOUP

4 cups (1 L) water

¼ lb. (125 g) salmon roe

1 lb. (500 g) fresh salmon, cubed

½ lb. (250 g) potato, diced

1 stalk celery, diced

1 medium onion, diced

Salt and pepper to taste

Pinch curry powder

1 bay leaf

1 tbsp vegetable oil

Dry seaweed for garnish

In a large soup pot, sauté onion, celery and potato in oil. Add water and bring to a simmer.

Heat salmon roe in a small saucepan and add to soup stock. Add salmon, salt, pepper, curry powder and bay leaf. Bring to a boil. Simmer over low heat until potatoes are just tender. Discard bay leaf. Ladle into soup bowls and sprinkle with dry seaweed.

Source:

https://www.fnha.ca/WellnessSite/WellnessDocuments/Traditional_Food_Facts_Sheets.pdf#search=recipes

OSSO BUCO (MOOSE MEAT RECIPE)

4 1 ½ inch thick Moose shanks

Flour to cover moose shanks

1 Onion, chopped fine

1 Celery stick, chopped fine

1 Carrot, chopped fine

90 ml Olive Oil

100 ml Red grape juice

50 ml Broth or water 6 cloves Garlic, crushed

30 ml Italian seasoning or combination of

Italian herbs 50 ml Red wine vinegar 750 ml

Tomatoes, crushed

1. Cover meat in flour.

2. Heat frying pan on medium heat. Add olive oil. Brown meat and put aside.

3. Fry garlic and onion in 15 ml (1 Tbsp) olive oil for 5 minutes until translucent.

4. Add celery, carrot and red grape juice, broth and red wine vinegar.

5. Add meat back in and cover with crushed tomatoes.

6. Add Italian seasoning.

7. Cook 2 hours at 325 C, test and enjoy.

Source: Watts, M. 2007. George Watts...Creating Greatness George Watts recipe.

Canada Remembers Program

The Canada Remembers Program of Veterans Affairs Canada encourages all Canadians to learn about the sacrifices and achievements made by those who have served – and continue to serve – during times of war and peace. As well, it invites Canadians to become involved in remembrance activities that will help preserve their legacy for future generations.

Veterans Affairs Canada acknowledges the assistant of Fred Gaffen, whose research was drawn upon in the creation of this publication.



<https://www.canadapost.ca/postescanada.ca/cpc/en/our->

In 2022, Canada Post issued a new stamp to remember and honor the life and achievements of Sergeant Thomas “Tommy” George Prince. Issuing a stamp to commemorate a decorated Indigenous veteran shines a light on the often-overlooked **contributions** of **Indigenous veterans**. It also opens the door for meaningful conversations about Canadian history that move us all along the reconciliation pathway.

This article has been updated from one originally posted on June 05, 2012.



3 MIN READ

14 Facts You May Not Know About Contributions of Indigenous Veterans

November 11, 2021

Did you know November 8 is National Indigenous Veterans Day? If you are new to the knowledge of the significant contributions of Indigenous veterans...

Continue reading: <https://www.ictinc.ca/blog/14-facts-you-may-not-know-about-contributions-of-indigenous-veterans>



Thunderbird Poppy



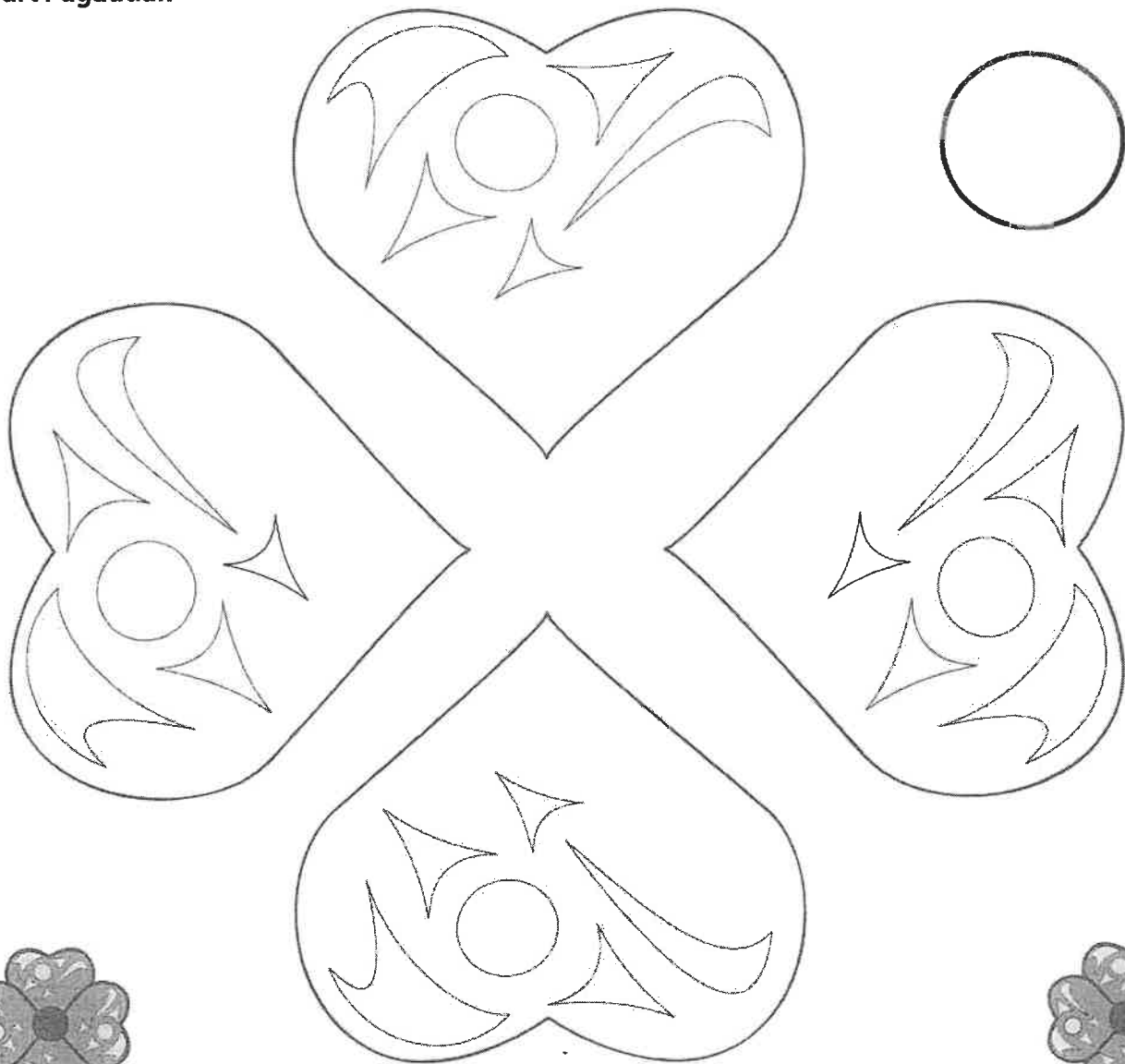
Each November, Poppies blossom on the lapels and collars of over half of Canada's entire population. Since 1921, the Poppy has stood as a symbol of Remembrance, our visual pledge to never forget all those Canadians who have fallen in war and military operations. **Royal Canadian Legion**

S-hwu-hwa'us Thunderbird the most powerful of all mythological creatures the thunderbird is a symbol of power and privilege.

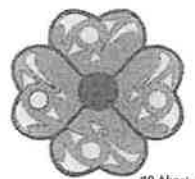
The Cowichan people tell of when the a Killer Whale was stopping salmon from returning to the river and depriving the people of food. The Thunderbird removed the whale and allowed the fish to return.

This is an ancient story that speaks to the importance of salmon and generosity for the Cowichan people.

Stuart Pagaduan



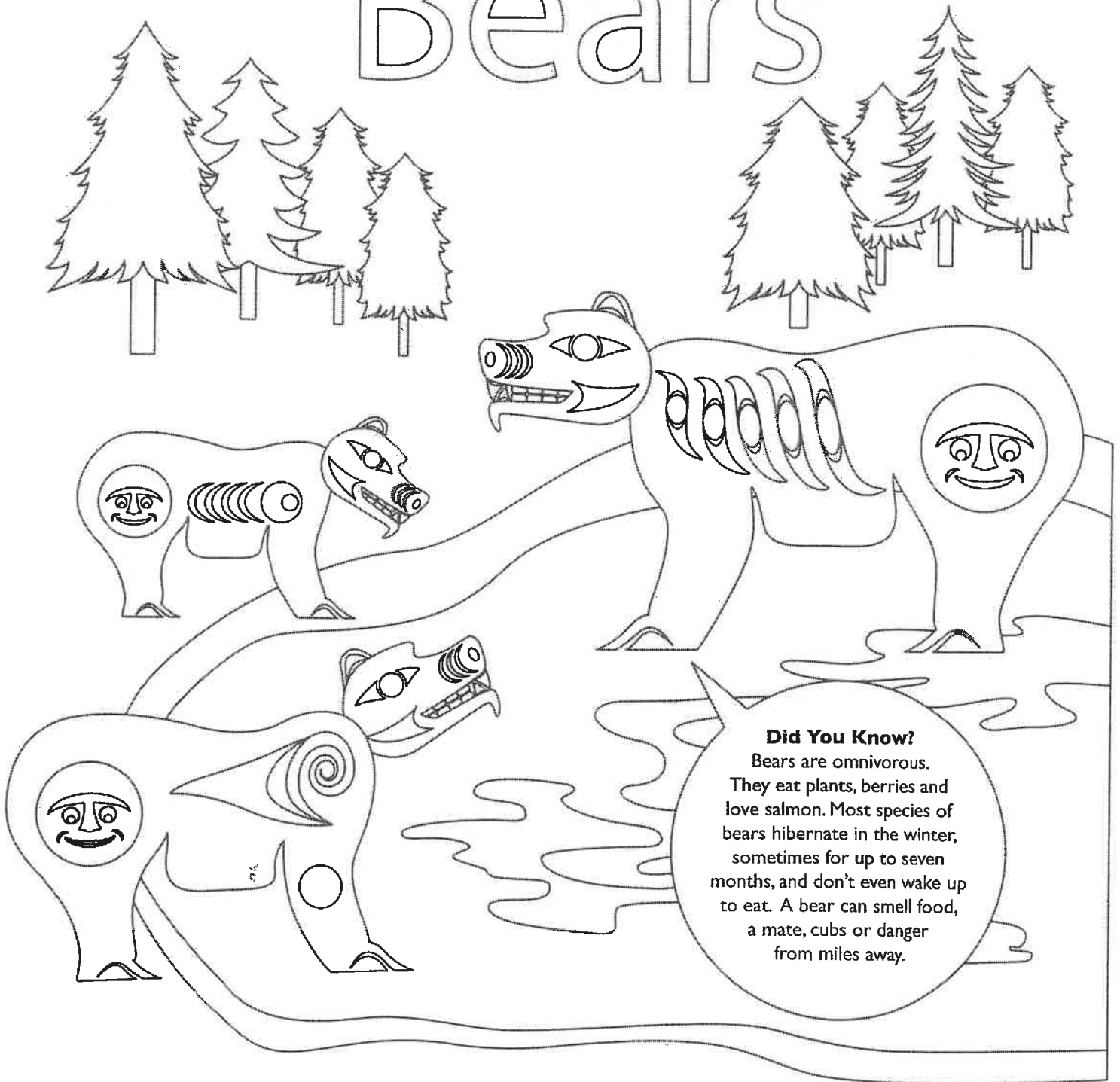
Stuart Pagaduan © 2013



Color and cut out poppies. Glue all pieces together.



Bears



Did You Know?

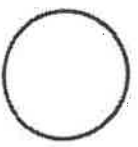
Bears are omnivorous.

They eat plants, berries and love salmon. Most species of bears hibernate in the winter, sometimes for up to seven months, and don't even wake up to eat. A bear can smell food, a mate, cubs or danger from miles away.

Bears by Marissa Nahanee and Latash Nahanee, Coast Salish

Bears teach us to find food and fish.
They represent protection, strength and bravery.





Bone Game

Age Group: 6+ years

Space

Small open area, indoors or outdoors.

People and Groupings

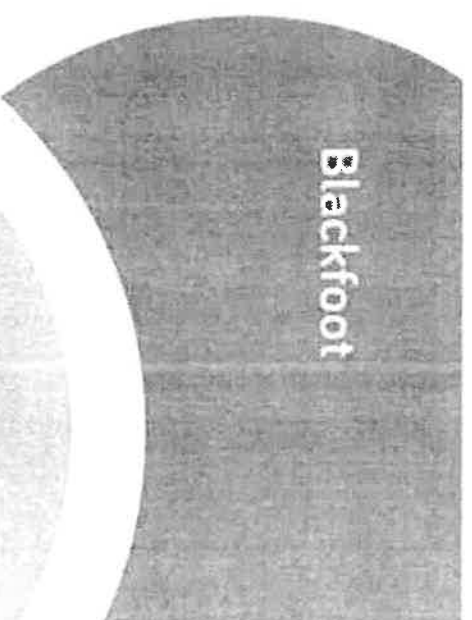
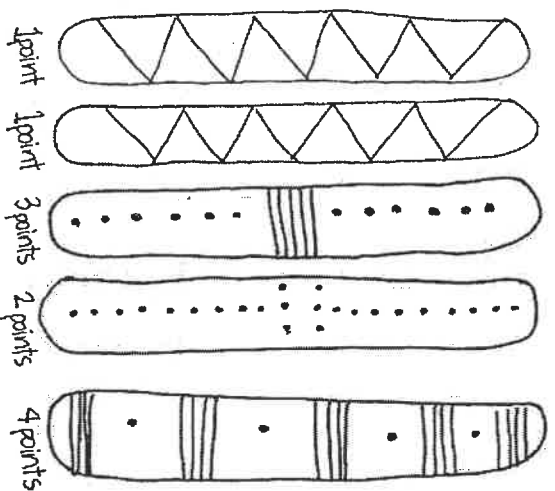
2+ participants or teams.

How to play

- Each participant takes a turn to throw the "bones" on the floor in front of them.
- The points are counted and then the "bones" are given to the next participant.
- The first person to 20 points, wins the game.
- Participants are encouraged to make their own version of the game, following the patterns on the right.
- Blank sides count as 0.

Equipment

- 5 "Bones" or large tongue depressors
- Markers



Traditionally, this game was played with carved buffalo rib bones and was important in helping Blackfoot children learn to add and count.

INDIGENOUS TUTORING & MENTORING PROGRAM

**All tutor/mentors
trained in tutoring,
mentoring, and
Indigenous safety
by SFU instructors**



Providing FREE tutoring in all K-12 subjects,
engaging students in finding their passions, and
sharing our own experiences and stories

AVAILABLE FREE TO
ALL INDIGENOUS
CHILDREN AND YOUTH



Visit:

<https://indigenoustutoring.wixsite.com/home>

Email:

indigenoustutoring@gmail.com for
more information

Scan me!



Gilakas'la Families!

Our Fall 2024 book promotion is starting November 1, 2024.

We are pleased to offer once again a complimentary \$125 gift of books to you this Fall through the Strong Nations online store.

- As in the past, the total credit is ***\$125.00 worth of books per student*** who is currently enrolled in the NIDES Online Learning Program! ***(Do not incl. taxes or shipping in the total)***
- **No PAYMENT** required on your part.
- Please note that this is limited to book category items only
- This promotion will end on January 10, 2025

Instructions on how to use the on-line ordering process are attached and a hard copy has been sent in your student's October postal delivery box for your convenience.

If you need assistance or have any questions, please do not hesitate to contact our Indigenous OnLine Learners' team who will be happy to help you.

If you need help with your selection of books, the staff at Strong Nations are always available with great suggestions.

The link to the Strong Nations website for ordering is: <https://www.strongnations.com/>

Enjoy!

Bruce Carlos
District Principal of Indigenous Education

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Giselaine Ballantyne - Admin Assistant
giselaine.ballantyne@sd71.bc.ca

To access your \$125 StrongNations promotion, go to: <https://www.strongnations.com/>

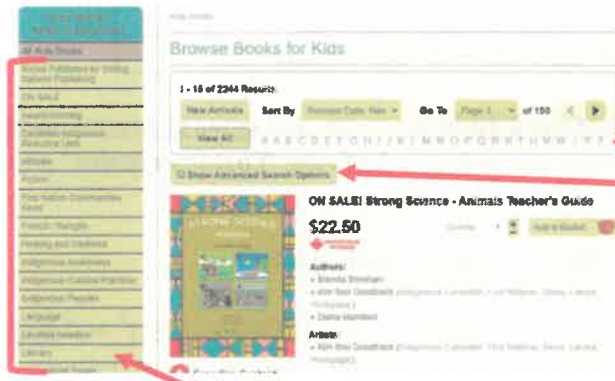
1. Create an account using the “Sign Up” feature top left to enjoy all the benefits when ordering such as using “Adding to Wish Lists” and ability to go back and look at your unfinished orders or review past completed orders.

NOTE: You will be prompted when using the “Add to Basket” feature later to enter an email address once again. This will ensure the items you place in your basket are not lost if you are disconnected.

2. Select the “Books” tab -



3. Then select a Main Category either in the drop-down menu or click on the tab to get the full screen view.



TIP: Search by navigating the alphabet line, or the use the “Show Advanced Search ...” feature to search by grades etc.

TIP: Each main and sub-category has its own set of sub-categories. (i.e. “Books Published by Strong Nations Publishing” will give you sub-categories that allow you to refine your search)

NOTE: To exit a sub-category, simply click back on the “Books” tab or a different main category tab topic.

4. Find the book you want then select the quantity and either “Add to Wish List” OR “Add to Basket” .



NOTE: “Books Published by Strong Nations Publishing” area – if you selected a grade level, a PDF “Free Lesson Plan” feature may be available – if there is one, select that feature to have an instruction page on how to use the book also sent to you.

5. Review the details in your Shopping Basket screen by clicking on the basket icon at the very top right of your screen

