



# February 2023 Mail-Out!

February is here and we hope that you all are enjoying the cooler weather and opportunity to be with friends and family.

Please see our monthly offerings below. As always, we welcome your feedback and would love to chat with you about what to include in future mail-outs! Gilakas'la!

- Your Indigenous Online Education Support Team



## Gifts From The Land:

Even in the winter, there are many opportunities to harvest traditional foods and medicines.

Are people in your community involved in harvesting some or all of these?

**We would love to hear what kinds of plants and animals are being harvested in your communities right now!**

## Chat & Chew:

Looking to meet our staff? Have questions for us or just want to hang out, share a meal, and have a chat?

**Meet us online every Tuesday from 12:00 - 12:30 pm!**

**Link:**

<https://bit.ly/chewchat>





## Winter Photo Contest:

Capture what Winter looks like where you live!

### Categories:

- Black & White
- Colour

**Please send your beautiful photographs to [richard.turenne@sd71.bc.ca](mailto:richard.turenne@sd71.bc.ca) to be featured on our website!**

Category winners will be given prizes!



## Indigenous Leadership Group:

Join us every Monday at 12:00 to let your voice be heard!

Make a positive difference for yourself and others in our school system!

Prizes and extra credit available!

Please email [richard.turenne@sd71.bc.ca](mailto:richard.turenne@sd71.bc.ca) to get more details!

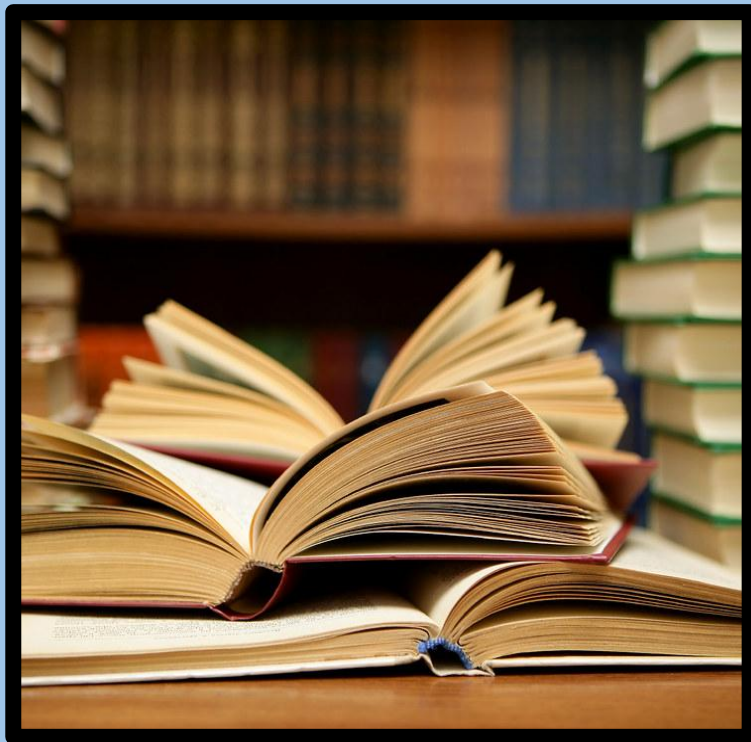




## **Louis Riel Day, Metis Culture Cards and Bannock Recipe**

February 20th is a day to celebrate Louis Riel, Metis culture, and the ongoing efforts of Metis people across the nation to keep their culture, traditions and ways-of-life strong! Alternatively, November 16th is celebrated as Louis Riel Day, recognizing the anniversary of his death.

Bannock is a delicious staple. Please enjoy the recipe provided. We hope you get a chance to make bannock too!



## **Strong Nations Spring Book Order:**

Indigenous Online Learning families are being offered \$125 to use towards books and resources of their choosing from Strong Nations Publishing!

**You can order online on the Strong Nations website at [www.strongnations.com](http://www.strongnations.com):**

**If you are having trouble ordering for your family, please reach out to us. We would be happy to assist you.**



## Pemmican Colouring and Sample:

Pemmican is a traditional food made from smoked bison, berries and fat. It can be stored for long periods without spoiling and is super energy rich!

We hope you enjoy the sample of pemmican that we have included in the mail-out.

For more information, please see:

[www.pansawan.com](http://www.pansawan.com)



## Art Supplies:

We are so happy to be able to share some art supplies with you in this mail-out!

We hope that the supplies provided allow you to express yourself and will help you during your schooling this year.

Having these supplies will be great if you choose on attending some future workshops, or for doing crafts being sent out in future mail-outs!





## **Pink Shirt Day:**

February 22nd, 2023 marks Pink Shirt Day!

Bullying is a major problem in our schools, workplaces, homes, and online.

Pink Shirt Day aims to raise awareness of these issues, as well as raise funds to support programs that foster children's healthy self-esteem.

For more information see below:  
[www.pinkshirtday.ca](http://www.pinkshirtday.ca)



## **REDress Project:**

### **What you can do to raise awareness:**

- Create and wear a red dress pin to honour missing Indigenous women.
- Hang a red dress where it will be seen by others.
- Support women in your life by making them feel special and loved.

More information available at:  
<https://www.jaimeblackartist.com/exhibitions/>

# INDIGENOUS TUTORING & MENTORING PROGRAM

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



## Indigenous Tutoring & Mentoring Program (ITMP):

ITMP is a free online tutoring program for K-12 Indigenous students across BC.

Students are carefully matched with a tutor and meet online at times that work for both parties.

**If you are interested in this service, please let us know!**



## Why ReMBC?



Fully Virtual



Support Rural Youth



Flexible Schedule



Leadership + Mentorship Skills

<https://www.ementoringbc.com/>

## Rural eMentoring BC:

Rural e-Mentoring BC is a free online mentorship program for rural highschool students across the province.

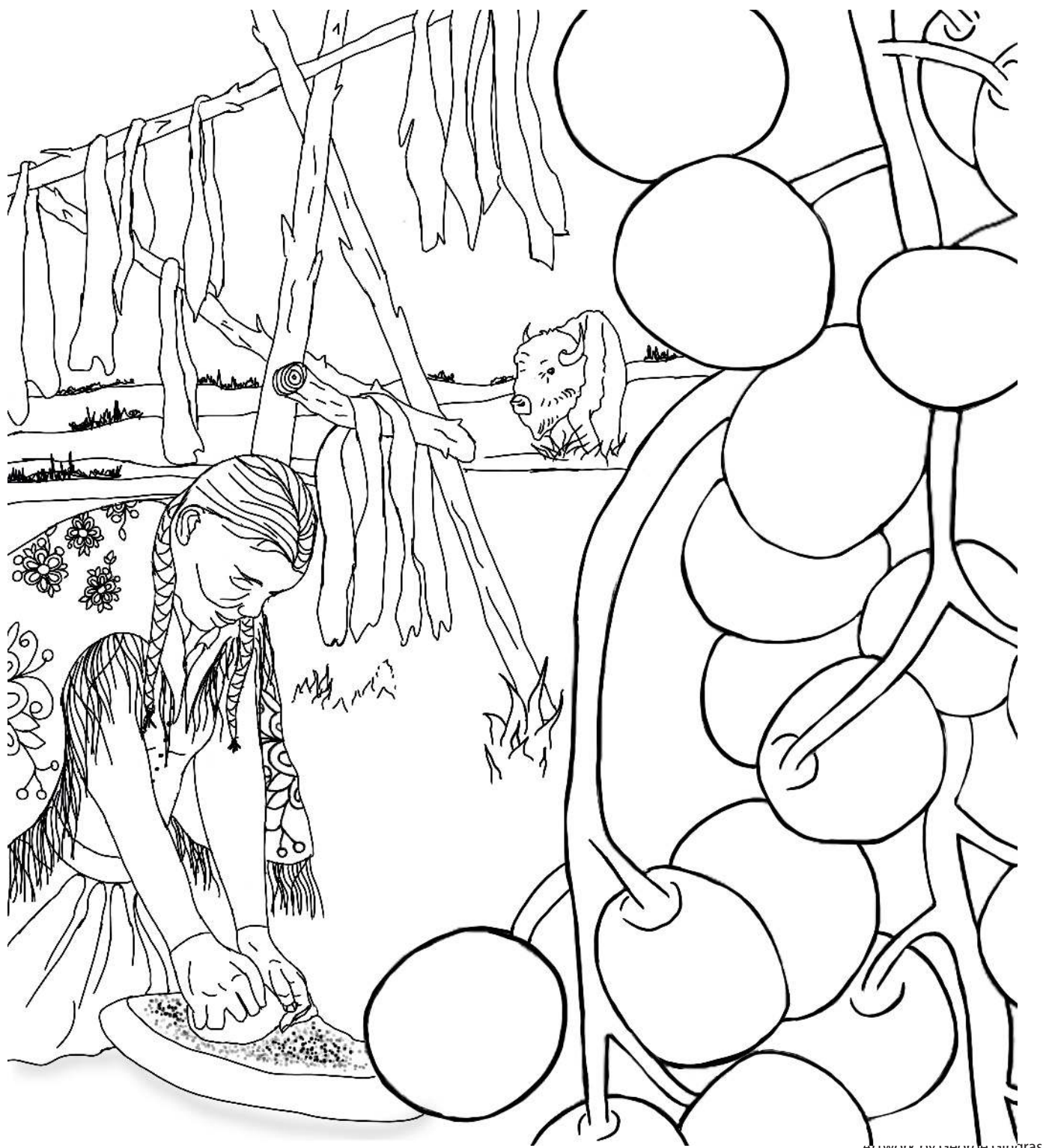
Students are matched with a mentor to meet their individual needs. All mentoring happens online.

**If you are interested in this service, please let us know!**

Gilakas'la - Maarsii - Thank You,

- Richard Turenne - *Indigenous Education Support Teacher* - [richard.turenne@sd71.bc.ca](mailto:richard.turenne@sd71.bc.ca)
- Kris Prince - *Indigenous Support Worker* - [kris.prince@sd71.bc.ca](mailto:kris.prince@sd71.bc.ca)
- Giselaine Ballentine - *Administrative Assistant* - [giselaine.ballantyne@sd71.bc.ca](mailto:giselaine.ballantyne@sd71.bc.ca)





## P is for Pemmican

Pemmican is made of dried buffalo meat, berries, and bone marrow.  
It was a nutritious food which did not spoil on long journeys.

## P si poor li pemmican

Li tooroo ooshchikatew avik la vyaand di bufloo, lii grenn, pi la mwel.  
Sitay li miyeur maanzhii pi namooya shaymak kii maayihntin aan graan waayaazh.



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Plains **First Nations** made pemmican since before recorded time. Pemmican was eaten by all **Aboriginal nations** living in North America's interior. The **Michif** word for pemmican is "li tooroo." This high-energy food was nourishing, light weight, and could be preserved for years. It was especially useful for those who were away for month-long **bison** hunts, or while on **Red River** Cart freighting expeditions. Pemmican could be eaten dry, or it could be made into a stew if flour, wild roots and vegetables were on hand. Métis women made pemmican by mixing pounded, shaved, or powdered bison meat with hot fat (bone marrow) and dried berries. The mixture was then dried over an open flame. It was finally packed tightly in bags made of bison leather. Without pemmican most Métis and non-Aboriginal settlers would not have been able to survive Western Canada's harsh winters and short summers. In the 1800s, this climate made farming, harvesting, and storing vegetables and fruits very difficult.

Pemmican was also very important to the development of Métis **identity**. From the 1790s until 1821, many Métis sold pemmican to the two fur trade companies: the **North West Company** (NWC) and the **Hudson's Bay Company** (HBC). The Métis were upset when HBC Governor Miles Macdonnell issued the "Pemmican Proclamations" in 1814. The proclamations outlawed the sale of pemmican to the NWC. This action eventually led to the **Battle of Seven Oaks** on June 19, 1816, where the Métis defeated HBC employees, soldiers, and **Selkirk Settlers**. This battle resulted in the birth of the **Métis Nation**.

## Other Resources:

Barkwell, Lawrence J., L. Dorion, and A. Hourie. *Metis Legacy II: Michif Culture, Heritage, and Folkways*. Saskatoon: Gabriel Dumont Institute, 2007.

Pelletier, Joanne. *Métis Historical Booklet Series: The Bison Hunt and The Skirmish at Seven Oaks*. Regina: Gabriel Dumont Institute, 1985. (Available online at [www.metismuseum.ca](http://www.metismuseum.ca)).

Racette, Calvin. *The Flags of the Métis*. Regina: Gabriel Dumont Institute, 1987. (Available online at [www.metismuseum.ca](http://www.metismuseum.ca)).

*The Virtual Museum of Métis History and Culture* ([www.metismuseum.ca](http://www.metismuseum.ca)).





# BANNOCK

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## A recipe from BCMF Elder Betty Fisher

Bannock was a staple item in many Metis homes for generations. It was a bread source that didn't require yeast, or a lot of time to prepare, making Bannock a perfect bread to travel with. Bannock can be baked or fried, and there are many variations! Add a cup of grated cheese for biscuits, or add 1-2 cups of fruit and 2/3 cup of sugar or a delicious treat!

### Dry Ingredients:

6 Cups Flour

3 Tablespoons Baking Powder

1 Teaspoon Salt

Preheat your oven to 400 degrees. Mix dry ingredients well. Make a well in the centre of the bowl and add 2/3 cup vegetable oil and 3 cups of warm water or milk.

Slowly draw the flour into the milk/oil mixture and blend both together. Turn out dough on a floured counter and knead to ensure the dough is not sticky. Do not over knead.

Place bannock on a greased baking dish or pie plate. Take a fork and prick the bannock for the steam to escape. Bake until golden brown. Brush lard or butter on the top and cool on a cooling rack.



# WINTER EQUINOX

## PHOTOGRAPHY COMPETITION

### PHOTOGRAPHY CATEGORIES



#### **B & W**

Dramatic contrasts  
mark this classic look.



#### **Colour**

Capture what Winter  
means to you.

### AWARDS



Please email your name and your favourite fall photos to: [richard.turenne@sd71.bc.ca](mailto:richard.turenne@sd71.bc.ca)

**All submitted photos will be displayed on the Indigenous Education Website.**



# GIFTS FROM THE LAND



Yellowfoot Chanterelles



Oysters



Clams



Licorice Ferns

Year-round, the land provides us with an amazing abundance. Do you or your family harvest plants or animals from the land?

Let us know at [richard.turenne@sd71.bc.co!](mailto:richard.turenne@sd71.bc.co!)



# INDIGENOUS LEADERSHIP CLUB

## EVERY MONDAY - 12:00 - 12:30

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Make your voices heard and create positive change within the educational system.

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### WHY ATTEND LEADERSHIP CLUB?

- Use your voice to create positive change for yourself and others.
- Advocate for Indigenous students across the province.
- Gain leadership skills that will be useful to you in your lives.
- Possibility for extra credit.



**Please reach out to [richard.turenne@sd71.bc.ca](mailto:richard.turenne@sd71.bc.ca)**



# CKNW KIDS' FUND PINK SHIRT DAY

## CYBERBULLYING

is using online and mobile technology to harm other people, in deliberate, repeated & hostile manner

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### FOUR STEPS TO STOP CYBERBULLYING

**STOP:** Don't try to reason with or talk to someone who is cyberbullying you.

**BLOCK:** Use the block sender technology to prevent the person from contacting you again.

**TALK:** Tell a trusted adult, inform your school, use a help line and/or report it to police.

**SAVE:** Save any instant messages or emails you receive from the person bullying you, or capture any comments or images that have been posted online.

### FACTS

- 1.** 2/3 of youth have faced bullying over their cell phones or online.
- 2.** Three out of ten bullied students reported missing school at least once during the year because of cyberbullying.

### YOU ARE NOT ALONE, ASK 4 HELP

**Talk about it** with someone you trust and try to find a healthy way to change what is happening or how you react to it.

**Call a help line** – reaching out to a counsellor in an anonymous way can help make talking about it easier.

**KidsHelpPhone** t. 1-800-668-6868  
e. [kidshelpphone.ca](http://kidshelpphone.ca)



Information provided by  
[redcross.ca/respecteducation](http://redcross.ca/respecteducation)  
Preventing Bullying

# CKNW KIDS' FUND PINK SHIRT DAY

## CYBER SAFETY STRATEGIES FOR ONLINE & MOBILE SAFETY



1 Use an online nickname that doesn't provide clues to your real identity.



2 Don't open emails from strangers.



3 Don't accept friend invites from strangers.



4 Don't share your personal information (name, family members' names, school, friends' names, age, address, phone number, etc.) with anyone you don't know.



5 Change your passwords regularly, especially if you think someone else might have them. Don't share your passwords, even with friends.



6 Remember to log out of social networking sites like Facebook when you leave a computer.



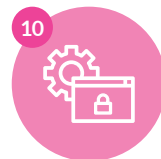
7 If someone you meet online asks to meet you in person, tell a parent, teacher, or other trusted adult.



8 Never post or forward naked photos of yourself or anyone else.



9 Always use the privacy features of social media sites.



10 Don't share cell phone numbers or email addresses with people you do not know.

### IF YOU KNOW SOMEONE WHO IS BEING BULLIED ONLINE:

- When you see someone being bullied online, stand up for them.
- Write down or save what you see and when you see it.
- Help the person being bullied understand that they don't deserve to be bullied. You could do this by phoning them, sending them a private message, email or text, or by speaking with them at school.
- Don't encourage bullying behaviour by participating in a bullying conversation thread or, "liking" or forwarding a hurtful comment.

### IF YOU ARE **BEING BULLIED**

- Don't try to reason or communicate with the person who is bullying you.
- Use the "block" feature to prevent the person from contacting you again.
- Tell a trusted adult or contact the Kids Help Phone web site.
- Save any messages you receive as evidence.



Information provided by  
[redcross.ca/respecteducation](http://redcross.ca/respecteducation)  
Preventing Bullying



# CKNW KIDS' FUND PINK SHIRT DAY

If you have been targeted by bullying...  
**YOU DESERVE RESPECT.**  
**YOU DO NOT DESERVE TO BE BULLIED.**

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**Take a stand.** If you are being targeted keep your cool and walk away. Using insults or fighting back might make the problem worse.



Don't join in the bullying by putting yourself down. **Stay focused on things that make you feel confident and proud of yourself.**



**Get support.** Hang out with friends that will support you, and work together to speak out against bullying and harassment.



**Think about the qualities you want in a friend** and try to have those qualities yourself. Know that people who treat you poorly, exclude you or spread rumours about you are not good friends.



**Don't cast yourself as a "victim" for life.** This person or people have singled you out in this situation but that doesn't mean it will always be that way.



**Cope with strong feelings of sadness or anger in a healthy way** through sports, music, reading, journaling, or talking it out.

## FACTS

- 1.** Bullying is not a normal part of growing up.
- 2.** You have a right to be treated with respect and feel safe.
- 3.** Being bullied is **NOT YOUR FAULT.** No one deserves to be bullied.

## YOU ARE NOT ALONE, ASK 4 HELP

**Talk about it** with someone you trust and try to find a healthy way to change what is happening or how you react to it.

**Call a help line** – reaching out to a counsellor in an anonymous way can help make talking about it easier.

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Preventing Bullying

**CKNW KIDS' FUND**  
**PINK SHIRT DAY**

# BULLYING

## TIPS FOR PARENTS & CAREGIVERS

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### **BULLYING IS NOT A NORMAL PART OF GROWING UP.**

**BUILD SELF-ESTEEM.** Value your child's contributions and achievements. If they are socially isolated at school, get them involved in community activities.

Teach your children that if they see someone being bullied, **THEY SHOULD NOT WATCH, LAUGH OR JOIN IN.**

Help kids see the value of offering **EMPATHY AND SUPPORT** to those who are bullied.

**WORK WITH YOUR SCHOOL** to educate others about the problem of bullying.

**MODEL RESPECTFUL BEHAVIOURS** at home and in your daily interactions.

### **CYBERBULLYING TIPS**

- **Familiarize yourself** with online activities. Learn about the websites, blogs, chat rooms and cyber lingo that your children are using.
- Keep the computer in a common area so you can **monitor activities**.
- **Recognize** that online communication is a very important social aspect in your child's life. Do not automatically remove their online privileges if you find out about a cyberbullying experience.
- **Report** incidents of online harassment, physical threats and bullying that occur over your child's cell phone to your local police.



Information provided by  
[redcross.ca/respecteducation](http://redcross.ca/respecteducation)  
Preventing Bullying

**CKNW KIDS' FUND**  
**PINK SHIRT DAY**

## **PREVENTING BULLYING**

### TIPS FOR PARENTS & CAREGIVERS

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#### **IF MY CHILD IS BEING BULLIED:**

- Listen to your child entirely before reacting
- Involve your child in finding solutions
- With your child's help, create a team of support for you and your child (teachers, school counselors, trusted family members, etc.)
- Help your child learn how to cope with stress and anxiety
- Build your child's capacity to respond effectively to the bullying by:
  - Abstaining from violence
  - Not counter-bullying
- Help your child to build their self-esteem by:
  - Engaging them in activities they enjoy
  - Praising their good efforts and accomplishments
- Remind your child that you love them
- Know when the problem is getting too big for them, and seek appropriate intervention
- To get help: Kids Help Phone 1-800-668-6868 or [kidshelpphone.ca](http://kidshelpphone.ca)

#### **IF MY CHILD IS ENGAGING IN BULLYING BEHAVIOUR:**

- Stay calm and be firm—let your child know that bullying is not acceptable

- Find out what motivates your child to bully, and encourage an open and honest discussion
- Use non-violent and age-appropriate consequences; set rules
- Discuss how your child can take steps to repair the damage caused by the bullying behaviour
- With your child's help, create a team of support for the both of you (teachers, school counselors, trusted family members, etc.)
- Be a positive role model in your child's life by being aware of how you use your own power

#### **IF MY CHILD IS WITNESSING BULLYING:**

- Explore the different options for your child to stand up against bullying
- Educate your child to intervene immediately to stop the bullying, but to get an adult to help with the intervention if it's unsafe to act without an adult present
- Approach the person being bullied to provide support
- Explain the difference between "tattling" on someone as opposed to reporting in order to stop someone from getting hurt
- Encourage your child to come up with creative ways to intervene in a bullying situation, such as changing the subject or starting a game
- Set a good example for your child by showing that you care about others



Information provided by  
[redcross.ca/respecteducation](http://redcross.ca/respecteducation)  
Preventing Bullying





Be Kind



Mstoneyard  
Annette Stone Art

**Salmon Heart**

# How did pink shirt day start?

It started with an act of  
kindness

*A boy in grade 9 was being bullied for wearing a pink shirt to school one day. Two boys who saw what happened decided to do something about it to show their support for the new student.*

*So, they went to a discount store and bought 50 pink T-shirts and the next day they asked other students at the school to show their support to the new grade 9 student by wearing the pink T-shirts they had bought.*

*When the boy who had been bullied came to school the next day and saw other students wearing pink shirts, he was so relieved.*

*The bullies never bothered him again and he felt so much better.*

*The actions of those two grade 9 boys named Travis and David caused a ripple effect across the world and Pink Shirt Day was adopted to show support for people that get bullied and teach us what a simple act of kindness can do against bullying.*

*Pink Shirt Day is now celebrated every year in Canada. To show support, people wear pink shirts, scarves, pins, and make efforts to do all kinds of acts of kindness and show support for each other.*

*The actions of Travis and David show that anybody can make a difference.*

*You can too!*



# What I can do to show kindness and help stop bullying

Make a list with your parents or friends of ideas you might have that would show kindness towards someone and maybe make them feel better.

Start by thinking about who could really use some kindness from you. Maybe someone you don't always treat nicely; or maybe someone you know who gets treated unkindly sometimes that you could help.

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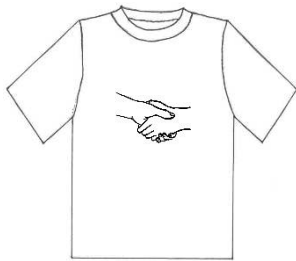

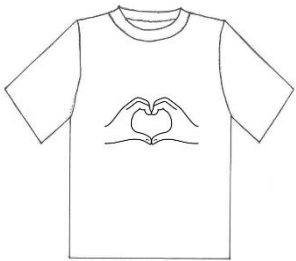


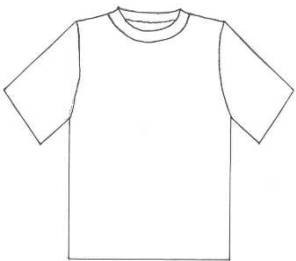
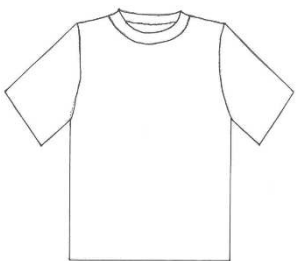
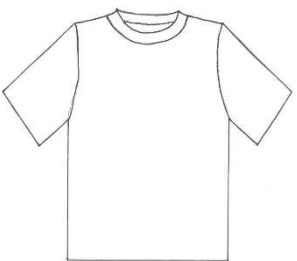
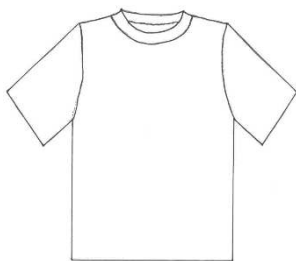
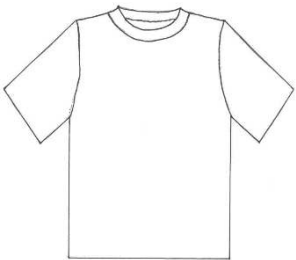
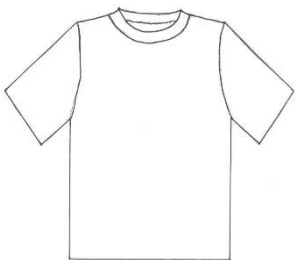
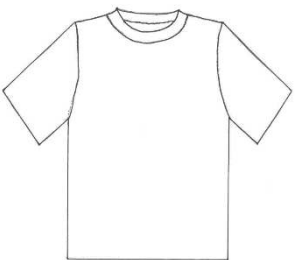
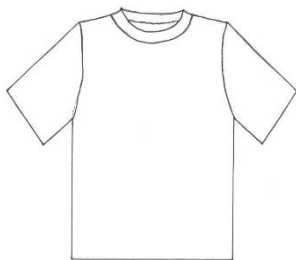
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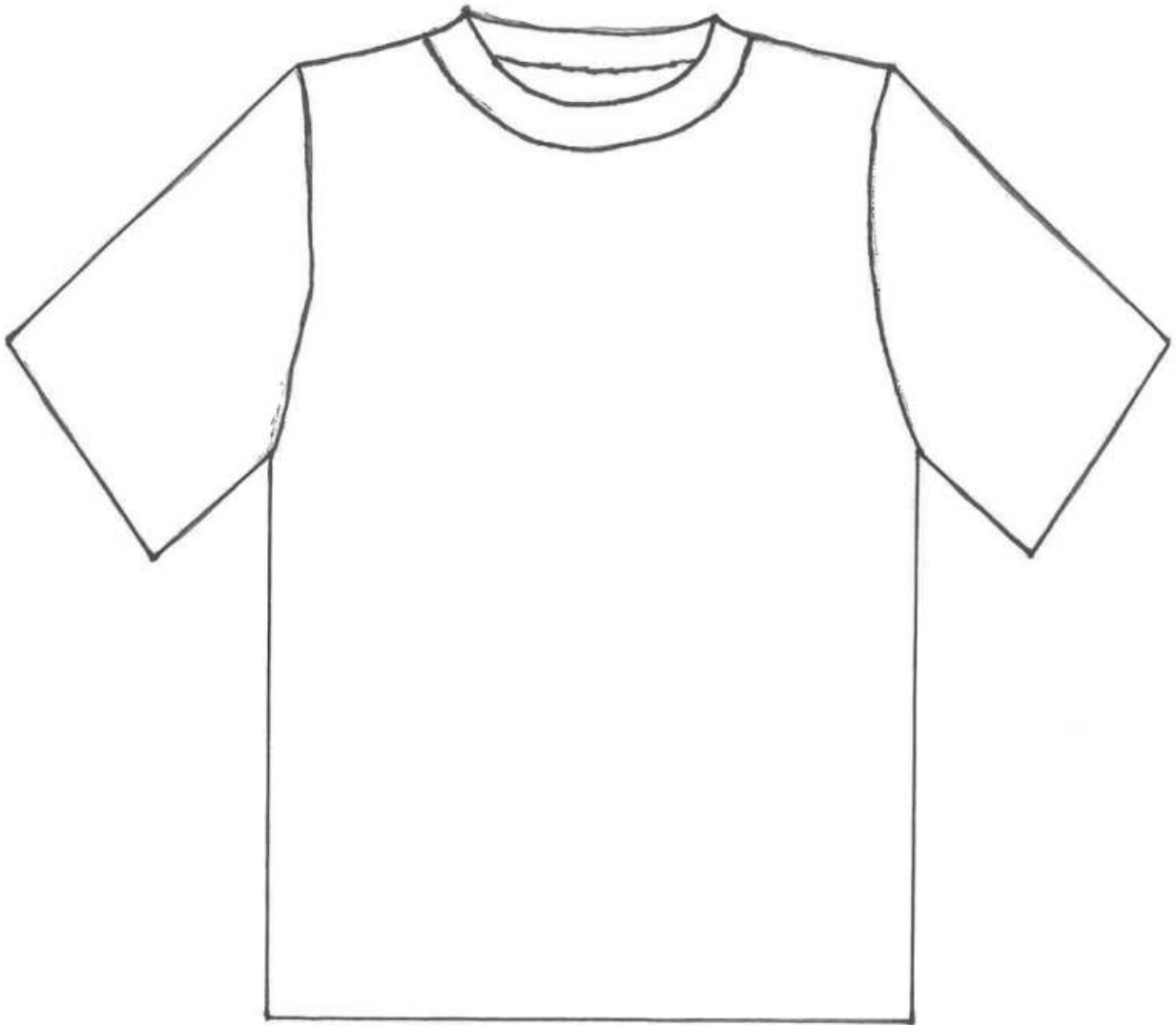
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You can cut out and colour in the sheet with all the small t-shirts on it and write some kindness acts you want to do and pin them somewhere like your wall or on the fridge to remind yourself of things you want to do.

			
Today I will ...	Today I will ...	Today I will ...	Today I will ...
			
Today I will ...	Today I will ...	Today I will ...	Today I will ...
			
Today I will ...	Today I will ...	Today I will ...	Today I will ...
			
Today I will ...	Today I will ...	Today I will ...	Today I will ...

# Pink Shirt Day





# How did pink shirt day start?

## It started with an act of kindness

*"David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. 'I learned that two people can come up with an idea, run with it, and it can do wonders,' says Mr. Price, 17, who organized the pink protest. 'Finally, someone stood up for a weaker kid.' So Mr. Shepherd and some other headed off to a discount store and bought 50 pink tank tops. They sent out message to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. 'It looked like a huge weight was lifted off his shoulders,' Mr. Price recalled. The bullies were never heard from again."*

— GLOBE & MAIL

### EXAMPLES OF ACTS OF KINDNESS

- Saying "thank you"
- Holding the door open
- Giving someone a compliment
- Giving someone a smile
- Offering to help without being asked
- Listening to someone who's struggling with something either emotionally or physically
- Helping someone with their schoolwork
- Being there for someone who is crying
- Being a friend to a new student or person in your community by being the first to say hello and showing them around
- Draw a happy face on a note and put it somewhere the person will find it

### Remember that every action we do has a ripple effect:

- ❖ acts of kindness have the effect of spreading kindness and thoughtfulness.
- ❖ acts of unkindness spread fear and uncomfortableness which can create a bullying environment for everyone around, including the one doing the bullying. Once you start bullying, it's hard to stop as you create resentment and fear in those around you which means they are always on the defensive around you. People don't want to help a bully or be their friend.

## KINDNESS OVER BULLYING

### Why do people bully others?

Not every bully wants to be a bully. Sometimes they use the bullying to hide their fear that you might not be nice to them. Sometimes they are jealous of you. Sometimes they just want to push you away because they are shy and it's the only way they know how to feel safe. Bullies often use a show of power to protect themselves by feeling superior.

- Being kind to someone can help alleviate those fears and you may find a really nice person under that bullying

## HOW CAN I HELP PREVENT BULLYING?

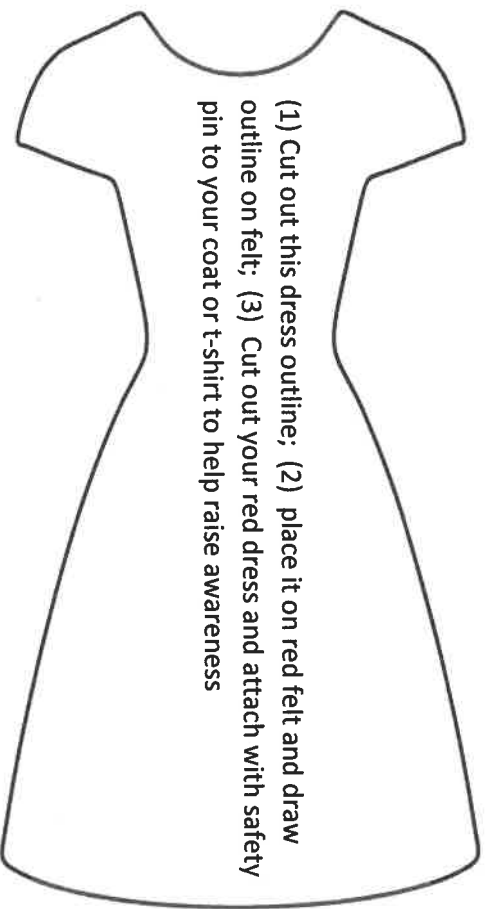
- Do you have a friend who is being bullied? Let them know they're not alone, and speak out. Most bullying incidents stop within 10 seconds if a bystander intervenes.
- Bullying isn't just a part of growing up – it's overwhelming, hurtful, and can make people feel alone. It can affect learning, friendships, and most importantly, physical and emotional health. If you are a victim of bullying, reach out for help. Talk to a parent, teacher, or friend.

## WHAT IS BULLYING?

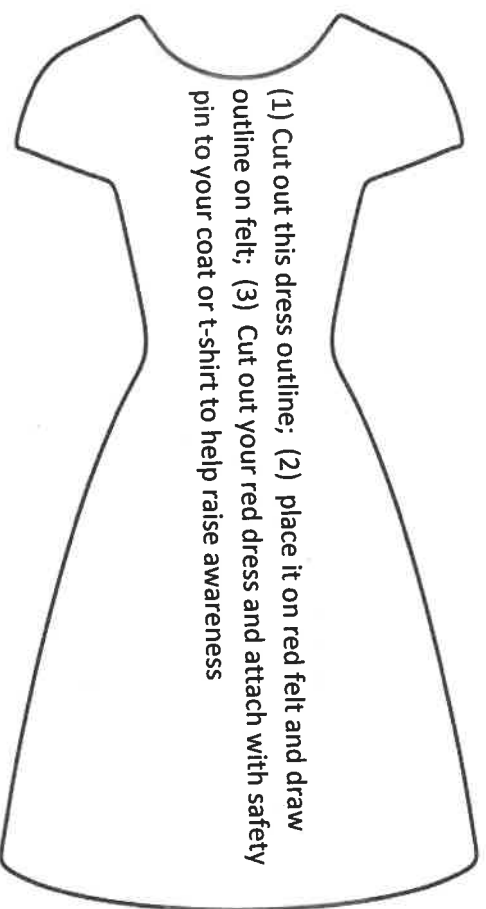
- Bullying is a form of aggression where someone is trying to show power over another. It can take many forms. Bullying can result in serious emotional problems, including anxiety, low self-esteem, or depression.
- Being bullied isn't just a part of growing up – it's overwhelming, hurtful, and can make people feel alone. It can affect your ability to focus, to learn, to be open in your relationships, friendships, and most importantly, can affect your physical and emotional health. If you are, or think you are a victim of bullying, reach out for help. (See <https://www.pinkshirtday.ca/about> for more information about bullying and how to deal with it)
- Not every unkind thing people say or do constitutes bullying. Some people, especially kids, are still learning how to get along with others. They need mentors, parents, teachers and other adults to model kindness, conflict resolution, inclusion, and responsibility.
- For something to constitute bullying, it must contain three elements: an imbalance of power, a repetition of hurtful behaviors, and an intention to inflict harm. In other words, people who bully usually are bigger, older or have more social power than their targets. They also do or say more than one mean thing to the target. (See <https://www.verywellfamily.com/bullying-or-unkind-behavior-how-to-know-the-difference-460493> for more information on bullying versus being unkind)



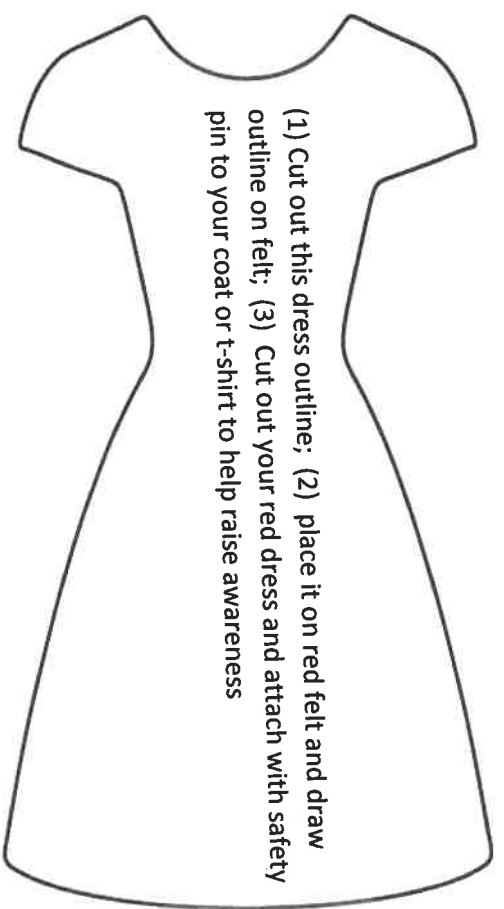
**Be part of the solution**



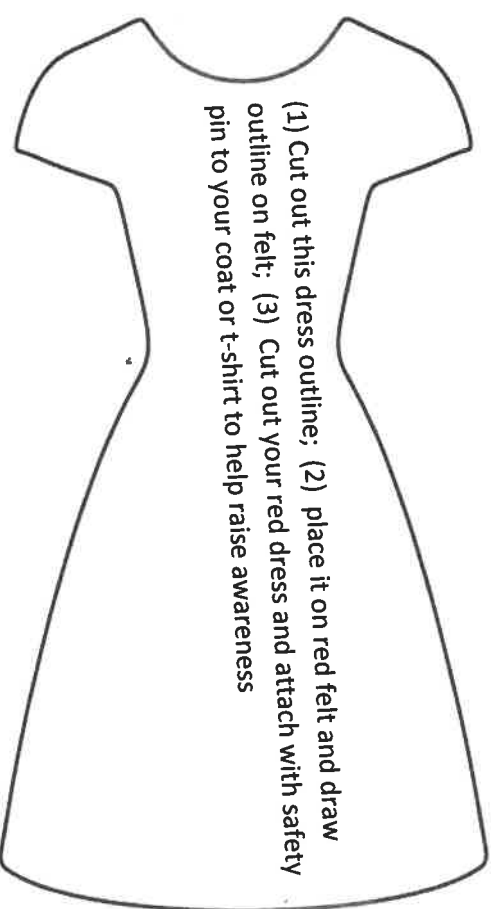
(1) Cut out this dress outline; (2) place it on red felt and draw outline on felt; (3) Cut out your red dress and attach with safety pin to your coat or t-shirt to help raise awareness



(1) Cut out this dress outline; (2) place it on red felt and draw outline on felt; (3) Cut out your red dress and attach with safety pin to your coat or t-shirt to help raise awareness



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(1) Cut out this dress outline; (2) place it on red felt and draw outline on felt; (3) Cut out your red dress and attach with safety pin to your coat or t-shirt to help raise awareness



## What is Red Dress day?

Red dress day is a day of honouring missing and murdered Indigenous people. It's a day to raise awareness and education about missing and murdered Indigenous women and girls, two spirited, and men.

Red dress day started as REDress project established by Indigenous artist Jamie Black to focus on the issue of missing and murdered Indigenous women across Canada and United States in 2010.<sup>1</sup>

The dresses are empty, so that they evoke the missing women who should be wearing them. The colour red was chosen after Jamie Black had a conversation with an Indigenous friend who shared with her "(Red) is really a calling back of the spirits of these women and allowing them a chance to be among us and have their voices heard through their family members and community."<sup>2</sup> Red also symbolizes "our lifeblood and that connection between all of us,"<sup>3</sup> and both vitality and violence.



## MMIWG

Missing and murdered Indigenous women and girls (MMIWG) refers to the human right crisis of the high and disproportionate rates of violence and number of missing and murdered Indigenous women and girls in Canada.

According to Assembly of First Nations from 2019, Indigenous women are **three times more** likely than non-Indigenous women to be victims of violence, and the average rate, between 2001 – 2014, of homicides involving Indigenous female victims was **four times higher** than that of homicides involving non-Indigenous female victims. Current public data on MMIWG oversimplifies and underrepresents the scale of the issue, yet still demonstrates a complex and pervasive pattern of violence against Indigenous women and girls who are often targeted because of their gender and Indigenous identity.

The 2014 RCMP Operational Overview notes that police recorded 1,017 incidents of Aboriginal female homicides between 1980 and 2012 and 164 missing Aboriginal female investigations dating back to 1952. There have been a number of reports indicating numbers are significantly higher.<sup>4</sup>

On June 3, 2019, the Final Report from the National Inquiry on Missing and Murdered Indigenous Women and Girls was released. In that report, the Inquiry made 231 Calls for Justice. It also concluded

<sup>1</sup> <https://www.jaimeblackartist.com/exhibitions/>

<sup>2</sup> Bolen, Anne (Spring 2019). "A Place for the Taken: The REDress Project Gives a Voice to Missing Indigenous Women". National Museum of the American Indian. 20 (1). Retrieved July 29, 2019.

<sup>3</sup> Suen, Fan-Yee (October 3, 2015). "Red dresses seek to draw attention to missing, murdered aboriginal women". CTV news. Retrieved July 23, 2019.

<sup>4</sup> <https://www.afn.ca/policy-sectors/mmiwg-end-violence/>

that the acts of violence against Indigenous women, girls and gender-diverse people in Canada constitutes "genocide."

## How to help

Stay educated and up to date

- Learn about Indigenous Canadian history from the Indigenous perspective
- Read the final report from the National Inquiry
- Listen to the truths shared
- Acknowledge human and Indigenous rights violation and their impact.

Become an ally

- Continue to educate yourself and research
- Support others in every relationship and encounter you take part in.
- Support the community – Amplify the voices of BIPOC
- Be respectfully active in the community
- Actively work to break down barriers

Speak out against racism, sexism, ignorance, homophobia and transphobia in the home, work, and community.

Teach or encourage others to do the same!

## Where to donate:

Currently there is no sole organization in Saskatoon focused on MMIWG. Women and girls who have experience violence and who are missing or murdered were in vulnerable states. For that reason we have directed donation to local shelters.

### **Saskatoon Interval House**

Mission Statement

To provide a short-term safe and supportive environment for women with or without children leaving abusive relationships and to work toward the elimination of all forms of abuse including physical, emotional, psychological and sexual.

To donate:

<https://saskatoonintervalhouse.org/your-donations-at-work/>

### **YWCA - Crisis shelter & Residence Emergency Shelter**

The YWCA Saskatoon offers short-term emergency shelter for all women and children who are in need of a safe place to stay for up to 30 days. We have staff available 24 hours a day 7 days a week. We are inclusive, accepting, and give our clients much more than just a warm bed for the

night. Our shelter welcomes clients experiencing everything from domestic abuse, homelessness, addiction, and mental health issues.

To donate:

<https://www.ywcasaskatoon.com/crisis-shelter-residence/how-you-can-help/>

### **Light House – Women's Emergency Shelter**

The Lighthouse provides emergency shelter for Saskatoon's women in a recently built dorm. This emergency shelter is for women who have nowhere to call home or their living situation is such that it is safer for them to be in a shelter. The causes range from people who have just had a bad series of events set them back financially, domestic violence to a series of concurrent disorders. They are given a safe place to sleep, a place to store belongings and supports to help them find employment (if needed) and long term housing that is safe and sustainable.

To donate:

<https://www.lighthousesaskatoon.org/donatenow/>

## **More links!**

**KAIROS CANADA** - Missing and Murdered Indigenous Women and Girls- About the MMIWG Info-Hub

<https://www.kairoscanada.org/missing-murdered-indigenous-women-girls>

### **National Inquiry into Missing and Murdered Indigenous Women and Girls**

<http://www.mmiwg-ffada.ca/>

### **The Native Women's Association of Canada – MMIWG & Violence Prevention**

<https://www.nwac.ca/policy-areas/mmiwg/>

**The Native Women's Association of Canada** - What Their Stories Tell Us: Research findings from the Sisters In Spirit initiative

<https://www.nwac.ca/wp-content/uploads/2015/07/2010-What-Their-Stories-Tell-Us-Research-Findings-SIS-Initiative.pdf>





Gilakas'la Families!

Spring is coming and so is our **SPRING STRONG NATIONS PROMO for 2023**. We have closed off the previous Fall promotion and are starting the new Spring promotion on March 1, 2023 which will end June 2, 2023.

- As in the past, the total credit is **\$125.00 per student** who is currently enrolled in the NIDES Online Learning Program!
  - **Remember – the \$125 does not include taxes or shipping.** Therefore, only look at the total cost of the books you are ordering without tax or shipping costs.
  - **No PAYMENT** required on your part.
  - Please note that this is limited to books only
  - This promotion will end on **June 2, 2023**
- ❖ **NEW THIS YEAR – BUNDLES feature:** to assist you in the selection of books, we have created book bundles which group recommended books by grade level.
- Order your bundle “as is” ... OR ... use it as a starting point and adjust it to your child’s needs.

NOTE: If you make adjustments to a bundle, please remember orders must stay within the allotted promotional amount of \$125 (not incl. taxes or shipping).

Instructions on how to use the on-line ordering process are attached for your convenience, and an email copy will be sent to parents/guardians also.

If you need assistance, please do not hesitate to contact our Indigenous Online Learners’ team who will be happy to help you.

As well, the staff at Strong Nations are always available to assist you.

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

Enjoy!

Bruce Carlos  
District Principal of Indigenous Education

Indigenous Online Learners Support Team:  
Richard Turenne – Indigenous Education Teacher  
[richard.turenne@sd71.bc.ca](mailto:richard.turenne@sd71.bc.ca)

Kris Prince – Indigenous Support Worker  
[kris.prince@sd71.bc.ca](mailto:kris.prince@sd71.bc.ca)

Giselaine Ballantyne - Admin Assistant  
[giselaine.ballantyne@sd71.bc.ca](mailto:giselaine.ballantyne@sd71.bc.ca)



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

1. Create an account (FREE) 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: If you do not create an account, you will be prompted, when using the “Add to Basket” feature, to enter an email address which will ensure the items you place in your basket are not lost if you are disconnected.

2. Go to “Books & Bundles ...” tab -

3. Then select a Main Category (i.e. “Kids Books”)

The screenshot shows the website's navigation structure. At the top, there is a horizontal menu with tabs: Home, Indigenous Gifts & More, Classroom & Toys, Books & Bundles Kids/Teens/Adults, Publishing & Services, Wholesale Accounts, Educators Info & More, and Contact Us. Below this, a sidebar on the left lists 'Main Book Categories' including Strong Nations Published Books, Kids Books, Teen Books, Adult Books, and Bundles. The main content area is titled 'Choose a Main Book Category' and features buttons for 'Strong Nations Published Books', 'Kids Books', 'Teen Books', 'Adult Books', and 'Bundles'. A red arrow points from the 'Books & Bundles' tab to the 'Kids Books' category. Another red arrow points from the 'Kids Books' category to the 'Browse Books for Kids' page. This page shows a list of books, with '101 Things For Kids To Do Outside' highlighted. A red box highlights the 'Search by Grade, Territory, Etc.' feature. A red arrow points from a tip box to this search feature. The tip box contains the text: 'TIP: Search by navigating the alphabet line, or the “Search by Grade, Territory, etc.” feature.'

**TIP:** Each main and sub-category have their own set of sub-categories. (i.e. “Books Published by Strong Nations Publishing” will give you a sub-category that allows you to search by grade or topics)

**NOTE:** To exit a sub-category, simply click on the **Books & Bundles Kids/Teens/Adults** top tab OR select a different “Main Book Categories” topic from the left-hand list.

4. Find the book you want and simply select the quantity then “Add to Basket”

The screenshot shows the product page for the book 'A Night at Hideaway Cove (HC)'. The book cover is displayed on the left. The title and price (\$21.95) are shown. There is a quantity selector set to 1 and an 'Add to Basket' button. Below the book information, there is a link to a 'Free Lesson Plan' with a PDF icon. Red arrows point from the 'Add to Basket' button and the 'Free Lesson Plan' link to the text in the next block.

**NOTE:** “Books Published by Strong Nations Publishing” area – once you select a grade level, a PDF “Free Lesson Plan” feature will be available – select that feature to obtain an instruction page on how to use the book.



## NEW FEATURE THIS YEAR:

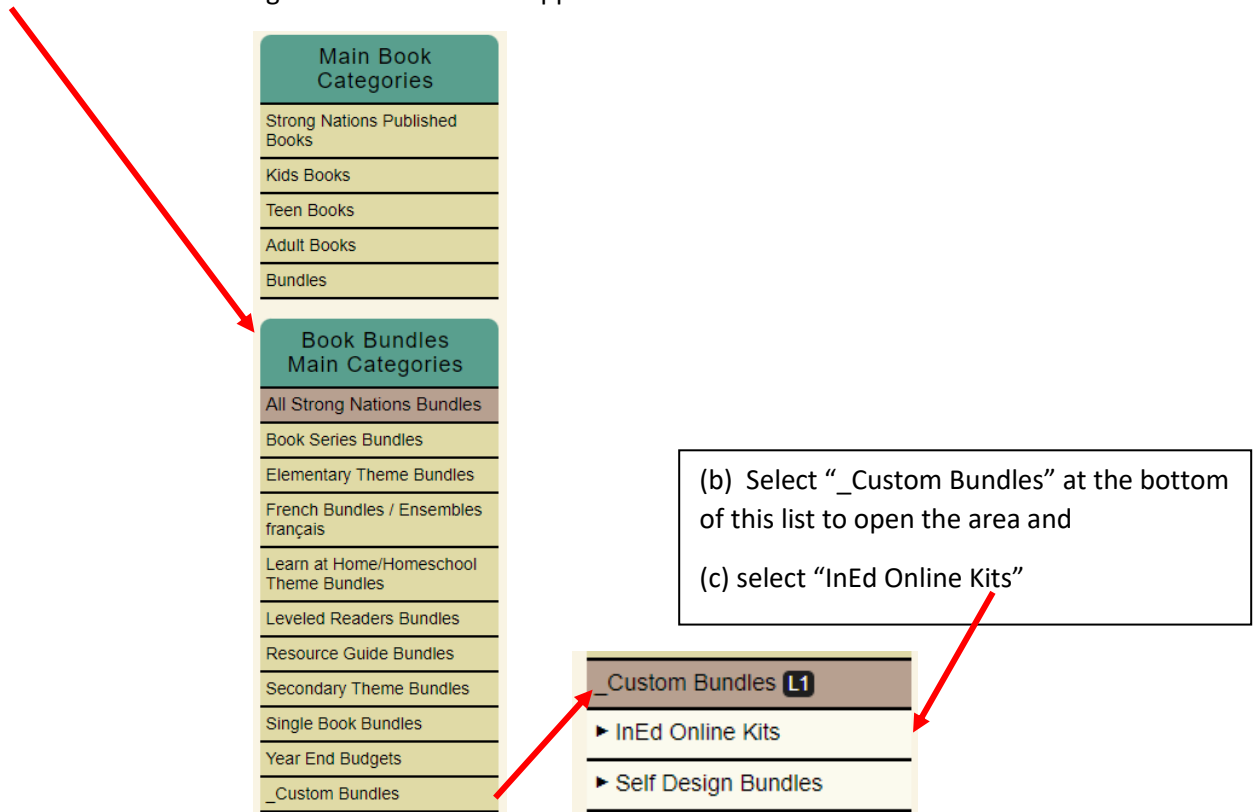
**“BUNDLES”** area now has packages of pre-bundled books specifically for our Online Learners to facilitate your book selection.

If you are not certain what books to order, we have simplified the process by creating “bundles” of suggested books based on grade levels. There are 3 suggested bundles for each grade category including Kindergarten/Gr2.

To access these Bundles, ... (a) select the “Bundles” area in either of the following 2 locations:

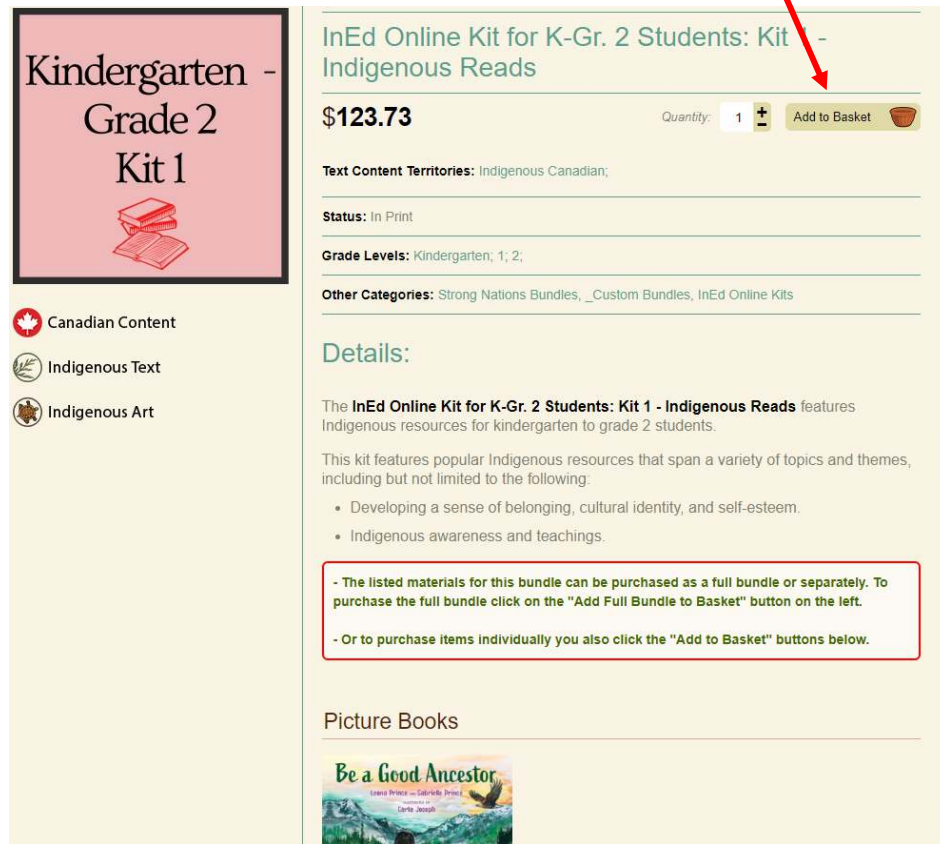


The “Book Bundles Main Categories” area will then appear in the left side.

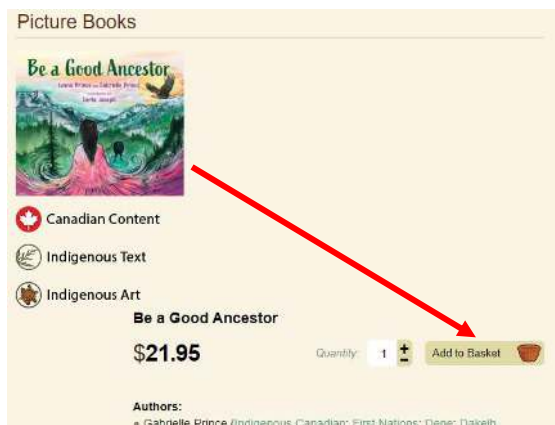


Select the “Kit” you wish to view to show the books included in that kit. Once you’ve reviewed the list of books contained in that kit, you can either

(a) add the full kit/bundle to your basket, or



(b) you can select only certain items from that kit to add to your order.



5. Review the details in Shopping Basket screen and/or

Proceed to the checkout area directly.



**TIP:** If you are not ready to proceed and have entered an email address or created an account, you can close out and return to the website when ready to add more items or submit your order.

## 6. Complete the checkout information as follows:

a. **Billing Address:**

School/Organization:	InEd Online Learning
First Name:	InEd
Last Name:	Online Learning
Phone Number:	(250) 331-4040
Email Address:	<a href="mailto:giselaine.ballantyne@sd71.bc.ca">giselaine.ballantyne@sd71.bc.ca</a>
Billing Address:	665 16 <sup>th</sup> St, Courtenay BC Canada V9N 1X6

- b. **Shipping address:** Add your preferred shipping address and name and email of person placing the order. NOTE: Please add the student(s) name(s) you are ordering for in the “Customer Notes” area near the end of this form.

(DO NOT CHECK OFF “Shipping Info is the same as Billing Info” area).

- c. **IMPORTANT - Payment Options:** Select the 2<sup>nd</sup> option to invoice organization (no email required)

**Payment Options** (Please choose one)

☒ Bill to Organization (Canadian Orders Only)

☐ Please invoice my organization.

Accounts Payable Email Address:

- d. Enter the following **Purchase Order# 31-0000694** lower down in the checkout area:

Purchase Order # (If Applicable)

PO Number

(if applicable)

- e. **NO BACK ORDERS** - orders to be shipped only when all items in stock:

**Back Ordering Information**

Additional shipping fees apply for back ordered items. Initial shipping quotes are based on shipping the entire order at once.

☐ Yes, I will accept back orders / partial shipping. I understand that there will be additional shipping charges.

☒ No, please wait until my order is fully in stock.

- f. **CUSTOMER NOTES** area:

- List the name(s) of the student(s) you are ordering for.**
  - List books you are interested in that may be over the budgeted amount.** These books will be substituted in if one of the books in your order is not available.
- g. **Proceed to Order Verification.**

**Congratulations! You're done!**



# KUU-US

## CRISIS RESPONSE SERVICES

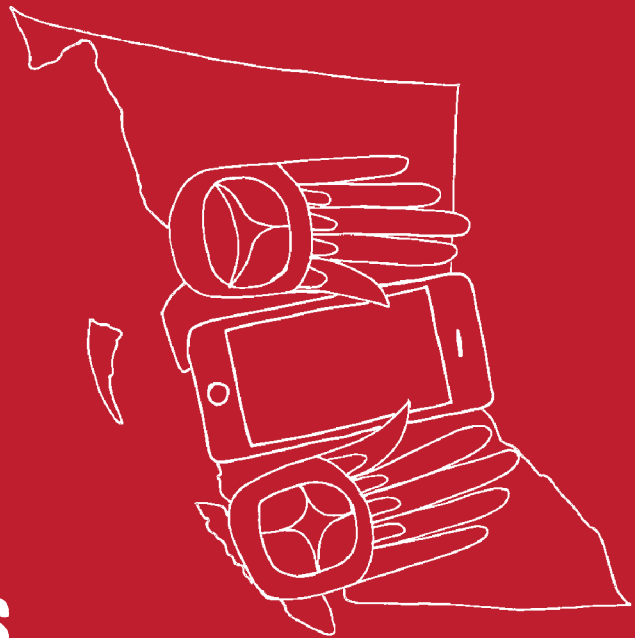
1-800-KUU-US17 | 1-800-588-8717

CHILD/YOUTH: 250.723.2040      ADULT/ELDER: 250.723.4050

**CULTURALLY SAFE  
HELP AVAILABLE**

**24 HOURS A DAY  
7 DAYS A WEEK**

**FIRST NATIONS AND  
ABORIGINAL PEOPLES  
HELPING FIRST NATIONS  
AND ABORIGINAL PEOPLES**



First Nations Health Authority  
Health through wellness



KUU-US Crisis Line Society