

# March 2023 Mail-Out!

March is here and we see the slightest changes outside. Buds on trees, nettle tips poking through, a bit more warmth!

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



### International Women's Day:

On March 8th, we celebrate all of the strong, independent women in our lives!

We hope you are able to take time to honour the wonderful women in your life on this day, and every day!



## **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





## International Water Day:

### "Water is sacred. Water is life!"

International Water Day is on March 22, 2023.

We hope that you are able to reflect on the importance of water for you and your family and perhaps some steps that you could take to help preserve our beautiful, clean drinking water!

What can you do to conserve water?



### 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 <u>richard.turenne@sd71.bc.ca</u> to get more details!



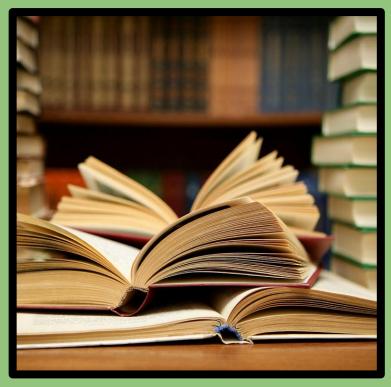
### Indigenous Language Day - March 23

"Language is the foundation of a culture."

We hope that you are able to take time to learn some of your language using the tools provided.

Our Indigenous languages need to be learned and used in order to stay strong.

Please take some time on this day to learn, even just one word!



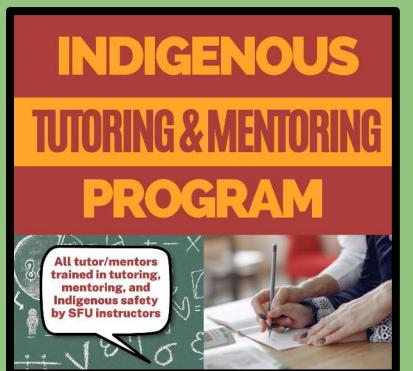
### Strong Nations Spring Book Order:

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:

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



## 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!



# **Rural eMentoring BC:**

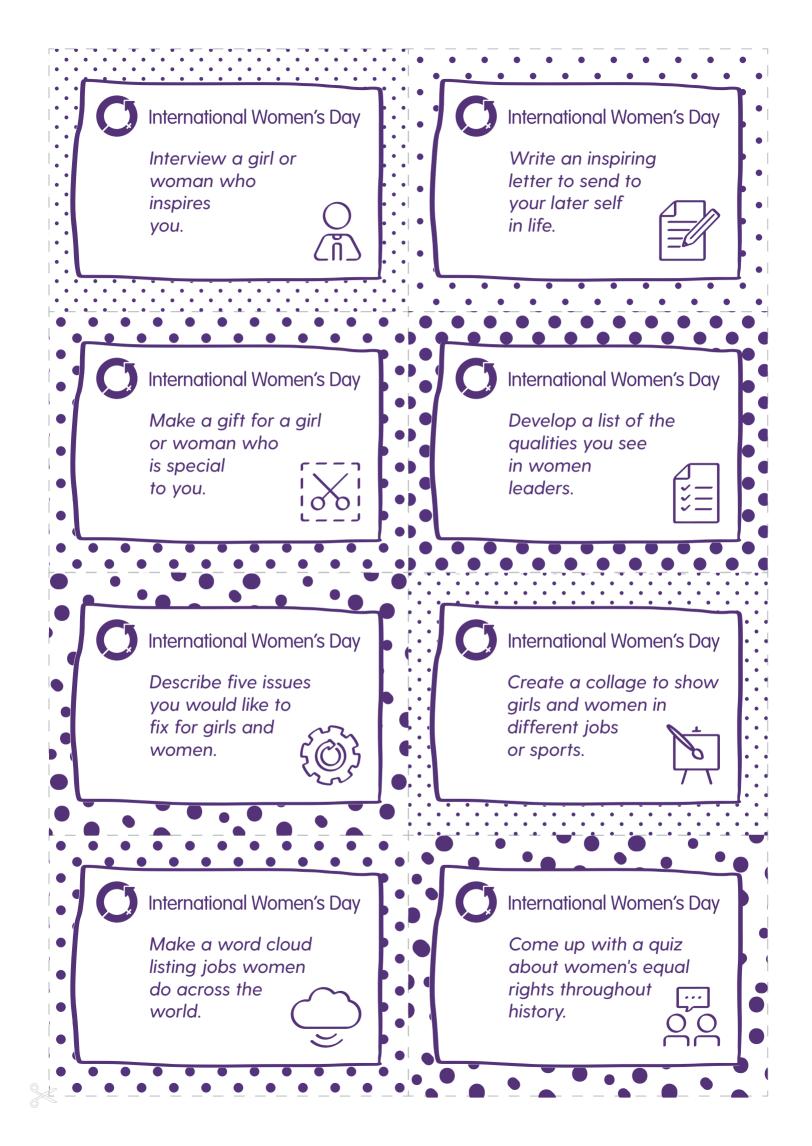
Rural e-Mentoring BC is a free online mentorship program for rural highschool students across the province.

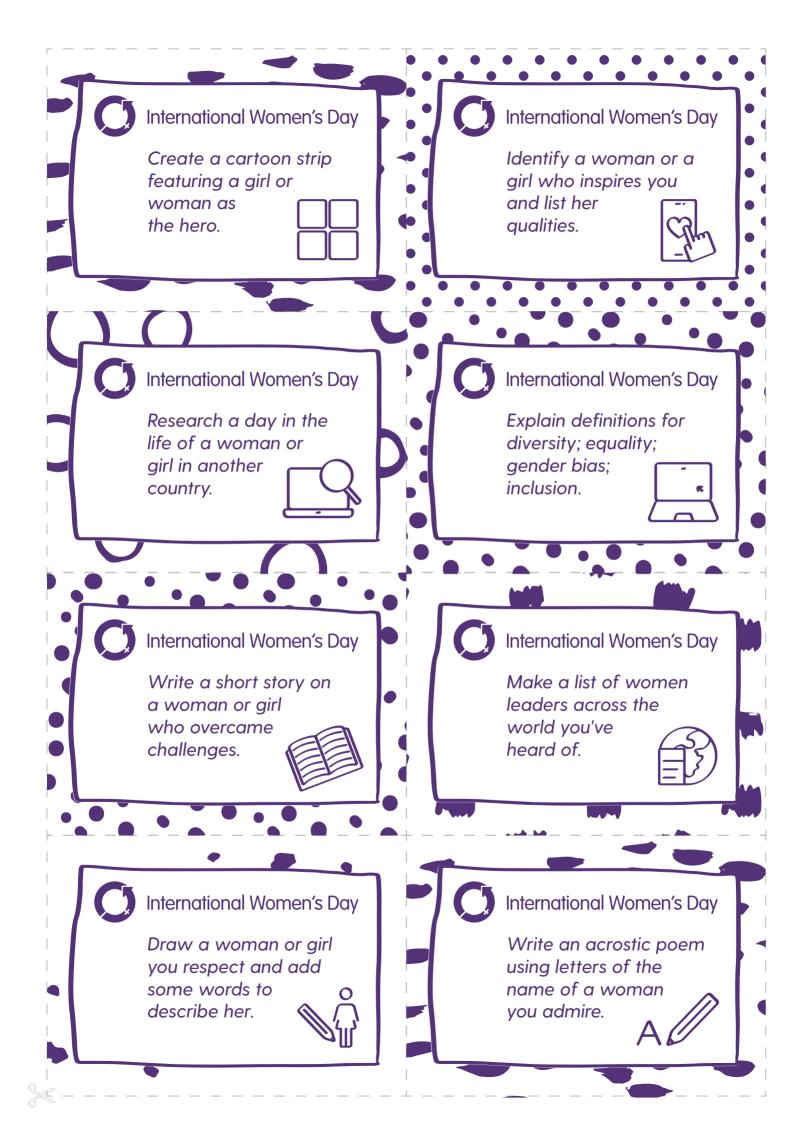
Students are matched with a mentor to meet their individual needs. All mentoring happens online.

# 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
- Kris Prince Indigenous Support Worker kris.prince@sd71.bc.ca
- Giselaine Ballentine Administrative Assistant giselaine.ballantyne@sd71.bc.ca





# International Women's Day List of Books

	Title	Quthor
	Kamala Harris: Rooted in Justice	Nikki Grimes
	I Dissent: Ruth Bader Ginsburg Makes Her Mark	Debbie Levy
	She Persisted	Chelsea Clinton
	She Persisted Around the World	Chelsea Clinton
A CONTRACTOR	Shaking Things Up: 14 Young Women Who Changed the World	Susan Hood
	Hidden Figures	Margot Lee Shetterly
9	The Power of Her Pen	Lesa Cline-Ransome
	Firebird	Misty Copeland
	Pocket Full of Colors	Amy Guglielmo
	The World is Not a Rectangle	Jeanette Winter
	Molly, By Golly!	Dianne Ochiltree
	She Loved Baseball	Audrey Vernick
	Shark Lady	Jess Keating
C/	Solving the Puzzle Under the Sea	Robert Burleigh
	The Leaf Detective	Heather Lang
	The Watcher	Jeanette Winter
J	The Girl Who Thought in Pictures	Julia Finley Mosca
······································	Maya Lin: Artist-Architect of Light and Lines	Jeanne Walker Harvey
	The Only Woman in the Photo	Kathleen Krull
	<u>RESPECT: Aretha Franklin. The Queen of Soul</u>	Carole Boston Weatherford







1) Knowledge Keeper, JoAnn Restoule shares an amazing video for people of all ages called

#### "Water is Life, Water is Sacred"

This project is shared with students in the video and can be found on the *Comox Valley Schools Indigenous Education website* <u>https://comoxvalleyschools.ca/indigenous-</u><u>education</u> under the "Learning Resources" area "Land and Sea" – "Land and Resources Connection" area. The direct link to this area is:

https://www.comoxvalleyschools.ca/indigenous-education/land-and-resources-connection/

2) BC Hydro "Explore Conservation" website area is another very good source of information created in partnership with the indigenous community. I've enclosed a copy of "Indigenous Perspectives on Water" document from this website. See the link below to access this site and all the other information created in this partnership.

https://schools.bchydro.com/activities/conservation

- The Harmonious Power of Water
- Should water have rights?
- Honouring and describing the movement of water.
- Stewards of the water

## 25 ways to save water

Next to air, water is the most important element for the preservation of life. Water is a finite commodity which, if not managed properly, will result in shortages in the near future. Water conservation can go a long way to help alleviate these impending shortages.

#### 1. Check your toilet for leaks.

Put a few drops of food coloring in your toilet tank. If, without flushing, the coloring begins to appear in the bowl., you have a leak that may be wasting more than 100 gallons of water a day.

#### 2. Stop using your toilet as an ashtray or wastebasket

Every cigarette butt or tissue you flush away also flushes away five to seven gallons of water.

#### 3. Put a plastic bottle in your toilet tank

Put an inch or two of sand or pebbles in the bottom of a one liter bottle to weigh it down. Fill the rest of the bottle with water and put it in your toilet tank, safely away from the operating mechanism. In an average home, the bottle may save five gallons or more of water every day without harming the efficiency of the toilet. If your tank is big enough, you may even be able to put in two bottles.

#### 4. Take shorter showers

A typical shower uses five to ten gallons of water a minute. Limit your showers to the time it takes to soap up, wash down and rise off.

#### 5. Take baths

A partially filled tub uses less water than all but the shortest showers.

#### 6. Install water-saving shower heads or flow restrictors

Your hardware or plumbing supply store stocks inexpensive shower heads or flow restrictors that will cut your shower flow to about three gallons a minute instead of five to ten. They are easy to install, and your showers will still be cleansing and refreshing.

#### 7. Turn off the water while brushing your teeth

Before brushing, wet your brush and fill a glass for rinsing your mouth.

#### 8. Turn off the water while shaving

Fill the bottom of the sink with a few inches of warm water in which to rinse your razor.

#### 9. Check faucets and pipes for leaks

Even a small drip can waste 50 or more gallons of water a day.

#### 10. Use your automatic dishwasher for full loads only

Every time you run your dishwasher, you use about 25 gallons of water.

#### 11. Use your automatic washing machine only for full loads only

Your automatic washer uses 30 to 35 gallons per cycle.

#### 12. Don't let the faucet run while you clean vegetables

Rinse your vegetables instead in a bowl or sink full of clean water.

#### 13. Keep a bottle of drinking water in the refrigerator

This puts a stop to the wasteful practice of running tap water to cool it for drinking.

#### 14. If you wash dishes by hand, don't leave the water running for rinsing

If you have two sinks, fill one with rinse water. If you have only one sink, first gather all your washed dishes in a dish rack, then rinse them quickly with a spray device or a pan of water.

#### 15. Check faucets and pipes for leaks

Leaks waste water 24 hours a day, seven days a week. An inexpensive rubber washer/ring is usually enough to stop them.

#### 16. Water your lawn only when it needs it

Watering on a regular schedule doesn't allow for cool spells or rainfall which reduce the need for watering. Step on some grass. If it springs back up when you move your foot, it doesn't need water.

#### 17. Deep-soak your lawn

When you do water your lawn, water it long enough for water to seep down to the roots where it is needed. A light sprinkling that sits on the surface will simply evaporate and be wasted.

#### 18. Water during the cool parts of the day

Early morning is better than dusk since it helps prevent the growth of fungus.

#### 19. Don't water the gutter

Position your sprinklers so that water lands on your lawn or garden, not in areas where it does no good. Also, avoid watering on windy days when much of your water may be carried off to the streets and sidewalks.

#### 20. Plant drought-resistant trees and plants

Many beautiful trees and plants thrive without irrigation.

#### 21. Put a layer of mulch around trees and plants.

Mulch slows the evaporation of moisture.

#### 22. Use a broom to clean driveways, sidewalks and steps

Using a hose wastes hundreds and hundreds of gallons of water.

#### 23. Don't run the hose while washing your car

Soap down your car from a pail of soapy water. Use a hose only to rinse it off.

#### 24. Tell your children not to play with the hose and sprinklers

Children love to play under a hose or sprinkler on a hot day. Unfortunately, this practice is extremely wasteful of precious water and should be discouraged.

#### 25. Check for leaks in pipes, hoses faucets and couplings

Leaks outside the house are easier to ignore since they since they don't mess up the floor or keep you awake at night. However, they can be even more wasteful than inside water leaks especially when they occur on your main water line.

(From the Volusia County website)





### **Indigenous perspectives on water**

Power Smart for Schools

#### Source 1

#### SYILX NATION SIWIK" DECLARATION

#### Excerpted from https://www.syilx.org/wp/wp-content/uploads/2016/11/Okanagan-Nation-Water-Declaration\_Final\_CEC\_Adopted\_July\_31\_2014.pdf

Siwłk<sup>w</sup> – Water

Siwłk<sup>w</sup> comes from the sky and the highest places yet it never wilfully rises above anything. It will always take the lowest path in its humility, yet of all the elements, it is the most powerful. Our sacred siwłk<sup>w</sup> water teaches us that we have great strength to transform even the tallest mountain while being gentle, soft, and flexible. siwłk<sup>w</sup> will always find a way around obstructions: under, over and through. It teaches us that anything is possible. siwłk<sup>w</sup> movements, pathways, resiliency and power teach us who we are and who we can be as people.

#### Source 2

#### THE ASSEMBLY OF FIRST NATIONS

#### **Honouring Water**

#### https://www.afn.ca/honoring-water/

Water is the most life-sustaining gift on Mother Earth and is the interconnection among all living beings. Water sustains us, flows between us, within us, and replenishes us. Water is the blood of Mother Earth and, as such, cleanses not only herself, but all living things. Water comes in many forms and all are needed for the health of Mother Earth and for our health. The sacred water element teaches us that we can have great strength to transform even the tallest mountain while being soft, pliable, and flexible. Water gives us the spiritual teaching that we too flow into the Great Ocean at the end of our life journey. Water shapes the land and gives us the great gifts of the rivers, lakes, ice, and oceans. Water is the home of many living things that contribute to the health and well-being of everything not in the water.

#### Source 3

#### DANIKA BILLIE LITTLECHILD

"Transformation and re-formation: First Nations and water in Canada"





#### https://dspace.library.uvic.ca/handle/1828/5826

When First Nations lose access to a sacred or traditional water source, they also lose access to the beings and spirits that inhabit that water source. This loss ripples out. Stories, songs, dances, and even Indigenous words related to or based in that water source are also lost. The foundational elements of Indigenous legal traditions and knowledge systems are therefore at risk.

#### Source 4

#### LEO PARD, BLACKFOOT SPIRITUAL ELDER, PIIKANI NATION

#### https://www.sacredrelationship.ca/why-water/

When you respect water, that water will respect you back. If you don't respect water, that water will take you – that's when you drown.

#### Source 5

#### MICHAEL BLACKSTOCK

## "Blue Ecology and climate change: interweaving cultural perspectives on water, an indigenous case study"

- 1. The Blue Ecology hydrological cycle represents some British Columbia indigenous peoples' view of the origin of water, and water's relationship with the four connected worlds (listed in order, from outer to inner circles):
- 2. Sky world (i.e., spirit world): The model highlights the rhythmical role of the sun and moon, and how water is a gift from the spirit world (e.g., creator, god, etc.). Balance and harmony are achieved, through respect, recognition of water's spirit and giving back, as well as by the understanding that all four worlds are connected by water.
- 3. Earth Mother: All beings on earth are connected to each other by the transitory element, water. Our human health is directly dependent upon the health of the waters that flow through our land and bodies. If the water is sick, so too are we.
- 4. Water world: Water has a spirit. Water is always moving and connecting in rhythms. Fish are part of the water, as is all aquatic life, the two are one.
- 5. Under world: Water, the lifeblood, seeps, trickles and connects underground, like capillaries under human skin. Water is purified here.





### WHY SAVE WATER?

We depend on water for all aspects of life. We drink it, wash with it, flush with it and water our lawns and gardens. Although nature recycles our water, the supply of pure fresh water on our planet is limited. As the World demand for water rises, declining water tables, and prolonged droughts are shrinking the usable supply. Canadians use more than twice as much water as Europeans. Here are some reasons you might want to use less water:

- to save money on your power bills
- to make your home sewage disposal system last longer
- to delay or prevent the expansion of wastewater treatment plants
- to save our water resources for future generations.

Water conservation lets us do all the things we did before... only with less water. It isn't difficult and it won't compromise your lifestyle. It's a matter of finding ways to stop wasting it.



### HOW CAN WE SAVE WATER AT HOME?

Use the three Rs of water conservation: reduce, repair, and retrofit.

#### Reduce

It's surprising how much water gets wasted. We just let it run down the drain. Think about how much water you're using and look for ways to use less whenever you can. By making small changes to your habits, you can significantly reduce the amount of water you use. You'll be surprised how easy it is to save. Check the list on the back to see how to save water.

#### Repair

A tap leaking one drop per second wastes enough water to fill a bath tub every week. Most leaks are simple to find and easily fixed, at low or no cost. Regularly check toilets, pipes, and faucets for leaks and repair them immediately.

#### Retrofit

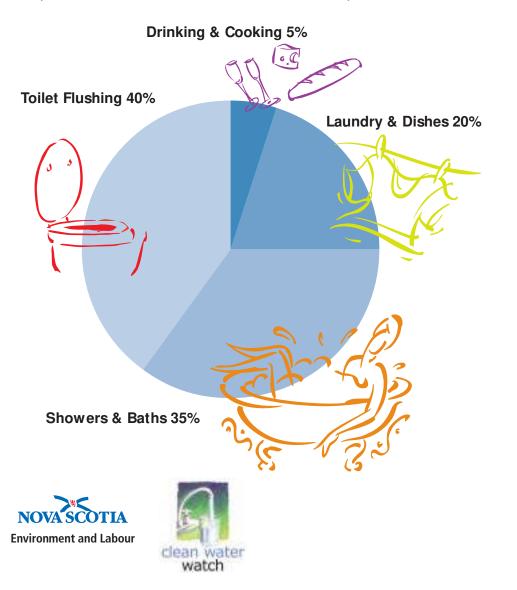
Retrofit means adapting or replacing an older, less-efficient fixture or appliance with one of the many water-saving devices now on the market.



### WAYS YOU CAN SAVE AND PROTECT WATER

Here are a number of water saving and protection tips.

- Check indoor faucets for leaks. A leaking hot water tap wastes money and even small drips waste a lot of water.
- Keep showers to 5 minutes or less. Turn off the water to soap.
- Turn off water while brushing your teeth.
- Use the dishwasher and clothes washer for full loads only.
- Keep a jug of water in the fridge.
- Use a broom to clean your driveway instead of a hose.
- Be careful to water the lawn, not the sidewalk.
- Water the lawn early in the morning to avoid evaporation.
- Check outdoor hoses and faucets for leaks.
- Use water only when you need it.
- Install low-flow toilets and showerheads and tap aerators.



HOW WE USE WATER AT HOME



# Create a Family Water Conservation Plan

**Big Idea:** Water is an important natural resource. We need clean water for drinking, washing our hands, and growing food. We can help to make sure there is enough water for everyone by conserving water, which means using less every day.

**Explore:** Think of all the times that you use water at home each day. Starting when you wake up in the morning, go through your normal routine. Every time you think of an activity that uses water, write it in the chart below.

**TIP:** Don't forget "hidden water" activities like washing clothes, flushing the toilet, or using a dishwasher. These appliances can use a lot of water.

Fill in the chart below with all the activities that you can think of.

Morning	
Afternoon	
Evening	
nore Cyberchase	(continued on pag e adventures with water conservation, watch "Back to Canalia's Future" on <u>pbskids.org/cybercha</u>

Funding for Cyberchase is provided by The JPB Foundation, the Heising-Simons Foundation and Ernst & Young LLP. Additional funding is provided by Lynne and Marc Benioff, the Tiger Baron Foundation, Shailaja and Umesh Nagarkatte and Ellen Marcus.

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### Create a Family Water Conservation Plan

#### **Record:**

- **1.** Read the water-saving tips chart below.
- 2. Together as a family, pick at least three ways that you can try to save water at home. Circle these tips in the chart below.
- 3. On the Water-Saving Plan page, write your three water-saving tips, and add one of your own!
- **4.** Decorate the plan and put it up in a place where everyone in your family can see it. It will remind you to follow your plan every day to conserve water.

Turn off the water while you brush your teeth.	Choose fewer games and art activities that use a lot of water.	Don't use the toilet as a trash can. Every time you flush you use a lot of water!		
Wash your dishes in a bowl or bucket of soapy vater instead of running he water n the sink.	Take a shower instead of a bath. Use a timer to keep your shower short.	Have special glasses or water bottles for each family member to use all day long, instead of getting new cups for every drink of water.		
Only run your dishwasher or laundry machine when you have a full load to do.	Put a bucket outside to catch water when it rains. Use this to water plants later.	Make sure that you turn off the sink completely when you are done using it so that water doesn't drip.		
how much water wo How much water wo	t you use can save you 2 g ould you save in a day by o ould you save in a day by ould you save in a week, u	using 2 tips?		
How could you share some of these water saving tips at school or in other places in your community?				
in other places in yo				

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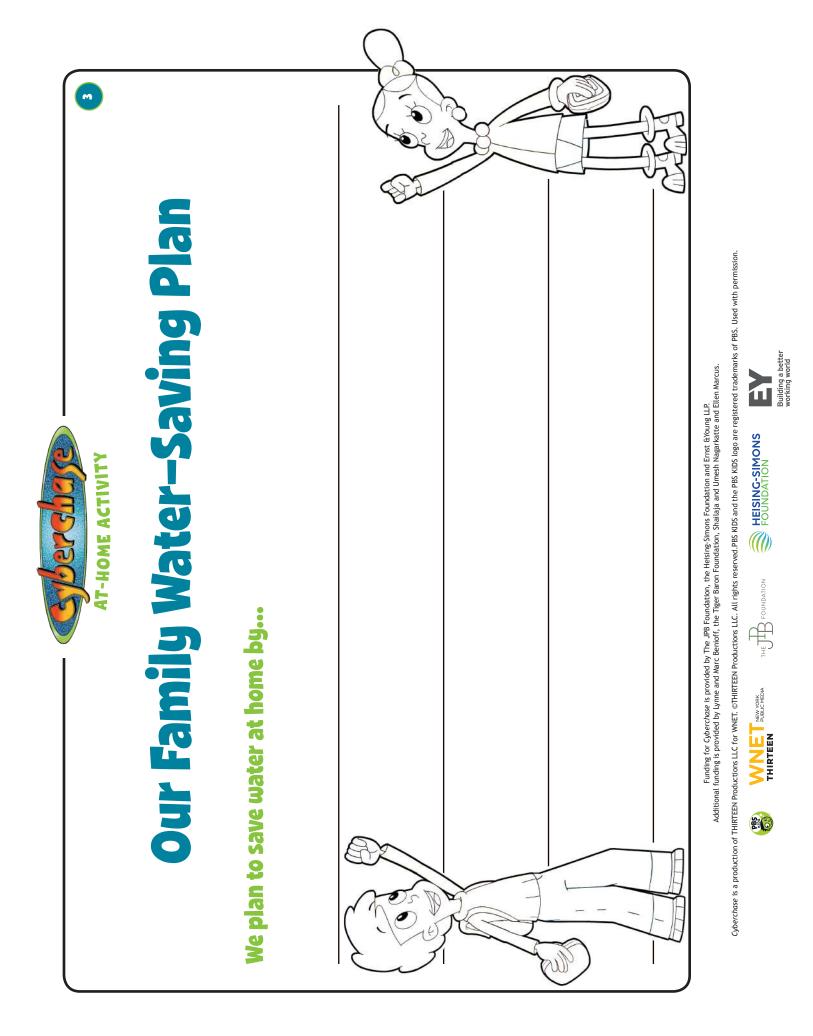












# Celebrating "International Decade of Indigenous Languages 2022-2032" March 31, 2023

"Language is the foundation of a culture. For Indigenous *oral societies*, words hold knowledge amassed for millennia. A language also holds the stories, songs, dances, protocols, family histories and connections. Languages also often hold the community's customary laws."

"Oral traditions retain the history of Indigenous Peoples by passing cultural information from one generation to the next. For Indigenous communities creation stories, connections to the land, historical accounts, traditional ecological knowledge, teachings, language, and culture stories have been kept alive through oral traditions for thousands of years. These stories and accounts have been passed from generation to generation without ever being transcribed - when you think about it, that's a stunning amount of information that has been and continues to be retained and shared."

"According to the UNESCO Atlas of the World's Languages in Danger project, "three-quarters of Indigenous languages in Canada are "definitely," "severely" or "critically" endangered. The rest are classified as "vulnerable/unsafe."

"The state of Indigenous languages is such concern that UNESCO declared 2019 The Year of Indigenous Languages. Here in Canada, a week after the Year of Indigenous Languages was launched, the federal government tabled the *Indigenous Languages Act.*"

*The above paragraphs are excerpts from* <u>https://www.ictinc.ca/blog/11-things-you-should-know-about-aboriginal-oral-traditions</u>

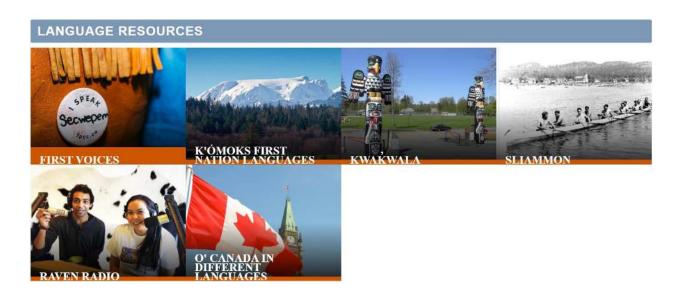
# We would like to invite you to visit our website as well other online sites that speak directly about indigenous languages, where they are spoken, games to help learn the languages, history of the languages etc.

There are several links on the Comox Valley Schools – Indigenous-Education website which connect you to information and activities for adults and children regarding indigenous languages in British Columbia.

- Raven Radio "Language is Medicine" project for young people
- First Voices a platform where all indigenous communities can share their information about their location and language(s). (NOTE: Some of the areas on this site are not fully completed by the various communities as they are still works in progress.)
- Plus three other areas that speak about languages and communities on Vancouver Island and Sunshine Coast areas

Please visit our website at: <u>https://www.comoxvalleyschools.ca/indigenous-education/resources/language/</u>





Another online area to visit to obtain more information on indigenous languages is at The University of British Columbia – "First Nations languages of British Columbia: Getting Started" website. See link below:

#### https://guides.library.ubc.ca/c.php?g=307246&p=2049664

#### Introduction

This research guide has been designed to help students, faculty and researchers in First Nation Languages access and utilize relevant resources available through the UBC Library. Some historical language names are innacurate, but useful for locating resources. The spelling of language names used in this guide are not intended to describe or characterize the native speakers in any regard and are used here solely to help researchers locate resources for the study of these languages.

Major language groups in British Columbia include:

- Athapaskan (Athabaskan) Languages: Dalkelh, Dena-thah, Dunne-za, Kaska Dena, Sekani, Tagish, Tahltan, Tsilhqot'in, Tutchone, Nat'ooten, Wet'suwet'en
- Salishan Language Family: Comox, Halkomelem, Nlaka'pamux, Nuxalk, Okanagan, Secwepemc, Se'shalt, Squamish, Stl'atl'imx, Straits Salish
- Tsimshianic Languages: Gitxsan, Nisga'a, Tsimshian,
- Wakashan Languages: Haisla, Heiltsuk/Owik'ala, Kwakwaka'wakw, Nuu-chah-nulth
- Tlingit
- Algonquian (Cree)
- Language Isolates: Haida, Kootenai
- Chinook Jargon

See: <u>https://maps.fpcc.ca/</u> for interactive map. Find where you live on the map and click on circle closest to your location. This will bring up information about your area and the languages spoken there.

