

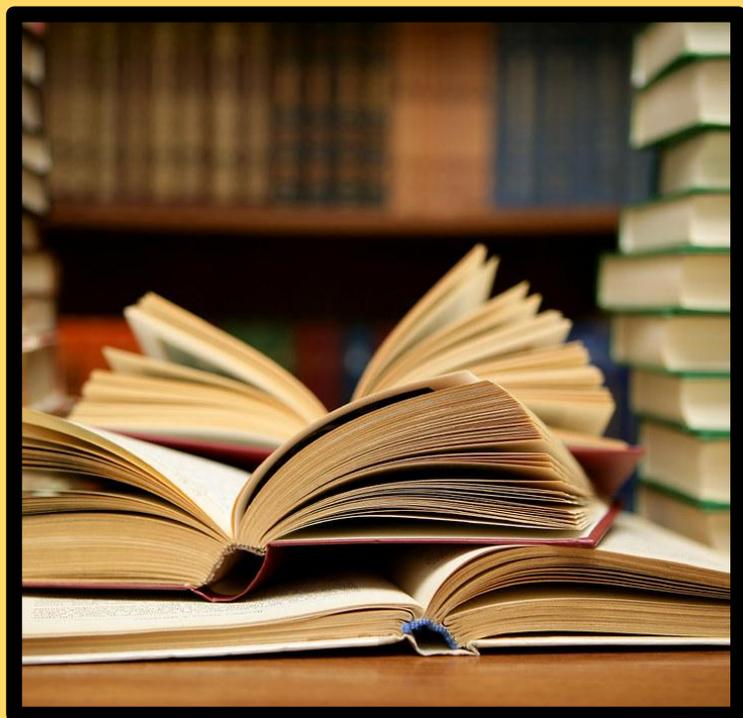


October 2023 Mail-Out!

October is here and the leaves are have begun changing colours! We hope that you all are enjoying the cooler weather.

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



Strong Nations Book Orders:

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

Please reach out to us for help ordering. We would be happy to assist you!



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 11:30 - 12:00 pm!

Link:

<https://bit.ly/chewchat>





Indigenous Veterans Day Resources:

This November 8th is National Indigenous Veterans Day, a day of remembrance and commemoration of the contributions of Indigenous veterans in the First and Second World Wars, as well as the Korean War.

This Indigenous Veterans Day, we would like to express our gratitude for the contributions Indigenous veterans have made to the world.



Gifts From The Land:

As the weather cools, there are many opportunities to harvest traditional foods and medicines.

Have you seen any chanterelle mushrooms? How about wild blueberries, rose hips or salmon?

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

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



Indigenous Plants Scavenger Hunt:

What plants are thriving where you live right now?

Are you able to find some or all of these Indigenous plants that grow in BC?

We hope this plant scavenger is a good opportunity to get outside with your family and enjoy nature!



Fall Equinox Photo Contest:

Capture what Fall looks like where you live!

Categories:

- Black & White
- Fall

Please send your beautiful photographs to richard.turenne@sd71.bc.ca to be featured on our website!

Category winners will be given prizes!

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!

Food is Medicine



Foodis Medicine:

Please enjoy the information and recipes attached.

These recipes were compiled by Elders in nations around BC and contains tons of lovely information about healthy, traditional food sources and how we can incorporate them into our meals!

YUM!

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



Indigenous Online Learning families,

Please join us at our weekly online Chew & Chat. This is a time to meet our team, ask questions and get to know each other!

Chew & Chat will be held each Tuesday from 11:30 - 12:00 p.m.

Our first session will be on October 10th.

Click the link below to join us:

<https://bit.ly/chewchat>



KUU-US

CRISIS RESPONSE SERVICES

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

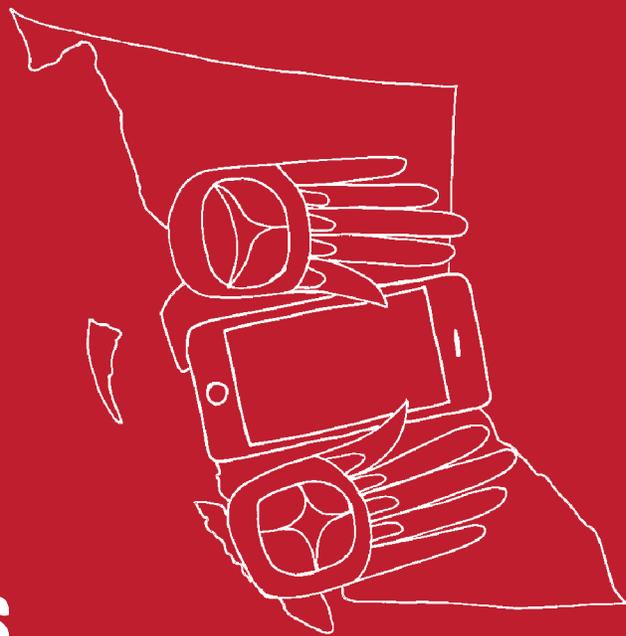
CHILD/YOUTH: 250.723.2040

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

Food is Medicine



"Mother Earth's Gifts"

Elder Anna Spahan WJOLEEP First Nation



SALMON

"Salmon are 'gift-bearing relatives, and are treated with great respect'."

HARVEST & STORAGE

- ❖ Salmon is essential to the livelihoods of us all. Salmon is a staple food source, as well as sources for wealth and trade. Salmon is deeply embedded in culture, identity and existence of Indigenous peoples.
- ❖ There are five different species of Pacific Salmon: **Chinook (King)**, **Sockeye (Red)**, **Coho (Silver)**, **Pink (Humpy)** and **Chum (Dog)**.
- ❖ Salmon is preserved by drying, smoking, canning or freezing the fish.

PREPARATION

- ❖ Salmon can be eaten in many different ways such as roasted, baked, boiled or steamed. What is your favourite way to cook salmon?
- ❖ Enjoy salmon on its own or in casseroles, soups, stews, chowders, pies and much more.
- ❖ To roast salmon, place stakes around an open fire. Salmon can be boiled and steamed in bentwood boxes or open pits.

NUTRITION

- ❖ Coldwater fish, such as salmon, contain many essential vitamins, minerals, proteins and antioxidants and healthy unsaturated fats.
- ❖ Salmon is very high in essential omega 3 fatty acids, a type of unsaturated fat that keeps you healthy and can reduce inflammation throughout the body.
- ❖ It is recommended to eat cold water fish at least two times per week. If you are pregnant, it is recommended to eat only one time per week.



EAT SALMON 3 WAYS

MEAL

SALMON CAKES WITH LEMON DIP

2 cans salmon, drained
½ cup of flour or mashed potato
3 green onions, chopped (optional)
Herb Shaker/Nutrient Shaker (found on herbs page)
1 tsp olive oil

½ cup light mayonnaise
1 clove garlic, minced
1 Tbsp Lemon juice
1 tsp ketchup

DIRECTIONS: Open cans of salmon and drain the juice out. Wash green onions and chop up small. In a small bowl, mash salmon with flour, onions and herb shaker. Warm up frying pan with 1 teaspoon of oil on medium. Shape into small cakes/balls and add to warm pan. Cook on each side until brown and crispy. Lemon dip: – crush up garlic and add to mayo, ketchup and lemon juice, mix and serve. Makes 8 cakes each with 1-tablespoon servings of dip.

Adapted from: Elder Anna Spahan and Fiona Devereaux

SNACK

SALISH PEMMICAN

Pemmican is well-known for its high concentration of nutrients and its long shelf life. This combination of fat, protein and carbohydrate has been said to keep a person going for a whole day. Traditionally, dried meat like deer, elk, buffalo or salmon would be pounded together with fat and dried berries. Pemmican makes an excellent snack and was used as a travel food.

1 cup dried deer, elk, beef or salmon jerky
1 cup dried berries (huckleberry, cranberry, salal, thimbleberry or other)
1 cup + ½ cup raw hazelnuts, walnuts, sunflower seeds or almonds (can combine)
½ cup nut butter (hazelnut, almond, cashew or peanut butter)

DIRECTIONS: With a knife, chop meat into very small pieces. Add dried berries, nuts and nut butter in a food processor or blender, blend well. Add the dried meat and blend well. Store in plastic bags or containers in the fridge or freezer. Pemmican will keep for several months. Note: if you don't like fish and want to make a sweeter treat, substitute chocolate chips for the fish.

DRINK

BONE BROTH OR TEA

Bones (chicken, fish, shellfish, beef, lamb)

Use any leftover bones to make either a seafood/fish broth or meat/chicken broth
Raw bones, carcass or parts, shellfish shells, whole fish carcasses (with heads) or small dried shrimp. Remove skin from meat on bones as there can be a lot of grease in the broth.
Water (cold water enough to just cover the bones or 2 cups water per 1 pound/bag bones)
Vinegar (2 Tbsp for every 4 cups of water; apple cider, red or white wine, or lemon juice)
Vegetables (optional – any scraps, skins from cooking or raw veggies can be used)

DIRECTIONS: Combine bones, water and vinegar in a pot and bring to a boil. Remove any froth/scum that has risen to the top. Reduce heat and simmer (6–48 hours for chicken, 12–72 hours for beef). Strain with a colander/sieve, discard bones. Drink broth or use to make soup!

NOTE: Save bones and veggie scraps when cooking and store in freezer in a bag for when you want to make broth. You can also make this broth in a crockpot.



APPLES

"An Apple a day may keep the doctor away."

HARVEST & STORAGE

- ❖ Apple season is a wonderfully delicious time of year. Harvesting at the right time is key to preserving the quality and nutrition of the apple.
- ❖ Mature apples are firm, crisp and juicy with nice colour and flavour and ripen August - September.
- ❖ Picking apples too soon can make sour and starchy tasting apples while harvesting them too late can result in a soft and mushy fruit.
- ❖ **Pacific crab apples** are the Indigenous to this area and are harvested in late summer and early fall. They can be eaten fresh, or traditionally are stored under water. Because of their acidity, apples did not require further preservation.
- ❖ Crab apple tree wood is hard and somewhat flexible and can be used to make tool handles, bows, wedges and digging sticks.

PREPARATION

- ❖ Apples can be added to many meals and recipes and are one of the greatest grab-and-go snacks.
- ❖ Apple slices are great for snacking: Cut it up, sprinkle cinnamon on top, spread some peanut butter or rose hip jam, or add some cheese or nuts and seeds.
- ❖ Cook starchy apples into apple sauce by peeling skin, removing the core and boiling in a small amount of water until it cooks down and becomes soft. Store in a sealed jar in the fridge for up to 3 days.
- ❖ To prevent browning, squeeze lemon juice over apple slices.
- ❖ Crab apples make delicious jellies.
- ❖ What is your favourite way to eat an apple?

NUTRITION

- ❖ Apples are a great source of nutrition and fibre. Fibre is important for feeding the microbes in our gut.
- ❖ Eat the skin; almost half of the vitamin C content is just underneath the skin.
- ❖ Apples provide our bodies with B vitamins and energy making them a great snack to have at any time of the day.



EAT APPLES 3 WAYS

MEAL

APPLE SANDWICH

1 apple
1 tbsp peanut butter or nut butter
1 tsp raisins or dried cranberries
1 tsp chocolate chips
1 tsp shredded coconut
1 tsp nuts, chopped
Cinnamon

DIRECTIONS: Wash and core an apple with an apple corer. Then cut the apple into 4 thick slices, to resemble bread slices. Spread peanut butter on one slice, and sprinkle with nuts, dried fruit, coconut, cinnamon and chocolate chips. Make a sandwich by topping with another slice of apple. Enjoy right away, or brush each apple slice with lemon juice to keep from turning brown.

SNACK

MORNING GLORY MUFFINS

½ cup raisins	2 cups carrots, peeled and grated
1 cup brown sugar	1 large green apple, peeled and grated
2 tsp baking soda	½ cup unsweetened coconut
1 Tbsp cinnamon	⅔ cup walnuts, chopped
1 tsp ground ginger	⅓ cup wheat germ
½ tsp salt	3 large eggs
⅔ cup vegetable oil	2 Tbsp vanilla extract
¼ cup orange juice	2 cups whole wheat flour

DIRECTIONS: Pre-heat oven to 375° F. Lightly grease a 12-cup muffin tin or use paper muffin cups. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, ginger, raisins and salt. Then, stir in carrots, apple, coconut, walnuts and wheat germ. In a separate bowl, whisk together eggs, oil, vanilla and orange juice. Add to flour mixture, along with the drained raisins, and stir. Try not to over mix batter. Fill the muffin tins and bake for 25-28 minutes until golden brown.

DRINK

APPLE PEANUT BUTTER SMOOTHIE

1 cup milk or almond milk
1 small apple, chopped
2 Tbsp peanut butter
1 tsp vanilla extract
¼ tsp ground cinnamon
4-6 ice cubes
2 tsp honey (optional)

DIRECTIONS: Combine milk, apple, peanut butter, honey (if using), vanilla, cinnamon and ice cubes in a blender. Puree until smooth. Makes about 3 cups.



NUTS & SEEDS

"Mother nature's snacks"

HARVEST & STORAGE

- ❖ Only a few nuts and seeds are available in this region, including **wild hazelnuts and acorns**.
- ❖ Wild hazelnuts or beaked hazelnuts grow on bushy shrubs approximately 3 metres high. They grow in moist, shaded woods and the nuts ripen from late August through October.
- ❖ White bark pine, yellow pine or lodgepole pine seeds can be gathered in the fall, roasted and stored throughout the winter. The cones will fall to the ground, or can be harvested by shaking the tree branches. Cones are collected, roasted, and cracked open to expose seeds.
- ❖ Many other commercially available nuts and seeds including **almonds, walnuts, peanuts, chickpeas, pumpkin seeds, sunflower seeds and chia seeds**, etc.

PREPARATION

- ❖ Nuts are great grab-n-go snacks. Just crack them open and enjoy!
- ❖ Serve them alongside fruit, mixed into salads, or blended into nut butters and spread on bread.
- ❖ It's important to store all nuts and seeds in a cool, dry place, as heat and warm temperature can cause them to go bad. It is not recommended to consume food that has gone bad.
- ❖ Hazelnuts can be eaten raw and fresh, or boiled and put in soups. They can also be dried and stored for several months.
- ❖ You can also keep nuts and seeds fresh for longer by storing them in the freezer.
- ❖ What is your favourite way to eat nuts?

NUTRITION

- ❖ Nuts and seeds are high in fibre, protein and omega 3 fatty acids. Omega 3 fatty acids are good for brain, blood and overall health.
- ❖ Nuts and seeds can help balance your blood sugars throughout the day, and keep you full longer.
- ❖ The thin membrane around the nut, which can look like thin brown paper, actually contains most of the nutrients. When choosing nuts or seeds, it is best to choose those that still have its skin.
- ❖ While including nuts and seeds in our diet is healthy, avoid the overly salted or honey-glazed versions. They are usually packed with unneeded sugar and salt.



NUTS & SEEDS THREE WAYS

MEAL

NO BAKE LEMON COOKIE FRUIT TARTS

7-12 Medjool dates, pitted (if not sticky and moist, soak in warm water for 10 minutes, then thoroughly drain)

2 cups raw walnuts (or substitute other nut, such as pecan or almond)

12 ounces Greek plain yogurt

½ tsp vanilla extract

¼ cup maple syrup, agave nectar, or honey

1 tsp lemon zest

1½ cups mixed fresh fruit, divided (berries, bananas, strawberries, kiwi, etc.)

DIRECTIONS: Put walnuts in a food processor, and pulse until they are roughly chopped. Then, while the processor is running, drop in dates one at a time through the spout until the mixture rolls together into a dough. This will take anywhere from 7-12 dates, depending on their size. Line a standard pie or tart pan, or several 4¾ inch tart pans, with parchment paper. Then press the crust into the pans using your hands. It doesn't have to be perfect. Set in freezer to chill. To make the filling, mix yogurt, lemon juice, vanilla and sweetener of choice in a blender until creamy and smooth. Adjust flavours to desired level of tartness/sweetness. Remove crust(s) from freezer and top with the lemon filling. Chill to set (at least 2-4 hours) and then top with fruit just before serving. Store leftovers in the fridge for up to a few days.

Recipe adapted from: <https://minimalistbaker.com/no-bake-lemon-cookie-fruit-tarts/>

SNACK

TRAIL MIX

2 cups total of mixed, chopped dried fruit and/or berries (dried cranberries, blueberries, apples, strawberries, apricots)

1 cup (10 - ounce package) dark chocolate chips

1½ cups total of mixed nuts and seeds (unsalted peanuts, whole almonds)

½ cup sunflower seeds

DIRECTIONS: Combine dried fruit and berries, chocolate chips, nuts and seeds in large, re-sealable plastic bag. Store in cool, dry place for up to 2 weeks. Great snacks for on the go, or for packing a quick healthy snack or school lunch. Makes about 6 cups.

Recipe adapted from: <https://www.verybestbaking.com/recipes/145736/dark-chocolate-trail-mix/>

SNACK

POWER COOKIES

1 cup of peanut butter (crunchy adds a great texture and of course you can use other nut butters)

1 egg

1 cup of cranberries, pumpkin seeds or chocolate chips

1 cup of hemp hearts – adds so much nutrition protein and healthy fats (If you don't have hemp hearts you can still make these cookies. Add ½ cup of sugar to the recipe)

IMPORTANT: If you use natural peanut butter you may want to add ¼ cup of brown or white sugar. I prefer them without but it depends on your taste.

DIRECTIONS: Measure and combine ingredients above and mix well in a bowl. Measure out 2 tbsp of dough and roll and press into cookie shape. Bake for 8-10 mins at 350. Cool and enjoy!

Big Leaf Maple. Some of its leaves grow so big Native Americans used them as containers and plates. They also called the Big leaf maple the “paddle tree” because its wood makes excellent canoe paddles.

Douglas Fir. This tree’s cones have 3-forked bracts sticking out from the scales. These look like the tails and hind feet of mice hiding in the cone.

Lichens. Over 1,000 different lichens live in the Pacific Northwest. They are a combination of fungi and algae working together. They can be crusty, leafy, shrubby, or hairy and are often used for making dyes. Lichens can grow on tree branches, tree trunks, rocks and even on the ground.

Evergreen Huckleberry. Many native tribes ate these berries fresh with oil and salmon eggs, or dried them into cakes. Twigs were used to fasten skunk cabbage leaves into a basket. Birds love the berries.

Vine Maple. Native Americans used its long, hard, flexible stems for snowshoe frames, drum hoops and baskets. The leaves turn brilliant red and yellow in the fall. Birds and mammals eat the seeds, buds and flowers.

Ferns. There are many different kinds of ferns in the northwest. The black stems of **Maidenhair ferns** were used to decorate baskets. The **Licorice fern** root, often found growing in the moss on Big- leaf maple trees, tastes like licorice. Native children played a game called *Pele pele* with **Sword fern** fronds.

Western Red Cedar. This was the most important tree for Washington’s Native Americans. Among other things, they used its wood for canoes, totem poles, house planks, containers, dishes, tools and rattles. From its bark came diapers, clothing, baskets and mats.

Oregon Grape. This plant looks a lot like holly with its prickly leaves. Shred its bark or roots and you’ll see why it has been used as a bright yellow dye. Many animals like its very tart, blue, berries.

Red Alder. Red alder trees have gray bark with white-ish patches of lichen on their trunks. This is a good way to identify them. Their bark makes a red or orange dye which Native Americans used to dye their nets in order to make them hard for the fish to see.

Salmonberry. Yum! These are some of the first berries to ripen in the spring. The flower is a bright pink often visited by hummingbirds. Native coastal peoples ate the berries and early spring sprouts. Identify it by its zigzag twigs and “butterfly” leaves.

Salal. Salal has thick, leathery, evergreen leaves that snap and crackle when burned. It has dark, juicy berries that were eaten both fresh and dried into cakes by Native Americans. You can make a tiny cup by folding the leaves into a cone.

How many
can YOU
find?

NATIVE PLANTS





Big Leaf Maple



Douglas Fir



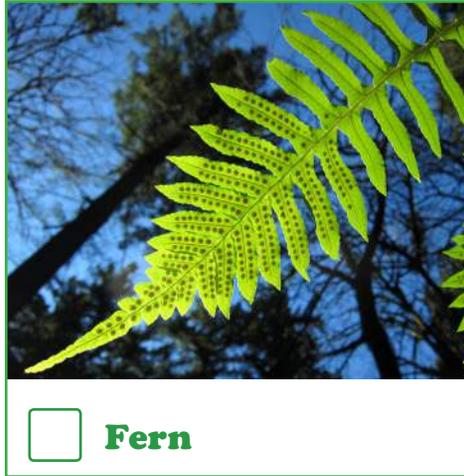
Lichens



Evergreen Huckleberry



Vine Maple



Fern



Western Red Cedar



Oregon Grape



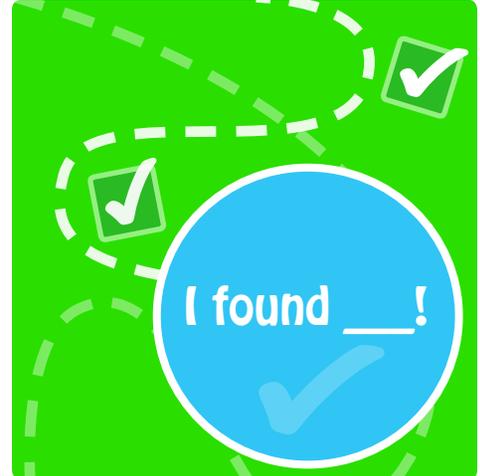
Red Alder



Salmonberry



Salal





VETERANS DAY NOVEMBER 8

trentu.ca/education/resources

ABOUT

(From: www.righttoplay.ca)

This November 8th is National Aboriginal Veterans Day, a day of remembrance and commemoration of the contributions of Indigenous veterans in the First and Second World Wars, as well as the Korean War. This Aboriginal Veterans Day, we would like to express our gratitude for the contributions Indigenous veterans have made to Canada and the world.

National Aboriginal Veterans Day began in Winnipeg in 1994 when Indigenous veterans were not recognized in Remembrance Day activities, and is now celebrated in many communities across Canada. Over 12,000 Indigenous people are estimated to have volunteered in all three wars, including 7,000 First Nations members, and approximately 300 died during these conflicts.

First Nations, Inuit and Metis people were not eligible for conscription because they were not citizens of Canada (they were also unable to vote), but many volunteered despite the challenges they faced, including traveling long distances from remote communities to enlist, learning a new language (English), and coping with racism against them. Indigenous people were not allowed to join the Canadian Air Force until 1942 and the Canadian Navy until 1943. Both men and women enlisted, serving as soldiers, nurses and in other roles. Many served with distinction, winning medals for bravery in action.

After the war, enlisted Indigenous people returned home to continued discrimination, including in some cases denial of benefits, loss of Indian Status, and expropriation of their land by the government for non-Indigenous veterans. It was only in 1995 that Indigenous veterans were allowed to lay wreaths commemorating their fallen comrades at the National War Memorial in Ottawa. The first monument commemorating the role of Indigenous people during these three wars was dedicated in 2001 in Ottawa. It took until 2003 for the Government of Canada to provide veterans' benefits to First Nations soldiers who had been denied them in the past, and Metis veterans have never received them.

Today, Indigenous people continue to serve in Canada's armed forces. Learn more about Indigenous Veterans:

- [Indigenous Veterans – Veterans Affairs Canada](#)
- [The Memory Project: Remembering Indigenous Veterans](#)
- [Aboriginal Veterans Tribute List](#)
- [Indigenous War Heroes – Wasauksing War Hero and Native Veteran's](#)
- [Educational Awareness and Commemoration Project](#)
- [The Canadian Encyclopedia: Indigenous People and the World Wars](#)
- [Aboriginal War Heroes – More Than a Few Good Men \(Bob Joseph\)](#)
- [Remembering & Honouring Indigenous War Heroes: World War 1 & 2](#)

NATIONAL ABORIGINAL VETERANS MONUMENT

(From: <https://www.veterans.gc.ca/eng/remembrance/memorials/national-aboriginal-veterans-memorial>)

On June 21, 2001, on the occasion of National Aboriginal Day, a national monument to the Aboriginal Veterans was unveiled in Ottawa.

The unveiling is the result of the hard work and perseverance of the National Aboriginal Veterans Association (NAVA), the Congress of Aboriginal Peoples and Senator Nick Taylor. The work of artist Lloyd Pinay, the monument is reflective of all Indigenous Peoples in Canada; First Nations, Métis and Inuit.

Indigenous Veterans have reason to be proud of their wartime contributions. More than 7,000 First Nations members served in the First and Second World Wars and the Korean War, and an unknown number of Inuit, Métis and other Indigenous people also participated. One Veterans group estimates that 12,000 Indigenous people served in the three wars. On each

occasion, Aboriginal members of the armed forces overcame cultural challenges and made impressive sacrifices and contributions to help the nation in its efforts to restore world peace. It was an incredible response - consistent with a remarkable tradition.



Inscription found on Memorial

TO ABORIGINAL WAR VETERANS IN CANADA AND TO THOSE THAT HAVE FALLEN

This monument is raised in sacred and everlasting honour of the contributions of all Aboriginal Canadians in war and peacekeeping operations.

Many thousands of Aboriginal people saw action and endured hardship in the First and Second World Wars and the Korean War. They served with honour and distinction in all branches of the service and in every rank and appointment from Private to Brigadier. They fought overseas to defend the sovereignty and liberty of allied nations, in addition to supporting the cause at home. Their dedication continues in peacekeeping operations in faraway lands.

Their heroic acts earned many decorations for bravery as well as the respect and enduring friendship of their comrades in arms. Hundreds from across Canada gave fully of their lives so that all Canadians might know peace and inherit freedom.

We who would follow in their path are humbled by the magnitude of their sacrifice and inspired by the depths of their resolve. We owe them a debt of gratitude we cannot soon hope to repay.

Unveiled by Her Excellency the Right Honourable Adrienne Clarkson, C.C., C.M.M., C.D., Governor General of Canada and Commander-in-Chief of the Canadian Forces, on June 21, 2001, National Aboriginal Day.

This monument was made possible by the National Aboriginal Veterans Association and the generous donations of the Canadian people.

Artist: Noel Lloyd Pinay



From: <https://www.veterans.gc.ca/pdf/cr/pi-sheets/Aboriginal-pi-e.pdf>

The First Nations, Métis and Inuit people of Canada have a long and proud tradition of military service to our country. While exact statistics are difficult to determine, the rate of Indigenous participation in Canada's military efforts over the years has been impressive. These determined volunteers were often forced to overcome many challenges to serve in uniform, from learning a new language and adapting to cultural differences, to having to travel great distances from their remote communities just to enlist.

Legacy

The story of Indigenous service in the First and Second World Wars, the Korean War and later Canadian Armed Forces efforts is a proud one. While exact numbers are elusive, it has been estimated that as many as 12,000 First Nations, Métis and Inuit people served in the great conflicts of the 20th century, with at least 500 of them sadly losing their lives.

This rich heritage has been recognized in many ways. The names given to several Royal Canadian Navy warships over the years, like HMCS Iroquois, Cayuga and Huron, are just one indication of our country's lasting respect for the contributions of Indigenous peoples. This long tradition of military service is also commemorated with the striking National Aboriginal Veterans Monument in Ottawa. This deeply symbolic memorial features a large bronze eagle at its top, with four men and women from different Indigenous groups from across Canada immediately below. A wolf, bear, bison and caribou—powerful animals that represent "spiritual guides" which have long been seen by Indigenous cultures as important to military success—look out from each corner. Remembrance ceremonies are held at this special monument, including on National Aboriginal Veterans Day which is observed each year on November 8.

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 assistance of Fred Gaffen, whose research was drawn upon in the creation of this publication.

For more information, including videos and learning activities:

<https://www.veterans.gc.ca/eng/remembrance/those-who-served/indigenous-veterans>



Thunderbird Poppy



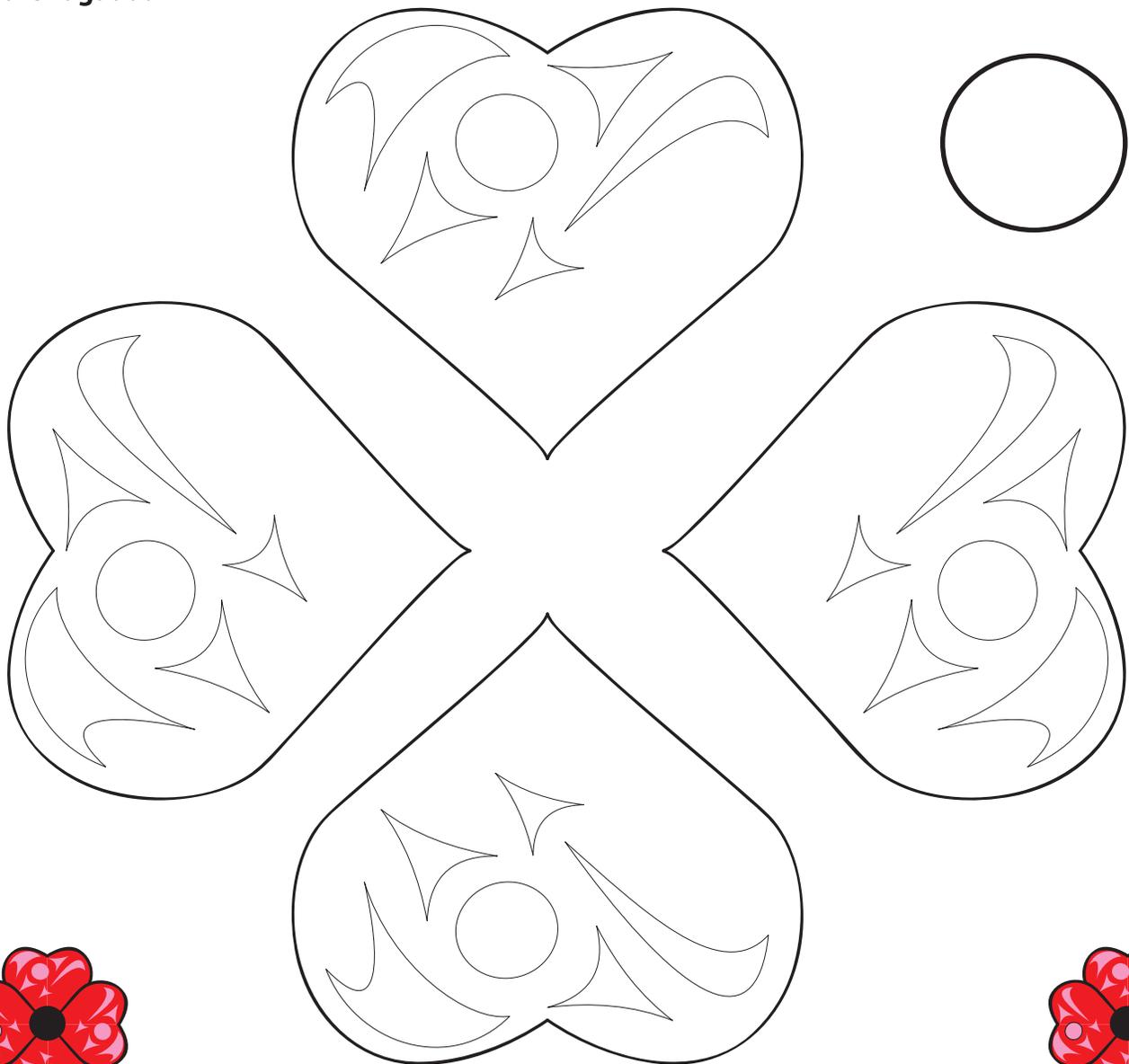
Each November, Poppies blossom on the lapels and collars of over half of Canada's entire population. Since 1921, the Poppy has stood as a symbol of Remembrance, our visual pledge to never forget all those Canadians who have fallen in war and military operations. **Royal Canadian Legion**

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.





#urbaniskwew

Artwork by Hawlii Pichette

go to www.urbaniskwew.com/coloring-pages for more free coloring pages