

THE SKM'XIST (BEAR) ESSENTIALS

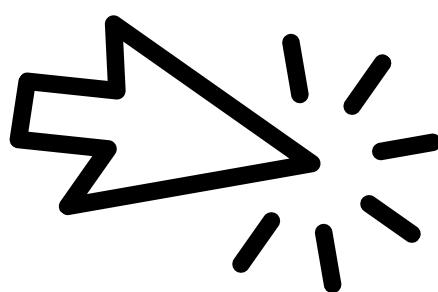
way kʷu limt p cyʔap
Hello and welcome to *The Skm'xist Essentials*, the Indigenous Education Department's newsletter for all things related to Indigenous learning.

For questions or comments email abed@sd22learns.ca

Click [HERE](#) to see what is new in the DRC.
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150 Acts of Reconciliation:

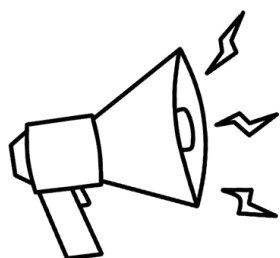
#102, Visit the website of the nearest First Nation(s) or Indigenous communities. Read their short introduction and history. These are just a few.



nsyilxcən and Michif

LEARN 5 WORDS/PHRASES

nsyilxcən Words and Pronunciations



sʔistkm

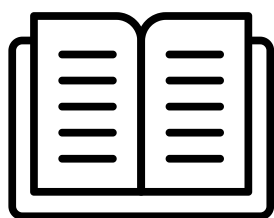
kyit

skixwíws

tíkwt

snʔistktn

Translations



December

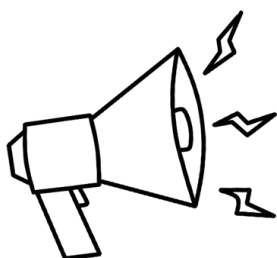
cold / It is cold

Monday

lake

winter camp

Michif Words



disawmbr

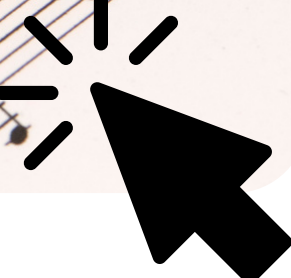
kishinnaaw

Laenje

sâkahikan

hivernements

nsyilxcən Jingle Bells



Events

- Nov. ongoing** - Not the Indian Princess You Expected and How Turtle Set the Animals Free
- Nov. 29th** - Not a Book Club, Vernon Museum & Archives
- Dec 1st** - The Continued Importance of Indigenous Geographies with Dr. Deondre Smiles Online webinar
- Dec. 3rd** - Christmas Craft Sale @ 118 Head of the Lake Road. Starts at 8 am
- Dec. 3rd** - naʔkʷulamən (what we do): Tree Ornaments - Kelowna
- Dec. 6th** - Indigenous Showcase @ The Towne Theater - Guest Michele Johnson doors open at 5:45 pm
- Dec. 8th - 10th** - FNEESC Conference
- Jan 17th** - Braiding Sweetgrass for Young Adults virtual workshop
- Nov - Jan** - Chief Dan George - Kelowna Museum

Register for this professional learning opportunity for science/outdoor educators with Monique Gray Smith talking about the YA version of Braiding Sweetgrass on Jan. 17th, click or scan to register.



CLICK HERE



Jan 17

CLICK.
PRINT.
SHARE.



Seaton classes were busy creating beaded timelines. Contact Carly at chills@sd22.bc.ca to inquire.



Student Success Profiles



Taylor Lalonde

Vernon Secondary School

Grade 9

Taylor is Syilx (Okanagan). On November 5th, 2022 at Kelowna's MMA gym, Taylor competed against another student who had more experience in MMA fighting than she did, but she won against him. She received the Silver medal in her competition. With the skills she's developed she feels that she is better equipped to protect herself, her mom, and her friends, as she is now stronger than what people think. She is proud to be representing her community when she goes to the competitions. Congratulations, Taylor!



Kamryn

Cunningham

Beairsto Elementary School

Grade 7

Born to be a hockey player

By Olivia Hendry, grade 7

Kamryn is Metis on her father's side. Her paternal grandfather was full Metis, but unfortunately she doesn't know much about him as he left when her father was very young and has never been a part of her life.

Will you ever be a hockey player? Some people are meant to play hockey and some aren't. Kamryn Cunningham is a member of the u15 female Lakers Hockey team. Even though she is the youngest on her team, she is fantastic.

Ever since she was little, Cunningham watched her dad play hockey. When she was 8, on November 11, her parents told her and her sister that they were getting a divorce. At first it was hard for her, but hockey helped a lot.

"Hockey is the best sport," said Cunningham in her own words. Why? "Because the team energy is a good environment, and it's a good sport and experience." Her jersey number is 14 which is also her favorite number, cool coincidence.

After everything Kamryn went through, even when it was hard, she pushed through and now is a great hockey player. She is also proud to be on the u15 team at such a young age.

In conclusion, always work hard, follow your dreams, and no matter what happens live a happy life and a full one!

Congratulations to Kamryn, and to Olivia for interviewing Kamryn and writing about it. Kudos!

Reserve Land

1876 BC and Canada establish the Joint Indian Reserve Commission to examine and allot Indian reserves in BC.

1877-1887 Reserves for the Syilx Okanagan Nation member Bands were allotted by the Joint Indian Reserve Commission.

1906 A delegation of Squamish, Quw'utsun, Secwepemc, Okanagan, Nlaka'pamux and St'at'imc Chiefs travel to London and present King Edward VII with a petition protesting the lack of treaties and adequate reserves in BC.

1943-1990 Department of National Defence (DND) conducted military training activity that included live-firing of explosive ordnance the Goose Lake Range and the Glenenna Range.

Indigenous people:

Represent 4.9% of Canada's population (1.67 million)

Hold 6.3% (626 000 km²) of the total landmass of Canada.

Most of it lies north of the 60th parallel, whilst in the southern provinces, which are home to approximately 95% of all Indigenous Peoples within Canada, only 37 000 km² are held by Indigenous groups, that is 0.5% of Canada's land mass (Göcke, 2013[9]).

Okanagan Indian Band

Reserve Areas: Duck Lake 7, Harris 3, Okanagan 1, Otter Lake 2, Priest's Valley 6, Swan Lake 4

Total Land Area: 10636.8 hectares

Royal Commission on Aboriginal Peoples (RCAP, 1996[6]) concluded that a reliable land base is a pre-condition for autonomous self-governance.

WHAT YOU NEED TO KNOW

The Men's Fancy Dance

PURPOSE
The fancy dance is about competition and is loosely based on war games which were banned.

HISTORY OF THE FANCY DANCE
Fancy Dance has been around for over 200 years. The dance is the result of two tribe realities. The dance has changed over time, and considering there are no war games anymore, the competition dancing came to be.

WHY IS IT IMPORTANT?
Each dancer has their own reasons for dancing, but for almost a century, the Indian Act outlawed the potlatch and other cultural ceremonies including all dances. Today, we dance for the ones who can't and because our ancestors couldn't.

HOW TO FANCY DANCE
The fancy dancers are known as the race horses of powwow. "The fancy dance is based on the standard double step of the traditional grass dances, but it takes off from there with fancy footwork, increased speed, acrobatic steps and motions, and varied body movements. Because this is a faster, more physical dance than the men's traditional dance, dancers must be in good physical condition. For this reason, this category is more popular with younger men and boys than more elderly men." Read more here.

BEFORE YOU GO

- be respectful
- Do not be under the influence of drugs or alcohol
- be of a good heart
- Do not join a fancy dance if you are not a registered as fancy dancer at the powwow.
- Ask questions if there is something you are unsure about.

Watch the different moves without the regalia of how to fancy dance. Lessons of the different movements start at 15:17