



AHCAHK SPIRIT BEAR MUSKWA

KAPAWE'NO FIRST NATION LIFE LONG LEARNING

MARCH 15, 2023 ISSUE

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Kapaweno First Nation School

Phone: 780.751.0008 | E-mail: admin@kfnschool.ca



Uniting our Nation Winter Celebration 2023 a lot of fun and huge success

MORE PHOTOS ON PAGE 9

Kapawe'no First Nation - Like all successful events the last steps come down to prizes, honours and many thanks for such excitement. At Kapawe'no Nêhiyawak Kiskinamâtowikamik (school) we

continue to grow together with the Nation. Uniting our Nation Winter Celebrations did that. We had fun, laughs and allowed fun to happen.

more on page 17

Day Two of Uniting Our Nation Celebrations



Kapawe'no First Nation - The scene and weather was absolutely amazing for the second day of our Peyak Annual Uniting Our Nation Celebrations 2023. The traditional outdoor events were located at Firepit behind school. Participants were blessed with an opening prayer, drum song and the flaming arrows. We had a great time and many prizes were handed out after at the hall. Hats off to the participants and organizers.

More Photos on page 9-12

Nêhiyawêwin



When asked to Nêhiyawak'ize the process we didn't know anything different then to introduce a plan of success. We started with words of the week by our wonderful Nêhiyawêwin keeper Ms Linda Gladue and former principal Mr Julien Morizio who is now a professor at McGill University.

more on page 3

Ruby's GAS BAR
On the Sucker Creek First Nation

Family friendly service

Full service: Gas, Diesel,
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(780) 523-5134

OPEN DAILY TILL 11PM

Lighting of Sacred Fire and Opening Prayer jumpstarts the First Annual Kapawe'no First Nation "Uniting our Nation" Celebration!

Kapawe'no First Nation - Students, staff, parents and the greater Kapawe'no First Nation community gathered at Kapawe'no Nēhiyawak Kiskinhamâtowikamik (School) to participate in the opening ceremonies of the First Annual "Uniting our Nation" Celebration, held on Friday 10 March, 2023.

Boh Kubrakovich-Kiniw, Superintendent welcomed everyone during the lighting of the Sacred Fire and presented the protocol of tobacco to Knowledge Keeper and Elder's Knowledge Council member Diane Halcrow for the opening prayer to start the event off in true Nēhiyawak fashion (where Pipe and Protocol come before everything). Farley Cardinal, of Sucker Creek First Nation honored us with a Drum Song/Honor Song as participants encircled the light and warmth of the Sacred Fire.

Chief and Council was on hand to offer welcoming statements and warm wishes for a fabulous two days. Hereditary Councilor Debbie Chalifoux and Hereditary Councilor



Pamela Halcrow brought greetings from Chief and Council and provided thanks to those who made the event the wonderful event that it was going to be. There welcome and greeting was appreciated by all in attendance and provided a wonderful start to an amazing two days of fun and celebration. Administrators Bryan Richardson and Cory Cardinal Sr. thanked the organizers for their hard work in organizing

and planning such an inspiring event for the Nation and the surrounding communities' students, staff and caregivers!

Special thanks to Brian Thomas and Tala Williams and other staff who worked on the committee to create this amazing legacy for Kapawe'no First Nation and the Grouard Community.



LEARN

Hand drum and grandfather drum
Drum making and painting of drums
Hand rattles with our Female students

**EVERY WEDNESDAY
AND FRIDAYS
DURING LUNCH HOUR**

Please stay connected with
Mr. Cory Cardinal Jr
for practice times, lessons
and any other questions.

NĒhiyawêwin of this edition from page 1

An agenda and the opening drum song by Mr Cory Cardinal Jr and the drummers were added along with the handouts to take home and full studio production now has been launched. Students teaching students was also launched successfully.

The documentary and dictionary of Kapawe'no NĒhiyawak Nation is now in full stride. Today we continue with strides of greatness to have our students, teachers and homes speaking NĒhiyawêwin. We all Believe in this great success.

**Kapawe'no Nehiyawak
Kiskinahamâtowikamik
Niski Pisim (Goose Moon)**

Newsap isko Tepakohposap - March 14-17, 2023

- Tansi - hello
- Tansi kiya - how are you
- Namoya nantow (manandow) - I am fine
- Ekwa Kiya - And you
- Namoyah nantow nista (manandow nista) - I am fine too
- Tansi Kitsikason - What is your name
- [Your Name] Nitsikason - [Name] is my name
- Tanti ochi Kiya - Where are you from
- Niya ochi [place] - I am from (place)



- Nikâhkî itohtân cî wayawew kamik? - Can I go to the bathroom?
- Nikâhkî n'taw'minikwân cî nipîy? - Can I go and drink some water?

Waskahikanihk

- Waskahikan - house
- Nikihk - my home
- Micisonatihk - table
- Tetapowin - chair
- Yoskitetapowin - armchair
- Kihciyoskitetapowin - couch
- Akopicikan - curtain
- Nipiwin - bed
- Akohp - blanket
- Askwisimonin - pillow
- Waskotinkan - lamp
- Ekosi maka - until next time
- Miyo kisikansihk kakiyaw - have a nice day everyone

Four Sacred Numbers

Four Stages of Life

Awasis/Oskisiniw - child/youth
 Oskiniqskwiw/Oskiniko - girl/boy
 Iskwiw/Napiw - adult woman/man
 Kihtiyah - elder

Four Seasons

Sikwan - Spring
 Nipin - Summer
 Takwakin - Fall
 Pipon - Winter



Four Elements of the Universe

Askiy - earth
 Niyawac - air
 Nipiy - water
 Iskotiwi - fire

Four things above the earth

Kisikaw pisim - sun
 Tipiskaw pisim - moon
 Kisik - sky
 Acakosak - stars

School awards handed out to our students

Kapawe'no First Nation - On March 3 at the Kapawe'no hall, classroom awards were re-started again. Starting from Kindergarten aged 4 to Grade 12, monthly awards were handed out and there were many students who were happy to receive their awards. For any parents and guardians, We will be doing this monthly.

For the April awards which will fall on to our spring break, we will do the March awards on 14 at the school gym.





Staff and student sharing circles are conducted during the mornings during the week.

SHARING CIRCLES

Our Kihiw feather is used for guidance balance, truth and solutions through our

Nēhiyawak way of life

For details please discuss with our Nēhiyawak Keepers
Call KFN School at 780.751.0008 or email admin@kfnschool.ca

Rotating station events keep students and staff very busy and active

Kapawe'no First Nation - Amazing events throughout the afternoon kept the students at Kapawe'no Nehiyawahk Kiskinhamâtowikamik (School) very busy and active on this cool winter day. The weather stayed fairly cool at times however the sun and fire kept our students and staff warm.

The students manage to rotate within the stations and had a great time.

Grades K-4 to 4; Hockey, Shooting gallery, Tobogganing and bannock on a stick till
Grades 5 to 12 - rotating stations included; Sled race, Hatchet throw, Bow saw, Snowshoeing, Teaboil and Bannockmaking.

The Grade 2/3 class jump in and had some time to have a snowshoe race.

Our students and staff participated in the poster creations getting them ready for the day.

Groups/Grades

K4 – Apiscimosos

Grade 1 – Amisk

Grade 2-4 - Sakaw mostos

Grade 5-7 – Moswa

Grade 8-9 – Mahikan

Grade 10-12 - Kihew

"This was an amazing day and lots of fun" said Benny McLeod, Grade 4. "I managed to participate in all the events", Dominic Halcrow, Grade 6.



Uniting our Nation event Celebrates Accomplishments and Hard Work of Staff and Students

Kapawe'no First Nation - Honoring and giving thanks for a successful day finished our Winter Celebration off in style through recognition of the many accomplishments of the two day event. All successful events have numerous people behind the scenes who work tirelessly to prepare activities and protocols for the event to be a success. There was much excitement and joy as the KFN School Authority recognized some of their students and staff at the end of each day.

At Kapawe'no Nēhiyawak Kiskinamātowikamik (school) we continue to grow together through the "Uniting our Nation" Winter Celebrations. We had fun, laughs and the energy at the event was incredible. We allowed our students, staff and parents/caregivers to enjoy the outdoors

more on page 7



*Learn the
Nēhiyawak
Way of*

**AFTER SCHOOL
EVERY TUESDAY**

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**RIBBON
SKIRT
MAKING**

Uniting our Nation event Celebrates Accomplishments... from page 6

through the undertaking of traditional games and events. Participants enjoyed everything from snowshoeing, to hatchet throwing and archery; to Bannock baking over an open fire and more.

Our indoor gym event was handing out great prizes to our students and honouring two of our team members in life long learning with the highest honour in Nēhiyawak way of life. Our strong Iskew of the Nation, Knowledge Keeper Diane Halcrow, Hereditary Councillor Deb Chalifoux and Hereditary Councillor Pamela Halcrow presented Bryan and Leana Richardson with a star blanket each to honour their commitment and dedication to the Nation's vision and mission of life long learning. Thank you to the Richardsons for your work and commitment with Nation Members of Kapawe'no First Nation and the



Grouard Community.

To end the Winter Celebration a tug of war was undertaken with the students taking on the staff. It was a well balanced event and



the staff barely got the upper hand this year. However the students did an amazing job competing, enjoying and having fun and are already making plans on how to beat the staff next year. Nanaskomin to all!

Flaming arrow shoot part of amazing celebration

Kapawe'no First Nation - Following the Prayer and Drum Song around the Sacred Fire, members of Chief and Council, Kapawe'no First Nation School, and the First Nation Distance Learning Centre and College commemorated the first "Uniting the Nation" Winter Celebration through the shooting off of three flaming arrows. The three arrows are representative of Obedience, Respect, and Humility recognized by First Nations across Turtle Island (Canada) as the three most important Sacred Teachings.



Using traditional long bows, the flaming arrows were sent into the air by Hereditary Councillor Pamela Halcrow, Kapawe'no First Nation staff member George Halcrow,

and Superintendent of the First Nation Distance Learning Centre and College and the KFN School Authority, Boh

Kubrakovich-Kiniw. Thanks to all staff who helped out with the Flaming Arrow Event, it was a great success.



KAPAWE'NO NEHIYAWAK COLLEGE

COURSES OFFERED

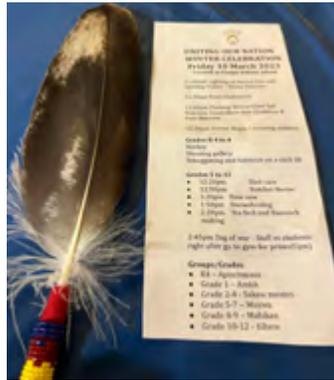
- TEACHER ASSISTANT COURSE - LEVEL 1 AND LEVEL 2 TRAINING
- TWO YEAR BUSINESS ADMINISTRATION DIPLOMA
- TWO YEAR BUSINESS DEVELOPMENT DIPLOMA
- OFFICE ADMINISTRATION COURSE - LEVEL 1 AND LEVEL 2 TRAINING
- LIBRARY TECHNICIAN COURSE - LEVEL 1 AND LEVEL 2 TRAINING

APPLY NOW!

email: admin@kfnschool.ca | phone: (780) 751-0008

Uniting Our Nation Winter Celebration 2023









Students get inspired with Jiu-Jitsu and meeting Sensi Steven Bowers

On Thursday March 9th our head boxing coordinator and coach Samuel Kachuk took our Boxing academy Students to go meet Sensi Steven Bowers and have their first official session of many to come at High Prairie Brazilian Jiu-Jitsu and big thank you from Kids at Kapawe'no Nêhiyawak School and Staff. Here's some pictures of our latest adventure.

The kids learned many skills including how to get someone bigger off of you and put yourself in the dominant full mount position, how to counter a headlock and end up in side control and above all they learned discipline.

During a friendly competition of "King of the Mat" First place went to Leslie Grey and our second place runner up was Brighton Shur-Auger Congratulations to the winners and kids also took home some High Prairie Brazilian Jiu-Jitsu T-Shirts as rewards for their hard work.



Structured activities brings fun and excitement to students during Physical education sessions

Kapawe'no First Nation - At Kapawe'no Nehiyawak Kiskinahamâtowikamik students have the opportunity to be involved in the Sports Academy in the afternoons. The morning sessions regular classes in physical education also enhances each student.

We are very fortunate that former Olympian Mr Brian Thomas has joined us. Students are involved in structured activities along with having loads of fun and excitement during this sessions. Excellent keep up the great work.



Sports Academy hands out certificates for February



Kapawe'no First Nation - Every month the Kapawe'no Nehiyawak Kiskinhamatowikamik hand out three prestigious certificates of greatness and excellence at each level. Our students within Sports Academy work hard to achieve greatness and take excellence to a whole new level.

Today, the Muskwak with all our athletics within our Sports Academy are dedicated at both academics and athletics. We strive with athletics being the second half of education taking serious steps in making sure all participants have fun. We feel that the commitment level is increasing at the Sports Academy at our school. The greatness and excellence continue as Muskwak forever is chanted at all our sports. We incorporate our drum to start the day, our events and use Nehiyawewin throughout.

These great steps of achievement happen because of our athletes, their parents and

our wonderful teachers and coaches. Let us thank our great teachers at all grades supporting such an inspiring Sports Academy.

We thank our coaches Mr Cory Cardinal Jr and Dustin Chalifoux with our Hockey Academy, Mr Sam Kachuk, our Boxing Academy lead and coach, our Phys Ed teacher Mr Brian Thomas for off-ice, lacrosse, archery and boxing, our school Principals Mr Cory Cardinal Sr and Mr. Jordan Theisen, along with our supports Ms Terry-Lynn Halcrow and Mr George Halcrow. The ones that continue to believe in what we are doing Chief Syd Halcrow and Councillors Debbie Chalifoux and Pam Halcrow along with our Education Director Bryan Richardson and business manager Leanne Richardson. We can never forget our teachers and parents / guardians amazing support they give. All amazing and anyone else we may have forgotten, the unsung heroes. Keep up the greatness

and excellence at our Sports Academy. Muskwak forever!

Our prestigious certificates for the month of February are:

Most Dedicated - An athlete who spend their weekends on the land and facilities practicing for excellence. They come to practice early and the last ones to leave. And most importantly, their team always comes first. Muskwak forever!

Most Sportsmanlike - An athlete who leads the way and is always cheering their teammates on and bringing up morale, even in the most challenging and toughest situations. Muskwak forever!

Most Improved - An athlete who begins and ends by improving daily. They reach their highs limited that they can achieve. They are very coachable and build on the talks from the coaches. They continue to take flight and achieve greatness from their first moment to their last. Muskwak forever!

Kapawe'no Nehiyawak Kiskinahamâtowikamik

Miskwami mitawiwin

- Miskwami mitawiwin - hockey
- Soniskwatahikewikamihk - hockey arena
- Soniskwatahikew - he / she plays hockey
- Soniskwatahiki - skating
- Soniskwatahikanahtihk - hockey stick
- Napakiwanis - hockey puck
- E-isi-wepahamawat - assist
- Napakitah - boards
- Pakamiskatowak - bodycheck
- Peyakwapoyow - breakaway
- Tawayihk - centre
- Otahk ka-kanaweycikitwaw - defencemen
- Nakiskatowak - Faceoff
- Kakwe-maskacihew - forechecking



- Onikanapoyow - forward
- Kanawēwiskwahcawēs - goalie
- Nistwaw pihtokwewepahwew - hat trick
- Kitāskwēw - he shoots
- Pihtikwahēw - he scores
- Ē-ispahkēwāskwahikēt - high sticking
- Pakamiskātiwin - Hitting/checking
- Isiwēpahamātiwin - passing
- Ē-nakāskwahiwāt - hooking
- Misakame-wepahwew akami-tipahikan - icing
- Tawi-tipahikanihk - neutral zone
- E-osami-nikanapoyot - offside
- Kipahwaw - penalty
- Kipahocowikamikos - penalty box
- Ohci e-peyakwapoyot - penalty shot
- Ocipitewak - pulling the goalie

MISKWAMI MITAWIWIN HOCKEY DEVELOPMENT



PEAVINE ARENA
EVERY WEDNESDAY @ 5:30PM

OPEN TO MINOR HOCKEY MEMBERS OF KAPAWE'NO

Must have all equipment, if you need equipment let Coach Boh know at the KFN School.
See you on the ice for some fun and exciting skill development.

Uniting our Nation Winter Celebration 2023... *from page 1*

We allowed our students, staff and the students parents see what fun is all about. Our indoor gym event was handing out great prizes to our students and honouring two of our team members in life long learning with the highest honour in Nêhiyawak way of life.

Our strong Iskewew of the Nation, Knowledge Keeper Diane Halcrow, Councillors Deb Chalifoux and Pam Halcrow presented Brian and Leane Richardson with a star blanket each to honour their commitment and dedication to the Nation's vision and mission of life long learning. Beautiful work to the Richardson's.

And at the end the tug of war was well balanced; the staff got the edge however the students did an amazing job competing, enjoying and having fun. Nanaskomin to all!

Hosted by Kapawe'no First Nation

SAVE THE DATE

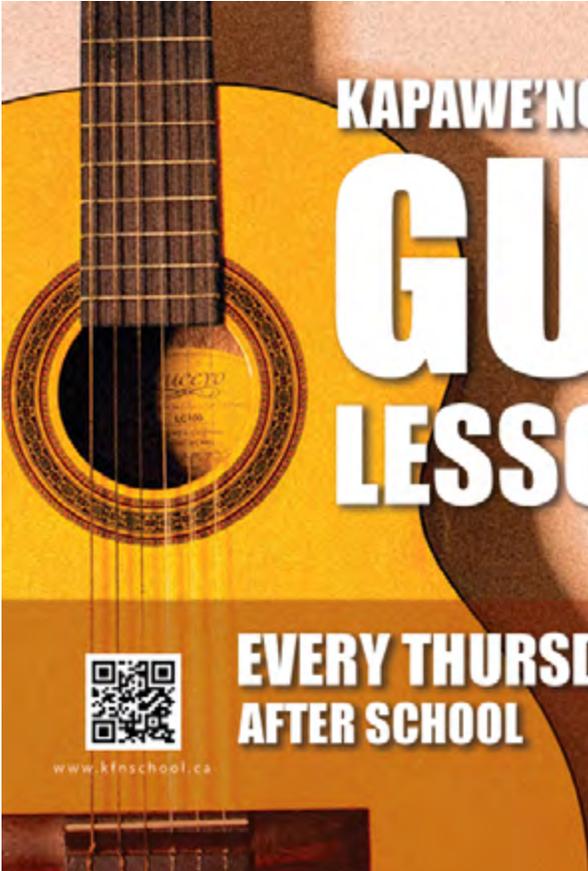
Grouard Indian Residential School Gathering
Final GPR Report

June 2-4, 2023

More Information to Come

Hidden ...Found ...Never Forgotten





KAPAWE'NO NÊHIYAWAK SCHOOL

GUITAR LESSONS

**INSTRUCTOR
MIKE HALCROW**

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AFTER SCHOOL**



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Today the advancement in the hockey academy has been evident

High Praire, Treaty 8 territory - The Hockey Academy at our Kapawe'no Nehiyawak Kiskinahamâtowikamik continues by using the rinks at High Praire and Peavine. Students while traveling on the bus to the rink take a lesson in Nêhiyawêwin and on the way back are asked to pull out their homework assigned by their grade teachers. Academics and athletics are partners in life long learning.

Today the advancement in the hockey academy has been evident. The strides taken by all players in U9, U11 and U13 has truly been great.

We feel our first full year has taught us many things from both the players and coaches perspective. The intergration of high octane workouts off ice has help with the development on ice. And we thank Mr Brian Thomas, Physed teacher and former Olympian.



Our coaches Boh Kubrakovich-Kiniw and Cory Cardinal Jr continue to work on hockey development to achieve greatness on the ice.



SCAN THE QR CODE
TO OPEN THE VIDEO

JOIN THE DRAMA CLUB



Please email aaron.courtorielle@kfnschool.ca
KFN School 780.751.0008 or email admin@kfnschool.ca

Open to High School Students
Please sign up with Ms Aaron Courtorielle
Selection of official school year play

Defeat sometimes is a win we don't notice

Friday March 10th, 2023 The Kapawe'no Senior High Boy's basketball team travelled to Mamawinitownin Miyowayawin Ever-Active School to take part in the premier "Battle of The Bands 2023 Basketball edition. Although Battle of the Bands has existed for years for First Nation Volleyball teams across Alberta this was the first time a Basketball Version of the event was undertaken.

Coaches Cory Cardinal Jr, Dusty Chalifoux and Brian Thomas rallied in a very short period of time to get the boys ready for the tough competition they would face. Friday's first game proved challenging for the boys as they had to play a game immediately after arriving to the venue after a 4 hour drive from Kapawe'no First Nation. The boys lost a hotly contested game but were not deterred by the defeat and returned to their hotel to eat and mentally prepare for Saturday's colossal intense games. Coaches met Friday night and developed a solid strategy to make sure the team was able to withstand playing 3 games in one day.

It was all hands on deck as the first game started at 10am followed by games at 3pm and a final game at 6pm. The boys went hard in game two and came away with an amazing result. Leading the way was Layne Halcrow and Layne Auger who led all scorers with a 30 plus output. They were both dynamic and dazzling on the court." Like poetry in Motion", according to Coach Thomas. Following that come back game the boys played with heart and courage which contributed to their going from the preliminary's to the championship game on Sunday. At this point the boys were sore and tired and had to travel to different gyms and prepare as a unit to get the win. Coach Dusty Chalifoux led the team through the post warm-up drills and Coach Thomas lead the team through the disciplined stretching while Coach Cardinal readied the boys to execute the game plan and play their best

Though the boys played solidly they were not able to get to get the win, but they all went



away realizing that the experience learned in this inaugural Basketball event would remain with them and help them prevail when they return next year. These young men that gave everything should be recognised and their efforts applauded as they represented their school, the Nation, and the Grouard and Sucker Creek Communities with pride. Their behavior and kind hearted greeting to other players, officials and the countless volunteers that made this tournament a success was a win for Kapawe'no First Nation School Senior Boys Team and demonstrates what is being done in our Sports Programming to take our school to the next level in academics and athletics. Congratulations boys for a job well done!



Kapawe'no Muskwak Senior Boys Basketball Roster

- Layne Auger
- Tony Auger
- Layne Halcrow
- Cade Cardinal
- Gage McLeod
- Ethan Lalonde
- Dimitri Prince-Sawka
- Wyatt Lalonde
- Eden Auger
- Aaron Mindel
- Jonas Calliou
- Leslie Grey
- Tyler Mindel

Coaches

- HC - Cory Cardinal Jr
- AC - Brian Thomas
- AC - Dusty Chalifoux



OUR SPORTS ACADEMY



www.kfnschool.ca



MISKWAMI MITAWIWIN HOCKEY

TUE, THU (HPA), FRI (PA) (12:15PM)



METAWEWIN LACROSSE

WED GRADES 2-6 (1:15PM)



PAKAMATOH- KEWIN BOXING

TUE & THU (AFTERNOON), WED & FRI (NOON)



PIMOTATOWIN ARCHERY

WED & FRI GRADES 6-12, (2:00PM)



ASAMAK SNOWSHOE CLUB

WED & FRI (12:15PM)



BASEBALL PITCHING

EVERY WEDNESDAY - INDOORS GYM



GOLF PRACTICE

EVERY FRIDAY - INDOORS PEAVINE ARENA

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