



AHCAHK SPIRIT BEAR MUSKWA

KAPAWE'NO FIRST NATION LIFE LONG LEARNING

APRIL 1, 2023 ISSUE

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Kapaweno First Nation School

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



Nêhiyawêwin is the way of our future through life long learning

Kapawe'no First Nation - At Kapawe'no Nehiyawahk Kiskinamâtowikamik (School) we have bought into our Nehiyawewin and we have our keepers, teachers, students and their parents

to say Nanaskomin to. Every week the itinerary is laid out by our Nêhiyawêwin keepers built on the abilities of our students and teachers.

more on page 2

Comedian Don Burnstick helps us as a nation with laughter



(Don, 4th from left)

Comedian Don Burnstick came in and helped Kapaweno Nêhiyawak School laugh by benefiting the schools Archery Program. During his performance Mr Burnstick was very generous with his material. The turnout was good and the atmosphere was jovial.

more on page 16

Nêhiyawêwin



Kapawe'no First Nation - Our Kapawe'no Nehiyawahk Kiskinamâtowikamik continues to lead with Nêhiyawêwin starting our mornings off in a good way with our students and teachers. This week we launched our students teaching students strategy. Hats off to our Grade 6 & 7 for leading the way with this great strategy along with our Nêhiyawêwin language keepers.

more on page 3



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Nēhiyawêwin is the way of our future through life long learning from page 1

Our weekly handouts go home at the end of the week for the following week so parents can help their children or vice versa which is absolutely incredible.

"When you have parents stopping us at the door and saying Nanaskomin/thank you for the tools at home to teach or be taught, it is absolutely beautiful", said Boh Kubrakovich-Kiniw who hosts the Nēhiyawêwin daily session and immersion with Ms Linda Gladue, M's Angela Courtoreille and Mrs Priscilla Sutherland our Nēhiyawêwin keepers.

Last week the next step happened. Grade 6 student Dominic Halcrow and Gabriel McLeod emerged and helped with the co-hosting of the sessions. "The two boys are really good and clear, we are extremely happy with them helping us. They are taught well to sound out and read Nēhiyawêwin and able to say the words and phases", said Ms Linda Gladu.



Students guiding students is what we are about and this is our next phase. Students in Grade 6 & 7 have met and come together to help with the foundation of our Nēhiyawêwin. Each student is assigned a class in the morning to help with the itinerary. Students have also started reading with students and will be reading Nēhiyawak books along with vowels and consonants in Nēhiyawêwin.



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

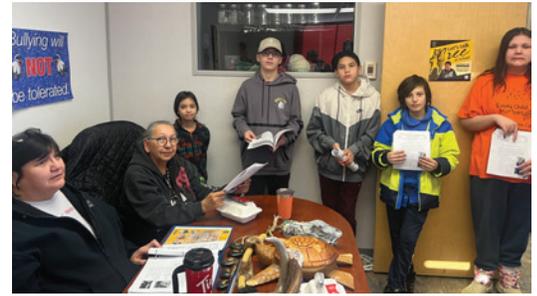
Kapawe'no Nehiyawak Kiskinahamâtowikamik
Ayiki Pisim (Frog Moon) | Nisto isko tepakohp | April 3-7, 2023

- Tansi - hello
- Namoya nantow (manan tow) - I am fine
- Ekwa Kiya - And you
- Namoyah nantow nista - I am fine too
- Tansi Kitsikason (Kit sik ason)- What is your name
- [Your Name] Nitsikason (Nit sik ason) - [Name] is my name
- Tanti ochi Kiya - Where are you from
- [Place] niya ochi - I am from (place) eg. Kapawe'no ochi niya
- Ninohtetotan wawewkamik (Nin ohte to tan waya wew kamik) - I need to go to outhouse
- Ninohte minikweyan (nin ohte minihkwan) - I need a drink

Nehiyawewin words of the week

- Micowin - Food

- Wawa (wa wah) - eggs
- Kokosowin (koh koo sewin) - bacon
- Wiyas (we yas) - meat
- Lapatasc/Askipwawa (aski pw awa) - potato
- Oskatask (ooh ska tahsk) - carrot
- Wicikaskosi (wee chee kas ko sih) - onion
- Otsikan (ooht si kan) - turnip
- Picikwas (pi sik was) - apple
- Wakas (wah kas) - banana
- Micimapoy (mee chee wah poy) - soup
- Pahkwisikan (pah kwee si khan) - bread
- Kitchi okiniy (kitchi oh kin ee) - tomato
- Pihkatiwapoy (pi ka tee o coffee wa poy)
- Ponaya mihiw kisikaw - monday
- Ayiki Pisim (Frog Moon) - April
- Nisto isko tepakohp - 3rd
- Mistanaw kakimit sekwan machipayow - 20th spring has begun



- Kona maci tihkso - snow is starting to melt
- Maci kispowiw - starting to get warm
- Ki nikan pitanawak pisimohkanak nisosap kakimit awa pisim - we set our clocks one hour ahead on the 12th of this month
- Kisikaw nakwan kinwiys - daylight is longer
- Miyo kisikaw ekwa pisim nokosow - nice day with sunshine

Kapawe'no Nehiyawak Kiskinahamâtowikamik

Niski Pisim (Goose Moon)
Nistanaw ayinanewosap isko Nistomitanaw peyakosap
March 28-31, 2023

- Tansi - hello
- Namoya nantow (manan tow) - I am fine
- Ekwa Kiya - And you
- Namoyah nantow nista - I am fine too
- Tansi Kitsikason (Kit sik ason)- What is your name
- [Your Name] Nitsikason (Nit sik ason) - [Name] is my name
- Tanti ochi Kiya - Where are you from
- [Place] niya ochi - I am from (place) eg. Kapawe'no ochi niya
- Ninohtitohan wawewkamik (Nin ohti tohan waya wew kamik) - I need to go to outhouse
- Ninohte minikweyan (nin ohte minihkwan) - I need a drink

Nehiyawewin words of the week

- Sekwan - Spring
- Yotin (yo tin) - wind
- Waseskwan (Wa sees kwan) - sunny / clear sky
- Pihisowak (pi hi sowak) - thunder
- Nipiy (Nee pi) - leaf
- Nipiya (Nee piya) - leaves
- Atisakipakaw (Ati saki pakaw) - leaves begin to bud
- Pihpihciw (Pih pih ciw) - robins
- Kihew (Ki hew) - eagles
- Muskwa (Mus kwa) - bear
- Muskwak (Mus kwak) - bears



- Tihkitew (Tihk i tew) - melting
- Macitihkitew (Maci tihk it tew) - starting to melt
- Acimosihkanisak (Achi mos sihkan isak) - pussy willows
- Askih takwaw (Askih takwaw) - it is green
- Kepataskihtakonakwan (Kepa ta askihtak ona kwan) - soon it will look green
- Kisopwew (kiso pwew) - warm days
- Ekosi maka (e ko maka) - okay until next time

Starting discussion each day

- Ponaya mihiw kisikaw - Monday
- Niski pisim mikwac - march
- Nistanaw tepakohposap akimaw - 27th
- Phases of the week;
- Mistanaw kakimit sekwan machipayow - 20th spring has begun
- Kona maci tihkso - snow is starting to melt
- Maci kispowiw - starting to get warm
- Ki nikan pitanawak pisimohkanak nisosap kakimit awa pisim - we set our clocks one hour ahead on the 12th of this month
- Kisikaw nakwan kinwiys - daylight is longer
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Introduction of a new leadership class supports strategic thinking with academics and athletics

Kapawe'no First Nation - An exciting and innovative leadership series will begin At Kapawe'no Nehiyawahk Kiskinhamâtowikamik (School) on Tuesday March 28th 2023 with Mr. Brian D Thomas and driven by the Sports Academy.

Past experiences, videos, guest speakers and good old story telling will kick off this new series. Areas of presentation will be the seven Nĕhiyawak teachings / laws, strategic thinking, delegating, communication, integrity and empathy. We will also look at the seven traits of a successful leader which includes communication, knowing your people, knowing yourself, diplomacy, and seeking feedback and other interesting topics.

We will also delve into traits of a good leader such as self-awareness, garnering credibility, focus on relationship building and exhibiting humility.

The plan of action includes empowering the teams, staying authentic and presenting yourself consistently.

Students please attend and empower yourself.



Mr. Brian D Thomas
Physical Education / Wellness Teacher



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.

What Muskwa represents to the students at Kapawe'no Nehiyawahk Kiskinahamâtowikamik (School).

"Greatness comes in many forms, the greatest of these, the children that we work with every day!" Superintendent of Schools, Boh Kubrakovich-Kiniw

Kapawe'no First Nation - The word Muskwa is the Nĕhiyawak word for bear and is very important to the students at Kapawe'no Nehiyawahk Kiskinahamâtowikamik (School). A little over a year ago in our East Forest (soon to be named the Muskwa Adventure Trail) an old tree was spotted along the trail with a knot in its tree trunk that looks like the protruding face of a bear. Students have named the old tree the Muskwa Spirit Tree and it has become a common place for tik tok and Instagram photo opportunities. Muskwa is also represented in the logo for Kapawe'no First Nation and is predominant in many of its policy and procedure manuals. So why is Muskwa so important?

Nĕhiyawak believe that all things are connected. Starting with Mother Earth. That all things are animistic; meaning that all living beings and some inanimate objects have spirits, or Manitowoc (Spirit Lands). Humans, through their dreams and visions, were able to secure the help of these powerful animal's spirits in such activities as hunting, warfare and love in the days of long ago. Even today many of our student's knowledge keeper / Elders talk to them about their dream time visions and honor the connections that Creator gives us between Mother Earth and Father Sky.

Earlier this year on a particularly cold evening the Kapawe'no Senior Men's basketball team traveled to play against our neighbors the Whitefish Senior Men's basketball team. Upon arriving, the KFN School squad realized that they were sorely outnumbered. We had five warriors and the other team had a plentiful



twenty plus players. Things were tense at the start until one of our players smiled and said proudly, "Don't worry guys, Muskwa will lead us!" said Coaches Cory Cardinal Jr and Bryan Thomas. All the boys smiled, gave a cheer and played their hearts out.

Time and again, our students lean on Muskwa at times of difficulty or when things become hard, and each time, like Muskwa itself, we rise up and stand tall, towering above all obstacles and things in our path which threaten to hold us down.

more on page 6

 <p>BAR SUN-THU 6AM-11PM FRI-SAT 6AM-1AM BREAKFAST DAILY</p>	<p>3905 51ST AVENUE PEAVINE INN & SUITES HIGH PRAIRIE ALBERTA CANADA +1 780-523-2398</p>	<p>RESTAURANT SUN-THU 6AM-11PM FRI-SAT 6AM-1AM BREAKFAST DAILY</p> 
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What Muskwa represents to the students at Kapawe'no Nehiyawahk Kiskinhamâtowikamik (School) from page 5

In the Nēhiyawak way, Muskwa speaks to family, to have faith and courage, to be open minded and trust in our instincts. We only have to see Muskwa in nature to understand this. In the cold winter months, Muskwa hibernates and goes for up to six months without food, this shows us the courage and stamina that are needed to survive the worst storms. When collecting honey from a hive Muskwa does not worry about the pesky bees bothering it. It merely stays to the task at hand and moves on in positive ways. Muskwa fishes and after eating what it catches it ensures that Mother is nourished by leaving the bones and small morsels untouched to replenish Mother Earth and feed the smallest insects of Creation.

With the above in mind, we have a vision for our students, one where students take the teachings of Muskwa and work together in harmony and love. Where an environment of inclusion and diversity aligns all things of Creation and faith helps students in times of great difficulty. As Superintendent of Schools,

Boh Kubrakovich-Kiniw is excited to bring a wealth of knowledge about the teaching and execution of sport to our younger students who needs to recognize and celebrate their true athletic and academic excellence. We have many monikers at the school that speak to the heart of what we are trying to do there.



One is "KFN equals Kindness, Fairness and Nurturing Excellence", another says "Be Great" and a third, "Your Best is Always Good Enough", speaks to the hidden attributes, knowledge, and skillful talents possessed by our students and demonstrated to us each and every day.

"At our School we value our children and work with them in the spirit of Muskwa to bring out their best efforts each and every day. One of my many favorite mantras to echo through our hallways every morning is, we can't be great if we are late - let's get to class and remember, school is cool", Bryan Thomas, Physical Education Teacher.

Love is what we offer and love is all we got and we will continue to go hard with Love. Our desired goal for the remainder of this year is for every child /student to be inspired by Muskwa and aspire to "Be Great" at all times. Mr Bryan Thomas is our Physical Education Teacher and former Olympian at our Kapawe'no Nēhiyawak School.

*Learn the
Nēhiyawak
Way of*

**AFTER SCHOOL
EVERY WDNESDAY**

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**RIBBON
SKIRT
MAKING**

Hand games integrated into our identity as Nehiyawak

Kapawe'no First Nation – Hand games are part of the Nehiyawak way of life and have been integrated into the Kapawe'no Nehiyawak Kiskinahamatowikamik. Herman Sutherland Sr, knowledge keeper from the local area has come in to lead the students in a good way of learning the hand games. Assisting him was our knowledge keeper in residence Priscilla Sutherland.

The hand games have been around for a long time with our Nehiyawak. The game played with our



students had two teams sitting on mats across from each other in a line. Herman Sr played a traditional drum song during the game while one team works to hide a small rock or object in their hands, while the opposing team has a shooter or guesser. The object of the game is to obtain as many sticks as possible, then winning each match. We say Nanaskomin to Herman Sr and Priscilla Sutherland for bringing the wonderful hand games to our students.



Kapawe'no Nehiyawak Kiskinahamâtowikamik regularly work hard to keep all students active

Kapawe'no First Nation - Activities on the land is a key ingredient to bring back our NĒhiyawak ways of life and law making.

Our Asamak Snowshoe have been getting some young leadership help as of late. Young Grade 4 student Benny McLeod has spent some time learning the ways and bringing his teachings to the young students. Amazing work Benny and students.



Team Muskwak Archers in Edmonton AHEIA NASP Provincial Archery Championship

MORE PHOTOS ON PAGE 10



Edmonton, Nêhiyawak / Treaty 6 Territory - Well it's day one for our Kapawe'no Nehiyawahk Kiskinahamâtowikamik at the AHEIA NASP Provincial Archery Championship in Edmonton. We started with a prayer and smudge from Knowledge Keeper Diane Halcrow along with a few words from our coaches. Our archers had the first day with the 3D animal targets. Day two includes the standard archery targets and will be for the medals and trophy round.

Nêhiyawak Comedian Don Burnstick meets students today at 3D Archery Provincials

Edmonton, Nêhiyawak/Treaty 6 Territory - Between shows and a heavy stage performance schedule, Nêhiyawak Comedian Don Burnstick stopped by at the AHEIA NASP Provincial Archery Championship to meet with students from Kapawe'no Nêhiyawak School. Coach George Halcrow greeted him while he was walking up and introduced him to the students, coaches and parents. He's been on

an amazing wellness / warrior path the past year and a half. "A great surprise to have such an icon and Nêhiyawak comedian like Don Burnstick stop by and meet our students. He's great for our wellbeing using laughter as the vehicle for wellness", said Boh Kubrakovich-Kiniw.

Day two of Team Muskwak Archers in Edmonton AHEIA NASP Provincial Archery Championship

Edmonton, Nêhiyawak / Treaty 6 Territory - Well it's day two; Saturday 18 March



2023 for our Kapawe'no Nehiyawahk Kiskinahamâtowikamik at the AHEIA NASP Provincial Archery Championship in Edmonton. Another fun and exciting time in Edmonton for our student archers.



Wyatt Lee Lalonde
Score: 235
Tens: 5

INDIVIDUAL Group #1
High School Boys Rank: 134
12th Grade Boys Rank: 27
Overall Boys Rank: 213
Leslie Dereck Lee Grey
Score: 235
Tens: 4

INDIVIDUAL Group #3
Middle School Boys Rank: 74
8th Grade Boys Rank: 34
Overall Boys Rank: 215
Ethan Lalonde
Score: 223
Tens: 3

INDIVIDUAL Group #1
High School Boys Rank: 165
10th Grade Boys Rank: 38
Overall Boys Rank: 282
CADE CARDINAL
Score: 207
Tens: 2

INDIVIDUAL Group #1
High School Boys Rank: 193
9th Grade Boys Rank: 69
Overall Boys Rank: 363
Hannah Sutherland
Score: 160
Tens: 3

INDIVIDUAL Group #3
Middle School Girls Rank: 191
8th Grade Girls Rank: 83
Overall Girls Rank: 469
Sierra Sutherland
Score: 152
Tens: 1

INDIVIDUAL Group #3
Middle School Girls Rank: 197
8th Grade Girls Rank: 86
Overall Girls Rank: 488
Keisha Halcrow
Score: 149
Tens: 0

INDIVIDUAL Group #4
Elementary Girls Rank: 72
5th Grade Girls Rank: 53
Overall Girls Rank: 498
Dominic Halcrow
Score: 147
Tens: 1

INDIVIDUAL Group #4
Middle School Boys Rank: 267
6th Grade Boys Rank: 55
Overall Boys Rank: 590
Bryanna Thunder
Score: 146
Tens: 0

INDIVIDUAL Group #4
Middle School Girls Rank: 209
7th Grade Girls Rank: 64
Overall Girls Rank: 508
Mary-Lou Irene Halcrow Ward
Score: 131
Tens: 2

INDIVIDUAL Group #2
Middle School Girls Rank: 220
7th Grade Girls Rank: 69
Overall Girls Rank: 536
Elizabeth Morningstar Chalifoux
Score: 113
Tens: 1

INDIVIDUAL Group #2
Middle School Girls Rank: 234
7th Grade Girls Rank: 75
Overall Girls Rank: 563
Pewyis Sutherland
Score: 110
Tens: 2

INDIVIDUAL Group #4
Middle School Girls Rank: 239
6th Grade Girls Rank: 68
Overall Girls Rank: 574
Benjamin McLeod
Score: 101
Tens: 0

INDIVIDUAL Group #4
Elementary Boys Rank: 162
4th Grade Boys Rank: 67
Overall Boys Rank: 711
Lennix Sutherland
Score: 82
Tens: 1

INDIVIDUAL Group #4
Middle School Girls Rank: 258
7th Grade Girls Rank: 81
Overall Girls Rank: 635
Annie Sutherland
Score: 70
Tens: 0

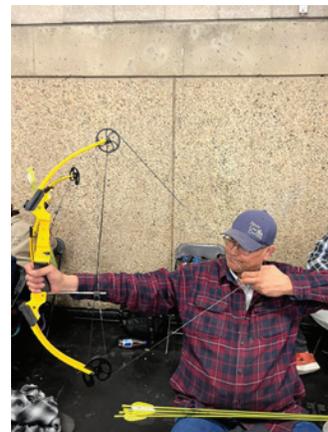
INDIVIDUAL Group #4
Middle School Girls Rank: 262
7th Grade Girls Rank: 83
Overall Girls Rank: 650
Jillette Sutherland
Score: 47
Tens: 0

INDIVIDUAL Group #4
Middle School Girls Rank: 270
7th Grade Girls Rank: 84
Overall Girls Rank: 683



MORE PHOTOS ON PAGE 10





LAW teachings continue with the harvesting of an elk enjoyed by students



Kapawe'no First Nation - Thursday March 16th 2023 at our Kapawe'no Nēhiyawak Kiskinhamātowikamik, LAW (Land Air and Water) teacher Tala Williams harvested a elk and brought it into the school, she then instructed all our children on how to butcher the animal properly and how to use the bone saws, knife and saw safely.

All the students were absolutely amazed with how she was able to separate the meat into steaks and stew meat and other types of meat for different meals.

We are Teaching our children to hunt, gather and provide for their family's for generations to come as our goal. This spring, we are expecting much more extremely important life skills to be taught and the kids are looking forward to every second of it.

Big thanks again to Tala Williams and all staff that helped out. Here's to much more on the way.



Boxers at our Sports Academy improving to new heights daily

Their cardio has improved vastly as coach Samuel Kachuk stays driven to help get them in the ring in the years to come, many new techniques have been learned and our very own Brighton Shur-Auger is quickly becoming our youngest shining star as time passes.

"Many of these amazing kids are more and more eager to compete as the days go by and there are even some older students that are branching into our Muay Thai basics. As time goes on I'm sure we will have some of the sharpest mixed martial arts strikers in the area."
- Coach Samuel Kachuk



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Hockey development and academics work together at Kapawe'no Nehiyawak Kiskinahamâtowikamik school

Kapawe'no First Nation - Our Kapawe'no Nehiyawak Kiskinahamâtowikamik school prides itself with details in hockey development combined with academics. The Hockey Academy continues to show progress with all players attending.

Afternoons are filled with sport and academics. Students work hard daily to achieve goals. Today we acknowledge the players that have dedicated their afternoons to strengthen their skating and knowledge around the game.



Principal Cory Cardinal featured in “Territories of Dreams” project video

Kapawe'no First Nation - We are honored to have our school participate in the “Territories of Dreams” project you able to see and hear about in the attached video. Simply click on the link and you will be introduced to the artists who are working with us on this amazing project with our students right after Spring Break (April 11th).

The “dreams” art that the students will add to the tapestry will join four other schools in Alberta and create an art piece which will be shared with the world in the fall of 2023 in a special art location around Rockyview Alberta. Our piece of the tapestry will be

returned to us and be on display as an artifact that will become one of the pieces for the future KFN Interpretive Centre. Special thanks to Principal Cory Cardinal who is featured in the video telling our KFN story. Great job Cory!

This is also an introduction to Patricia Lortie and Sabine Lecorre-Moore who are the artists working with us from April 11th on to create our piece of the tapestry. Special thanks to Aspen Leaf's Andrew Loosley who helped us connect to Patricia and Sabine for this project.



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.



Comedian Don Burnstick helps us as a nation with laughter from page 21

After his set he met and greeted people in the audience. Going back to memories of his time up here when he first started. His material was new and very exciting to hear. Oh by the way he was very funny!

"We are not going to sit here and let the white man laugh and make fun of us. Then close our school and want our children to go to white schools." -Harold Cardinal 1970



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INSTRUCTOR MIKE HALCROW

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Literacy begins with reading and starts at a young age in school

Kapawe'no First Nation - We are taking steps at Kapawe'no Nēhiyawak Kiskinahamātowikamik in literacy. Literacy is the ability to read, write, speak and listen in a way that lets us communicate effectively and make sense of the world.

Reading is one of the first steps of literacy. We believe our future relies on a solid learning foundation at a young age.

Students from K4 enjoy their reading time with teacher Mrs Lori Willier. Our Grade 6&7 students have been joining in during their reading sessions.

Book review:
Aaron grows his hair long to look like his father.



When it starts to annoy him, he says, "Hair I hate you!" The hair jumps off his head and runs away. With Aaron in frantic pursuit, it attaches itself to just about everyone and everything, resulting in a huge traffic jam.

About the author: Robert Munsch is the author of more than 25 books for children including The Paper Bag Princes and Stephanie's Ponytail. He was born in Pittsburgh, Pennsylvania and studied to be a Jesuit priest before deciding to work with children instead. He taught in a variety of nursery schools and daycare centers while he earned an MA in Early Childhood Education. In 1975, Munsch and his wife, Ann, moved to Guelph, Ontario. The Munsch's have three children: Julie, Andrew, and Tyya (see them all in Something Good!).

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

Balance with our students begin with our Nêhiyawak sacred teachings



Kapawe'no First Nation - Our students continue balance with the teachings given to us by our Nêhiyawak knowledge keepers.

At Kapawe'no Nêhiyawak Kiskinamâtowikamik our foundation of balance includes the seven sacred teachings and as of late our students have enjoyed the process of working with our students and teachers. Today we present the teaching from Kihew (eagle) of Sakihitowin (love). "You must love yourself, because you're the only one that looks like you, love everything about yourself, be yourself"

Our Sacred teachings from our Nêhiyawak Knowledge Keepers;

- Sakihitowin – Kihew (Eagle) carries and gives us the gift of love. . .
- Miyototamowin – Sakawmostos (Buffalo) carries and gives us the gift of respect. . .
- Sohkitehewin – Muskwa (Bear) carries and gives us courage...
- Kwayaskitatsowin – Sabe (Sasquatch) carries and gives us honesty...
- Kiskenihtamawisiwin – Amisk (Beaver) carries and gives us wisdom...
- Kisiwatisiwin – Mahikan (Wolf) carries and gives us humility...
- Tapwewin – Mihkinahk (Turtle) carries and gives us truth. . .

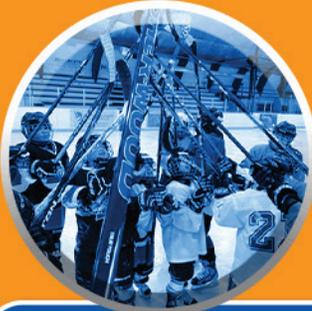




OUR SPORTS ACADEMY

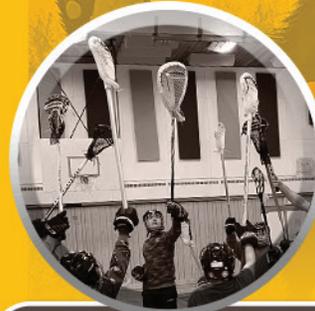


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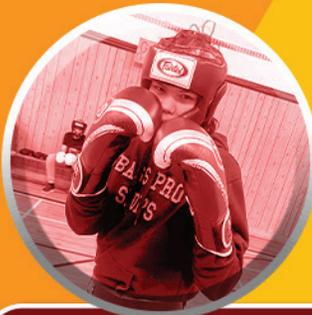
MISKWAMI MITAWIWIN HOCKEY

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



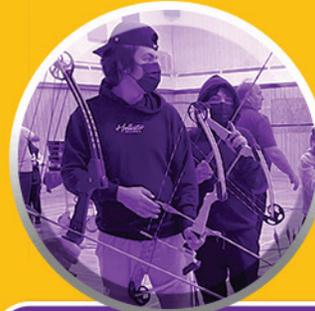
METAWEWIN LACROSSE

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

JOIN US!



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