

Dec, Jan, Feb

- Winter Solstice
- Planning for fiscal year
- Cultural Committee
- Research: Bands, library and database, etc.
- Feb - Moose hide campaign
- Storytelling, lessons, reflection

Wisdom

Histories; Languages; Stories / Songs; Preserving Artistry; Spirituality / Tradition; Fermentation; Crafting Techniques; Health; Food Preservation; Seasonal Lifestyles; Cultural Differences / Commonalities; Cooking Techniques

Animals

Large Animals; Smaller animals; Fowl eggs; Ocean life; Fishing techniques; Hunting; Trapping; Butchering; Animal fats; Insects

Cultural Humility

Involves ongoing process of self exploration and self critique combined with a willingness to learn from others. Entering a relationship with another person with the intention of honouring their beliefs, custom and values.

Sept, Oct, Nov

- Fall equinox
- Foster Parent Appreciation
- Baby Ceremony
- Swing Teaching preparation
- Working with groups - Fall
- Salmon stop running, leaves fall, harvest moon
- Sewing club for baby blankets
- Winter Dance, Longhouse can begin.

Seasons and the Moons

June - The Sockeye Returns to the Earth
July - The Humpback Salmon (Pink) Returns to the Earth
August - The Coho Salmon returns to the Earth

Seasons and the Moons

September - The Dog Salmon returns to the Earth
October - First frost, leaves turn white
November - Winds & falling leaves and putting paddles away

Ceremony

Treat natural things as being alive. Treat each day as bringing new beginnings, gifts that already coming for our well-being

Respect

- Treating others as they wish to be treated
- Respecting the culture and resilience of Indigenous peoples, their history and struggles, and their ability to achieve wellness
- Honouring yourself and others by having a positive outlook and giving people space to be themselves
- Honouring diversity

Strengths Based

- Developing resilience and empowerment
- Celebrating the unique skills and abilities of each person
- Enhancing existing strengths
- Promoting positive self talk

Humility

- Having gratitude
- Giving to others
- Acknowledging the Creator
- Being humble
- Respecting other's points of view

Belonging

- Connecting with family, community and culture for strong and healthy relationships
 - Being resilient
- Maintaining continuity of familial relationships
- Knowing who you are and where you come from

Integrity

- Doing the right thing
- Facing adversity head on
- Following through with commitments
- Speaking the truth
- Communicating mindfully

Seasons and the Moons

March - Blossoming
April - Bullhead
May - Harvest Sea weed

Seasons and the Moons

December - Elder
January - Child / Offspring
February - Frog (beginning of the Sacred Season)

Mar, Apr, May

- Spring Equinox
- March - Burning Ceremony planning
- April - Baby Ceremony planning
- HJOY preparation
- Cedar box, hat, & rose materials, & beading.
- Ribbon skirts
- Garden work, medicines
- Sage picking
- Eulachon run

Plants

Farming; Wild od identification; Harvesting; Water/Ocean plants; Soil maintenance; Ancestral seeds; Lichen/ Moss; Tree foods: Nuts & fruit; Oils;

Elements

Protecting natural resources; Fresh water; Salt water; Fire; Pottery / Clay; Cooking rocks; Sun drying; Salt gathering; Wind drying

June, July, Aug

- Summer Solstice
- Caregiver Camp
- HJOY- May or June
- Cedar boxes & beading.
- Baby Ceremony preparation
- Prayer ties