

SOCIAL MEDIA QUICK LINKS

Twitter: @kairoscanada

Facebook: kairos: Canadian Ecumenical Justice Initiatives

Instagram: @Kairos.canada

To Book a KAIROS Blanket Exercise <https://www.kairosblanketexercise.org/find-a-facilitator/>

ACTIONS

Shannen's Dream www.fncaringsociety.com/shannens-dream

Truth and Reconciliation Calls To Action

https://trc.ca/websites/trcinstitution/File/2015/Findings/Calls_to_Action_English2.pdf

Bill 262 – For all Canadians Laws to align with UNDRIP <https://openparliament.ca/bills/42-1/C-262>

Jordan's Principle <https://fncaringsociety.com/jordans-principle>

KAIROS Blanket Exercise website <https://www.kairosblanketexercise.org/>

- Includes debunking myths, Edu-kit along with Treaties, Reports, UNDRIP, Indian Act

MAPS

Land, Treaty and Language <https://native-land.ca>

Drinking water advisories and progress <https://www.sac-isc.gc.ca/eng/1506514143353/1533317130660>

Where First Nations in Ontario are located

<https://www.ontario.ca/page/ontario-first-nations-maps>

Are you near a residential school? <http://www.cbc.ca/news2/interactives/beyond-94-residential-school-map>

Whose Land – Territories by Land <https://www.whose.land/en/>

Original Place Names on Google Earth

<https://earth.google.com/web/@55.95077959,79.32641897,33821.60101538a,5664983.05540502d,35y,23.89357354h,0t,0r/data=Cj4SPBIgYmVjMmFjMDczMzhIMTFIOGEzYTFmZjM4NTk0YmQ5ZmEiGGVmZWVkX3JjZ3NfcGxhY2VfbmFtZXNfMA>

FIELD TRIPS/CULTURAL COMPETENCY/ALLY TRAINING/PRESENTATIONS

Field Trips

Jake Thomas Learning Centre on Six Nations <https://jakethomaslearningcentre.ca/index.html>

Woodland Cultural Centre in Brantford <https://woodlandculturalcentre.ca/>

Mohawk Chapel – Her Majestys Chapel of the Mohawks <http://www.mohawkchapel.ca>

Six Nations of the Grand River (longhouse, greenhouse, Pauline Johnson house)
<https://www.sixnationstourism.ca/>

Georgina Island www.firstnationculturaltours.com

Curve Lake First Nation Cultural Centre and Petroglyph Park (near Peterborough)
<https://www.ontarioparks.com/park/petroglyphs>

Curve Lake First Nation Cultural Centre <https://www.curvelakefirstnation.ca/tourism-culture/>

Native Centre of Toronto <https://ncct.on.ca/>

Cultural Training

Bear Standing Tall and Assoc.- Cultural Training www.bearstandingtall.com

San'yas Cultural Safety Training – on line training program <http://www.sanyas.ca/>

Presentations

Rabbit and Bear Paws <http://rabbitandbearpaws.com> - puppet shows, books and presentations

BLOGS/NEWSLETTERS

Aphihtawikosian – Language, Law and Culture <https://apihtawikosisan.com/aboriginal-issue-primers/>

First Peoples Law Aboriginal Law Report by Bruce McIvor sent by email: bmcivor@firstpeopleslaw.com

Working Effectively with Indigenous People by Indigenous Corporate Training <https://www.ictinc.ca/blog/>

Animikii News email newsletter and website <https://www.animikii.com/>

NEWSPAPERS

First Nations Drum newspaper <http://www.firstnationsdrum.com/>

Two Row Times (Six Nations Ontario) <https://tworowtimes.com/>

Windspeaker <https://windspeaker.com/>

Ku’Ku’Kwes (Atlantic Canada) <http://kukukwes.com/>

Wawatay News <http://www.wawataynews.ca/>

The Hill Times <https://www.hilltimes.com/> (good insight into what is happening on Parliament Hill)

Muskrat Magazine <http://muskratmagazine.com/>

Websites

CBC Indigenous <https://www.cbc.ca/news/indigenous>

APTN (Aboriginal Peoples Television Network) <https://www.aptn.ca/>

The Indian Act

https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/1876c18_1100100010253_eng.pdf

Government of Canada Crown-Indigenous Relations and Northern Affairs

<https://www.canada.ca/en/crown-indigenous-relations-northern-affairs.html>

Government of Canada Trauma and Violence Informed Approaches to Policy and Practice

<https://www.canada.ca/en/public-health/services/publications/health-risks-safety/trauma-violence-informed-approaches-policy-practice.html#s2>

Justice Laws Canadian Government: The Indian Act <https://laws.justice.gc.ca/eng/acts/I-5/FullText.html>

Indian Act Amendment & Replacement Act

https://laws.justice.gc.ca/eng/AnnualStatutes/2014_38/page-1.html

First Nations Canada <https://www.rcaanc-cirnac.gc.ca/eng/1307460755710/1536862806124>

Origins Current Events in Historical Perspective <https://origins.osu.edu/>

National Centre for Truth and Reconciliation <https://nctr.ca/map.php>

Mapping the Ground we Stand On, Just Food, Life Giving Water – Anglican Church

<https://pwrdf.org/our-work/advent-conspiracy>

Mennonite Church water brochure <https://mcccanada.ca/media/resources/more/water>

Daily Water Advisories <https://www.watertoday.ca/index.asp>

Cultural Resources <https://nelson.com/aboriginal>

Indigenous Foundations <https://indigenousfoundations.arts.ubc.ca/home/> (lots of useful information)

Free Indigenous Films

<https://www.cbc.ca/arts/there-s-a-massive-free-catalogue-of-indigenous-films-online-and-we-have-6-picks-to-get-you-started-1.4623884>

The Virtual Metis Museum <http://www.metismuseum.ca/index.php>

Indian Horse: Next 150 <https://next150.indianhorse.ca>

Unreserved <https://www.cbc.ca/radio/unreserved>

Good Minds Bookstore www.goodminds.com/home (Indigenous owned)

Seven Generations Education Insitute <http://www.7generations.org>

Pass The Feather Aboriginal Arts Collective- Not for profit (workshops, knowledge, artists)
www.passthefeather.org

Indigenous Reconciliation Group Resources <https://reconciliationgroup.ca>

Survivors of Suicide Loss Support Program <https://www.torontodistresscentre.com/suicide-loss>

TEACHING/STORIES/BIOGRAPHIES/CULTURE/GENERAL INFORMATION

BOOKS

The Reason You Walk by Wab Kinew

One Native Life, Story for Joshua, Indian Horse by Richard Wagamese (or any of his books)

Strength and Struggle and The New Smoke Signals – Rachel Mishenene (works with EFTO) and Pamela Rose Toulouse

<https://www.goodminds.com/strength-and-struggle-perspectives-first-nations-m%C3%83%C2%A9tis-and-inuit-peoples-canada-paper-ed>

Indigenous Healing, Exploring Traditional Paths by Rupert Ross (interesting perspective from a lawyer who worked in the North) or any of his writings

Indigenous Peoples Atlas by the Royal Geographic Society <https://indigenouspeoplesatlasofcanada.ca/>

Inconvenient Indian by Thomas King (or any of his writings)

The Land We Are: Artists and Writers Unsettle the Politics of Reconciliation

by Sophie McCall and Gabrielle Hill

Peace Pipe Dreams: The Truth about Lies about Indians by Darrell Dennis

The Marrow Thieves by Cherie Dimanline

All the Real Indians Died Off and 20 Other Myths about Native Americans by Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker

First Nations, First Thoughts: The Impact of Indigenous Thought in Canada by Annis May Timpson

Indianland by Lesley Belleau (poetry)

Justice League Uniteds new Cree Superhero comic EQUINOX by Clark Bull

<https://www.dccomics.com/blog/2014/03/28/cbc-news-reveals-justice-league-united%E2%50%99s-new-cree-superhero-equinox>

ARTICLES

Indigenous Art Protocols <https://www.youtube.com/watch?v=c6VuHJi6O0Q&feature=youtu.be>

Pathways and Protocols, Collaborating with Indigenous Communities

<https://www.youtube.com/watch?v=LOaX4FdbhXU&pbjreload=10>

Aboriginal Literatures in Canada – A Teachers Resource Guide

https://www.oise.utoronto.ca/deepeningknowledge/UserFiles/File/UploadedAmina_/Aboriginal_Literature_in_Canada.pdf

Cultural Resources <http://nelson.com/aboriginal/>

Terminology <https://www.indigenoushealthnh.ca/sites/default/files/2019-06/terminology.pdf>

Canada's Dark Side: Indigenous Peoples and Canada's 150th Celebration

<https://origins.osu.edu/article/canada-s-dark-side-indigenous-peoples-and-canada-s-150th-celebration>

New Evidence on how long humans have been on Turtle Island

<http://www.whitewolfpack.com/2016/02/new-evidence-puts-man-in-north-america.html>

First Nations pay more Tax than you Think

<https://www.cbc.ca/news/business/taxes/first-nations-pay-more-tax-than-you-think-1.2971040?vfz=medium>

Secret Life In Canada – CBC <https://www.cbc.ca/radio/secretlifeofcanada>

Traditional Teachings Handbook http://stallseniormedical.com/Traditional_Teachings_Booklet.pdf

VIDEOS

First Contact on APTN (two series have been shown)

CBC Series called the 8th Fire <http://www.cbc.ca/8thfire>

First Stories – Two Spirited by Sharon A Desjarlais https://www.nfb.ca/film/first_stories_two_spirited/

TREATIES/AGREEMENTS/LAND CLAIMS/BROKEN RELATIONSHIPS

BOOKS

Children of the Broken Treaty by Charlie Angus (politician)

Inconvenient Indian by Thomas King (or any of his writings)

From Treaty Peoples to Treaty Nation: A Road Map for All Canadians by Greg Poelzer and Ken Coates

As Long as the Sun Shines and Water Flows: A Reader in Canadian Native Studies
by Ian Getty and Antoine S Lussier

Nation to Nation: A Resource on Treaties in Ontario by Maurice Switzer

We are All Treaty People by Maurice Switzer

Wampum Belts by Ray Tehanetorens Fadden

ARTICLES

Oka Crisis Deepened Understand of Land Claims in Canada

<https://www.cbc.ca/news/indigenous/oka-crisis-deepened-understand-of-land-claims-in-canada-1.3142239>

If you don't know Treaties and Sovereignty, you don't know history (American but good knowledge)

<https://newsmaven.io/indiancountrytoday/opinion/if-you-don-t-know-treaties-and-sovereignty-you-don-t-know-history-ZNUigGCWbkGU0jxQIrIFSg>

National Aboriginal Document Database (Statutes/Acts, Court Decisions, Treaties, Links)

<http://epe.lac-bac.gc.ca/100/205/301/ic/cdc/aboriginaldocs/m-treaty.htm>

Learning About Indigenous Self Government - Canadian government site

<https://www.rcaanc-cirnac.gc.ca/eng/1100100032275/1529354547314>

Indigenous Self Government in Canada – Canadian Encyclopedia

<https://www.thecanadianencyclopedia.ca/en/article/aboriginal-self-government>

Self Government – Indigengous and Northern Affairs website

<https://www.aadnc-aandc.gc.ca/eng/1100100022287/1100100022288>

<https://www.aadnc-aandc.gc.ca/eng/1100100028429/1100100028430>

Indigenous Self Government by Bob Joseph

<https://imaa.ca/source/wp-content/uploads/2018/01/Indigenous-Self-Government-Feb-2017.pdf>

The Government of Canada's Approach to Implementation of the Inherent Right and the Negotiation of Aboriginal Self Government

<https://www.rcaanc-cirnac.gc.ca/eng/1100100031843/1539869205136>

Canada's Dark Side: Indigenous Peoples and Canada's 150th Celebration

<https://origins.osu.edu/article/canada-s-dark-side-indigenous-peoples-and-canada-s-150th-celebration>

Origins Current Events in Historical Perspective (American site but world content)

<https://origins.osu.edu/>

VIDEOS

Treaty Talk-Sharing the River of Life <https://www.treatytalk.com/>

Teaching tool to better understand our collective responsibility to treaty.

Standing Rock Video with Adam Beach

<https://www.powwows.com/defend-sacred-new-documentary-produced-adam-beach-kyle-bell/?utm>

The Wampum Belt: Nation to Nation <https://www.youtube.com/watch?v=G-KNHsKjpUI>

Two Row Wampum Conversation in Cultural Fluency (Six Nations Polytechnic series) 2 hours

https://www.youtube.com/watch?v=DTpFqm_lUNo

Treaty Relations and Two Row Companion in Cultural Fluency

<https://www.youtube.com/watch?v=OwTIjDzodi4>

Kanehsatake: 270 Years of Resistance https://www.youtube.com/watch?v=Mhvx51s_ZV8

Here is what Sir John A Macdonald Did to Indigenous People

<https://nationalpost.com/news/canada/here-is-what-sir-john-a-macdonald-did-to-indigenous-people>

Seven Must See Indigenous Made Films of 2019

<http://nationnews.ca/arts/seven-must-see-indigenous-made-films-of-2019/>

Aboriginal Rights as Economic Rights: Whose Land is Canada Selling? Arthur Manual

<https://www.youtube.com/watch?v=3dkBwu7bKIA>

Gold Mines and Attawapiskat First Nation www.afterthelastrivermovie.com/

White Paper of 1969 CBC 60 Minutes https://www.youtube.com/watch?v=jIaIPDJa_SE

RACISM/COLONIZATION/DOCTRINE OF DISCOVERY/RELIGION/CHURCH

BOOKS

Unsettling Canada by Arthur Manuel and Grand Chief Ronald Derrickson

Seven Fallen Feathers by Tanya Talaga

Unsettling Truths: The Ongoing Dehumanizing Legacy of Doctrine of Discovery by Mark Charles

Discovering Indigenous Lands: The Doctrine of Discovery in the English Colonies by Robert J Miller

Savage Anxieties: The Invention of Western Civilization by Robert A Williams Jr

Pagans in the Promised Land: Decoding the Doctrine Of Christian Discovery by Steven Newcomb

White Fragility: Why Its So Hard for White People to Talk about Racism by Robin J DiAngelo

Guns, Germs and Steel (book and website with links and info) <https://www.pbs.org/gunsgermsteel/>

A Mind Spread Out on the Ground by Alicia Elliott

ARTICLES

Psychologists say Northern Sask suicides are a result of colonization

<http://www.cbc.ca/news/canada/saskatoon/northern-sask-suicide-gathering-1.3881652>

Who Is a Settler?

https://www.vice.com/en_ca/article/gyajj4/who-is-a-settler-according-to-indigenous-and-black-scholars

White Privilege: Unpacking the Invisible Knapsack by Peggy McIntosh

<https://www.racialequitytools.org/resourcefiles/mcintosh.pdf>

When Canada used hunger to clear the West

https://www.theglobeandmail.com/globe-debate/when-canada-used-hunger-to-clear-the-west/article_13316877

Indian Act Timeline <https://www.nwac.ca/wp-content/uploads/2018/04/The-Indian-Act-Said-WHAT-pdf-1.pdf>

The RCMP is a force fo Colonial Bigotry <https://www.martlet.ca/the-rcmp-is-a-force-of-colonial-bigotry/>

10 Tragedies that Destroyed the Canadian Inuit Way of Life

<https://listverse.com/2017/01/08/10-tragedies-that-destroyed-the-canadian-inuit-way-of-life/?utm>

We Do Not Negotiate with Indians

<https://www.martlet.ca/news-unsettled-we-do-not-negotiate-with-indians-b-c-s-approach-to-wetsuweten-relations/>

A memo to Canada: Indigenous People are not your incompetent children by Alicia Elliott

<https://www.theglobeandmail.com/opinion/indigenous-memo-to-canada-were-not-your-incompetent-children/article37511319/>

VIDEOS

Racism is a Mental Illness from the Oprah Winfrey show – Part 1 & 2 (great viewpoint)

Part 1 <https://www.youtube.com/watch?v=tff2nZENW8g&feature=youtu.be>

Part 2 <https://www.youtube.com/watch?v=HZkIGASPrzM>

Colonialism, Expanded

<https://www.teenvogue.com/story/colonialism-explained>

The History of Scalping (this may be surprising)

<https://www.youtube.com/watch?v=fG5de50XNrI&list=PL0ZAZt8kqvGAbcRhZ767E8DkaOopHZhiw&index=5>

Doctrine of Discovery – Stolen Lands, Strong Hearts documentary by Ginny Doctor

<https://www.anglican.ca > primate > tfc > drj > doctrineofdiscovery>

https://www.anglican.ca > uploads > doctrine-study-guide_ver3_complete

Doctrine of Discovery

<https://www.youtube.com/watch?v=V3gF7ULVrI4&list=PL0ZAZt8kqvGAbcRhZ767E8DkaOopHZhiw&index=2>

The Doctrine of Discovery, Unmasking the Dominion Code (1hr but lots of good information)

<https://www.youtube.com/watch?v=5QxI6KPT1q0>

Doctrine of Discovery in 7 minutes <https://www.youtube.com/watch?v=N3oc84aLC-Q>

TedX talk with Mark Charles – Doctrine of Discovery

<https://nativenewsonline.net/currents/mark-charles-breaks-down-doctrine-of-discovery-on-tedx-talk>

Debunking the Most Common Myths White People tell About Race (NBC)

<https://www.youtube.com/watch?v=wjHg65JORi8>

How to Change Systemic Racism in Canada <https://www.youtube.com/watch?v=j-xAloD75dQ>

1491: The Untold Story of the Americas Before Columbus (8 episodes) <https://www.aptn.ca/1491/>

Guns, Germs and Steel: The Fates of Human Societies (series) <https://www.pbs.org/gunsgermsteel>

Heartspeak about Shannen's Dream

<https://www.youtube.com/watch?v=3Gy38grr35c>

<https://www.youtube.com/watch?v=e4BFRSICUi0> (Ted talk by Serena Koostachin , Sister to Shannon)

Hi Ho Mistahey about Shannen's Dream https://www.nfb.ca/film/hi-ho_mistahey_en/

RESIDENTIAL SCHOOLS/SIXTIES SCOOP/FOSTER CARE SYSTEM/TRAUMA

BOOKS

Up Ghost River by Edmund Metatawabin

Halfbreed by Maria Campbell

A Mind Spread out on the Ground by Alicia Elliott

In Search of April Raintree by Beatrice Mosionier

As Long as the Rivers Flow by James Bartleman

They Came for the Children by Truth and Reconciliation Commission (can also be a paper book purchase)
<https://reconciliationgroup.ca/wp-content/uploads/2019/11/They-came-for-the-children-TRC-2012.pdf>

ARTICLES

Lasting effects of trauma across generations

<http://www.cbc.ca/radio/unreserved/buffy-sainte-marie-wab-kinew-and-how-dna-remembers-trauma-1.3242375/lasting-effects-of-trauma-reaches-across-generations-through-dna-1.3243897>

Why Our Kids Need to Learn About Residential Schools Maclean's Magazine

<https://www.macleans.ca/society/why-our-kids-need-to-learn-about-residential-schools/>

Canada's prisons – the new Residential Schools

<http://www.macleans.ca/news/canada/canadas-prisons-are-the-new-residential-schools>

Researcher proposes study on residential school trauma and genes

<http://www.cbc.ca/news/indigenous/residential-school-trauma-epigenetics-1.4681966>

Ageing Out: First Nations Youth growing up in foster care

<http://www.cbc.ca/news/indigenous/aging-out-first-nations-youth-navigates-life-on-his-own-after-growing-up-in-foster-care-1.4583544>

Indigenous Children dying in foster care system

https://news.vice.com/en.ca/article/gyd9pg/indigenous-children-are-dying-in-canadas-foster-care-system?utm_source=vicenewscafbca&utm_campaign=global

Foster care system one path to murdered and missing

<http://www.cbc.ca/news/indigenous/opinion-foster-care-system-path-to-mmiwg-1.4552407>

The Sixties Scoop

http://www.cbc.ca/cbcdocspov/features/the_sixties-scoop-explained

The Bryce Report

https://fncaringsociety.com/sites/default/files/dr._peter_henderson_bryce_information_sheet.pdf

Names of 2800 Children who died in Residential School – Globe and Mail article and audio

<https://www.theglobeandmail.com/politics/article-names-of-2800-children-who-died-in-residential-schools-documented-in/>

National Memorial Register of Children who Died in Residential School <https://memorial.nctr.ca>

VIDEOS

The Dark Trauma of Residential Schools with Patricia Vickers

<https://www.youtube.com/watch?v=TRnIya7c6uA&feature=youtu.be>

They Came for the Children (five parts) <http://www.kmproductions.ca/id.html>

We were Children (NFB) https://www.nfb.ca/film/we_were_children/trailer/we_were_children_trailer/

Stolen Children: Voices (Survivors speak out) <https://www.youtube.com/watch?v=vdR9HcmiXLA>

Non-Indigenous Residential School Survivor (St Anne's Survivor)

<https://www.youtube.com/watch?v=SyVrohwsHX8>

Crimes Against Children at Residential School: The Truth at St Anne's

<https://www.youtube.com/watch?v=ep7AW2K4Xww>

Where the Spirit Lives <https://www.youtube.com/watch?v=7aW4tzklTLQ>

Indian Horse by Richard Wagamese <https://www.youtube.com/watch?v=F4Kkf12mp2c>

Secret Path by Gord Downie with CBC Arts Live Panel at the end and Resources

<https://www.youtube.com/watch?v=yGd764YU9yc>

<https://www.downiewenjack.ca/our-work/secret-path-learning-resources>

Shelagh Rogers: Revelation: Bearing Witness to the Transformative Testimonies of Residential School <https://www.sfu.ca/video-library/video/1758/view.html>

MISSING AND MURDERED

BOOKS

Missing and Murdered Indigenous People in “Canada” by Jen Mt Pleasant (Includes men)

Indigenous Nationhood: Empowering Grassroots Citizens
by Pam Palmater and Niigaawewidam James Sinclair

Keetsahnak: Our Missing and Murdered Indigenous Sisters
by Kim Anderson, Maria Campbell and Christi Belcourt

Stolen Sister: The Story of Two Missing Girls, Their Families and How Canada Has Failed.....
by Emmanuelle Walter, Susan Ouriou, Christelle Morelli

Highway of Tears by Jessica McDiarmid

Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls by Marion Buller and Michele Audette

Invisible Victims: Missing and Murdered Indigenous Women by Katherine McCarthy

ARTICLES

Telling Her truth close to Home – Missing and Murdered Indigenous Women and Girls
<http://www.cbc.ca/news/canada/manitoba/mmiwg-national-inquiry-thompson-hearing-1.4583583>

Federal Missing and Murdered Women and Girls updated Final Report
https://www.mmiwg-ffada.ca/wp-content/uploads/2019/06/Final_Report_Vol_1a-1.pdf

Please treat Indigenous women like your sisters
<https://www.nationalobserver.com/2018/04/13/opinion/please-treat-indigenous-women-your-sisters>

Beyond 94 TRC in Canada
<https://newsinteractives.cbc.ca/longform-single/beyond-94?&cta=1>

Mounties Raped , abused BC girls , right Watchdog Alleges in Report
<https://nationalpost.com/news/canada/mounties-raped-abused-b-c-aboriginal-girls-rights-watchdog-alleges-in-report>

Missing and Murdered Indigenous Women, Conspiracy of Silence
<https://www.youtube.com/watch?v=iFGSiu9G0Vc>
https://www.youtube.com/watch?v=f77zZ5_YCoc

VIDEOS

Why Are Indigenous Women Missing in Canada (done by Australian reporter)
<https://www.youtube.com/watch?v=m2Cen4GyFjE>

CBC Report <https://www.youtube.com/watch?v=vqpsoEuQEjU>

Why are Missing and Murdered Indigenous Women Cases Being Ignored
<https://www.youtube.com/watch?v=hOXyGJuRMmo>

Cindy's Story – APTN <https://www.youtube.com/watch?v=mMjsYlqxrQQ>

Our Sisters in Spirit <https://www.youtube.com/watch?v=zdzM6krfaKY>

Conspiracy of Silence

<https://www.youtube.com/watch?v=jFGSiu9G0Vc>

https://www.youtube.com/watch?v=f77zZ5_YCoc

INDIGENOUS WAYS OF KNOWING/KNOWLEDGE/SCIENCE

BOOKS

Braiding Sweetgrass by Robin Wall Kimmerer

The Sharing Circle stories about First Nations Culture by Theresa Meuse and Arthur Steven

Embers by Richard Wagamese (or any of his books)

Midnight Sweatlodge by Waubgeshig Rice

Anishinaabe Ways of Knowing and Being by Lawrence W Gross

The 13 Oriiginal Clan Mothers by Jamie Sams

Teaching Each Other: Nehinuw Concepts and Indigenous Pedagogies by Linda M Goulet and Keith N Goulet

Moose Meat and Wild Rice: Rolicking tales about life on a modern day Indian Reserve by Basil Johnston (or any of his books)

Lighting the Eight Fire by Leanne Simpson

The Trail of Nenoboozho by Isaac Murdock

ARTICLES

Native Knowledge: What Ecologists are Learning from Indigenous People

<https://e360.yale.edu/features/native-knowledge-what-ecologists-are-learning-from-indigenous-people>

Winter Solace

<https://www.cbc.ca/news/what-does-the-winter-solstice-mean-in-the-cree-tradition-1.4461274>

How Trees Secretly Talk to Each Other

<https://thekidshouldseethis.com/post/the-wood-wide-web-how-trees-secretly-talk-to-and-share-with-each-other>

We come from the Stars

<https://www.cbc.ca/news/technology/indigenous-astronomy-1.5077070>

The Circle of Courage

<https://www.filmsforaction.org/articles/the-circle-of-courage-native-american-model-of-education>

Scientist starting to listen to Original People

<https://www.smithsonianmag.com/science/talking-to-whales-180968698>

Six Nations: Oldest Living Participatory Democracy on Earth https://ratical.org/many_worlds/6Nations/

How the Iroquois Great Law of Peace Shaped US Democracy

<https://www.pbs.org/native-america/blogs/native-voices/how-the-iroquois-great-law-of-peace-shaped-us-democracy/>

Anishinabek Nation Governance Agreement

<https://www.nfn.ca/wp-content/uploads/2019/10/Governance-Information-Booklet-updated-Oct-1-2019.pdf>

Native American Barely Had an Impact on the Landscape for 14.000 years

<https://www.newsweek.com/native-americans-impact-landscape-europeans-1483235>

Walking with Our Elders Series: CBC

<https://www.cbc.ca/news/canada/saskatchewan/walking-with-elders-1.5349553>

VIDEOS

Iroquois Confederacy: The First Democracy of the Americas –

How the Great Law became the foundation of the Constitution of the USA, the history of Longhouse, way of life

https://www.youtube.com/watch?v=u4_vwKyeG58

The Peacemakers Journey & The Great Law of Peace – how the Five Nations came to be

<https://www.youtube.com/watch?v=QRzxFULuTz4>

The Peacemaker and Tadadaho <https://www.youtube.com/watch?v=9iVziGHPHvW>

We are the Haudenosaunee – the Nations of Peace, Equity and Good Minds (US based but good information)

<https://www.youtube.com/watch?v=2DofTnRhm5o&list=PL0ZAZt8kqvGAbcRhZ767E8DkaOopHZhiw>

The Iroquois – The Oral Tradition https://www.youtube.com/watch?v=Y0Ly3HoM_WY

Mohawk Storyteller fights stereotypes about Native Americans

<https://www.youtube.com/watch?v=ZFZYVnO-rUA>

The Story of Turtle Island as perceived by Jacob Mowegan Wawatie 1hour

Indigenous understanding of how Turtle Island is set up and how it is a living organism. This story will modify the way you sense the land, it will help understand the land and the world we come from.

<https://www.youtube.com/watch?v=u88mfQIHtig>

The Mississauga People: Eagle Clan of Ojibwe Nation <https://www.youtube.com/watch?v=yISxN24sZS8>

HEALTH/WELFARE/INDIAN ACT/RESILIANCE

BOOKS

The Indian Child Welfare Act Handbook by Kelly Gaines-Stoner and Mark C. Tilden

Twenty-one Things you Didn't know about the Indian Act by Bob Joseph

From The Ashes by Jesse Thistle <https://www.cbc.ca/books/how-jesse-thistle-survived-addiction-homelessness-and-incarceration-and-became-a-bestselling-author-1.5293752>

ARTICLES

What the Land means to Indigenous Mental Health

<https://www.tv.o.org//article/current-affairs/what-a-connection-to-the-land-means-for-indigenous-mental-health>

Piecemeal approach to change perpetuates inequality for FN children

<http://www.cbc.ca/news/indigenous/opinion-indigenous-child-welfare-cindy-blackstock-1.4545845>

Childcare is a chronic issue

<http://cbc.ca/news/canada/north/nunavut-daycare-shortage-unemployment-kindergarten-1.4646297>

Telling the story of hundreds of Inuit shipped to Hamilton

<http://www.cbc.ca/news/canada/hamilton/telling-the-story-of-hundreds-of-Inuit-sick-with-tb-who-were-shipped-to-hamilton-1.3842103>

Fighting Tuberculosis in Nunavut

<http://www.cbc.ca/news/canada/north/tuberculosis-nunavut-stigma-mental-health-1.4509121>

Inuk woman pleading for TB fight in Nunavut

<http://www.cbc.ca/news/canada/north/tuberculosis-nunavut-costs-1.4773296>

Health System neglects Northern patients

<http://www.cbc.ca/news/thenational/north-health-care-system-problems-1.4523140>

Childcare is a Chronic Issue – Iqaluit

<https://www.cbc.ca/news/canada/north/nunavut-daycare-shortage-unemployment-kindergarten-1.4646297>

Canada's First Nation – A History of Resistance

<https://www.globalresearch.ca/canadas-first-nations-a-history-of-resistance/5318199>

Indigenous Peoples Resistance Timeline

<http://muskratmagazine.com/indigenous-peoples-resistance-timeline/>

A Timeline of Canadian Colonialism and Indigenous Resistance

<https://north-shore.info/2019/10/06/a-timeline-of-canadian-colonialism-and-indigenous-resistance/>

Our Children do not set out in Life to Fail

<https://www.macleans.ca/opinion/sen-murray-sinclair-our-children-do-not-set-out-in-life-to-fail>

VIDEOS

Understanding Intergenerational Trauma (APTN)

<https://aptnnews.ca/2017/03/08/understanding-inter-generational-trauma-and-how-to-stop-it-infocus/>

Trauma Toolkit <http://trauma-informed.ca/>

Idle No More Movement (APTN explores emergence of movement)

<https://aptnnews.ca/2020/01/24/new-aptn-documentary-explores-emergence-legacy-of-idle-no-more-movement/>

Peaceful Path to Reconciliation in Saskatchewan <https://www.reserve107thefilm.com>

Murray Sinclair warns of violent rebellion if Indigenous rights continue to be oppressed

<https://www.youtube.com/watch?v=VRd-inycJKI>

INDEGENOUS PEOPLE STANDING FOR EVERYONES RIGHTS

BOOKS

ARTICLES

When Indigenous Assert Rights, Canada sends Militarized Police

<https://theyee.ca/Analysis/2019/01/17/Indigenous-Rights-Canada-Militarized-Police/>

Canada's First Nations: History of Resistance

<https://www.globalresearch.ca/canadas-first-nations-a-hsitory-of-resistance/5318199>

The Bravery and tragedy of Shannen Koostachin

<https://www.macleans.ca/news/canada/were-not-going-to-quit-the-bravery-and-tragedy-of-shannen-koostachin>

Hereditary Frist Nation Chiefs issue eviction notice to Coastal Gas link

<https://www.cbc.ca/news/canada/calgary/wet-suwet-en-coastal-gaslink-na-moks-1.5415586>

VIDEOS

CHILDRENS BOOKS

Rabbit and Bears Paws set of seven books by Chad Solomon

Fatty Legs, A Stranger At Home, Not My Girl, When I was Eight

by Christy Jorday-Fenton/ Margaret Pokiak-Fenton

Stolen Words by Melanie Florence and Gabrielle Grimard

I am Not a Number by Dr. Jenny Kay Dupuis and Kathy Kacer

When We Were Alone by David A. Robertson and Julie Flett

Grays Wolfs Search by Bruce Swanson and Gary Peterson

As Long as the River Flows by Larry Loyie and Constance Brissenden

The Water Walker by Joanne Robertson (about Grandmother Josephine Mandamin)

Sky Sisters by Jan Bourdeau Waboose and Brian Deines

Turtle Island by Eldon Yellowhorn and Kathy Lowinger

The Polar Bear Son by Lydia Dabcovich

We Sang you Home by Richard Van Camp and Julie Flett

Thirteen Moons on a Turtles Back by Joseph Bruchac

Hiawatha, The Peacemaker by Robbie Robertson

The Honour Drum by Tim Hugg

Shi-shi-etko, Shin-Chi's Canoe by Nicola Campbell

Missing Nimama by Melanie Florence and Francois Thisdale

Understanding Canadian Government and Citizenship: First Nations, Metis and Inuit Governance

by Simon Rose (Grades 4-6)

Moonbeam by Gail Francis <https://www.cbc.ca/news/canada/new-brunswick/aunt-and-niece-release-first-self-published-childrens-book-1.5436650>

YOUTH

We are All Treaty People by Maurice Switzer (Grades 7-10)

Lightfinder by Aaron Paquette (Grade 7-10)

In Search of April Raintree by Beatrice Mosionier (high school and up)

Legends of the Iroquois told by Tehanetorens (Ray Fadden)

Nation to Nation: A Resource on Treaties in Ontario by Maurice Switzer (Grades 11-University)

The Marrow Thieves by Cherie Dimanline (Grades 10-University)

ACTIVITIES

Presbyterian Church Reconciliation Activities for Children: <http://presbyterian.ca/healing>

We Matter toolkits <https://wemattercampaign.org/teachertoolkit/>

<https://wemattercampaign.org/supporttoolkit/>

<https://wemattercampaign.org/minitoolkit/>

RESOURCES/WEBSITES for Teachers and Others

Truth and Reconciliation in Canadian Schools by Pamela Rose Toulouse (includes lesson plans)
<https://www.portageandmainpress.com/product/truth-and-reconciliation-in-canadian-schools/>

Advice for Teachers trying to Integrate Indigenous content
<https://www.cbc.ca/radio/unreserved/there-s-no-quick-fix-advice-for-teachers-struggling-to-properly-integrate-indigenous-content-into-classes-1.4990390>

First Nations Canada <https://www.rcaanc-cirnac.gc.ca/eng/1307460755710/1536862806124>

Teaching Guide: The Indian Act (includes lesson plans) https://www.cbc.ca/radio/secretlifeofcanada/teaching-guidetheindianact1.5290134?_vfz=medium%3Dsharebar&fbclid=IwAR0raSZsyZ8JKMb6Ijw5hwmrnMZ8BEOSPoh8YD7rKkbKVHgPcvye016tmb4

Indian Act Timeline <https://www.nwac.ca/wp-content/uploads/2018/04/The-Indian-Act-Said-WHAT-pdf-1.pdf>

Recommended Residential School Children's Books
<http://www.cbc.ca/news/indigenous/10-books-about-residential-schools-to-read-with-your-kids-1.3208021>

Childrens books celebrating Native American and Indigenous Girls <https://www.amightygirl.com/blog>

Indigenous Authors Explain why Schools Need Less Shakespeare
https://www.vice.com/en_ca/article/akwenz/these-are-dated-books-indigenous-authors-on-swapping-out-shakespeare
<https://ottawacitizen.com/news/local-news/grade-11-students-in-ottawa-are-ditching-shakespeare-for-canadas-indigenous-authors>

Indigenous Writes: A Guide to First Nations, Metis and Inuit Issues in Canada by Chelsea Vowel (book for all teachers) <https://www.portageandmainpress.com/product/indigenous-writes/>

Aboriginal Literatures in Canada – A Teachers Resource Guide
https://www.oise.utoronto.ca/deepeningknowledge/UserFiles/File/UploadedAmina_/Aboriginal_Literature_in_Canada.pdf

There's No Quick Fix: Advice for Teachers Struggling to Properly Integrate Indigenous Content into Classes <https://www.cbc.ca/radio/unreserved/there-s-no-quick-fix-advice-for-teachers-struggling-to-properly-integrate-indigenous-content-into-classes-1.4990390?>

Inuk Elder honoured for helping the home front during Second World War
<https://nationalpost.com/pmnews-pmn/canada-news-pmn/inuk-elder-honoured-for-helping-the-home-front-during-second-world-war-2>

14 Contemporary Books by Indigenous Authors
<https://www.buzzfeednews.com/article/erikawurth/native-american-novels-tommy-orange-there-there>

The Great Tree of Peace Basic Level Teachings – Teachers Manual
<https://onlc.ca/wp-content/uploads/2014/06/Unit-3-The-Great-Tree-of-Peace1.pdf>

International Institute of Restorative Practices www.iirp.org

Our Stories: First Peoples in Canada

<https://www.centennialcollege.ca/indigenous-education/our-stories-first-peoples-in-canada/>

Beyond Beads and Bannock: Reconciliation through School Curriculum and Conversation with Kids:

How BC school system is changing the way it teaches its children by CBC Radio

<https://www.cbc.ca/radio/beyond-beads-and-bannock-reconciliation-through-school-curriculum-and-conversations-with-kids-1.4959845>

WHAT CAN YOU DO

BOOKS

The Way Forward by Tanya Talack

Becoming an Ally <https://fernwoodpublishing.ca/book/becoming-an-ally>

ARTICLES

Guide to Allyship <http://www.guidetoallyship.com/>

Indigenous Ally Toolkit https://segalcentre.org/common/sitemedia/201819_Shows/ENG_AllyToolkit.pdf

7 Examples of What it Really Looks Like to be an Ally
<https://www.themuse.com/advice/what-is-an-ally-7-examples>

Nine Phrases Allies Can Say When Called Out Instead of Getting Defensive
<https://everydayfeminism.com/2017/05/allies-say-this-instead-defensive/>

Decolonize your Syllabus <https://liberatedgenius.com/2018/decolonize-your-syllabus>

How and When to Invite Indigenous Speakers to your Classroom
<http://activehistory.ca/2019/01/how-and-when-to-invite-indigenous-speakers-to-the-classroom/>

Indian Horse: Next 150 <https://next150.indianhorse.ca>

How Canadian Government Works

Guide to House of Commons <https://lop.parl.ca/about/parliament/guidetohoc/index-e.htm>

How Canadians Govern Themselves
<https://lop.parl.ca/about/parliament/senatoreugeneforsey/home/index-e.html>

<https://www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/discover-canada/read-online/how-canadians-govern-themselves.html>

Statistics Canada <https://www.statcan.gc.ca/eng/start>

Aboriginal Affairs <https://www.canada.ca/en/crown-indigenous-relations-northern-affairs.html>

VIDEOS

Reconciliation: What Does It Mean
<https://www.canada.ca/en/health-canada/services/video/reconciliation.html>

Senator Murray Sinclair: The truth is hard. Reconciliation is Harder
<https://www.policyalternatives.ca/multimedia/senator-murray-sinclair-truth-hard-reconciliation-harder>

All Our Relations: Finding the Path Forward with Tanya Talaq (CBC Lecture)

<https://www.cbc.ca/radio/ideas/the-2018-cbc-massey-lectures-all-our-relations-finding-the-path-forward-1.4763007>

Reflecting on Indian Horse <http://www.cbc.ca/archives/entry/richard-wagamese-on-his-novel-indian-horse>

ACTIONS

Have A Heart Day First Nations Child & Family Caring Society <https://www.fncaringsociety.com/have-a-heart>

Wet'suwet'en Supporter Toolkit 2020 <http://unistoten.camp/supportertoolkit2020>

Build Understanding. Build Respect. How hard can it be?

I teach about cultural competence and the lack of understanding between Indigenous and non-Indigenous Canadians. One of the consistent responses from non-Indigenous participants is shock about the amount of pain that some Indigenous families go through. It's true, some Indigenous families endure more pain in a year than some non-Indigenous families might endure in decades. However, this isn't the trauma competition game and there are no winners. This is a story about building understanding.

A few weeks ago, I met with one of my oldest First Nations friends. We shared how we each were doing, and she shared her cousin had slipped back into opioid abuse and nobody knew where the cousin was. But before anybody jumps to erroneous conclusions, let's examine the facts.

Why did the cousin slip back into opioid addiction? Because there's a lack of culturally competent substance use services in urban areas. Why does she need help to overcome substance use? Because she struggled to find healing from trauma of her past. Why did she have trauma? Because she was taken in part of the '60s Scoop, and grew up without a sense of family and belonging. Why did she grow up without family? Because child welfare agencies thought they knew best to give Indigenous babies to non-Indigenous families, based on the myth that Indigenous parents were not good enough or sophisticated enough to raise babies. Why was a myth of the deficit Indigenous parent? Because Indian residential schools abused so many survivors, who couldn't find healing. And because child welfare agencies mirrored the pervasive racism of Canada. Why was there pervasive racism? Because it was legislated that Indians were less than civilized Canadians.

Is this an excuse? No, not at all. It's the all-important context that can offset judgment. The truth is that the cousin who slipped back into opioid abuse has a story full of resilience, a story worthy of respect if we just sat quietly and tried to understand.

Back to my oldest friend who was sharing about how she's doing. The truth is more complicated. She said, "My uncle was hit by a train, my cousin lost her seven-year old child to suicide, and another cousin slipped back into opioid addiction. How was your week?" she asked with a flippant tone. It is the tone my Indigenous friends might use when we really don't have any other choice but to keep it light, as if we don't have the energy to delve into it.

It's true, some Indigenous families endure more pain in a year than some non-Indigenous families might endure in decades. I wish I could say that this was a startling confession to hear from my First Nations friends, except that's a complete lie. I hear stories like this regularly from Indigenous friends. I suspect this past week for my First Nations friend is one of seven different weeks just this year. And my First Nations friend is one of the strongest, most full-of-grace woman I know.

I can hear the uncomfortable responses from Canadians. "It sounds unbelievable!" Okay, but, it's still true. "How can this happen!" Umm, well, every day in this country, can we please focus on showing empathy instead of your cognitive dissonance? "I had no idea!" Understood, but now you do have some more knowledge, so what do you want to do with that knowledge?

And here is the gold standard response—a response that focuses on the individual's story and resilience. "Thank you for sharing, I can see that you have real strength to choose to share it with me."

Everybody has a story, and Indigenous families need to have their stories heard. With understanding, maybe we can even build some respect.

Rose LeMay is Tlingit from the West Coast and the CEO of the Indigenous Reconciliation Group. She writes twice a month about Indigenous inclusion and reconciliation. In Tlingit worldview, the stories are the knowledge system, sometimes told through myth and sometimes contradicting the myths told by others. But always with at least some truth.