



Learning for Reconciliation – the #7WeekChallenge

Reconciliation is a process, a journey. It involves **learning**, it involves relationships, and it involves change. The change starts in us first. And then we can go on to change systems.

But first, it starts within us.

Just like any kind of change, we have to practice new muscles, new ways of moving. Like a diet, we start with rigour until we have internalized that **new practice and new knowledge**.

This is the next step after taking the online ICC course, and it is meant to be completed in a group. It could be your group at work, it could be a group that you organize of your friends and network, or a book club. This is a team approach to learning. Please find a team of learners to do it with you, so you can discuss your progress and hold each other accountable.

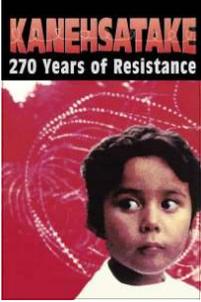
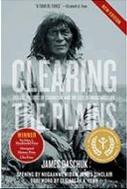
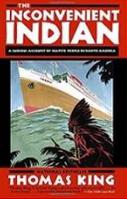
Each week:

1. Select **at least two** of the options, and watch or listen or read.
2. Share with your team (or a friend or family) and contribute to the positive learning for others:
What was meaningful for you?

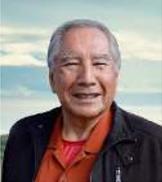
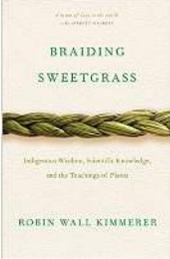
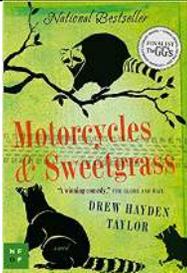
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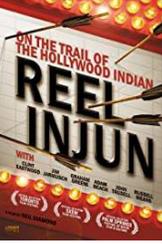
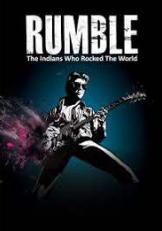
WEEK – HISTORY

WATCH	
Movie \$	<p>Kanehsatake: 270 Years of Resistance. In July 1990, a dispute over a proposed golf course to be built on Kanien'kéhaka (Mohawk) lands in Oka, Quebec, set the stage for a historic confrontation that would grab international headlines and sear itself into the Canadian consciousness. Director Alanis Obomsawin—at times with a small crew, at times alone—spent 78 days behind Kanien'kéhaka lines filming the armed standoff between protestors, the Quebec police and the Canadian army. Released in 1993, this landmark documentary has been seen around the world, winning over a dozen international awards and making history at the Toronto International Film Festival, where it became the first documentary ever to win the Best Canadian Feature award. Jesse Wenté, Director of Canada's Indigenous Screen Office, has called it a "watershed film in the history of First Peoples cinema." https://www.nfb.ca/film/kanehsatake_270_years_of_resistance/</p> 
LISTEN	
Podcast series	<p>Secret Life of Canada. The Secret Life of Canada is a history podcast about the country you know and the stories you don't. Leah-Simone Bowen (co-host) is a writer, performer and producer. She is a Toronto-based, first generation Canadian from Alberta, whose family hails from Barbados W.I. Falen Johnson (co-host) is a playwright and performer. She is Mohawk and Tuscarora from Six Nations and now lives in Toronto. TK Matunda is Toronto-based writer and producer. She is a first generation Canadian-Kenyan from the Ontario burbs. Her work has been featured on CBC, BuzzFeed, ABC, Canadaland, HuffPost Canada and more. https://podcasts.apple.com/ca/podcast/the-secret-life-of-canada/id1434339568</p> 
Podcast series	<p>Finding Cleo: missing and murdered and The 60s Scoop. This much-talked-about podcast by CBC News investigative reporter Connie Walker joins a family as they search for their sister Cleo Nicotine Semaganis. In the early 1970s, Cleo and her five siblings were apprehended by child welfare authorities in Saskatchewan. The children were adopted into white families across North America. All but one of the siblings have reconnected and have been told various mysterious stories about what happened to Cleo, but they can't find her. https://curio.ca/en/collection/missing-murdered-finding-cleo-2602/</p>
READ	
Book \$\$\$	<p>Clearing the plains. James Dashuk. Revealing how Canada's first Prime Minister used a policy of starvation against Indigenous people to clear the way for settlement, the multiple award-winning Clearing the Plains sparked widespread debate about genocide in Canada. In arresting, but harrowing, prose, James Daschuk examines the roles that Old World diseases, climate, and, most disturbingly, Canadian politics—the politics of ethnocide—played in the deaths and subjugation of thousands of Indigenous people in the realization of Sir John A. Macdonald's "National Dream."</p> 
Book \$\$	<p>The Inconvenient Indian. Thomas King. Rich with dark and light, pain and magic, The Inconvenient Indian distills the insights gleaned from Thomas King's critical and personal meditation on what it means to be "Indian" in North America, weaving the curiously circular tale of the relationship between non-Natives and Natives in the centuries since the two first encountered each other. In the process, King refashions old stories about historical events and figures, takes a sideways look at film and pop culture, relates his own complex experiences with activism, and articulates a deep and revolutionary understanding of the cumulative effects of ever-shifting laws and treaties on Native peoples and lands.</p> 

2 WEEK – INDIGENOUS KNOWLEDGE SYSTEMS

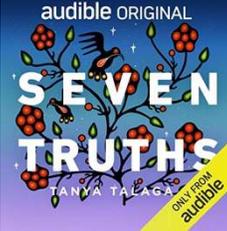
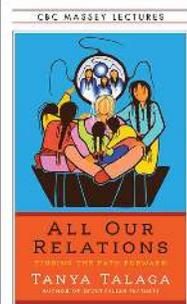
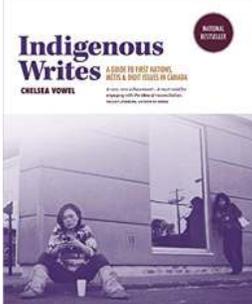
WATCH	
Video 55min	<p>Carol Hopkins on Indigenous culture, land and wellness. Dr. Carol Hopkins is the executive director of the Thunderbird Partnership Foundation and is of the Lenape Nation at Moraviantown, Ontario. Carol was appointed Officer of the Order of Canada in 2018. In 2019, she was recognized with an honorary Doctor of Laws from Western University. Carol has spent more than 20 years in the field of First Nations addictions and mental health. She holds both a Master of Social Work degree from the University of Toronto and a degree in sacred Indigenous Knowledge, equivalent to a PhD in western based education systems. Carol also holds a sessional faculty position at the School of Social Work at King's University College at Western University. https://www.youtube.com/watch?v=xjV9K8j311o</p> 
Video 20min	<p>Indigenous Knowledge and Western Science: Dr. Leroy Little Bear. Indigenous academic Leroy Little Bear compares the foundational base of Blackfoot knowledge to quantum physics to an attentive audience at The Banff Centre as part of the Indigenous Knowledge and Western Science: Contrasts and Similarities event. https://www.youtube.com/watch?v=gJSJ28eEUjI</p> 
LISTEN	
Podcast 4episodes	<p>Story-telling / Story-listening: Decolonizing Research Through Podcast as Storytelling explores multiple Indigenous and cultural worldviews, sciences, pedagogies and cosmology. The series features interviews with Tłı̨ch̓o knowledge-holders John B. Zoe and Janet Rabesca, Elder Albert Marshall from Mi'kma'ki, and my teachers Melanie Zurba, and Sherry Pictou from L'sitkuk (Bear River First Nation). By listening to their teachings, we are sharing a space with their voices and honouring pre-colonial oral traditions. https://www.tlı̨ch̓o.ca/news/story-telling-story-listening-decolonizing-research?fbclid=IwAR18-aV4wGQgbVitiwLanKQIXfEOCWX5rwd9CFB2CtwWVb7Q7-wUkMrHPi0</p>
READ	
Book \$\$	<p>Braiding Sweetgrass: Indigenous wisdom, scientific knowledge and the teachings of plants. By Robin Wall Kimmerer. Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings - asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass - offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return."</p> 
Book \$\$	<p>Motorcycles and Sweetgrass. Drew Hayden Taylor. A story of magic, family, a mysterious stranger . . . and a band of marauding raccoons. Otter Lake is a sleepy Anishnawbe community where little happens. Until the day a handsome stranger pulls up astride a 1953 Indian Chief motorcycle – and turns Otter Lake completely upside down. Maggie, the Reserve's chief, is swept off her feet, but Virgil, her teenage son, is less than enchanted. Suspicious of the stranger's intentions, he teams up with his uncle Wayne – a master of aboriginal martial arts – to drive the stranger from the Reserve. And it turns out that the raccoons are willing to lend a hand.</p> 

3 WEEK – BALANCE

WATCH	
Movie	<p>Reel Injun. These images have influenced the understanding (and misunderstanding) of North American Natives in almost every corner of the world and have locked the North American natives into powerful stereotypes, from which they only recently started to break loose. With clips from classic and modern films, candid interviews with famous Native and non-Native directors, writers, actors, and activists such as Clint Eastwood, Robbie Robertson, Wes Studi, Adam Beach, Graham Greene, John Trudell and Russell Means, as well as documentary sequences, where filmmaker Diamond guides us through the contemporary Native stereotyped and non-stereotyped landscape. https://www.sundanceNOW.com/films/watch/reel-injun/2327108</p> 
Movie	<p>Rumble: the Indians that rocked the world. This feature documentary, about the role of Native Americans in popular music history, tells the story of a profound, essential, and, until now, missing chapter in the history of American music: the Indigenous influence. Featuring music icons Charley Patton, Mildred Bailey, Link Wray, Jimi Hendrix, Jesse Ed Davis, Buffy Sainte-Marie, Robbie Robertson, Randy Castillo, and others, Rumble will show how these talented Native musicians helped shape the soundtracks of our lives. https://www.pbs.org/independentlens/films/rumble/</p> 
LISTEN	
Podcast	<p>Métis In Space hilariously deconstructs the science fiction genre through a decolonial lens. Join hosts Molly Swain & Chelsea Vowel as they drink a bottle of (red) wine, and from a tipsy, decolonial perspective, review a sci-fi movie or television episode featuring Indigenous Peoples, tropes & themes. http://www.metisinspace.com/</p> 
READ	
Book	<p>The Marrow Thieves. Cherie Dimaline is a member of the Georgian Bay Metis Community in Ontario who has published 5 books. Her 2017 book, The Marrow Thieves, won the Governor General’s Award and the prestigious Kirkus Prize for Young Readers, was a finalist for the White Pine Award, and was the fan favourite for CBC’s 2018 Canada Reads. “I would love to be recognized as a writer of Indigenous stories. I’m not a Canadian writer. This is what is now known as Canada; it means something different to and for me.”</p> 

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WEEK – INDIGENOUS TODAY

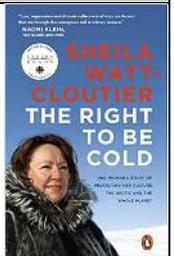
WATCH	
20min Video	<p>Breaking the silence surrounding Canada's Indigenous crisis. Qajaq Robinson, commissioner on the National Inquiry on Missing and Murdered Indigenous Women. https://www.ted.com/talks/qajaq_robinson_breaking_the_silence_surrounding_canada_s_indigenous_crisis</p>
Movie 96min	<p>nîpawistamâsowin: We Will Stand Up. On August 9, 2016, a young Cree man named Colten Boushie died from a gunshot to the back of his head after entering Gerald Stanley's rural property with his friends. The jury's subsequent acquittal of Stanley captured international attention, raising questions about racism embedded within Canada's legal system and propelling Colten's family to national and international stages in their pursuit of justice. Sensitively directed by Tasha Hubbard, nîpawistamâsowin: We Will Stand Up weaves a profound narrative encompassing the filmmaker's own adoption, the stark history of colonialism on the Prairies, and a vision of a future where Indigenous children can live safely on their homelands. https://www.nfb.ca/film/nipawistamasowin-we-will-stand-up/</p>
LISTEN	
Podcast 1episode	<p>The Convenient Pretendian. Michelle Latimer was the buzziest Canadian director and showrunner of 2020. Her documentary <i>Inconvenient Indian</i> premiered at TIFF and reaped plaudits and awards. Her series <i>Trickster</i>, based on a novel by Eden Robinson. But it all came crashing down in December when a CBC investigation called into question Latimer's Indigenous identity claims. Why does the Canadian cultural establishment make darlings of figures like Latimer? Ryan McMahon joins Jesse to discuss. https://www.canadaland.com/podcast/359-the-convenient-pretendian/</p>
Podcast series. \$\$	<p>Seven Truths, by Tanya Talaga. In 1966, 12-year-old Chanie Wenjack froze to death on the railway tracks after running away from residential school. An inquest was called, and four recommendations were made to prevent another tragedy. None of those recommendations were applied. More than a quarter of a century later, from 2000 to 2011, seven Indigenous high school students died in Thunder Bay, Ontario. The seven were hundreds of miles away from their families, forced to leave home and live in a foreign and unwelcoming city. Using a sweeping narrative focusing on the lives of the students, award-winning investigative journalist Tanya Talaga delves into the history of this small northern city that has come to manifest Canada's long struggle with human rights violations against Indigenous communities. https://www.audible.ca/pd/Seven-Truths-Audiobook/B08N5JMLSY</p> 
READ	
Book \$\$\$	<p>All our Relations, by Tanya Talaga. In this urgent and incisive work, bestselling and award-winning author Tanya Talaga explores the alarming rise of youth suicide in Indigenous communities in Canada and beyond. From Northern Ontario to Nunavut, Norway, Brazil, Australia, and the United States, the Indigenous experience in colonized nations is startlingly similar and deeply disturbing. It is an experience marked by the violent separation of Peoples from the land, the separation of families, and the separation of individuals from traditional ways of life — all of which has culminated in a spiritual separation that has had an enduring impact on generations of Indigenous children. As a result of this colonial legacy, too many communities today lack access to the basic determinants of health — income, employment, education, a safe environment, health services — leading to a mental health and youth suicide crisis on a global scale. But, Talaga reminds us, First Peoples also share a history of resistance, resilience, and civil rights activism.</p> 
Article	<p>What is cultural appropriation, by Chelsea Vowel https://apihtawikosisan.wordpress.com/2012/01/30/the-dos-donts-maybes-i-dont-knows-of-cultural-appropriation/</p>
Book \$\$\$	<p>Indigenous Writes: a guide to First Nations, Métis and Inuit issues in Canada. In <i>Indigenous Writes</i>, Chelsea Vowel initiates myriad conversations about the relationship between Indigenous peoples and Canada. An advocate for Indigenous worldviews, the author discusses the fundamental issues the terminology of relationships; culture and identity; myth-busting; state violence; and land, learning, law and treaties along with wider social beliefs about these issues. She answers the questions that many people have on these topics to spark further conversations at home, in the classroom, and in the larger community.</p> 

5 WEEK – INDIGENOUS HEROS

WATCH		
Video 42min	<p>Senator Murray Sinclair. Senator Sinclair served the justice system in Manitoba for over 25 years. He was the first Aboriginal Judge appointed in Manitoba and Canada’s second. He served as Co-Chair of the Aboriginal Justice Inquiry in Manitoba and as Chief Commissioner of the Truth and Reconciliation Commission (TRC). As head of the TRC, he participated in hundreds of hearings across Canada, culminating in the issuance of the TRC’s report in 2015.</p> <p>https://www.youtube.com/watch?v=3Swk_mNkKOs</p>	
Video 90min	<p>Alanis Obomsawin. Throughout her extraordinary career, revered filmmaker and musician Alanis Obomsawin has been a leading voice of Indigenous resistance. Through such films as Incident at Restigouche, Kanehsatake: 270 Years of Resistance, and Our People Will Be Healed, she has reinvigorated Indigenous identities in Canada while advocating for truth and reconciliation. Join us as we celebrate a master director, tireless social activist, and revolutionary artist.</p> <p>https://www.youtube.com/watch?v=cUBmX9KDzuo</p>	
LISTEN		
Podcasts	<p>Natan Obed. The Inuit Tapiriit Kanatami president discusses growing up, becoming a leader, and his hopes going forward.</p> <p>https://www.cbc.ca/radio/unreserved/i-am-inuk-natan-obed-on-his-complicated-childhood-challenging-questions-and-the-future-of-the-inuit-1.5083529</p>	
READ		
Article	<p>Cindy Blackstock: A relentless champion for Indigenous children's rights. She serves as executive director of the First Nations Child and Family Caring Society, whose litigation against Canada has secured hundreds of thousands of services for First Nations youth. https://www.macleans.ca/society/cindy-blackstock-a-relentless-champion-for-indigenous-childrens-rights/</p>	
Article	<p>Mumilaag Qaqqaq. TVO.org speaks with the politician about mental health, media representation — and what it means to be a public figure in a country that tried to destroy the Inuit way of life. https://www.tvo.org/article/use-the-right-words-and-paint-the-right-picture-in-conversation-with-nunavut-mp-mumilaag-qaqqaq</p>	

6 WEEK – CONFLICT

WATCH	
Video 51min	What’s really behind the lobster fishery tensions in Nova Scotia. By now, most people have seen the violence around the lobster fishery – non-Indigenous commercial fishers attacking Mi’kmaq fishers, destroying lobster catches, torching a van, sinking boats, stealing lobster traps and mobbing a lobster storage compound which was later burned to the ground. Under treaties signed in the 1700s, Mi’kmaq have a right to fish – a right constantly challenged when they assert that right. https://www.aptnnews.ca/infocus/whats-really-behind-the-lobster-fishery-tension-in-mi%ea%9e%8ckma%ea%9e%8cki/
Article Video	‘Forcibly taking Indigenous children’: Inside the world of one foster mom. She’s a single professional in her 50s, raised a son who’s made his way to success on Bay Street and she fulfilled a dream of teaching children in remote northern Manitoba communities and inner cities. So in 2006, Jennie Davies was up for a new challenge and applied to be a foster mom in Brandon, Man. But what she experienced recently makes her question if she’ll ever do it again. https://www.aptnnews.ca/featured/foster-mom-child-welfare-system-apprehensions-manitoba/
LISTEN	
Podcast 1episode	Controversial monuments: Whose history is being celebrated? Monuments are supposed to honour moments and figures in our history. They shape how we see the world and the events that shaped history. But for some people, monuments can be painful reminders of how those figures negatively impacted their ancestors — and how those impacts can still be felt today. This week on Unreserved, we look at the push to pull down problematic statues and examine whose history is being told. https://www.cbc.ca/radio/unreserved/controversial-monuments-whose-history-is-being-celebrated-1.5747823
READ	
Book \$\$\$	The Right to be Cold. By Sheila Watt-Cloutier. The Arctic ice is receding each year, but just as irreplaceable is the culture, the wisdom that has allowed the Inuit to thrive in the Far North for so long. And it's not just the Arctic. The whole world is changing in dangerous, unpredictable ways. Inuk Sheila Watt-Cloutier has devoted her life to protecting what is threatened and nurturing what has been wounded. In this culmination of Watt-Cloutier's regional, national, and international work over the last twenty-five years, <i>The Right to Be Cold</i> explores the parallels between safeguarding the Arctic and the survival of Inuit culture, of which her own background is such an extraordinary example.



7 WEEK – INDIGENOUS FUTURES

WATCH	
Video 90min	Truth and Reconciliation, Five Years Later. It’s been five years since the Truth and Reconciliation Commission of Canada released its report, outlining 94 calls to action to advance reconciliation with Indigenous Peoples across the country. Half a decade later, how has Canada measured up on its promise to implement these calls to action? What progress has been made, and where have we fallen short? On a special edition of InFocus, all three Truth and Reconciliation commissioners came together for the first time since the report was released in 2015. https://www.aptnnews.ca/topic/trc/
TV Show	The Laughing Drum is a weekly satirical news and talk show that takes a sharply humorous look at Canadian and Indigenous politics, entertainment, arts and current events. In each episode, host Tim Fontaine uses actual news footage, field segments, interviews with guests and the Red Power Panel to dissect the issues facing Indigenous Peoples today. https://www.aptn.ca/thelaughingdrum/
	
LISTEN	
Podcast 1episode	Pushing the boundaries of ceremony and culture: NewFire. From social media at ceremonies to LGBT powwows, Indigenous traditions aren't things that are stuck in the past. They're changing and evolving - and it's young people leading that shift. https://www.cbc.ca/listen/cbc-podcasts/113-new-fire/episode/13227522-pushing-the-boundaries-of-ceremony-and-culture
READ	
Article	If Indigenous people exercise their right to say no ... then what? UNDRIP and more, by Karen Pugliese. https://www.nationalobserver.com/2020/12/08/opinion/un-declaration-rights-indigenous-people-right-to-say-no-then-what
	

