



INSPIRATION GUIDE

2021/2022 YOUTH PROJECTS



experiences
CANADA  FORUMS
RÉCONCILIATION



Committed
to supporting
Indigenous Peoples
and communities
through listening,
learning and
development

Proud to support Experiences Canada's
virtual Youth Forum and the Canada Life
Reconciliation in Action micro-grants



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ACKNOWLEDGMENTS

We acknowledge the financial support of the Government of Canada through the Department of Canadian Heritage.

Canada

We would also like to thank our national sponsors and program partners who made this project possible.



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alliance
communautaire^{MC}



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Kids Help Phone
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Minister
of Canadian Heritage



Ministre
du Patrimoine canadien

Ottawa, Canada K1A 0M5



Congratulations, everyone, for taking part in Experiences Canada's Virtual Youth Leadership Forum on Reconciliation. Our government is committed to supporting these events. We want to make sure that your voices are heard, recognized, and reflected in everything we do.

Reconciliation is a collaborative journey—Indigenous Peoples and non-Indigenous Canadians alike—working together to achieve a fundamental shift in the way we perceive and interact with each other for the benefit of all.

Representation matters. As Indigenous youth, you continue to face barriers everywhere—in education, access to health care, employment, and even meaningful participation in society. And you are instrumental in bravely calling out and dismantling those barriers. You are leading the way by example through your participation in forums such as this. And I am grateful for your courage. Our government is committed to supporting you, and walking with you, on this path.

We need young leaders like you to shape and guide our priorities and actions. We know that you want and should have a say in the decisions that affect your lives, both now and in the future.

KeeP speaking up and speaking out!

A stylized, handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke.

The Honourable Pablo Rodriguez

A MESSAGE FROM THE PRESIDENT & CEO

We first began planning our Virtual Youth Leadership Forum on Reconciliation in 2019 with the intention to host an in-person event in Winnipeg, July 2020, and involve First Nations communities throughout Manitoba to host unique overnight experiences for the youth participants. Unfortunately, due to COVID-19, our plans had to change not just once, but three times, as the recognition of burial sites at former residential schools and the need for mourning and reflection gave further pause to our planning in Summer 2021. A resurgence of COVID-19 cases in the fall made it necessary for us to take the project fully virtual.

I wish to acknowledge the continued commitment to this project of our Indigenous program partners and forum presenters at such a deeply challenging time for their communities. Their guidance and advice were essential in ensuring this program reflected the very best of advocacy and allyship to advance meaningful reconciliation. Similarly, we appreciate the patience and flexibility of our project funders: the Department of Canadian Heritage, Canada Life, Power Corporation of Canada, North West Company, the Winnipeg Foundation, and Pollard Family Foundation.

The pandemic has made us all look at many things differently and find new approaches to connecting with one another. For us, one of the best changes was finding ways to empower our participants to become leaders and teachers in their own right. In its final iteration, the forum was more than a week-long experience for everyone involved—it continued throughout the school year, and we got to follow along as youth implemented the ideas and plans they shaped through the online webinars and workshops. As you will see in the pages that follow, the legacy of their actions endures, as the efforts of these participants are seeding activities and change in their schools and communities that hopefully will carry on for years to come.



We hope this book will be an inspiration for other youth and shows how to be a difference-maker, that every action has an impact, and the first step is making the decision to get involved.

Deborah Morrison

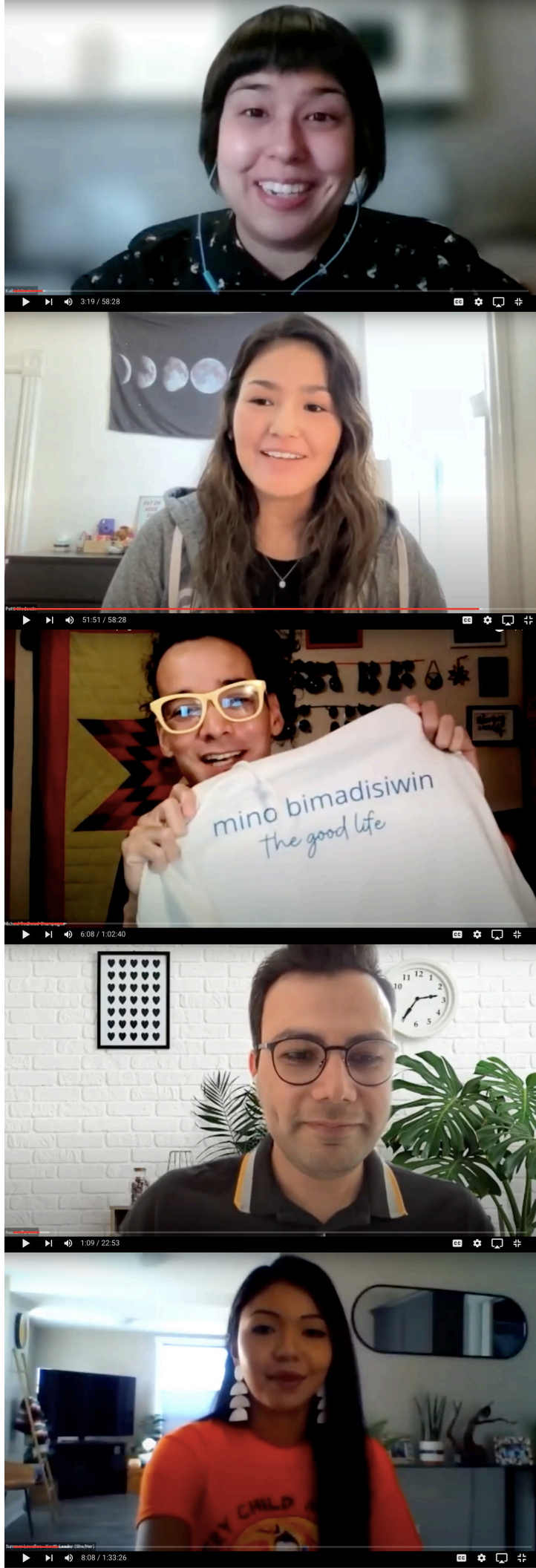


ABOUT THE FORUM

In the wake of the COVID-19 pandemic, much like the rest of the world, Experiences Canada was forced to adapt our operations in order to continue to safely provide Canadian youth with worthwhile experiences. Our goal was to create safe spaces for youth with a genuine interest in broadening their perspectives and learning from other youth and people with different lived experiences. To ensure that we met national health guidelines, we transitioned what was once going to be an in-person forum on Reconciliation to a fully virtual event in a matter of months.

From October 13th to 17th, 2021, 40 Indigenous and non-Indigenous youth (aged 14 to 25) from across Canada gathered virtually over 5 days to hear from Elders, Knowledge Keepers, community leaders and youth leaders about some of the inspiring work that is happening right now to effect change.

Our participants were able to take part in various speaker sessions, sharing circles, and Indigenous teachings over the course of the 5-day forum, which all worked to better educate the youth on the realities of reconciliation in Canada. Participants also worked in small groups to develop their own ideas and projects that address Reconciliation as a priority and/or answered a Truth and Reconciliation Commission's Calls to Action. Thanks to our Canada Life Reconciliation in Action Micro-Grants, at the end of the forum, each participant received funding to get their project started—allowing them to become active agents of Reconciliation in their community.



LAND ACKNOWLEDGMENT

Experiences Canada acknowledges that the land on which we gather is the traditional unceded territory of the Algonquin people.

We would like to tell you a little more about the Algonquin First Nations and its historical relationship with the government of Canada, as we believe land acknowledgments should be a meaningful first step in recognizing the past and a means to committing to a better future together.

The traditional territory of the Algonquin people has always included the Ottawa Valley and adjacent lands, straddling the border between what is now Quebec and Ontario. Unlike most of Ontario and the Prairies, Algonquin territory has never been dealt with by a land-sharing Treaty. Algonquin title continues to exist. For a variety of reasons, assurances regarding the protection of First Nations lands and the need to enter into Treaty before settlement—assurances the British provided from 1760 onward—were never applied to the Algonquins or their territory.

Despite Algonquin protests, no land Treaties were made directly with the Algonquins and they never received any compensation for their lands. The timber was too valuable and the imperial government was not prepared to struggle against powerful settler interests at a time when it was looking to off-load its responsibilities and have the colonies pay their own way. At the time of Confederation, the government of Quebec simply refused to consider the notion of Treaty, and for its part the government of Ontario was hostile to any recognition of Algonquin interests on the south side of the Ottawa River. This hostility even extended to the setting aside of reserve lands for the Algonquins. The people at Golden Lake (Pikwakanagan) were forced to purchase their own lands in 1873. Lands were reluctantly set aside for some communities in 1851 and then not again until 1961 and 1974. The Algonquins of Abitibiwinini used their own funds to purchase their reserve at Amos in 1956. Today, three Algonquin communities (Wolf Lake, Kitchisakik (KITCHEE SAKICK), and Long Point) still do not have reserve lands of their own. So today, 255 years after the Royal Proclamation of 1763, Algonquin Indigenous title—including to Ottawa, the nation's capital—remains an outstanding issue.

CREATING YOUR OWN LAND ACKNOWLEDGMENT

Offering a land acknowledgment is important, even if there are no self-identified Indigenous people in the space. While it is a gracious gesture to invite an Indigenous person to deliver the land acknowledgment at an event, it should be delivered by the organizers themselves. This is considered a sign of respect and effort.

Future Ancestors Services Inc. graciously shares these resources for developing a land acknowledgement:

➤ [Land Acknowledgements in 4 Steps](#)

➤ [Modifying Land Acknowledgements](#)

YOUTH LEADERS

The Virtual Youth Leadership Forum on Reconciliation would not have been possible without the support of our 9 amazing Youth Leaders! Each Youth Leader was responsible for mentoring our youth participants as they worked to develop their own action-oriented projects on Reconciliation, personalized to their local communities. This team of individuals played an integral role in the implementation of our virtual forum. We could not have asked for a better group of young activists and role models!



AARISHA HAIDER



HANNAH GEAUVREAU-TURNER



HASSAN FARASAT



JOY ROGERS



KIMBERLY HARTWIG



NICOLE TORNQUIST



SUMMER LAVALEE



THAWANY MONTEIRO



DANIELLE PELLETIER

CALLING ALL
YOUNG CANADIANS:

WHAT CAN RECONCILIATION IN CANADA LOOK LIKE?

SUBMIT YOUR IDEA TO IMAGINE A CANADA
[EDUCATION.NCTR.CA](https://education.nctr.ca)

SUBMISSION DEADLINE:
JANUARY 20, 2023



IMAGINE A CANADA



National Centre for
Truth and Reconciliation
UNIVERSITY OF MANITOBA

PRESENTED BY:

IG WEALTH
MANAGEMENT

FORUM SPEAKERS



CHIEF CADMUS DELORME

Chief Cadmus Delorme, a Cree and Saulteaux, is the Chief of the Cowessess First Nation. He is a graduate of the Cowessess Community Education Center, First Nations University of Canada, and the Johnson Shoyama Graduate School of Public Policy. Under his leadership, Cowessess First Nation has focused on economic self-sustainability for its nation and people and has moved forward on renewable energy, agriculture, and efficiency in land use initiatives that have created both current and future business opportunities.



JENN HARPER

Jenn Harper is the founder of Cheekbone Beauty, an Indigenous-owned cosmetics company established in 2016. Jenn strives to educate as many people as possible about the Residential School System and the effects it has had on her family and friends through decades of generational trauma. Jenn also shares her knowledge with various entrepreneur groups, women in business associations and First Nations organizations across North America. In 2019, Cheekbone Beauty Cosmetics was awarded the "Social Enterprise of the Year" in Ontario by Start Up Canada! To date, over \$150k in cash and products has been donated to support Indigenous youth, Indigenous women and sustainability efforts.



PHYLLIS WEBSTAD

Phyllis Webstad is Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation (Canoë Creek Indian Band). She comes from mixed Secwepemc and Irish/French heritage, was born in Dog Creek, and lives in Williams Lake, BC. Phyllis is the executive director of the Orange Shirt Society, and tours the country telling her story and raising awareness about the impacts of the residential school system. She has now published two books, *The Orange Shirt Story* and *Phyllis's Orange Shirt* for younger children. Phyllis received the 2017 TRU Distinguished Alumni Award for her unprecedented impact on local, provincial, national, and international communities through the sharing of her orange shirt story.

GIFTING PRACTICES FOR INDIGENOUS SPEAKERS

In First Nations, Inuit, and Metis cultures, Elders and Knowledge Keepers are community members who are recognized leaders, teachers, advisors, and caretakers for the oral histories, traditions, customs, and spiritual way of life for their people. In many communities, it is customary to offer gifts of tobacco, one of the four sacred medicines, when involving an Elder or Knowledge Keeper as a speaker or advisor to your project. The exchange of tobacco is seen as a contract in which knowledge and expertise are shared while needs for participation are met.

Although some elders may give of their time and travel expenses voluntarily, it is also customary to offer a cash honorarium for their time and to pay any travel expenses. The amount varies depending on the role you are requesting them to take on.

Inuit culture does not have the same tradition of gifting tobacco, however gifts of tea are often appreciated.

➤ [See more information about tobacco offerings](#)



LILA BRUYERE

Lila Bruyere, Dancing Eagle Woman, is Ojibway from Couchiching First Nation located on Treaty 3 Territory. Lila is a residential school and an intergenerational survivor. She attended St. Margaret's Residential School in Fort Frances, Ontario, as did her parents and siblings. Lila has worked in the field of addictions for over 15 years. She earned her Bachelor of Honors of Social Work from Carleton University and completed her Masters in Social Work – Indigenous Field of Study at Wilfred Laurier University. Lila's goal is to continue passing on her message of hope to other survivors to begin their healing journey. To do this, she developed, with her son, a workshop titled Intergeneration: Mother & Son's Healing Journey. She is also writing a book about resiliency, to give hope and to help fellow survivors.



SAMANTHA MATTERS

Samantha Matters is an accomplished academic, published Indigenous researcher, and foresight strategist. Sam is a Métis woman with mixed settler identity whose family has roots in the Meadow Lake region of Saskatchewan and central Alberta. She is the co-founder of The Poison and The Apple, a bilingual non-profit organization that highlights youth-led social-environmental projects and aims to bring under-represented voices to the Canadian environmental sphere. She is also the Director of Ancestral Services at Future Ancestors Services Inc, a black and indigenous-owned, youth-led social enterprise that provides speaking, training, research, and community services that advance climate justice and equity with the lens of ancestral accountability.



MICHAEL REDHEAD CHAMPAGNE

Michael Redhead Champagne, born and raised in Winnipeg's North End, is an award-winning community organizer, public speaker, and a proud member of Shamattawa First Nation. Michael believes we all have a gift and shows youth the path to discover their own. He is solution-oriented and passionate about building system literacy, encouraging volunteerism, and engaging communities to be involved in the design, delivery, and evaluation of any initiative that affects them. Michael leads by example and travels across Canada sharing his gift with others. Whether he is speaking to educators, youth, the business community or the not-for-profit sector, his goal is the same—to help heal, shape and create a call to action for everyone.



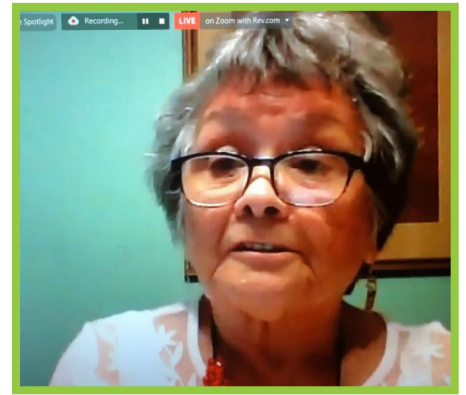
CHIEF ARLEN DUMAS

Arlen Dumas served as Grand Chief of the Assembly of Manitoba Chiefs from July 2017 to August 2022. Prior to being elected Grand Chief, he served his community of Mathias Colomb Cree Nation as Chief for over a decade. He has also acted as Vice Chief of Manitoba Kewatinowi Okimakanak and held various positions on AMC Committees. During his leadership, he championed key initiatives to support Indigenous-owned enterprises, improve housing in remote communities, enhance emergency medivac services, and to redress injustices in the foster care system. He is fluent in Cree, sings, drums and sundances.



MYA BEAUDRY

Mya Beaudry is a talented 11-year-old Algonquin from Kitigan Zibi Anishinabeg First Nation. Since starting Kokom Scrunchies in the fall of 2019 when she was only 9 years old, Mya has developed hopes of opening a brick and mortar store in her community. Mya handmakes each scrunchie with love and plans to continue honoring Indigenous women by naming Kokom Scrunchies after them. She sees the importance of role models in our communities and in her own life.



IRENE BARBEAU

Irene Barbeau is from the Fort Albany First Nation and is a residential school survivor, having attended three residential schools in her time. Irene attended the Bishop Horden residential school from 1954 to 1956, the Horden Hall residential school from 1956 to 1958, and the Shingwauk Residential School from 1958 to 1961. Irene is one of the founding members of the Children of Shingwauk Alumni Association and served as president for six terms and is currently serving as the vice-president. Additionally, Irene has been a long-time volunteer in the home communities of Barrhaven, ON. She was awarded the 150 Years Medal for making her community a better place to live.

“Be**cause** Indigenous-led solutions can promote healing for Indigenous women, 2-spirit and trans peoples, who continue to be plagued by sexual violence, exploitation, and trafficking.”

Elder Mae Louise Campbell and Elder Billie Schibler, Clan Mothers Healing Village

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TESTIMONIALS



“ IMPORTANCE OF BEING FLEXIBLE ”

I learned the importance of being flexible and understanding that while a clear plan must be in place, things may not always run according to this plan. [...] Also, never before had I been required to create a budget for anything, so being able to do that in the preparation stages was a valuable experience.

– Rhea Gupta, Winnipeg, MB

This event gave me the opportunity to connect with so many awesome people from my community and allowed me to have a safe space to have important discussions about culture and identity in a way that fostered empathy and growth. It was truly an amazing experience and allowed me to feel more a part of my city than I have ever felt.

– Project Participant, Markham, ON

“ LEARN HOW TO COMMIT ”

I have learnt that it is important to learn how to commit to a big project like this one and stay on top of it or else it is easy to push aside amid the high pace lives many of us lead. I also got a better understanding of the struggles Indigenous people face regarding the fact that non-Indigenous people constantly push their problems aside because it does not directly affect them so they can leave it until a later date. It is so easy to forget about an issue if it does not directly involve yourself. Although I have a lot going on in my life and a lot to keep up with, I will not let go of this project because it is important.

– Maisie Haddrell-Anning, Chelsea, QC

I love working on this project, if I were to redo it I'd apply for a larger grant to be able to do more activities.

– Emilie Denis-Plante, Hamner, ON



“APPLY AN IDEA TO REAL LIFE”

I've learnt a lot of about asking favours from indigenous elders and the way in which I must approach the discussion of Canada's relationship with Canada. Secondly, I have learned a lot of different permits and rules that need to be taken into consideration when working with young kids and using Markham owned lands to use as places for different events.

– Mehul Madhura, Markham, ON

One of the things that we found most powerful was when we had the opportunity to share our presentation with Elders. Here they impressed upon us how hard it can be to apply an idea to real life. They helped humanize what it was [we] were doing.

– Vic Hansen & Alex Wigley, Delta, BC

HOW CAN I BECOME A BETTER ALLY?

Check out the following resources for guidance on becoming a better ally and advancing Reconciliation:

➤ [Watch Our Allyship Webinar](#)

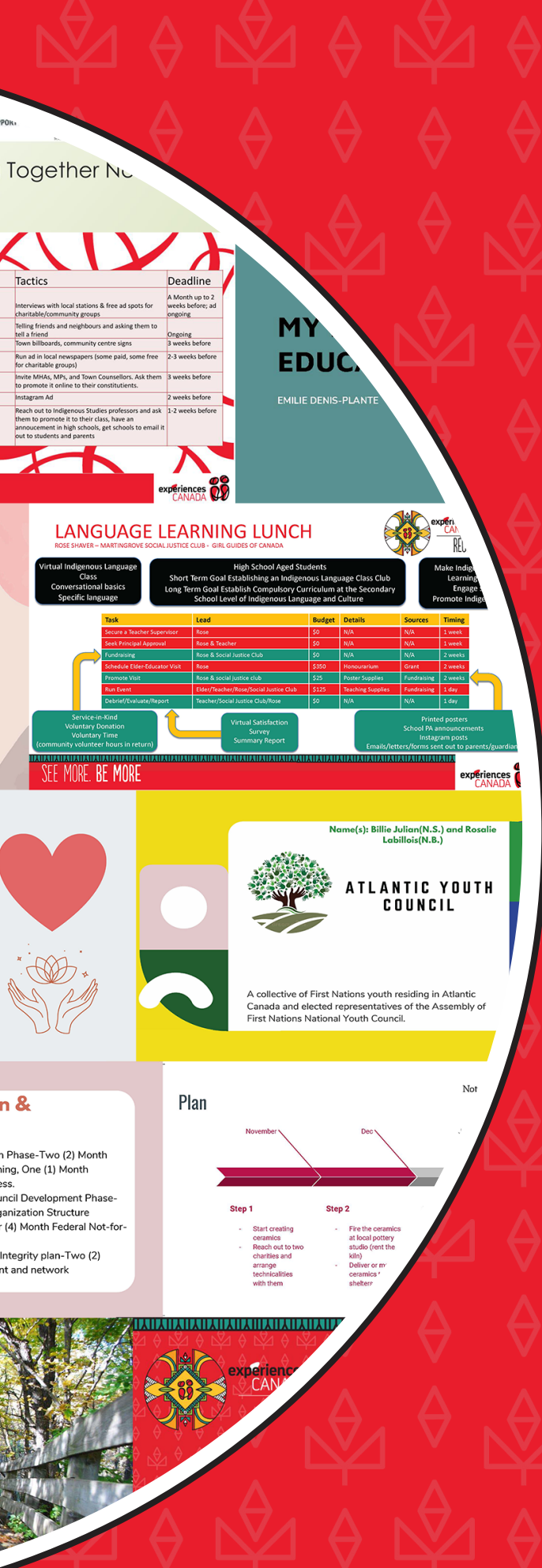
➤ [Play Red Light/Green Light](#)

➤ [What is White Fragility?](#)

➤ [Performative vs Productive Allyship](#)

➤ [Intent vs Impact](#)

➤ [Advice from Indigenous Senators](#)



An integral aspect of Experiences Canada's Virtual Youth Leadership Forum on Reconciliation were the community-based projects that we asked our youth to develop over the course of the 5-day event. Prior to the forum, each participant was prompted to select a project idea that addresses Reconciliation as a priority and/or works to answer the Truth and Reconciliation Commission's Calls

RECONCILIATION YOUTH PROJECTS

to Action. Under the supervision of our wonderful Youth Leaders, the youth worked in small groups to further develop their individual projects through various workshops. Thanks to their hardwork and dedication to the forum, each member of our diverse youth cohort were able to generate a unique and personal project that they could implement in their home communities. Each project was guaranteed to receive start-up funding in the form of a Canada Life Reconciliation in Action Micro-Grant, ranging from \$250 to \$2,500. We are pleased to share some of the amazing work that our forum participants were able to achieve as a result of their engagement in our Virtual Youth Leadership Forum on Reconciliation.

“

My experience at the Reconciliation Forum was a call in as an ally to really take action on a topic. I think it is easy to come up with reasons why we're not able to take action on a topic, but Experiences Canada provided the training, mentorship, and money to run a community project, so the only other thing that was needed was the personal drive to step up. Without this Forum, I would not have independently organized this project.

”

MI'G MAQ LANGUAGE LIBRARY

ELIZABETH TUCK GARLANDS CROSSING, NS

BUDGET: \$500

REACH: 40 attendees

*resources shared with NL & NS community organizations

VISION: To hold a series of free language classes accessible to Acadia University students and the local community to raise awareness of Mi'gmaq history and culture and the importance of language preservation.

WHAT HAPPENED: After many challenges reaching out to Indigenous community organizations and Knowledge Keepers, an Indigenous leader for the workshop was confirmed and the program modified to align with their skills and vision for the event.

KEYS TO SUCCESS:

- † Start early and invest the time to build a relationship with the Indigenous community and organizations you want to work with and support.
- † Be adaptable—plans don't always turn out as you first imagined them.

LANGUAGE LEARNING LUNCH

ROSE SHAVER TORONTO, ON

BUDGET: \$350

REACH: 13 attendees

VISION: To engage youth in Indigenous culture and make Indigenous language learning more accessible by starting an Indigenous language learning club.

WHAT HAPPENED: Hosted a language learning workshop with Ojibwe Knowledge Keeper Stacy Hill for local groups of the Girl Guides of Canada.

KEYS TO SUCCESS:

- † When possible, use personal contacts to facilitate introductions with Elders and Knowledge Keepers.
- † If you are not familiar with your venue, go ahead of time, so you can direct others and put up directional signs if required.
- † Encourage pre-event registrations through door prizes, surveys, or other means, so you have a better idea of attendance to plan activities.



DARK HISTORY OF CANADA

YEGOR SOKOLOV RICHMOND HILL, ON

BUDGET: \$500 **REACH:** 120 participants

VISION: To host a series of 4 Zoom meetings to increase knowledge and awareness of the Indian Act, residential schools, and reconciliation among youth in the Greater Toronto Area.

WHAT HAPPENED: Because of challenges confirming Indigenous speakers, one event was hosted featuring a Cree Elder and partnering with Birchmount Bluffs Neighborhood Centre.

KEYS TO SUCCESS:

- Partner with a community organization to expand your promotional reach.
- Consult with local Indigenous communities to identify speakers.
- Anticipate more time to brief and confirm speakers.

TIF WINTER SPEAKER SERIES

SHREYA SHAH (& KASEY McDONALD AND KELSEY ROOTE) TORONTO, ON

BUDGET: \$750 **REACH:** 60 attendees
*1,200 total through recordings and social media

VISION: To highlight Indigenous resilience in order to educate Indigenous and non-Indigenous people about different Indigenous cultures and practices as well as colonial efforts to erase them. The project aims to raise funds for important Indigenous organizations, to highlight Indigenous joy—which does not get talked about enough—and to showcase the vast diversity of Indigenous identities and talents.

WHAT HAPPENED: Through the grant, two speakers (Jen Harper, founder of Cheekbone Beauty, and Sarah Lewis, spoken word artist) were featured as part of The Indigenous Foundation's winter speakers series. Recordings of the presentations will be made available at a later date.

KEYS TO SUCCESS:

- Start early in booking speakers and send out multiple invitations at the same time rather than waiting for each one to confirm.



LEARN THE TRUTH
ABOUT RESIDENTIAL
SCHOOLS AND INDIAN
ACT BY VISITING OUR
EVENT



“
The events themselves were absolutely incredible, the speakers and the stories they shared were really beautiful and they integrated narratives of resilience into beautiful and inspiring stories while giving honest stories about the challenges that they have faced.
”



FIGHT CLIMATE CHANGE WITH AN ATTITUDE CHANGE

TALIA LEMAY & OLIVIA RICHARDSON MONTREAL, QC

BUDGET: \$600

REACH: 90 student participants

VISION: To organize a nature walk led by an Indigenous Knowledge Keeper to bring awareness to Indigenous relationships to the land, how to protect and preserve the environment from an Indigenous point of view, and learn how reconciling with the land helps reconcile with the people.

WHAT HAPPENED: A virtual workshop was held with Sid Fidler, an Indigenous Knowledge Keeper from Waterhen First Nation in Saskatchewan, followed by a nature walk at the First Nations Garden at Montreal's botanical gardens. Additional activities and discussion questions were developed to help guide students through the learning process.

KEYS TO SUCCESS:

- ▮ Start early to confirm speakers.
- ▮ Create a pre-event guide to prepare participants.
- ▮ Have a backup plan in case speakers need to cancel at the last minute.



DECOLONIZING IS HEALING

MICHELLE MA UNIONVILLE, ON

BUDGET: \$650

REACH: 7 attendees

VISION: To create an online space where youth with intersecting identities can come back to community and engage in wholesome healing.

WHAT HAPPENED: Two online webinars were held with Indigenous speakers Lila Bruyere, a residential school survivor, and Dara Wawatie-Chabot, an advocate and activist against gendered and systemic violence. The workshops were limited to 10 Indigenous youth with disabilities and/or two-spirited/Indigiqueer youth with various abilities.

INDIGENOUS ART EXHIBITION

MAYA TISI, TAMIYA COX, SOPHIA WARD, IVY MOREAU NIAGARA FALLS, ON

BUDGET: \$2,700

REACH: 100 attendees

*reach will be wider when website is live.

VISION: To host a 2-day art exhibit featuring local Indigenous artists to raise awareness for Indigenous art and culture and fundraise for local charities.

WHAT HAPPENED: Indigenous artist Kaylin VanEvery and the Indigenous Studies Art Class at Stamford Collegiate contributed to an art exhibit at the school. Local Elder Dave Labbe opened the event, which also featured spoken word performances and poetry readings. A legacy mural and a website to showcase all the artwork presented are still to be completed over Summer 2022.

KEYS TO SUCCESS:

- When working in teams, someone has to step up as leader and keep everyone on track.
- Work with your school teachers to find ways of integrating your project into other school assignments and work.
- Manage your expectations.

RED DRESS DAY AT CARIHI

CHLOE DOYON CAMPBELL RIVER, BC

BUDGET: \$300

REACH: 800 participants

VISION: To raise awareness of the issue of missing and murdered Indigenous women and girls.

WHAT HAPPENED: Working with the school leadership club, red dresses were hung around the school on Red Dress Day.

KEYS TO SUCCESS:

- Spend time explaining your project with teachers and students to guide respectful participation.

“

I learned amazing leadership skills, I also made lots of friends and Allies. I also learned lots about residential schools and how they affected indigenous people. I've truly become a more well rounded individual and I'm so fortunate that I got to share this experience with many others. I've also learned more about budgeting and banking throughout this experience which I will use for the rest of my life.

”





JOURNÉE DE SENSIBILISATION À LA RÉCONCILIATION

EMILIE DENIS-PLANTE HAMMER, ON

BUDGET: \$500

REACH: 400 students & staff

VISION: To increase knowledge and awareness of residential schools and Indigenous history and culture among school students.

WHAT HAPPENED: A committee of students planned a day of activities that featured two Indigenous artists sharing their perspectives about Reconciliation. Due to weather, planned outdoor activities were relocated indoors.

KEYS TO SUCCESS:

- ▮ Get the support of your school principal/teachers.
- ▮ Create a volunteer team to help.
- ▮ Research fees/traditions to thank Elders in advance
- ▮ Have a backup plan for bad weather.

“

It has been working so well. We have made it 4 times thus far. Today, I made bannock with a group of grade one students. They were able to watch while I told them about the history of bannock, and then we talked about the different ways bannock can be made.

”

BANNOCK BREAKFAST PROGRAM

RHEA GUPTA WINNIPEG, MB

BUDGET: \$2,500

REACH: 300 participants

VISION: To expose students to Indigenous food at an early age so they develop an appreciation for it and foster a deeper interest in learning more about their culture and cuisine.

WHAT HAPPENED: For the duration of a school year, 7 middle schools in the River East School Division received a weekly supply of bannock ingredients and jam to supplement their breakfast programs.

REIMAGINING YOUTH RELATIONS

ROBYN DESCHAMPS ROCKY MOUNTAIN HOUSE, AB

BUDGET: \$700

REACH: 123 participants

VISION: To provide an opportunity for Indigenous youth and area RCMP to meet and learn from each other as a way to bridge a growing divide and break down barriers and biases. The world is not a place for prejudice and fear especially in a time where Canada is trying to reconcile for the wrongs done in the past.

WHAT HAPPENED: Initial discussions with event organizers led to the decision to include other regional first responders (e.g., highway patrol, search and rescue). The program was also challenged by wildfire evacuations that meant many participants were not in the community and additional travel costs were incurred to support their attendance. Careful attention was paid to ensure all elements of the program were rooted in Indigenous traditions, including hosting the event at the local friendship centre, serving Indigenous food, and creating gifts for the presenters and visitors.

KEYS TO SUCCESS:

- Stay true to your goals—it is better to create a safe space for Indigenous youth to get involved and have real impact than to take an easier route.



NEW NETS FOR KINGSCLEAR HOCKEY RINK

ELIZABETH POLCHIES FREDERICTON, NB

BUDGET: \$550

REACH: 600 community members

VISION: To purchase new hockey nets to make the popular community rink a safer and more enjoyable experience for youth.

WHAT HAPPENED: Nets were purchased and installed using a team of volunteers.

KEYS TO SUCCESS:

- Get approval from community leadership.
- Confirm volunteers to install the nets.
- Start a game of Shinny to test them out!



pixabay.com stock



BRINGING INDIGENOUS CULTURE TO MARKHAM

MEHUL MADHURA MARKHAM, ON

BUDGET: \$500 **REACH:** 40 participants

VISION: To invite a guest speaker to share Indigenous culture through a COVID-safe Zoom event with a Markham high school.

WHAT HAPPENED: The event became open to all ages by hosting through a local library branch. The first hour was spent in a creation story and gratitude circle followed by a nature walk through Rouge Valley, where participants were taught about Indigenous relationships with nature.

KEYS TO SUCCESS:

- Seek a support system (e.g., library staff member) with knowledge on event planning, especially for COVID-safe protocols.



HEALING SPIRITS HYGIENE/CARE KITS

AQSA CHEEMA & ALEZZA WASI GTA, ON

BUDGET: \$750 **REACH:** 20 people

VISION: To support the homeless Indigenous peoples in the Greater Toronto Area by creating and distributing hygiene/care kits.

WHAT HAPPENED: 20 kits were created (10 for men and 10 for women) containing hand sanitizer, surgical face masks, mini first aid kits, soap bottles, shampoo, conditioner, body lotion, toothbrushes, toothpaste, deodorant, hair brushes/combs, chapstick, and tissues. Some items originally planned for the kits were excluded for expense or safety reasons. The Aboriginal Housing Support Centre assisted with the distribution.

KEYS TO SUCCESS:

- Know the exact prices of all the products you are buying and use a spreadsheet to outline everything—detailed and thorough budgeting is crucial.

TRADITIONAL DRUMMING WORKSHOP

SEAN BENWAH CAPE ST. GEORGE, NF

BUDGET: \$500 **REACH:** 17 participants

VISION: To teach youth about traditional drumming, singing, and knowledge about Mi'kmaw history and culture

WHAT HAPPENED: Benoit First Nation hosted the workshop and area drummers contributed their time to teach 17 participants.

KEYS TO SUCCESS:

- † Seek involvement of community leadership.
- † Make the workshop interactive.



DRESSING DELTA RED

VIC HANSEN & ALEX WIGLEY DELTA, BC

BUDGET: \$2,500 **REACH:** 4,000 students and staff

VISION: To have senior textiles and fashion classes around the school district create red dresses and display them in their respective schools to bring awareness to students of missing and murdered Indigenous women, girls, and two-spirited persons (MMIWG2S+).

WHAT HAPPENED: The organizers worked with the Indigenous Liaison in the school district and made presentations to high school textile teachers. They also sought the advice and guidance of local Elders. The project supplied fabric and notions to participating schools and provided honoraria to Elders. Four secondary schools in the district participated in the project over a 6-week period to produce a red dress and a display to commemorate Red Dress Day (May 5).

KEYS TO SUCCESS:

- † Seek support from an Indigenous community and consult with Indigenous Elders before you start your project.
- † Ensure emotional supports are in place and your audience knows how to access them.
- † Extend the reach of your project by promoting it in schools and in local media.



“

The forum allowed me to further consider how my project would impact the community and what I could do to help the community be involved. I also appreciated feedback from the forum leaders and a chance to share my project with forum participants.

”

isdcentl@nctr_um
@gcindigenous
@marcmillervillemarie
@o_canadiana



ASSESSING RISK: AN EXPLORATION OF CULTURALLY-INFORMED RISKS FACTORS AMONG HIGH-RISK INDIGENOUS OFFENDERS

ASHLEY KYNE NEW WESTMINSTER, BC

BUDGET: \$500

REACH: 200 people

VISION: To identify potential systemic issues or factors that explain higher incidence of crime and conviction among Indigenous offenders as a first step toward improving risk assessment and Indigenous programming in communities and which may lead to reduced rates of incarceration over time.

WHAT HAPPENED: An academic research survey was designed with the assistance of Indigenous consultation, and 144 Indigenous persons in Canada were surveyed to identify potential correlations between a number of risk factors that may be particularly elevated for Indigenous populations and incidents of crime. The project is part of a larger ongoing research project that will continue in Fall 2022.

KEYS TO SUCCESS:

- Develop a clear question you want to answer.
- Collaborate with other researchers, organizations, and government agencies to understand how your research informs other work.

RAISE AWARENESS OF THE LEGACY OF RESIDENTIAL SCHOOLS

ZARMINA NAUMAN KHAN TORONTO, ON

BUDGET: \$280

REACH: 100 impacted

VISION: To raise awareness of the generational impacts of residential schools on Indigenous peoples.

WHAT HAPPENED: Research was done on the stories of two residential school survivors and the long-term generational impacts on them and their families. A poster, handout, and article based on this research was created and distributed at school and through social media.

KEYS TO SUCCESS:

- Verify online sources and fact check the information presented.
- Use online tools like Grammarly to proofread your writing.
- Have a clear plan for where and how you will distribute your materials.

FASHION SHOW

HANNAH PIATEK - TORONTO, ON

HAB EXPERIMENT

KRISHNA NAIR - DUNDAS, ON

TRADITIONAL HEALING

ARIANNE KHORASANI - KIRKLAND, QC

"UP THE GATINEAU" HISTORICAL ARTICLE

MAISIE HADDRELL-ANNING - CHELSEA, QC

ATLANTIC YOUTH COUNCIL

BILLIE JULIAN - MILLBROOK, NS

INDIGENOUS CERAMICS

JESSIE CHEN - MARKHAM, ON



IN PROGRESS
PROJECTS

THE ARTIST

When I was asked to create the logo for the upcoming youth forum that is about “Reconciliation”, I saw it as an opportunity to sink deeper into Indigenous design, to push my knowledge further and to learn about the different visual markers that make each nation so distinct from each other. I also wanted to challenge myself to create a logo that would combine elements from Metis, Inuit, and First Nations culture in a cohesive manner that would also bear an important message that I feel needs to be shared.

So, in saying that, I wanted to utilize elements from a parfleche. A parfleche was a carrying bag that the plains people used to make out of rawhide that was cleaned, stretched and dried in the sun to make a durable leather. It was then painted with geometric abstract designs by skilled crafts-women within the tribe with a strong focus on symmetry. I paired this with a diamond containing the figures of the two people from the Experiences Canada logo that is first banded with a pattern inspired by traditional Inuit tattoos. The Inuit pattern is then followed by the symbols for star, earth, clouds and feather that are representative of tribes within Western and Central Canada. There are also quite a few references to florals within the logo itself, which was inspired by the floral motifs that are prominent in Metis beadwork and embroidery.

What I was trying to convey through these symbols is that we are all bound to this world within our own unique human experiences. By coming together through understanding we can attain divine knowledge that will bring us to our higher selves. The feather serves as a symbol of remembrance that is split between the red and white colors. I used these colors as white is symbolic of death or old age and the color red is symbolic of youth. In this context, it’s meant to represent an acknowledgement of the past as we go towards the future and I feel like that ties in well with the theme for this forum.

OUR RECONCILIATION FORUM LOGO AND GRAPHICS WERE DESIGNED BY LETICIA SPENCE — A GRAPHIC DESIGNER FROM PIMICIKAMAK FIRST NATION BASED IN WINNIPEG.



METIS FLORALS



INUIT TATTOO BANDS

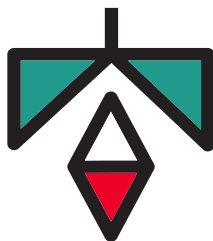
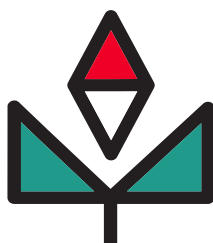


BLACKFOOT-INSPIRED PARFLECHE



CLOSING

During the virtual forum experience, we asked our Youth Leaders to explain what reconciliation meant to them. Common and key terms from their answers have been collected together in the word cloud below.





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