

Celebrations for March!



Hello everyone,

Spring Break is just around the corner. Hang in!

March 2022 - Days to Celebrate:

March 22, 2022 - **World Water Day**

- Be aware of the valuable resource we have in water.
- See some activities we've enclosed to help you save water and protect it.

March 21 - April 1:

Spring School Break
for Comox Valley Schools.
Enjoy!!

Indigenous Education

website: We have started to develop the online learners area of the website. We would really

love to add photos of your art work, recipes, your favorite fishing area etc. Please forward them to Giselaine.ballantyne@sd71.bc.ca so we can add them to the website and show you what others in your indigenous online learners community are doing.

Let's celebrate our diversities in our art, our food, our customs, our teachings, and learn from each other.

Gilakas'la,

Your Indigenous Student Online Learning Support Team

March 8, 2022 - **Celebrating Women.**

- Global day celebrating the social, economic, cultural, and political achievements of women.
- See list of Indigenous women who have pushed through many difficulties to follow their dreams in unique ways.
 - Connect to women who are your everyday heroes. Talk to them.
 - Indigenous women play an important role in maintaining their people's culture and connection to the land.

March 31, 2022 - **International Decade of Indigenous Languages**

- You are a culture that has grown and kept your stories alive through the spoken word. There are many indigenous languages spoken in BC - see the importance of keeping those alive.
- See link to interactive map where you can find your location and what indigenous languages are spoken near you. Have fun exploring.

Celebrating “International Decade of Indigenous Languages 2022-2032”

March 31, 2022

“Language is the foundation of a culture. For Indigenous *oral societies*, words hold knowledge amassed for millennia. A language also holds the stories, songs, dances, protocols, family histories and connections. Languages also often hold the community’s customary laws.”

“Oral traditions retain the history of Indigenous Peoples by passing cultural information from one generation to the next. For Indigenous communities creation stories, connections to the land, historical accounts, traditional ecological knowledge, teachings, language, and culture stories have been kept alive through oral traditions for thousands of years. These stories and accounts have been passed from generation to generation without ever being transcribed - when you think about it, that’s a stunning amount of information that has been and continues to be retained and shared.”

“According to the UNESCO Atlas of the World’s Languages in Danger project, “three-quarters of Indigenous languages in Canada are “definitely,” “severely” or “critically” endangered. The rest are classified as “vulnerable/unsafe.”

“The state of Indigenous languages is such concern that UNESCO declared 2019 The Year of Indigenous Languages. Here in Canada, a week after the Year of Indigenous Languages was launched, the federal government tabled the *Indigenous Languages Act*.”

The above paragraphs are excerpts from

<https://www.ictinc.ca/blog/11-things-you-should-know-about-aboriginal-oral-traditions>

We would like to invite you to visit our website as well other online sites that speak directly about indigenous languages, where they are spoken, games to help learn the languages, history of the languages etc.

There are several links on the Comox Valley Schools – Indigenous-Education website which connect you to information and activities for adults and children regarding indigenous languages in British Columbia.

- Raven Radio – “Language is Medicine” project for young people
- First Voices – a platform where all indigenous communities can share their information about their location and language(s). (NOTE: Some of the areas on this site are not fully completed by the various communities as they are still works in progress.)
- Plus three other areas that speak about languages and communities on Vancouver Island and Sunshine Coast areas

Please visit our website at: <https://www.comoxvalleyschools.ca/indigenous-education/resources/language/>



Another online area to visit to obtain more information on indigenous languages is at The University of British Columbia – “First Nations languages of British Columbia: Getting Started” website. See link below:

<https://guides.library.ubc.ca/c.php?g=307246&p=2049664>

Introduction

This research guide has been designed to help students, faculty and researchers in First Nation Languages access and utilize relevant resources available through the UBC Library. Some historical language names are inaccurate, but useful for locating resources. The spelling of language names used in this guide are not intended to describe or characterize the native speakers in any regard and are used here solely to help researchers locate resources for the study of these languages.

Major language groups in British Columbia include:

- Athapaskan (Athabaskan) Languages: Dalkelh, Dena-thah , Dunne-za, Kaska Dena, Sekani, Tagish, Tahltan, Tsilhqot'in, Tutchone, Nat'ooten, Wet'suwet'en
- Salishan Language Family: Comox, Halkomelem, Nlaka'pamux, Nuxalk, Okanagan, Secwepemc, Se'shalt, Squamish, Stl'atl'imx, Straits Salish
- Tsimshianic Languages: Gitksan, Nisga'a, Tsimshian,
- Wakashan Languages: Haisla, Heiltsuk/Owik'ala, Kwakwaka'wakw, Nuu-chah-nulth
- Tlingit
- Algonquian (Cree)
- Language Isolates: Haida, Kootenai
- Chinook Jargon

See: <https://maps.fpcc.ca/> for interactive map. Find where you live on the map and click on circle closest to your location. This will bring up information about your area and the languages spoken there.

FIRST PEOPLES' MAP OF B.C.

Heritage

Arts

Heritage

Search for places, people, languages or grant

EVENTS LOGIN MENU

Language Grants Recipients

Layers

Languages 205 Communities 205

Lemphette Family: Wakashan

- LANGUAGE diltid'aaʔx
- LANGUAGE Halfzaq'la
- LANGUAGE Kwakwaka
- LANGUAGE nuu'caahut
- LANGUAGE 'Wuikala

Map showing language territories and grant recipients in British Columbia. Territories include Tutchone, Daylu Dena Council, Taitan, Nisga'a, Lingit, Gisenimx, Tse'khe'ne, Dane-Zaa (C'o b), Oowek'ala, Secwepem'cstn, Nq'peli'sc'n, and N'ehiyawewin. Grant recipients are marked with numbered circles (1-36).

Map controls: + (Zoom In), - (Zoom Out), RESET MAP, GO TO MY LOCATION, SHARE, ADD TO THE MAP

Mapbox © Mapbox © OpenStreetMap Improve this map



Goals for the International Decade of Indigenous Languages 2022-2032

Prepared by First People's Cultural Council, February 2020

First Peoples' Cultural Council (FPCC) is an Indigenous-led provincial organization with a mandate to support the revitalization of First Nations languages, arts, cultures and heritage in British Columbia, Canada. Operating since 1990, we provide funding and resources to communities, monitor the status of languages, arts and heritage, and develop policy recommendations for First Nations leadership and government. The following are 10 goals proposed by FPCC for the International Decade of Indigenous Languages.

GOAL 1: Indigenous communities have full control of their own language data

- Indigenous communities have access to tools and methods which allow them to maintain control over their languages, recordings of their languages, and language data. Tools like *FirstVoices.com*, which allow communities to retain control of language data, are promoted.
- Linguists, anthropologists, and other researchers in possession of Indigenous language data actively repatriate this data to the relevant language communities. Copyrights on Indigenous language data are held by the language community, not by external parties.

GOAL 2: Indigenous communities have access to international research and resources for language revitalization

- UNESCO supports and promotes the international exchange of knowledge and resources related to Indigenous languages and their revitalization by supporting Indigenous language leaders at the grassroots level.
- There is funding and support for the translation of relevant resources into multiple languages for improved access.

GOAL 3: Indigenous language access is supported by sustainable technologies

- States and technology companies commit to supporting shared, sustainable technology and make long-term commitments for the maintenance and protection of language data. This includes providing funding and support for Indigenous-led technologies.
- UNESCO promotes rigorous, appropriate, and (where possible) Indigenous-led atlases and databases on Indigenous languages, such as the Endangered Languages Project and the First Peoples' Map of British Columbia

GOAL 4: Indigenous language learners have access to mother-tongue-based education

- Indigenous communities have access to language teacher training and investment for education in Indigenous languages, built on the mother-tongue-based multilingual education (MTB-MLE) proposals UNESCO has advanced in the past.
- States develop national and regional strategies, policies and legislation for MTB-MLE.
- Academic institutions and governments promote and expand MTB-MLE at national and community levels.

GOAL 5: Nations and states are supporting and investing in Indigenous language revitalization

- Nations and states have developed strategies for the protection, promotion, and revitalization of Indigenous languages. States are invited to begin developing 10-year national strategies that coincide with the Decade.

COMMITTED TO THE REVITALIZATION OF B.C.'S ABORIGINAL LANGUAGES, ARTS AND CULTURES



- UNESCO supports states with these initiatives by sharing and promoting successful work in legislation and strategic planning for Indigenous languages, such as FPCC's legislative recommendations for supporting First Nations languages in Canada.

GOAL 6: States that succeed in supporting Indigenous languages are celebrated and acknowledged

- UNESCO and partner organizations develop mechanisms to recognize, at the international level, work by states that create positive change in support of Indigenous languages. For example, such states could receive recognition at international events.

GOAL 7: A convention is adopted for the promotion of Indigenous languages and linguistic rights

- A Convention for the Safeguarding of Indigenous Languages is established to ensure a legacy from the Decade. This could be a 'sister convention' to the 2003 Intangible Cultural Heritage Convention and could include principles from the Universal Declaration of Linguistic Rights.
- The Convention addresses the inherent conflict of interest between states and Indigenous language revitalization, to redress cultural genocide at the state level.

GOAL 8: Effective assessment mechanisms are implemented to demonstrate outcomes of the Decade

- Clear assessments for the International Decade of Indigenous Languages are established in order to determine whether and how the Decade's goals are being met.
- Indigenous language champions are supported to develop thorough, culturally-informed tools to assess community-based language projects, and to share those tools internationally.
- The Endangered Languages Project's Revitalization Helpdesk program can include the development of such assessments, in partnership with successful initiatives such as the First Peoples' Cultural Council's Language Programs and the Smithsonian Institution's Recovering Voices program.

GOAL 9: Indigenous-led language work is supported through long-term adequate funding

- Indigenous communities have access to funding and support for capacity-building and networking as they take control of their own language work.
- Funding agencies offer an expanded scope of grants, beyond simply small, short-term individual projects, to support longer-term projects and infrastructural work led by Indigenous language champions.
- Corporations, technology companies, private trusts, and philanthropic foundations engage in long-term collaboration, funding and in-kind contributions to language work.

GOAL 10: Indigenous knowledge and expertise is recognized and honoured

- Indigenous language champions have access to funding and recognition which is not restricted to those with academic credentials – e.g., grants which do not require the holding of an advanced degree.
- Community-based expertise and Indigenous ways of knowing are acknowledged equally to the knowledge held within Western educational structures, both within UNESCO and in partner states and organizations.

Vision Boards = My Dreams ... My Goals

What is a "Vision Board"?

A "Vision Board" is simply a canvass on which you can paste, draw, write, or pin items that remind you of your aspirations, your goals, your wishes.

You keep your vision board on your wall, your window, your desk or any other place where you can see it easily to remind yourself of what is important to you.

It can represent your vision of what you want your life to look like next year, or many years from now. It can contain items that remind you to stay positive or that make you happy.

It can remind you of the things that are really important to you so that, even when you feel down or too busy, just looking at your Vision Board will give you inspiration and lift your spirits.

A Vision Board is almost like a map of the woods that keeps you heading in the right direction even when the path disappears, and you can no longer see the direction you need to take.

A Vision Board also helps you identify what is important to you.

How do I start my Vision Board?

1. Think about what it is you want to put on it
 - Write down words or draw pictures that can be cut out and attached to your canvass. (see examples attached).
 - Cut out pictures or text from magazines
 - Copy items you find on the internet or Pinterest.ca (TIP: great motivational sentences can be found on Pinterest.ca website)
 - Look up "Vision Board Examples" on the internet to get ideas that will help you get started.
 - Think about: What are some of your favorite things? What are your favorite activities, sports, hobbies? What part of your life do you enjoy the most? What makes you happy?
2. Choose your canvass – Now that you know what you want to put on your board, and have started collecting words and pictures, you have a better idea how big you want it and the shape.
 - Any kind of canvass can be used: paper, cardboard, fabric.
 - Shape does not matter: You can make it round, square, rectangular ...
 - Size: Big enough to fill with your thoughts without overlapping things so much that you can't see them behind other items. Choose a size that will fit the place you will hang it on. Not so big that it looks empty and you're struggling to fill it with things that aren't all that important to you.

(We've enclosed a white sheet of bristol board 11x17 inches folded in half for you to use as a canvass that should be big enough to use full size or cut into something smaller or with a different shape.)

3. Put up your canvass where you can easily reach it to add or exchange things on it and where you can see it easily as a reminder of what's important to you.



How to use your Vision Board:

- ❖ Your vision board will help remind you of what's important to you and what makes you happy.
- ❖ Final step is to start making plans on how you can make the things on your Vision Board come true.

Remember,

if your plan is to climb a mountain or go to the Olympics,
you have to start by getting into shape first.

Setbacks make us stronger ... so keep moving forward. Each step forward brings you closer to your dreams!

Courage

Exploration

Happiness

Growth

Joy

Adventure

Respect

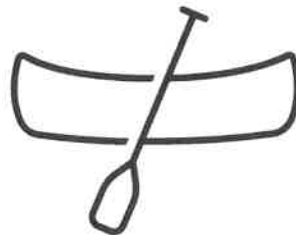
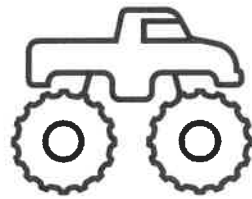
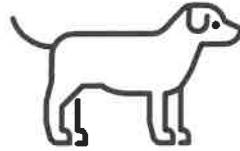
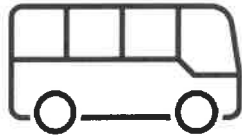
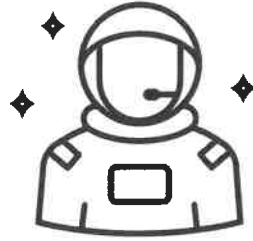
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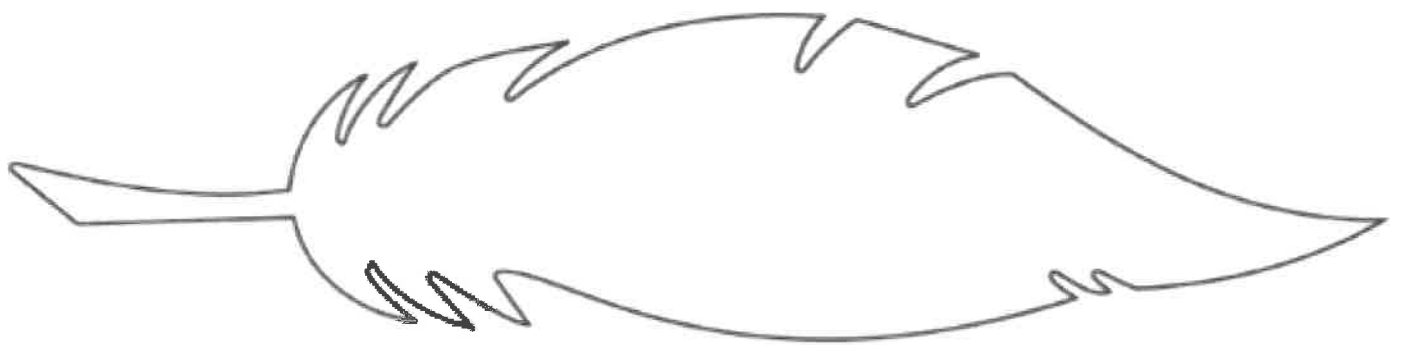
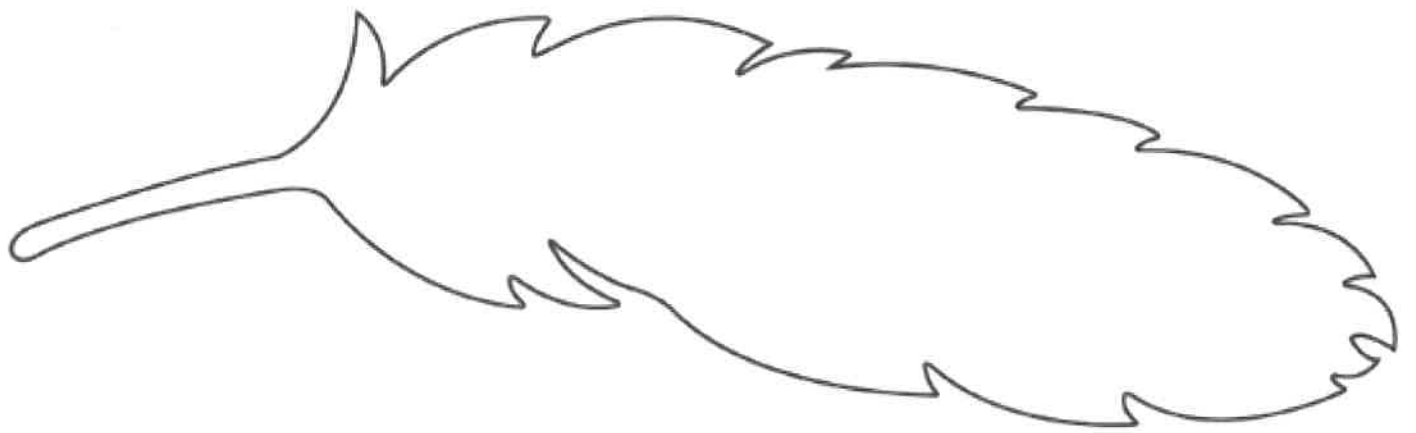
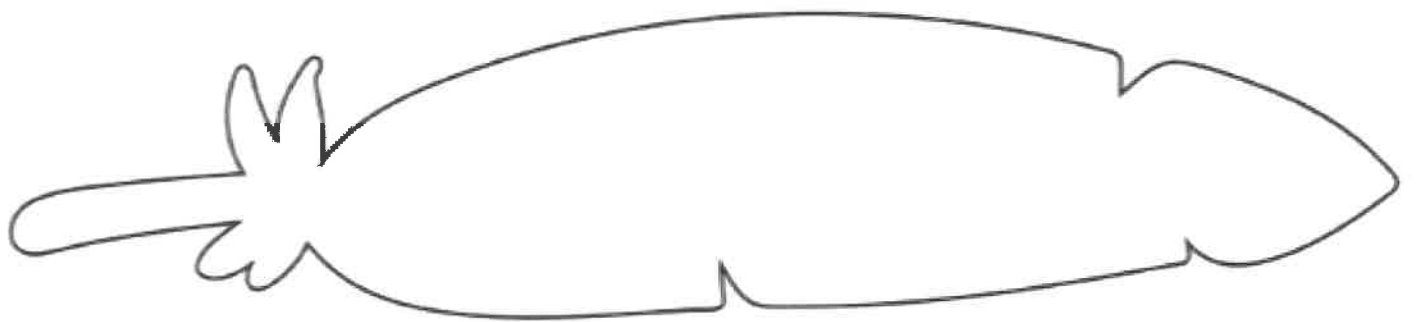
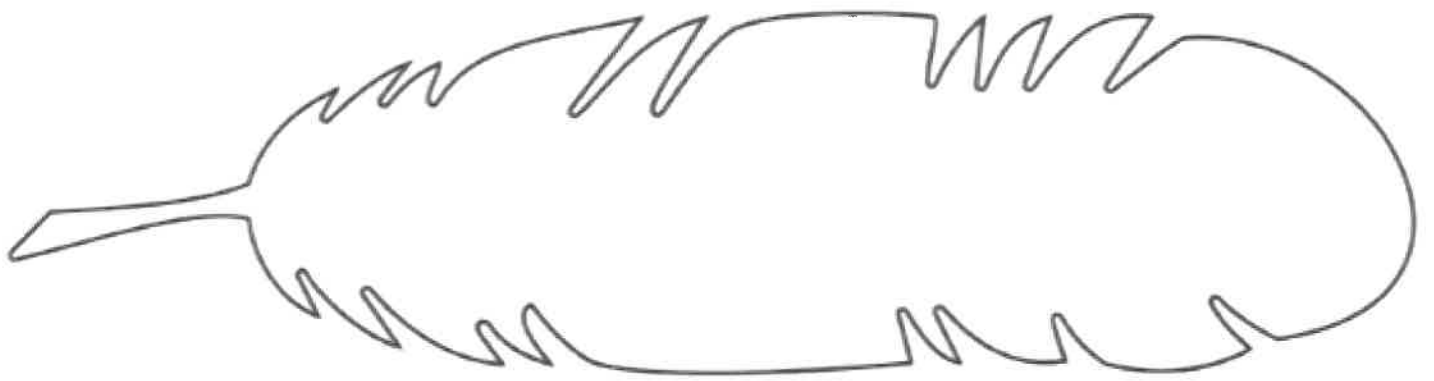
Dream

Love

Play

Fun





Celebrating

What are your dreams?

Indigenous Women

Tina Keeper



Former Member of the House of Commons of Canada



Tina Keeper, OM is a Cree actress, film producer and former politician from Canada. First known for her role as RCMP officer Michelle Kenidi in the CBC Television series North of 60, she was elected to ...

[Wikipedia](#)

Jody Wilson-Raybould



Former Minister of Justice and Attorney General of Canada



Jody Wilson-Raybould PC QC, also known by her initials JWR and by her Kwak'waka name Puglaas, is a Canadian lawyer and former politician who served as the member of Parliament for the British Columbia riding of Vancouver Granville from 2015 to 2021.

[Wikipedia](#)

Autumn Peltier



She was named Chief Water commissioner for the Anishnabek Nation in 2019. In 2018, at the age of thirteen, Peltier addressed world leaders at the UN General Assembly on the issue of water protection.

...

Autumn Peltier

Born	September 27, 2004
Occupation	Activist for Indigenous rights
Years active	2018–present

Peltier was **one of three winners for the Planetary Health Awards** — recognizing advocacy and achievement in Water, Biodiversity and Climate Change. Nov 5, 2021

Autumn Peltier, [Anishinaabe](#) water-rights advocate, Anishnabek Nation Chief Water Commissioner (born 27 September 2004 in [Wiikwemikoong Unceded Territory](#), [Manitoulin Island](#), ON). Autumn Peltier is a world-renowned water-rights advocate and a leading global youth environmental activist. In April 2019, Peltier was appointed Chief Water Commissioner by the Anishnabek Nation and has spoken about the issue of contaminated water on [Indigenous reserves](#) in Canada at the United Nations. For her activism, Peltier was nominated for the International Children’s Peace Prize in 2017, 2018 and 2019.

See: <https://www.thecanadianencyclopedia.ca/en/article/autumn-peltier>



Olivia Poole

Canadian inventor

Susan Olivia Poole was an Indigenous Canadian inventor. She invented the Jolly Jumper, a baby jumper, in 1910, but it was not until 1948 that they were produced for the retail market. They are manufactured in Ontario, Canada. By 1957, the Jolly Jumper was patented. [Wikipedia](#)

Born: April 18, 1889, Minnesota, United States

See: <https://monova.ca/innovating-on-the-north-shore-the-jolly-jumper/>

.....
Olivia Poole (1889-1975) proves the old adage that “necessity is the mother of invention.”

In the early 1950s, Olivia was a mother of seven young children, and at her wits end trying to keep the baby happily occupied. One day, she remembered something she had seen as a young girl growing up on the White Earth Indian Reservation in Minnesota. There, traditional cradle boards were suspended from tree branches by leather straps, letting babies bounce contentedly.

Olivia rigged up her own contraption from fabric, and a soft-action coiled spring specially made for her by a blacksmith, and an axe handle for the spreader bar. She called it a Jolly Jumper.

Olivia and her husband started manufacturing the Jolly Jumper after they moved to British Columbia in 1942. Then, with her son Joseph, she obtained a patent for her invention in 1954, and started the Poole Manufacturing Co. Ltd. This Canadian invention is still being produced today in Mississauga, Ontario. Since it first came on the market, parents around the world have used the Jolly Jumper to quiet and entertain babies, providing parents with a much-needed moment of peace.

See: <https://inventivekids.com/olivia-poole/>

Indigenous Female Athletes

Celebrate 21 Indigenous Athletes for National Indigenous Peoples Day

June 11, 2020

Indigenous athletes often face tremendous difficulties beyond the rigours of training for their sport. They are frequently from geographically and economically challenged home communities which means access to elite training facilities and resources for training and travelling for training can be limited. During national and international competitions, they can be subjected to institutionalized racism and stereotyping.

<https://www.ictinc.ca/blog/celebrate-21-indigenous-athletes-for-national-indigenous-peoples-day>

Mary Spencer (1984-) Middleweight Boxer

Cape Croker First Nation

Mary Spencer is a three-time world champion and five-time Pan American champion. She competed in the sport's debut in the London 2012 Olympic Games and finished tied for fifth in the middleweight category. Spencer obtained an endorsement deal with CoverGirl and the company donated more than \$140,000 towards her training for the Olympics. She is an Inspire Award recipient in the sports category in 2014.

Brigitte Lacquette (1992-) Hockey

Cote First Nation and Métis heritage

Brigitte became the first Indigenous athlete to compete on Canada's women's Olympic hockey team when she competed at PyeongChang 2018, taking home the Silver medal.

Sharon Firth (1953-2013) and **Shirley Firth** (1953-) Cross-Country Skiing

Gwich'in First Nation

Sharon and Shirley Firth were among the first Indigenous athletes to represent Canada at the Olympics. They competed in four Olympic Games (Sapporo (1972), Innsbruck (1976), Lake Placid (1980), and Sarajevo (1984) and are the only female Canadian skiers to do so. They are both Members of the Order of Canada; they both received the Golden Jubilee (2002) and Diamond Jubilee (2012) Medals and were inducted into Canada's Sports Hall of Fame (2015).

Waneek Horn-Miller (1975-) Water Polo

Mohawk of Kahnawake

Waneek Horn-Miller first rose to fame during the Oka Crisis (1990). She was fourteen at the time and while passing through a crowd, carrying her younger sister, she was stabbed by a soldier's bayonet which narrowly missed her heart. In spite of that life-threatening injury, she did not give up training and went on to be a Gold medalist in water polo at 1999 Pan American Games and Co-captain of Canada's first Olympic women's water polo team (2000).

"She was a key player on the water polo team at Carleton University, where she studied political science (graduating in 2000). The team won the Ontario University Athletics championship in 1994-95 and 1995-96, and Horn-Miller became the first woman at Carleton to be named Female Athlete of the Year three consecutive times (1994-97). She was also named to the junior and senior All-Star Canadian water polo teams from 1991 to 1999. During this period, Horn-Miller competed at the North American Indigenous Games as well, winning 20 Gold medals between 1990 and 1997, including one in rifle shooting." Waneek Horn-Miller

Caroline Calvé (1978-) Olympic Alpine Snowboard

Algonquin heritage

Caroline Calve won Gold in the World Cup PGS (parallel giant slalom) event at Carezza, Italy - becoming the first female Canadian alpine snowboarder to win a World Cup. She won a Silver medal at the same event the following year. And the year after that, in 2014, she won her second World Cup event, parallel slalom, in Moscow.

Andrea Alfred (1968-) Bodybuilding

Kwakwaka'wakw

Andrea Alfred started bodybuilding at 50 years of age, took first place in her very first competition, the Popeye Fall Classic, which qualified her for the Nationals and Pro/Am competitions.



<https://www.randstad.ca/workplace-insights/women-workplace/celebrating-trailblazing-indigenous-women-canada/>

Kenojuak Ashevak (1927-2013) - celebrated Inuk artist

Ashevak is one of Canada's most celebrated Inuit artists, famous for her bold compositions that define the Cape Dorset style. She is well-known for her works in graphite, coloured pencils, watercolours, acrylics, and other materials. Her artworks are highly sought-after by museums and collectors, with many of her most famous works appearing in esteemed collections such as Canada's National Gallery, the Metropolitan Museum of Arts, The Smithsonian, and the Art Gallery of Ontario. She was made an Officer of the Order of Canada in 1967 and promoted to a Companion in 1982. She was also the first Inuk artist inducted into Canada's walk of fame.

Jaime Black - creator of The REDress Project highlighting missing and murdered Indigenous women and girls

Jaime Black is a Metis artist best known for creating The REDress project, to bring attention to Canada's missing and murdered Indigenous women and girls. First created in 2010, The REDress Project is an art installation that features red dresses hanging in various public spaces around Canada. [According to Black](#), she chose the colour red after conversations with an Indigenous friend, who told her red is the only colour the spirits can see. She explained: "So it's really a calling back of the spirits of these women and allowing them a chance to be among us and have their voices heard through their family members and community."

Cindy Blackstock (1964-) - child welfare activist and academic

Cindy Blackstock is a member of the Gitksan First Nation and has over 30 years of experience in social work. Her tireless dedication to child protection and Indigenous children's rights shaped her career, from her role as the Executive Director of the First Nations Child and Family Caring Society, to publishing 75 articles related to First Nations child welfare and human rights. Blackstock's most highly recognized work is a 9-year case about Canada's discriminatory funding of child welfare services. The case was heard before the Canadian Human Rights Tribunal in 2016. They found that First Nations children were denied the same level and quality of service as children elsewhere in Canada. This moment marked a shift in Blackstock's career, positioning her as a leader for Indigenous children's rights, equality, and justice. This famous case is now the

subject of a documentary film by Alanis Obomsawin. In 2016, *We Can't Make the Same Mistake Twice* premiered at the Toronto International Film Festival.

Alanis Obomsawin (1932) - Abenaki activist, filmmaker, singer, and artist

Alanis Obomsawin is a celebrated documentary film director, not only in Canada but across the world. A born performer, Obomsawin began her career as a professional singer and storyteller before joining the National Film Board in 1967. As a singer, she performed her repertoire of Aboriginal, English, and French songs in North America - on reserves, in schools and prisons, at music festivals and on television - and in Europe. Her work as a filmmaker focuses on the lives and perspectives of Indigenous peoples in Canada and the challenges they face, amplifying voices that have often been excluded. Obomsawin has won multiple awards and recognitions including the Governor General's Award in 1983, an Honorary Fellowship at the Ontario College of Art and Design in 1994, and was named a Companion of the Order of Canada in 2019.

Mary Two-Axe Earley (1911 - 1996) - pioneering First Nations and women's rights activist

Mary Two-Axe Earley was a Mohawk and Oneida women's rights activist from the Kahnawake reserve in Quebec. After losing her Indian status after marrying, she advocated for changes to the Indian Act. The act promoted gender discrimination and stripped First Nations women of their rights to participate in the culture of their home reserves after marrying those without status. In 1967, she established the organization Equal Rights for Indian Women and contributed to the Royal Commission on the Status of Women. In 1985 the Canadian government passed Bill C-31 to amend the Indian Act, in large part due to Mary's work. The bill eliminated gender discrimination from the act and created a new process for allowing First Nations women to have their Indian status reinstated. Mary became the first woman to have her status reinstated.

Jean Cuthand Goodwill (1928- 1997) - first Indigenous woman to complete a nursing program in Saskatchewan

Jean Cuthand Goodwill was a Cree nurse, who, in 1954, became the first woman to complete a nursing program in Saskatchewan. She was born and raised in the Little Pine First Nation. As an adolescent, she contracted Tuberculosis and spent 3 years in a sanatorium. The experience influenced her decision to pursue nursing. Following her graduation, she worked with the Indian and Northern Health Services and La Ronge nursing station, often attending emergencies in remote Northern locations by bush plane or dog sled team. In 1974, she founded the Inuit Nurses of Canada (now known as the Canadian Indigenous Nurses Association) and in 1981 was appointed as a special advisor to Canada's Minister of National Health and Welfare, and later the Department of Indian Affairs and Northern Development. She was an active advocate for Indigenous health, joining the Board of Directors for the Canadian Public Health Association as well as being a founding member of the Aboriginal Women's Association of Canada.

Jas M. Morgan - boundary-pushing Two-Spirit Indigenous writer and editor

Jas M. Morgan is a Cree-Metis-Saulteaux writer and editor. They were the Editor-at-Large for 'Canadian Art' and published their first book, *nîtsânak*, in 2018. The book won prestigious awards

including the 2019 Dayne Ogilvie Prize and a 2019 Quebec Writers' Federation first book prize. Morgan is also a founder of gijiit, a collective that focuses on community-engaged Indigenous art, gatherings, and research around the themes of gender and sexuality.

Autumn Peltier (2004-) - Anishinaabe activist and clean water advocate

17-year-old Autumn Peltier is an advocate for clean water in First Nations communities in Canada and across the world. Her activism focuses on the importance, sacredness, and accessibility of clean water. As a leading global youth environmental activist, Peltier was appointed Chief Water Commissioner by the Anishinabek Nation and has spoken about Canada's water contamination issue at the United Nations. She was nominated for the International Children's Peace Prize for three years in a row, in 2017, 2018, and 2019 and was recognized as a "Science Defender" by the Union of Concerned Scientists in 2019.

Buffy Sainte-Marie (1941-) - Indigenous singer-songwriter and musician

Buffy Sainte-Marie is a renowned Indigenous Canadian singer and songwriter, famous for her lyrical exploration of love, war, religion, and mysticism. She has numerous hits under her belt, including 'Universal Soldier,' 'Cod'ine', 'Until It's Time for You to Go' and 'Now That the Buffalo's Gone.' Her songs have been covered by popular artists including Barbara Streisand, Roberta Flack, Janis Joplin, Elvis Presley, Neil Diamond, and Joe Cocker, among many others. In 1983, she became the first Indigenous person to win an Oscar for her song 'Up Where We Belong' written for the film 'An Officer and a Gentleman'.

Sheila Watt-Cloutier (1953-) - Inuk Canadian activist

Sheila Watt-Cloutier has served as a political representative for Inuit Peoples on a variety of topics. She's worked tirelessly on social and environmental issues that affect Inuit communities, such as pollution and global warming. In 2005 she turned her attention to the issue of climate change in the Arctic. Following a report from the Arctic Climate Impact Assessment, she posited that Inuit hunting may not survive the loss of sea ice and other changes projected in the coming decades. In December 2005, she, along with 62 Inuit Hunters and Elders across Canada, launched the world's first international legal action on climate change. They claimed that the unchecked emissions of greenhouse gases in the U.S. violated Inuit cultural and environmental human rights guaranteed by the 1948 American Declaration of the Rights and Duties of Man.

World Water Day – March 22, 2022

“Water is Life. Water is Sacred” – it is so important to our planet, our survival,

How can we protect it?

How does it sustain us?

What can I do in my everyday life to live in harmony with it and not abuse it?

We hope the information provided in this handout will help you learn more about how you can help save this precious resource in your everyday activities and to gain a greater understanding of what it means to this world.

There are colouring activities and mix-and-match pages that can be shared with the whole family.

I’m also listing below some links to great indigenous resources about water, it’s meaning, it’s power, it’s gift to us, and how lucky we are to have such an abundance in our country.

- 1) Knowledge Keeper, JoAnn Restoule shares an amazing video for people of all ages called

“Water is Life, Water is Sacred”

This project is shared with students in the video and can be found on the *Comox Valley Schools Indigenous Education website* <https://comoxvalleyschools.ca/indigenous-education> under the “Learning Resources” area “Land and Sea” – “Land and Resources Connection” area. The direct link to this area is:

<https://www.comoxvalleyschools.ca/indigenous-education/land-and-resources-connection/>

- 2) BC Hydro “Explore Conservation” website area is another very good source of information created in partnership with the indigenous community. I’ve enclosed a copy of “Indigenous Perspectives on Water” document from this website. See the link below to access this site and all the other information created in this partnership.

<https://schools.bchydro.com/activities/conservation>

- The Harmonious Power of Water
- Should water have rights?
- Honouring and describing the movement of water.
- Stewards of the water



Indigenous perspectives on water

Power Smart for Schools

Source 1

SYILX NATION SIWĪK™ DECLARATION

Excerpted from https://www.syilx.org/wp/wp-content/uploads/2016/11/Okanagan-Nation-Water-Declaration_Final_CEC_Adopted_July_31_2014.pdf

SiwĪk™ – Water

SiwĪk™ comes from the sky and the highest places yet it never wilfully rises above anything. It will always take the lowest path in its humility, yet of all the elements, it is the most powerful. Our sacred siwĪk™ water teaches us that we have great strength to transform even the tallest mountain while being gentle, soft, and flexible. siwĪk™ will always find a way around obstructions: under, over and through. It teaches us that anything is possible. siwĪk™ movements, pathways, resiliency and power teach us who we are and who we can be as people.

Source 2

THE ASSEMBLY OF FIRST NATIONS

Honouring Water

<https://www.afn.ca/honoring-water/>

Water is the most life-sustaining gift on Mother Earth and is the interconnection among all living beings. Water sustains us, flows between us, within us, and replenishes us. Water is the blood of Mother Earth and, as such, cleanses not only herself, but all living things. Water comes in many forms and all are needed for the health of Mother Earth and for our health. The sacred water element teaches us that we can have great strength to transform even the tallest mountain while being soft, pliable, and flexible. Water gives us the spiritual teaching that we too flow into the Great Ocean at the end of our life journey. Water shapes the land and gives us the great gifts of the rivers, lakes, ice, and oceans. Water is the home of many living things that contribute to the health and well-being of everything not in the water.

Source 3

DANIKA BILLIE LITTLECHILD

“Transformation and re-formation: First Nations and water in Canada”





<https://dspace.library.uvic.ca/handle/1828/5826>

When First Nations lose access to a sacred or traditional water source, they also lose access to the beings and spirits that inhabit that water source. This loss ripples out. Stories, songs, dances, and even Indigenous words related to or based in that water source are also lost. The foundational elements of Indigenous legal traditions and knowledge systems are therefore at risk.

Source 4

LEO PARD, BLACKFOOT SPIRITUAL ELDER, PIIKANI NATION

<https://www.sacredrelationship.ca/why-water/>

When you respect water, that water will respect you back. If you don't respect water, that water will take you – that's when you drown.

Source 5

MICHAEL BLACKSTOCK

“Blue Ecology and climate change: interweaving cultural perspectives on water, an indigenous case study”

1. The Blue Ecology hydrological cycle represents some British Columbia indigenous peoples' view of the origin of water, and water's relationship with the four connected worlds (listed in order, from outer to inner circles):
2. Sky world (i.e., spirit world): The model highlights the rhythmical role of the sun and moon, and how water is a gift from the spirit world (e.g., creator, god, etc.). Balance and harmony are achieved, through respect, recognition of water's spirit and giving back, as well as by the understanding that all four worlds are connected by water.
3. Earth Mother: All beings on earth are connected to each other by the transitory element, water. Our human health is directly dependent upon the health of the waters that flow through our land and bodies. If the water is sick, so too are we.
4. Water world: Water has a spirit. Water is always moving and connecting in rhythms. Fish are part of the water, as is all aquatic life, the two are one.
5. Under world: Water, the lifeblood, seeps, trickles and connects underground, like capillaries under human skin. Water is purified here.

25 ways to save water

Next to air, water is the most important element for the preservation of life. Water is a finite commodity which, if not managed properly, will result in shortages in the near future. Water conservation can go a long way to help alleviate these impending shortages.

1. Check your toilet for leaks.

Put a few drops of food coloring in your toilet tank. If, without flushing, the coloring begins to appear in the bowl., you have a leak that may be wasting more than 100 gallons of water a day.

2. Stop using your toilet as an ashtray or wastebasket

Every cigarette butt or tissue you flush away also flushes away five to seven gallons of water.

3. Put a plastic bottle in your toilet tank

Put an inch or two of sand or pebbles in the bottom of a one liter bottle to weigh it down. Fill the rest of the bottle with water and put it in your toilet tank, safely away from the operating mechanism. In an average home, the bottle may save five gallons or more of water every day without harming the efficiency of the toilet. If your tank is big enough, you may even be able to put in two bottles.

4. Take shorter showers

A typical shower uses five to ten gallons of water a minute. Limit your showers to the time it takes to soap up, wash down and rise off.

5. Take baths

A partially filled tub uses less water than all but the shortest showers.

6. Install water-saving shower heads or flow restrictors

Your hardware or plumbing supply store stocks inexpensive shower heads or flow restrictors that will cut your shower flow to about three gallons a minute instead of five to ten. They are easy to install, and your showers will still be cleansing and refreshing.

7. Turn off the water while brushing your teeth

Before brushing, wet your brush and fill a glass for rinsing your mouth.

8. Turn off the water while shaving

Fill the bottom of the sink with a few inches of warm water in which to rinse your razor.

9. Check faucets and pipes for leaks

Even a small drip can waste 50 or more gallons of water a day.

10. Use your automatic dishwasher for full loads only

Every time you run your dishwasher, you use about 25 gallons of water.

11. Use your automatic washing machine only for full loads only

Your automatic washer uses 30 to 35 gallons per cycle.

12. Don't let the faucet run while you clean vegetables

Rinse your vegetables instead in a bowl or sink full of clean water.

13. Keep a bottle of drinking water in the refrigerator

This puts a stop to the wasteful practice of running tap water to cool it for drinking.

14. If you wash dishes by hand, don't leave the water running for rinsing

If you have two sinks, fill one with rinse water. If you have only one sink, first gather all your washed dishes in a dish rack, then rinse them quickly with a spray device or a pan of water.

15. Check faucets and pipes for leaks

Leaks waste water 24 hours a day, seven days a week. An inexpensive rubber washer/ring is usually enough to stop them.

16. Water your lawn only when it needs it

Watering on a regular schedule doesn't allow for cool spells or rainfall which reduce the need for watering. Step on some grass. If it springs back up when you move your foot, it doesn't need water.

17. Deep-soak your lawn

When you do water your lawn, water it long enough for water to seep down to the roots where it is needed. A light sprinkling that sits on the surface will simply evaporate and be wasted.

18. Water during the cool parts of the day

Early morning is better than dusk since it helps prevent the growth of fungus.

19. Don't water the gutter

Position your sprinklers so that water lands on your lawn or garden, not in areas where it does no good. Also, avoid watering on windy days when much of your water may be carried off to the streets and sidewalks.

20. Plant drought-resistant trees and plants

Many beautiful trees and plants thrive without irrigation.

21. Put a layer of mulch around trees and plants.

Mulch slows the evaporation of moisture.

22. Use a broom to clean driveways, sidewalks and steps

Using a hose wastes hundreds and hundreds of gallons of water.

23. Don't run the hose while washing your car

Soap down your car from a pail of soapy water. Use a hose only to rinse it off.

24. Tell your children not to play with the hose and sprinklers

Children love to play under a hose or sprinkler on a hot day. Unfortunately, this practice is extremely wasteful of precious water and should be discouraged.







25. Check for leaks in pipes, hoses faucets and couplings

Leaks outside the house are easier to ignore since they since they don't mess up the floor or keep you awake at night. However, they can be even more wasteful than inside water leaks especially when they occur on your main water line.

(From the Volusia County website)

Water saving colouring and word matching activity

1. Colour in the item in the first column (Activity),
2. Find the paragraph in the ideas on how to save water and put the paragraph number that matches the drawing.
3. Add other ideas you have that you could save water when using these items in the last column.
4. Draw items not in this list that you thought of where you could also help protect water supplies.

Activity	Paragraph Number	Other ideas you might have on how to save water using these items
 <p style="text-align: right;">Bath</p>		
 <p style="text-align: right;">Bucket</p>		
 <p style="text-align: right;">Watering can</p>		
 <p style="text-align: right;">Tap / Faucet</p>		
 <p style="text-align: right;">Shower</p>		
 <p style="text-align: right;">Toothbrush</p>		



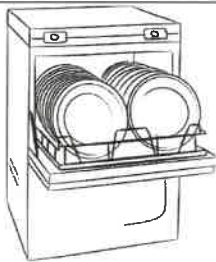
Shaving



Hand washing dishes



Water bottle



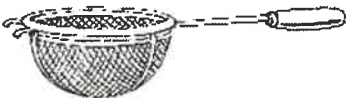



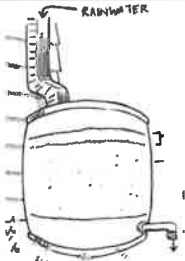

Dishwasher



Washing vegetables

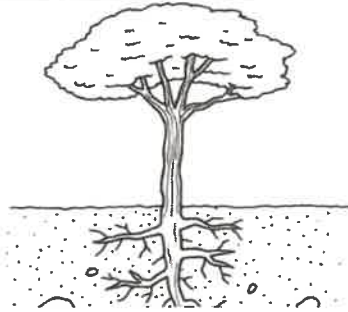


Washing machine

<p>Strainer / Steamer</p> 		<p>Steaming vegetables takes less water than boiling them and makes them taste much better also.</p>
 <p>Rain</p>		
 <p>Toilet</p>		
 <p>Sweeping</p>		
 <p>Rain Barrell</p>		
		



Garden Hose



Using mulch in garden



Games that use less water

