

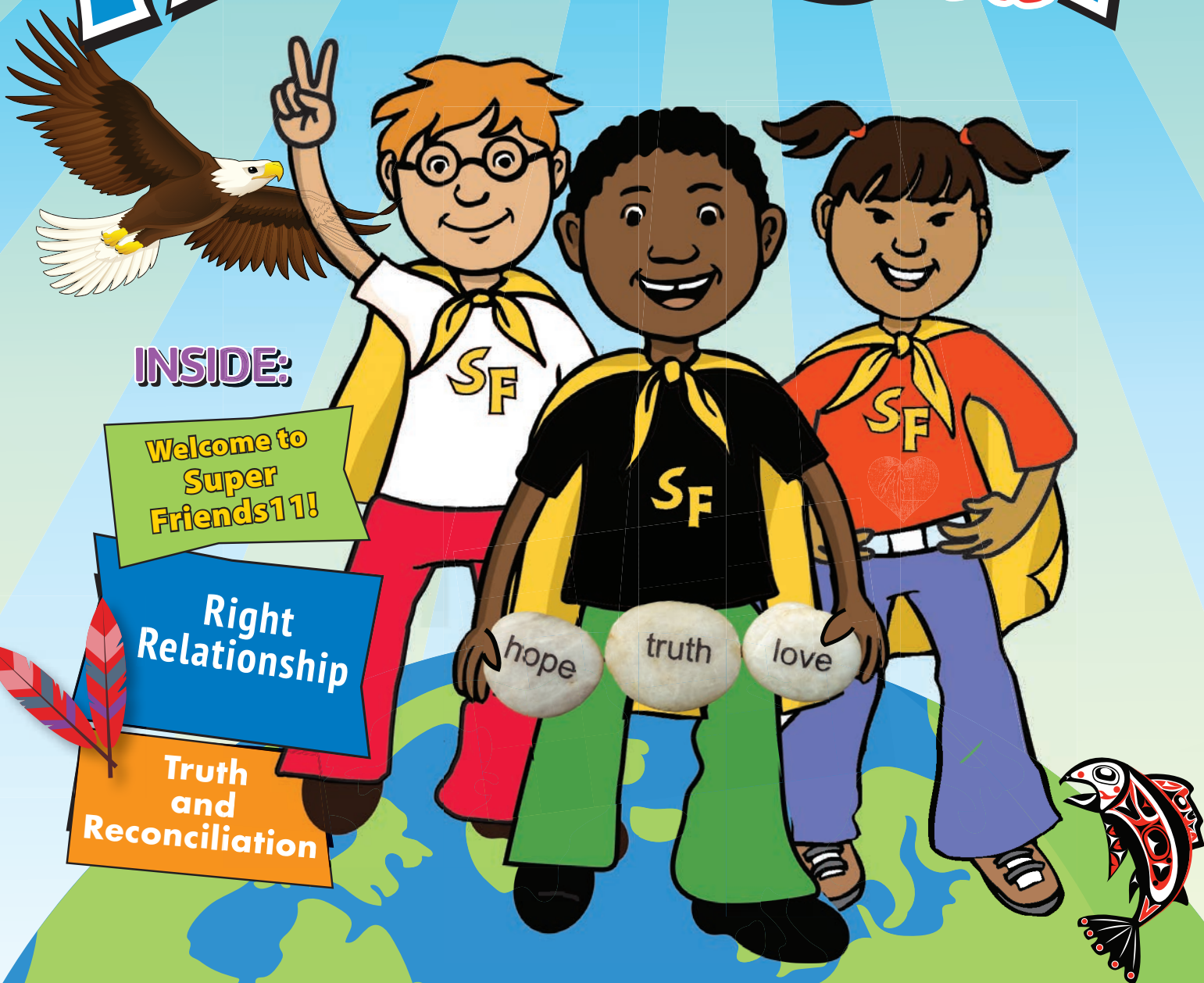
SUPER FRIENDS11!

INSIDE:

Welcome to
Super
Friends11!

Right
Relationship

Truth
and
Reconciliation



Welcome to SUPER FRIENDS!

In 2007, the United Nations Declaration of Indigenous Peoples was written and adopted by many countries around the world.



In 2021, Canada made the declaration law through Bill C-15. This Bill ensures that the rights of Indigenous Peoples are respected. You can read the declaration here:

<https://www.un.org/development/desa/indigenouspeoples/publications/2013/09/adolescent-friendly-version-of-the-un-declaration-on-the-rights-of-indigenous-peoples/>

Reconciliation: heal a broken relationship



This issue of Super Friends looks at how we can reconcile the relationship between non-Indigenous and Indigenous Peoples in Canada. Canada has a very broken history and relationship with Indigenous Peoples, First Nations, Metis and Inuit. In 2008, Canada started a Truth and Reconciliation Commission (TRC) as the first step towards healing. This included listening to the stories of more than 6,500 residential school and day school survivors and their families.

In 2015, the TRC presented 94 Calls to Action. These are things that we can do to work toward healing the relationship between non-Indigenous and Indigenous People.



Spirit Bear's Guide to the Truth and Reconciliation Commission of Canada's Calls to Action



Podcasts

- **Indigenous Earth Community**
Age 10+ Indigenous leaders discuss environmental justice.
- **Young and Indigenous**
Age 8+ Preserving Indigenous culture through youth voices.



- **Warrior Kids**
Age 6+ An Educational and inspiring celebration of Indigenous cultures.
- **Toasted Sister Podcast**
Age 10+ Insightful exploration of Indigenous culture through food.

All podcasts are available on Podbean, and other podcast streaming services.

Young People

Autumn Peltier is from Wiikwemkoong First Nation on Manitoulin Island. She is Chief Water Commissioner for the Anishinabek Nation, a Water Keeper, and water rights activist, advocating for clean water access for Indigenous Peoples. Autumn spoke to Prime Minister Justin Trudeau about his environmental record and extracted a promise that he would "protect the water." She has also spoken at the United Nations on water rights.

Sáj Starcevich, is from the Carry the Kettle Nakoda Nation, Treaty 4, and is fighting climate change and meeting with local government officials. Sáj is one of 15 young Canadians, aged 11 to 20, who launched a lawsuit against the Canadian government. These young people believe the youth are most affected by the effects of the climate emergency. Unfortunately, the lawsuit was dismissed by the Federal Court.



Every animal that lives and everyone who breathes are all under God's power.

- ? How can you learn from the animals and birds?
- ? What is the earth teaching you?
- ? What wisdom are the fish sharing?
- ? How can you give thanks to God for the life of all living things and the breath that you breathe?

Mark your calendar!

Land Acknowledgement

TRC Call to Action

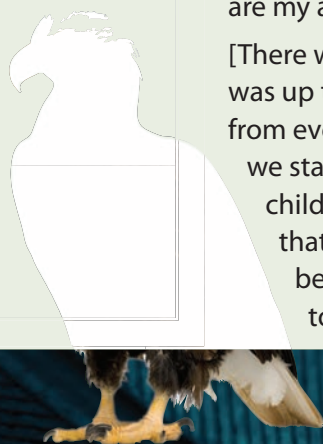
? Your school, church or sports team activity all might start with a Land Acknowledgement, but what is a Land Acknowledgement?

Land Acknowledgements recognize and respect the traditional territories and lands of Indigenous Peoples, the waterways and water sources, animals and spiritual and cultural importance. As non-Indigenous and Indigenous People work toward reconciliation and right relationship or being good relatives, land acknowledgments help us to recognize the relationship with and to the land and to show commitment to working together towards healing.

Bishop Adam Halkett
Montreal Lake Cree Nation, Treaty One, Winnipeg

Land acknowledgment to me is to acknowledge that we're standing on traditional land, whatever treaty area that is. It's always good to know where the treaty land is and the number, like here in Treaty One, you're welcomed and welcome to treaty territory, but also to acknowledge all treaty people like yourself [non-indigenous], as part of the treaty, because they're part of a treaty that your ancestors are a part of that are my ancestors are part of that treaty.

[There was an eagle in the sky] That eagle was up there, and to me, that was a welcome from even the animals because of the land we stand on, it is part of our mat. The children need to know all these things, that we share like that for instance, because it was shared with me, I have to pass it on. So that's very important.



TRC Call to Action #67

? What objects or artwork are special to you, your parents or grandparents?

We call these things invaluable. That means their worth goes beyond dollars. Think of the most special thing that you own – it could be a stuffie, a photograph, a book, or something else. When we say something is invaluable we mean no amount of money could ever really replace it, if it was lost.

Imagine for a moment that someone took the things from your home that are special to you and your family. That is what happened to and in Indigenous communities across Canada when settlers arrived. Some of those things were taken into private collections and kept in someone's home, and others were taken and have been put in museums.

The *repatriation* of artifacts, means the *returning* of things that were stolen from Indigenous communities.

PWRDF has partnered with **Mi'kmawey Debert Cultural Centre, Nova Scotia**. The focus of this work is to bring home a large and very special Mi'kmaw collection that is currently at the Smithsonian Institute in Washington, D.C. Through social media and supported by some new technologies, the Mi'kmawey Debert Cultural Centre will be working with knowledge holders and experts to expand their understanding of these important collections.



Fire Keepers

The name my
mom gave me is Erroll,
Standing Black Bear Man,
and I'm also Warrior Black Bear
and I'm from the Elk Clan.

What it means to be a Fire Keeper

1. So far, what I've been taught of being a fire keeper is, **everything comes from the land, everything starts with the Creator**, all ceremonies and all prayers and everything, everything starts with Creator and acknowledging Creator. All your prayers and everything that you do is in a good way, and to maintain a Sacred Fire for the people is a very, very important job.
2. It's a very important role in ceremonies, I take that very seriously and so when I fire keep, I sit here and what I've been taught is to **keep praying over the people**, to not only keep feeding the firewood and, not just to feed it wood and not just keep it going but there's more to it than that.
3. For me, I sing to the fire, I pray for the fire, I give it the medicines. I do my very best not to have negative thoughts around this fire. I want to give it positive energy. I want good thoughts. **I pray for everybody that I see around no matter who it is, everybody.** I pray for them and their families, and for them to have the strength to get through any adversities [struggles] that come through and for them to recognize the good that they have in their lives, to recognize and to give thanks, to live in that good way.
4. So, I pray for those things, **I give acknowledgment to the food we eat during these ceremonies and all the water we have**, for everything to come from a good place and everything to be done in a good way.
5. I put that all into my fire keeping and that's the way I was taught to do it, and **I do my very best to bring positive energy**, make people laugh and if somebody's feeling down, then give them encouragement, not to do it for them, but to give them the strength to do it on their own to get through it. To build the community around us, that's what fire keeping is to me.



Activities

Learn about:

Residential School
survivor Phyllis Jack Webstad

Read the Orange Shirt story
or watch Messages for kids on
**Orange Shirt Day | CBC Kids
News** [https://www.youtube.com/
watch?v=P_05bhHVOH4](https://www.youtube.com/watch?v=P_05bhHVOH4)



Orange Shirt Day

September 30th
National Day for
Truth and
Reconciliation

What can you do to show your support
beyond the day using the colour orange?

Bannock recipe

Ingredients:

1 Large Bag of Bannock Dry Mix.
¼ Cup Oil of choice or melted butter
½ Cup Milk
2 Cups Warm Water
Flour for dusting

Directions:

Pour dry mix in a large mixing bowl,
mix thoroughly. Make a well in the
center of flour mixture. Add in oil, milk
and water. Mix until just combined.
Your dough will be slightly sticky.

Knead dough gently on floured
surface about 8 -10 times. (Do
not over knead).

Shape into a ball placing on
a large baking sheet lined
with parchment paper, or
lightly greased baking sheet.
Flatten out dough to a one inch
thickness. Making sure the
dough is even all around. Poke
holes all over the dough using
a fork. Bake at 350F for 35 - 40
minutes. The Bannock should be
a light golden brown color.



Sacred Places

A sacred place is where you connect to the Creator, God, the land and the animals, a place you experience something beyond yourself.

What is your sacred place?

● Bishop Adam Halkett, Montreal Lake Cree Nation, Treaty 6

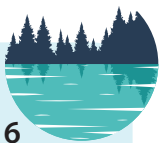
Back home in Montreal Lake, I have a trapline. We don't trap there, we just go there to relax, just to be and just to regenerate our energy.

It's a place where you find peace and comfort: peace from the busyness of my own world, but also just to reconnect with my ancestors that were there. They've walked there. They walked that land I walk on today.

I heard of a sacred rock in the national park and my uncle is the one who shared it with the minister and other people. That sacred rock had imprints of an eagle, a bear and a moose. My uncle shared that when we were close to the end of our food supply, we would go there and give our offerings. That's one place that I want to see, because my parents knew about that, so that's still in the back of my mind.

Most of the trappers had the first print of the Common Prayer book.

They studied their scriptures and prayers, that's something, again on the land. Amazing, that's why it's so unique, how we find that peace. When I think about it I just want to be there. Passion. That's where we used to take our children for a weekend. I think that's what grounded us. Nothing wrong with the cities, but they take us away from the peaceful environment that we experience [on the traplines].



● Nadia, Chemawawin (Easterville), Treaty 5

I like to have fires at the lakes and listen to the fire crack or look around, and listen to the wind too.



● Isaac, Chemawawin (Easterville), Treaty 5

My sacred place is where you go by yourself and chill at the lake, and listen to the water splashing and coming in, and it's very calm and relaxing. That's a special place.



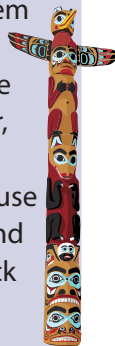
● RJ, Tataskweyak Cree Nation, Split Lake, Treaty 5

When I was searching for moose tracks, I was the only one with boots and the other people stayed behind. I had to go far ahead of them, and then I saw moose tracks in the ground. And then I looked down in the water because, by then I was by the beach. It was like clear water and then I was looking around, and I found this rock. It looked like the moon and then I gave it to my bro. That rock was super nice, you could see through it.



● Freeman, Haida Gwaii

There're some potlatches, dancing, drumming and Totem poles. The nature, the beaches and the cedar, the red cedar, yellow cedar, it's special to me, because I'm back at home and I'm happy to be back at home.



● Levi, Little Red River Reserve, Treaty 6

I'm always inside. It's actually good to be outside when I need it. It's a good refresher. It's pretty awesome, honestly. I can't describe it. There's so many words I could possibly say.

● Hannah, the homeland of the Mi'kmaq

For me land is sacred because of the history of the land and the people that inhabit it.



● Theo, traditional territory of the Attiwonderonk (Neutral), Anishinaabe and Haudenosaunee peoples

My sacred place where I feel connected is in nature, sitting in a forest watching animals.



What is a Good Relative?



Nadia, Easterville Treaty 5: Sharing with love and giving when you can, helping when you can, having fun with them laughing, making jokes. I think that makes a good relative.



Levi, Little Red River Reserve, Treaty 6: A good relative is like a good person who in them has good trust. That's what I like. I try and be a good relative by caring for them, being there when they need help.



Theo, traditional territory of the Attiwonderonk (Neutral), Anishnaabeg and Haudenosaunee peoples: A good relative is a parent, a sibling, someone like my great aunt who taught me her language, Welsh. Someone who raises you and loves you unconditionally even when you are grumpy and make mistakes. Someone who listens to you and is interested in what you are doing and someone who tells you stories. Someone who adopts you.



Isaac, Easterville Treaty 5: What makes a good relative is for you to socialize and talk to other people that you don't know, to introduce yourself to other people. They get to know you better. I would just say "hello, who are you and where are you from and what treaty are you from?"



Hannah, the homeland of the Mi'kmaq: A good relative is someone who is caring and loves you unconditionally and is always willing to be there in your best and worst moments.



Movies and Shows

- **Doctrine of Discovery: Stolen lands, Strong Hearts - The Anglican Church of Canada**
- **Mi'kma'ki** A collection of short films about the Indigenous experience in communities across Newfoundland and Labrador. [Mi'kma'ki | Shows | CBC Gem](#)
- **Celebrate Indigenous Month** <https://gem.cbc.ca/cbc-kids-celebrates-indigenous-month>
- **Anaana's Tent** CBC Gem <https://gem.cbc.ca/anaanas-tent>
- **Come Toward the Fire** [Come Toward the Fire | Events | CBC Gem](#)

Short videos

- **Namwayut: we are all one. Truth and reconciliation in Canada** | Canada is ... - YouTube
- **Healing a Nation Through Truth and Reconciliation** | Chief Dr Robert Joseph | TEDxEastVan - YouTube
- **The Seven Sacred Laws (English Version)** - YouTube

Reconciliation Word Search

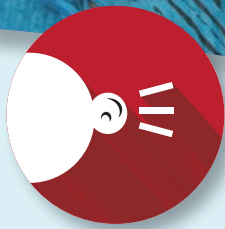
Find these words

P	G	N	I	N	R	A	E	L	N	I	T	E	V
A	T	R	E	A	T	Y	E	I	Y	T	N	G	E
A	P	A	R	T	I	C	I	P	A	T	E	A	W
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C	R	P	L	I	S	T	E	N	I	N	G	N	W
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R	M	N	I	O	G	D	A	N	C	E	C	E	A
N	R	E	L	A	T	I	V	E	S	G	K	R	L
E	N	E	G	N	I	R	A	H	S	G	T	T	P

ANIMALS
FIRE
RESPECT
DRUM
RELATIVES
LAUGH
LEARNING
TREATY
ACTION
STRAWBERRY
BANNOCK
SHARING
LISTENING
LANGUAGE
MEDICINES
COMMUNITY
DANCE
LAND
WATER
PARTICIPATE
PLANTS

Play this puzzle online at : <https://thewordsearch.co~/puzzle/5791191>





Actions

You might see or hear the word **ReconciliACTION** when people talk about reconciliation. That is because, Reconciliation is an **ACTION**, that we all must **PARTICIPATE** in. We can do this by **LEARNING**, **LISTENING** and **SHARING** what we learn with others in our communities, schools, churches and family.

How are you going to continue to participate in ReconciliACTION?



How much do you know?

A. Whose land do you live on?

What are the water sources, river, lake, ocean?

Is there a treaty? ☐ Yes ☐ No

B. What Indigenous languages are spoken?

Learn to say something: hello, thank you....

C. What are the native plants?

What are their uses?

D. What are the native animals?

What are their indigenous names?

E. How can you show respect to the land?

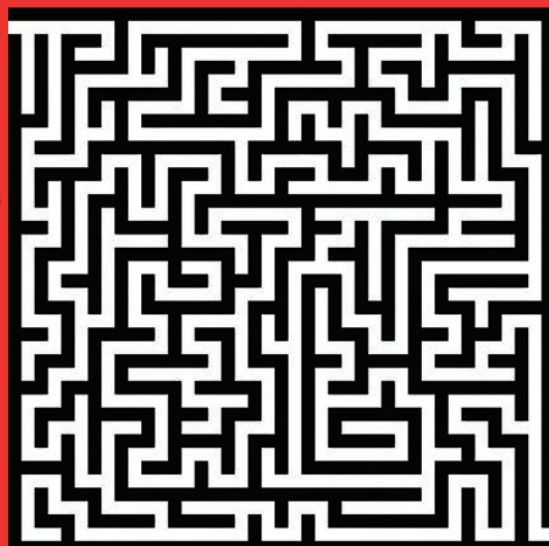
What is the story of a landmark in your community?

Books to check out

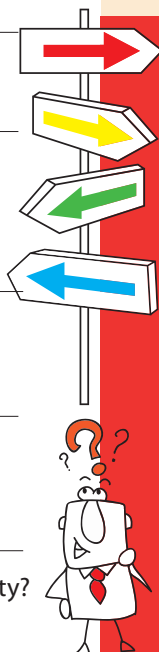
- *Shi-shi-etko*, by Nicola Campbell (Ages 4-8)
- *Shin-chi's Canoe*, by Nicola Campbell (Ages 4-8)
- *Arctic Stories*, by Michael Kusugak (Ages 4-8)
- *Kookum's Red Shoes*, by Peter Eyvindson (Ages 4-8)
- *Medicine Wheel Workbook: Finding Your Healthy Balance* (ages 7-12)
- *Speaking Our Truth: A Journey of Reconciliation* (Ages 8-12)
- *Fatty Legs: A True Story*, by Christy Jordan-Fenton and Margaret Pokiak-Fenton (Ages 9-12)
- *A Stranger at Home: A True Story*, by Christy Jordan-Fenton and Margaret Pokiak-Fenton (Ages 9-12)
- *No Time to Say Goodbye: Children's Stories of Kuper Island Residential School*, by Sylvia Olsen (Ages 9-12)
- *We feel good out here = Zhik gwaa'an, nakhwatthaitat qwiinzii (The Land is Our Storybook)* by Julie-Ann André and Mindy Willett (Ages 9-12)
- *Braiding Sweetgrass - YA* (Ages 11-18)

For more books suggestions visit GoodMinds.com

Can you find your way out?



No Peeking!
(answer below)



How to Use

Tips for Parents and Teachers

SUPER FRIENDS

say thank you!



- Share your child's copy of SuperFriends11! with your friends, family and teachers.
- Use SuperFriends11! for children's time during worship, Sunday school or Vacation Bible School.
- Meet with worship leaders to discuss SuperFriends11! and how topics raised, such as peace/conflict, can be explored with the entire congregation. Talk about including children in the offertory time or in a time for mission.

- Read it at home with children and do some of the activities together.
- Be creative – suggest that children write a prayer for PWRDF SuperFriends and partners – and send it to PWRDF.
- Tour the PWRDF website with your children and learn more about PWRDF – together! www.pwrdf.org
- Consider a Sunday school fundraising project to support PWRDF's work with Indigenous programs and partnerships.

Blobs

The Blobs are simple images that lead to incredible places. They have nothing to identify them by age, gender, race or ethnicity, ability or disability and each blob is as unique as you are. If you look at the Blobs, what do you see each Blob showing? The one thing they all have in common is they each demonstrate a different feeling or emotion, without the use of words. The Blobs communicate to and with us many different ways of feeling. The same Blob might communicate one emotion to one person and a different emotion to someone else.

As you look at the wonderings listed on the right you can use crayons to colour in the Blobs that you think of and identify with.



I wonder which Blob...

- you feel like right now?
– why do you feel like that right now?
- you would like to feel like?
– how can you get there?
- you feel like when you are in nature?
- you would like to sit with?
- reminds you of your favourite relative?
- shows how you feel when you learn something new?
- shows how you feel when you make a new friend?
- shows how you feel when you are in a sacred place?
- is the Blob you've never been?
- you would like to laugh with?
- you would like to learn more about?
- you would like to talk to?
- you would like to tell, they are loved?
- you would like to encourage?
- is what reconciliation looks like to you?
- is what a good relative looks like to you?

I wonder what questions you have about the Blobs?

SuperFriends Feedback: As we look to keep resources current and ensure they are meeting the needs of users, we are seeking feedback on SuperFriends. Thank you for taking the time to help us do this. Please distinguish adult responses from youth responses. Visit <https://forms.gle/Lhj7MkVRfb9h48Pk8>



PWRDF

The Primate's World Relief and Development Fund

le fonds du Primat pour le secours et le développement mondial

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Please note: While we ensure that all links and email addresses are accurate at the time of publication, given the changing nature of the web some links to other websites and email addresses may no longer be accurate.



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