


Celebrating Indigenous Brilliance

VIRTUAL CULTURAL SAFETY
TALKING CIRCLE – JUNE 2025



National Indigenous History Month

Happy Indigenous History Month!

- In Canada, June is designated as National Indigenous History Month, a time to recognize the rich history, heritage, and resilience of First Nations, Inuit, and Métis peoples.
- National Indigenous Peoples Day on June 21st also serves as a day of celebration and reflection.
- How are YOU reflecting and celebrating this month?

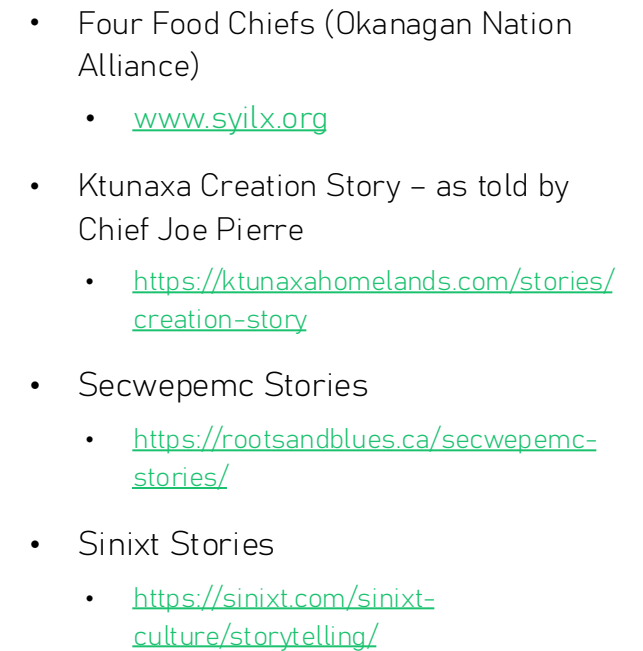


Calling us in

- Deepening our connection to the lands where we live.
- Building a new narrative about the history of our country.
 - Will you be traveling in Canada this year?
 - What can you find out about the First Peoples in the places you will travel?
 - We want to connect with 'authentic' experiences when we travel to different countries...how does a similar curiosity apply when we travel domestically?
- Finding what 'lights you up' and getting curious about what Indigenous leaders, artists, academics, creatives are doing in this space.

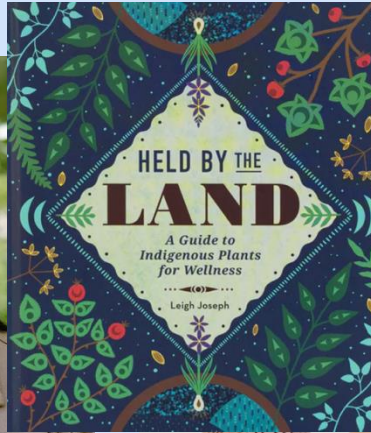
Learning about and listening to the language and stories of the First Peoples on the lands now known as Kootenay Boundary.

- Four Food Chiefs (Okanagan Nation Alliance)
 - www.sylx.org
- Ktunaxa Creation Story – as told by Chief Joe Pierre
 - <https://ktunaxahomelands.com/stories/creation-story>
- Secwepemc Stories
 - <https://rootsandblues.ca/secwepemc-stories/>
- Sinixt Stories
 - <https://sinixt.com/sinixt-culture/storytelling/>



Beauty and Fashion

- Interested in fashion? Beauty products?
- Follow these industry leaders on social media



Skwalwen Botanicals
Held by the Land Book
skwalwen.com

Cheekbone Beauty
Cheekbonebeauty.com



Sisters Sage
Sisterssage.com

Beauty and Fashion

- Inspirational, award-winning fashion
- Follow these industry leaders on social media



Decolonial Clothing
Decolonialclothing.com

Lesley Hampton
Lesleyhamptom.com



Evan Ducharme
Evanducharme.com



Sharing Inspiration

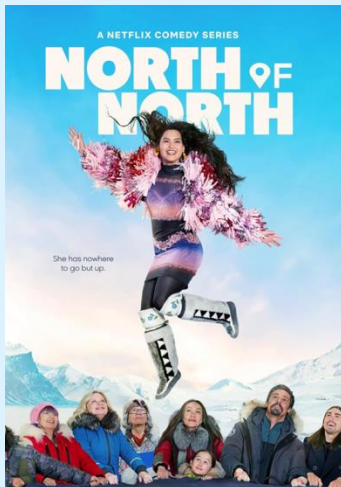
Watch List

[North of North](#)

Dark Winds (Netflix)

[Rez Dogs](#)

[Best in Miniature](#) (Season 3
Features Lance Cardinal)



Reading List

[A Two-Spirit Journey](#)

[Becoming a Matriarch](#)

[When the Pine Needles Fall](#)

[Swift River](#) – story of the
Columbia River



Listening List

[Snotty Nose Rez Kids](#) – Red
Future

[Elisapie](#)

[Blue Moon Marquee](#)



Music Festivals

Does the music festival you're attending acknowledge the lands of the First Peoples where it is being hosted?

Look for Indigenous performers during music festivals and check them out!

Local musician Patrick Alex Andre plays every Sunday in Crawford Bay. Find more here:
www.patrickalexandremusic.com/about-the-album



Art

On now at the Kootenay Gallery of Art in
Castlegar – by the Airport

Tracey-Mae Chambers – Installation

- [#hopeandhealingcanada.ca](https://hopeandhealingcanada.ca)
June 6 – October 1, 2025

[MacKenzie Gallery](#) in Regina. Features
many Indigenous Artists



Murals

Nelson is rich in Indigenous artist murals...do you know which ones are from Indigenous artists?

There is a new one on the walls of Gyro Park in Trail by Syilx Artist Sheldon Louie. Take your kids to the splash park there and check out his work.



Food!

Traveling to Vancouver this Summer? Check out local Indigenous food

Check out the new location in YVR!



Anyone have any other restaurants or Indigenous Chefs they want to share with the group today?

Fans of 'Top Chef' Canada might know of some other Chefs to follow!





Indigenous Tourism Hot Spots

Traveling to Saskatoon?

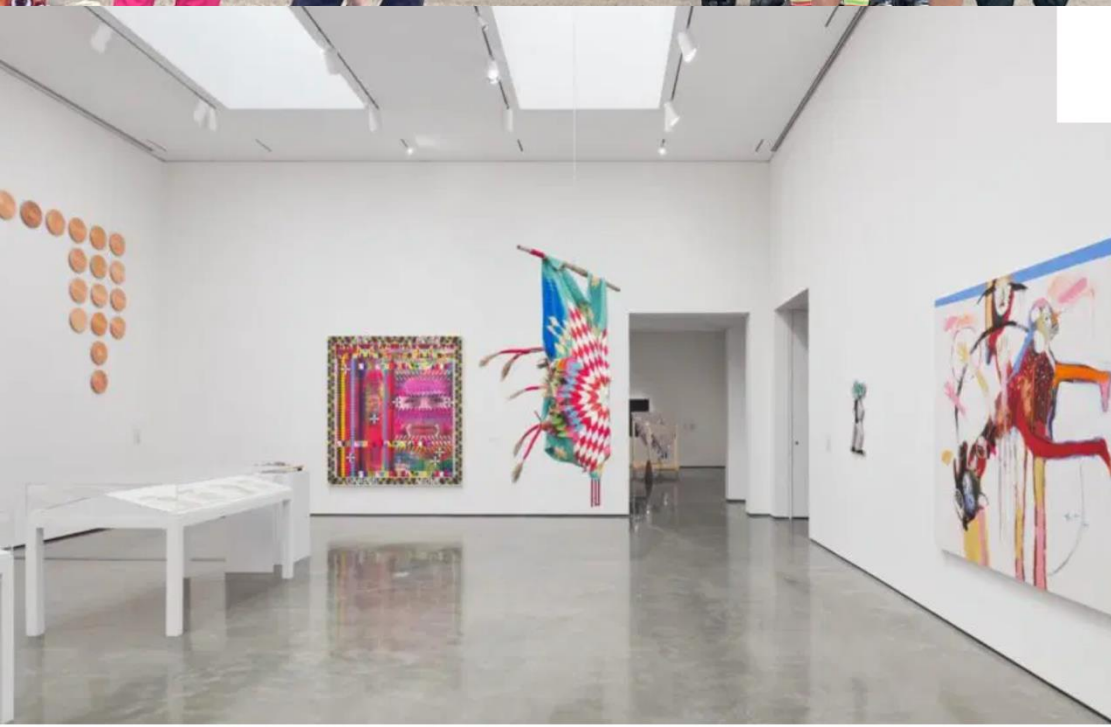
About 30 minutes outside of the city is Dakota Dunes. Run by the Whitecap Dakota Nation – golf course, casino, restaurant and more....beautiful location!



Indigenous Tourism Hot Spots

Traveling to Regina?

Don't miss the [Bannock House](#) Food Truck!



Visit the permanent and current Indigenous exhibits at the MacKenzie Art Gallery.



Indigenous Tourism Hot Spots

Traveling to Nova Scotia?

The Millbrook Cultural and Heritage Centre has Mi'kmaw artifacts dating back as old as 7,500 years. Stop in to learn about the history of the indigenous people of the surrounding area. With knowledgeable staff on hand, any question can be answered. This is located just outside of Truro, NS. You'll know it by the giant statue of Glooscap!



Indigenous Tourism Hot Spots

Osoyoos – [Spirit Ridge](#)

Welcome to Canada's only desert, a place sacred to the Osoyoos Indian Band. Come stay at the all-suite resort and discover for yourself the natural landscapes and delicious food and wine that make Spirit Ridge a true wellness-centred oasis.

The restaurant there was recommended by a participant!



Indigenous Tourism Hot Spots

Ft. MacLeod, AB – [Head Smashed in Buffalo Jump](#)

Head-Smashed-In Buffalo Jump Interpretive Centre is a UNESCO-designated World Heritage Site that preserves and interprets over 6,000 years of Plains Buffalo culture. Through vast landscapes, exhibits, and diverse programming, learn about the cultural significance of this cliff to the Plains People.

More Travel Resources

Indigenous Tourism – Culinary Directory

<https://indigenoustourism.ca/wp-content/uploads/2021/09/ITAC-Indigenous-Culinary-Directory-2021.pdf>

Whose Land Am I On? Interactive map. Put the city or town you are visiting in North America into the map, and it will tell you what First People's lands you are on.

www.native-land.ca

Ktunaxa Grill at Ainsworth Hot Springs

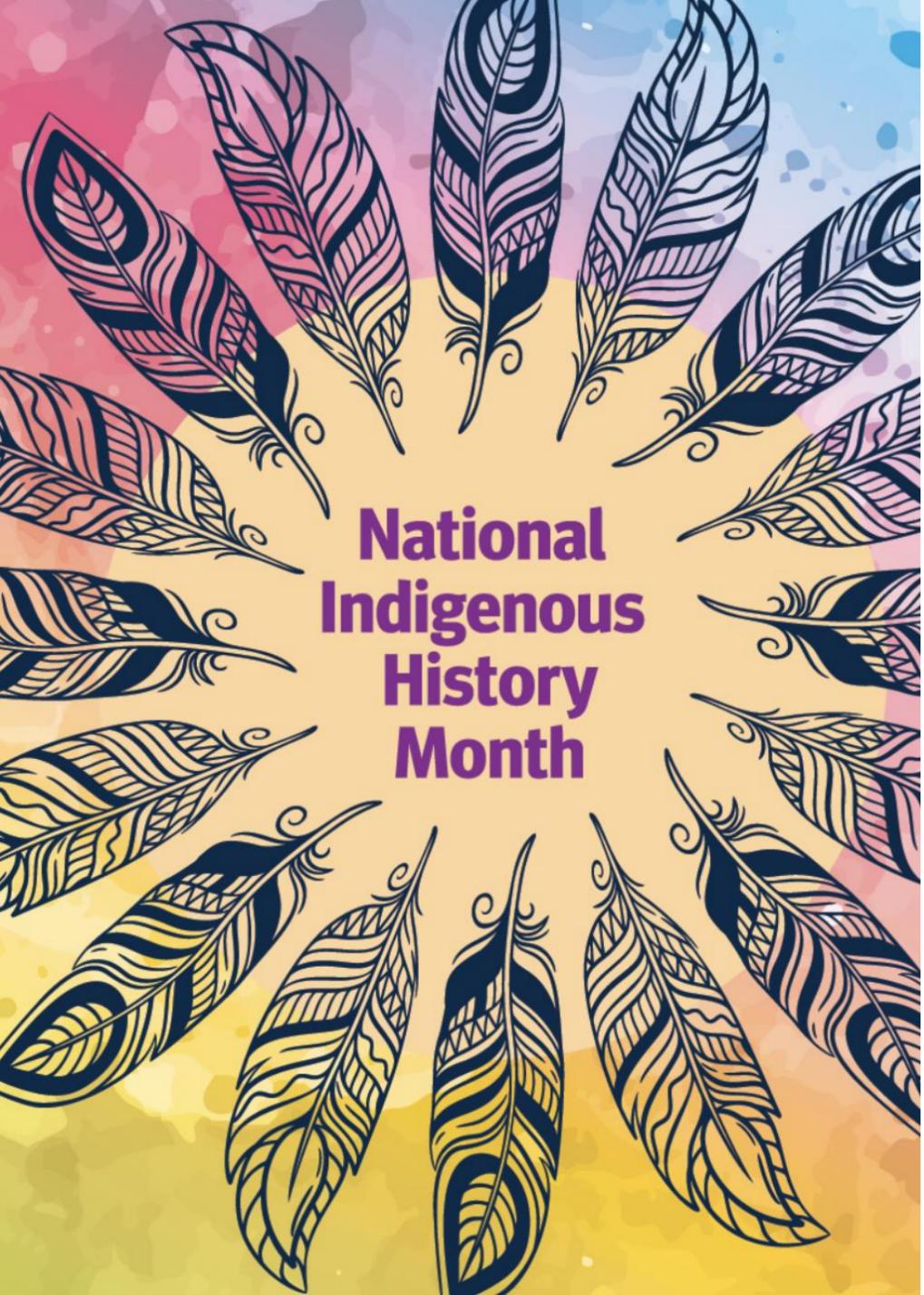


Film

Star Wars – in Anishinaabemowin-Ojibwe!

Find this, and many other gems on APTN





**National
Indigenous
History
Month**

Indigenous People's Day June 21st – where will you celebrate?

- COINS – event at Kinnaird Park 10-2pm
- Greenwood – 10am @ the Ballpark!
- Grand Forks – 11am @ Gallery 2
- Nelson – West Kootenay Metis @ Lakeside park
- Trail – Gyro Park, June 22nd (SUNDAY), Kootenay South Metis



National Indigenous History Month

Your Turn!

- Any inspirations you want to share?
- What is your “Inspiration Commitment” to take away for the summer?
- We want to hear about it when we re-start our sessions in the Fall.
- Hope everyone has a great summer!



Cultivating Cultural Safety in Your Clinic



A TOOLKIT FOR KOOTENAY BOUNDARY PRACTITIONERS

Prepared by the KB Cultural Safety Working Group, with the support of Kootenay Boundary Division of Family Practice, Kootenay Boundary Aboriginal Services Collaborative, and Circle of Indigenous Nations Society

Resources for anytime

www.kbculturalsafety.org

- There are blog posts for interesting happenings now as a permanent feature to this site – visit often to get the latest!

[Creating Culturally Welcoming Environments](#) – A facilities planning resource for the KB.