

Celebrating Indigenous Brilliance

2026 UNLEARNING & UNDOING CLUB
SUMMER READING AND ONGOING
LEARNING LIST

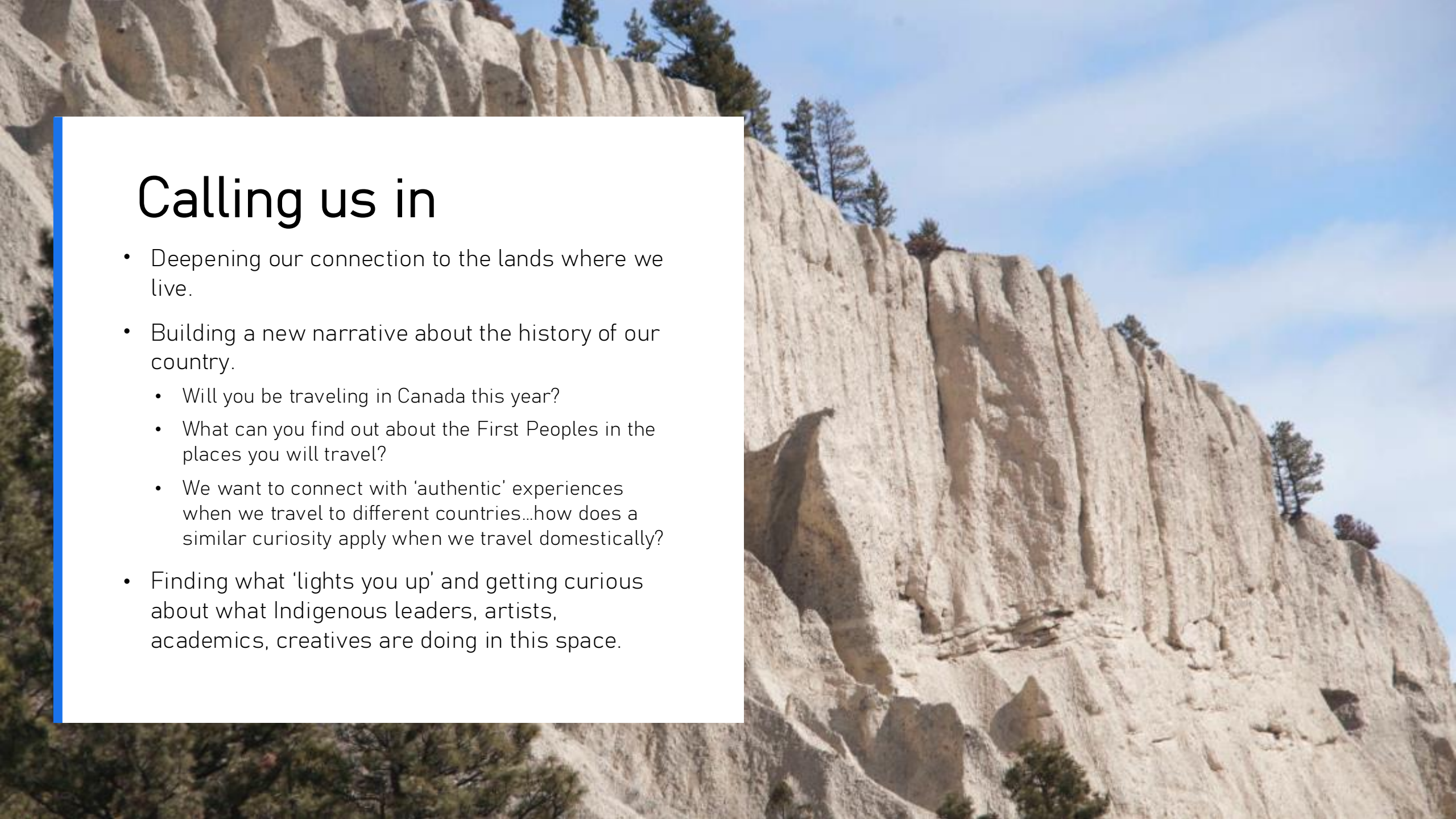


Happy Indigenous History Month!

- 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.



THE LAND IS OUR MOTHER

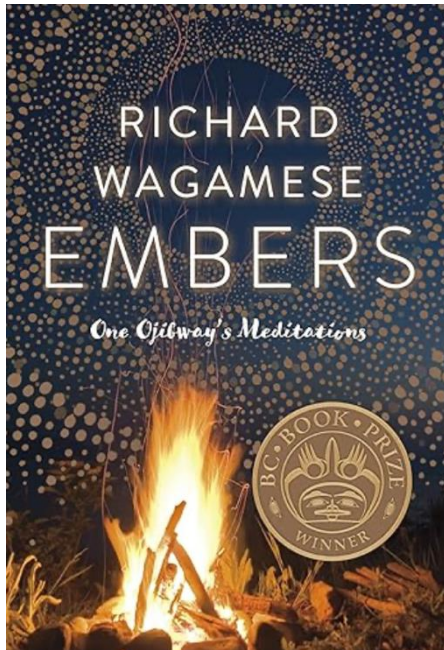
"WE ARE TIED TOGETHER BY THOSE WHO BROUGHT US HERE AND GAVE AND GAVE US PLACE. OUR MOST SERIOUS TEACHING IS THAT COMMUNITY FIRST IN OUR CHOICES, THEN FAMILY, AND THEN OURSELVES AS INDIVIDUALS BECAUSE WITHOUT COMMUNITY AND FAMILY WE ARE TRULY NOT HUMAN."
— RAINETTE ANNEBROOK



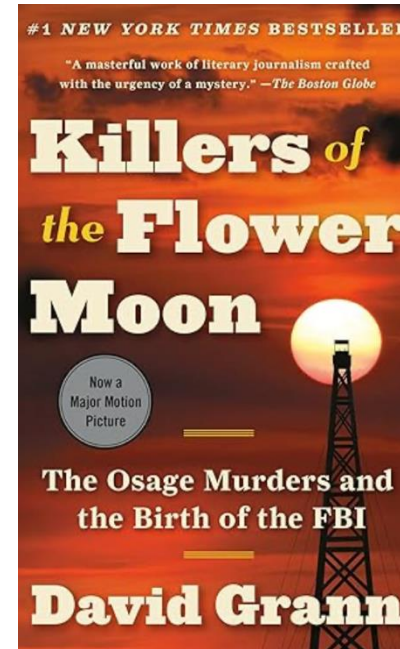
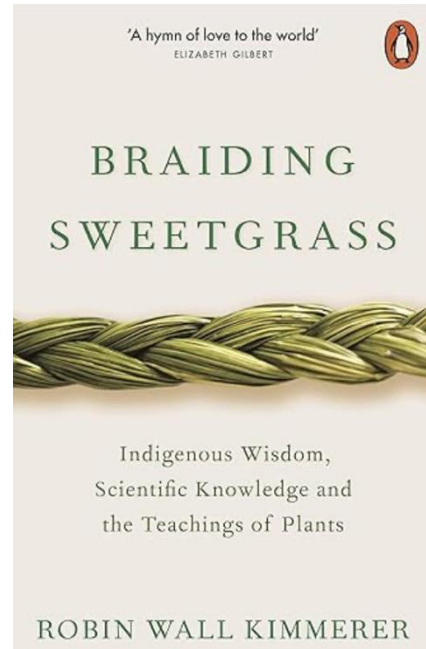
Learning about and listening to the language and stories of the First Peoples on the lands now known as Kootenay Boundary.

- 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/>

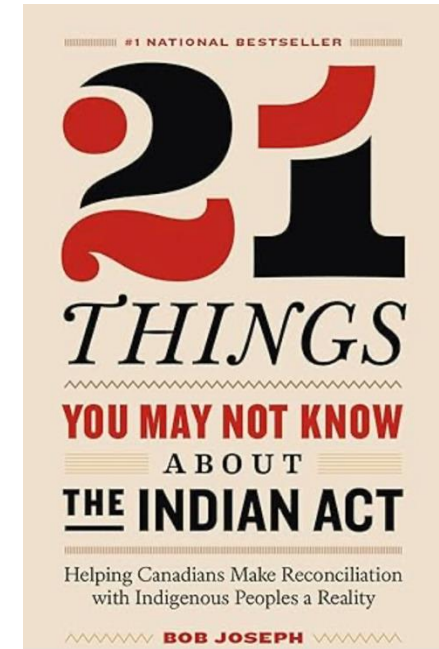
Book Recommendations from our U and U club members



Tara G

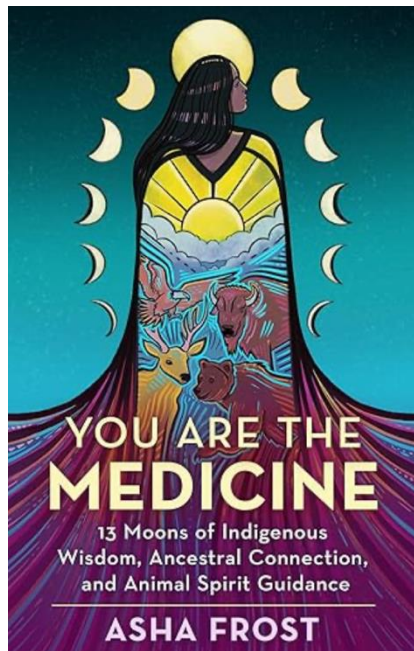


Mellissa H

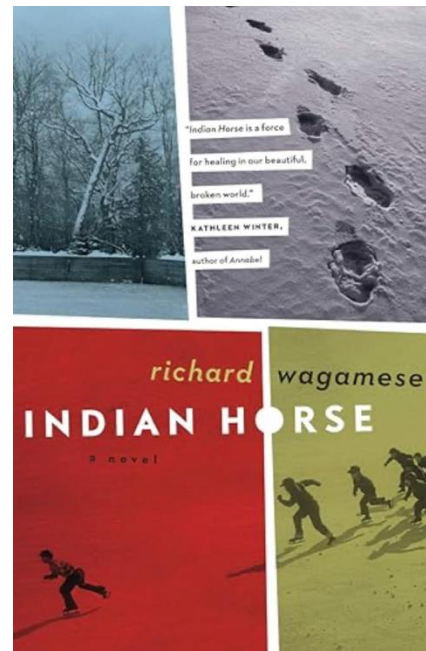


Maggie W.

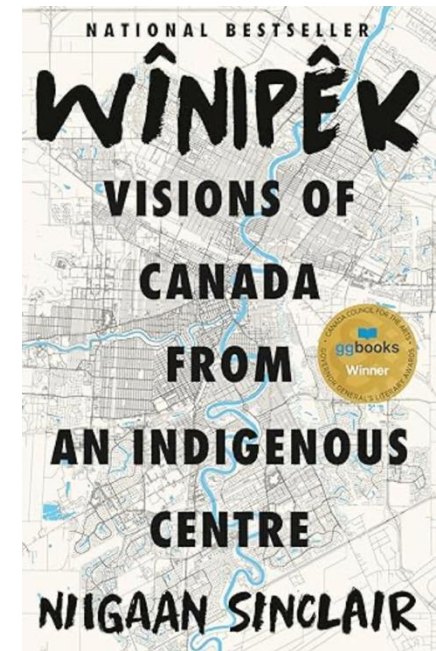
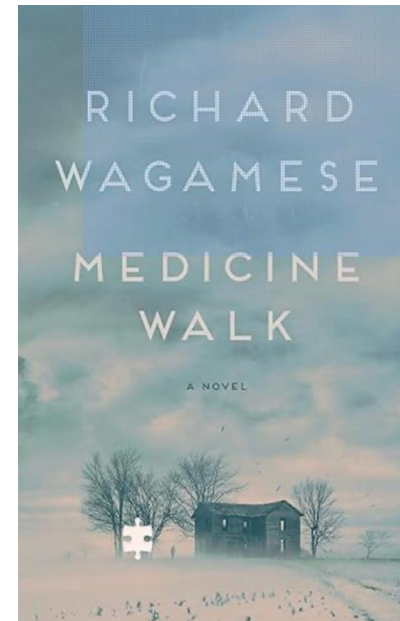
Book Recommendations from our U and U club members



Deb B.

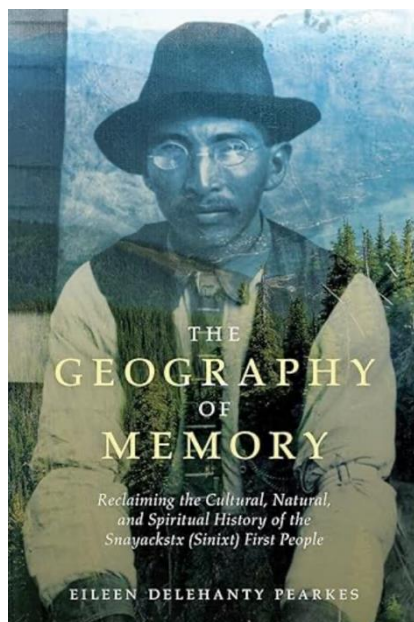


Tracy R.

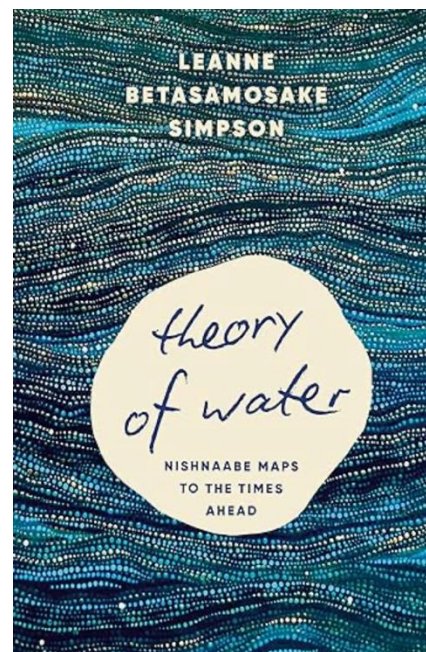


Alicia P.

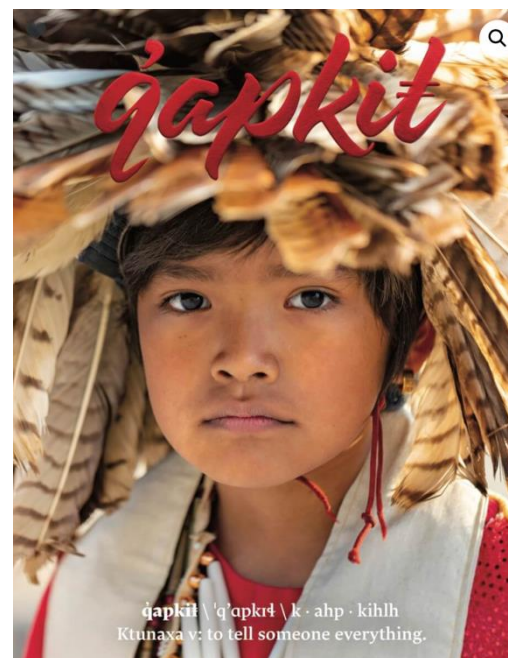
Book Recommendations from our U and U club members



Martha W.



Shelina M.

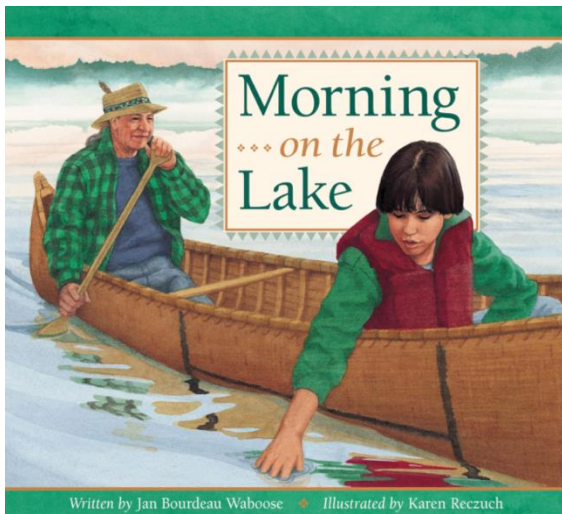


Martha W.

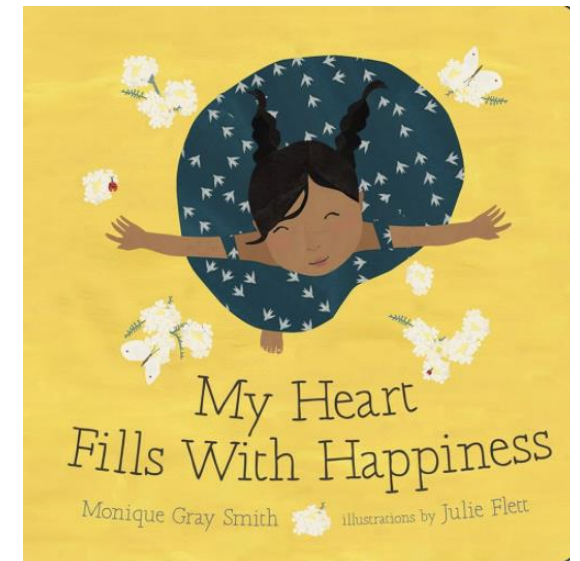
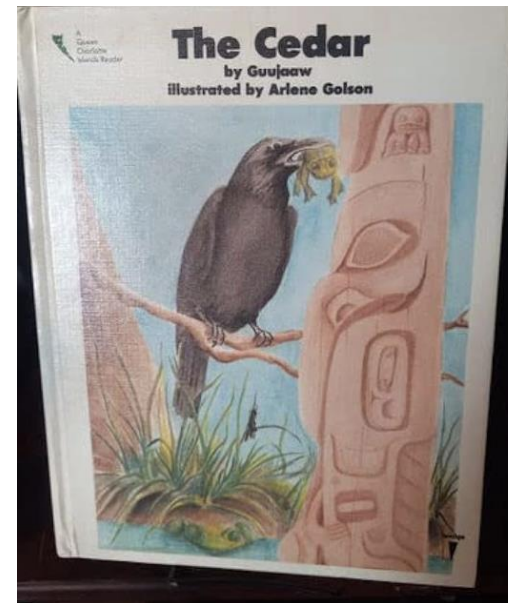
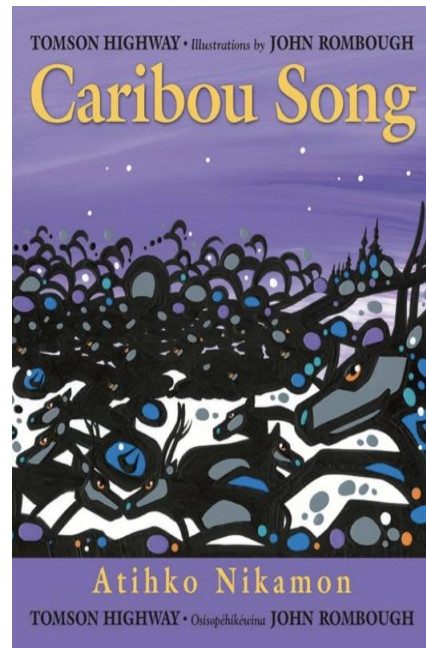


Tara G.

Kids Book Recommendations from our U and U club members



Martha W.



Christy

Podcast Recommendations



Trisha G. recommends
Look for Dr. Daniele Behn Smith



Christy recommends
All of them!

Interior Voices Podcast

Interior Voices is our Indigenous health and wellness podcast series that explores the intersection of health and culture in the workplace, our everyday lives and patient care.

Suzanne recommends Interior Health's
Interior Voices Podcast

Sharing Inspiration

Watch List

[North of North](#)

Dark Winds (Netflix)

[Rez Dogs](#)

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



Learning about Indigenous
Data Sovereignty – Leila D.



Listening List

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

[Elisapie](#) (Maggie W.)



Travel Suggestions/Places to Visit

Nk'Mip Desert Cultural Centre – Osoyoos (Suzanne)

Alert Bay – North Vancouver Island (Belinda)

U'mista Cultural Centre

Gorge Harbour Campground – Cortes Island (Jen E.)

<https://www.gorgeharbour.com>

Tla-o-qui-aht First Nation – Visit Tofino (Josie)

The Forks – Confluence of the Red and Assiniboine Rivers in Winnipeg (Alicia)

<https://www.theforks.com>

Mt. Robson – Berg Lake Trail (Kathleen). Primary Indigenous groups with historical ties are: Simpcw First Nation, Lheidli T'enneh Nation, McLeod Lake Indian Band

Murals

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

There is a mural 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!



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
Really great food!



Film



Star Wars – in
Anishinaabemowin-
Ojibwe!

Find this, and many other
gems on APTN (Alicia)

Reel Injun (Erin F.)

Find this and many other
gems at NFB (National
Film Board)

**National
Indigenous
History
Month**

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

- Castlegar – COINS @ Kinnaird Park 10-2pm
- Greenwood – 10am @ the Ballpark!
- Grand Forks – Boundary Metis Association & Boundary All Nations Society 10-3pm @ Perley Elementary School
- Nelson – West Kootenay Métis @ Lakeside park Rotary Shelter 10-5pm
- Trail – Kootenay South Métis 11am-4pm @ Gyro Park

ALL are welcome to this celebration!



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.

**San'Yas Indigenous Specific Anti-Racism [Training](#) (Shelina)

**Virtual Blanket Exercise (Suzanne)

** Can be accessed from iLearn for IH Employees