

# Kikinaw – Our Home

Exciting news towards equity and excellence

## Fall away time, by Knowledge Keeper Mary Wilson

Fall away...

From fear in the past, only to be free dancing in the symphony of seagull after cleanup.

Fall away from heartache and broken promises. The sweet grass bends in a every storm.

Fall away from things and situations that no longer serve creativity.

Looking forward to the next season when we go inward after the shake off like leaves of yesterday.

## Happy Birthday Jordan!



On October 22, SSCY staff were given the opportunity to celebrate Jordan River Anderson's birthday. Jordan would have been 22 years old. Indigenous Services Navigator Michelle Klippenstein created a display and provided treats to honour the child whose legacy led to the creation of Jordan's Principle.

Jordan River Anderson was a First Nations child from Norway Cree House Nation in Manitoba. Born in 1999 with complex medical needs that could not be treated on-reserve, he spent more than two years in a hospital in Winnipeg before doctors agreed that he could leave the hospital to be cared for in a family home. However, because of jurisdictional disputes within and between the federal and provincial governments over who would pay costs for in-home care, Jordan spent over two more years in hospital unnecessarily before he tragically died in 2005. He was 5 years old and had never spent a day in a family home.





## Upcoming learning opportunities with Knowledge Keeper Mary Wilson

### Webinar



**Winter  
solstice is on  
December 21,  
2021.**

Each month, Knowledge Keeper (Elder) Mary Wilson leads a webinar for SSCY staff and clients. Everyone is encouraged to attend in order to increase their understanding of Indigenous culture, develop their skills of cultural safety and reflect on allyship and anti-racism. Each webinar takes place over the lunch hour: come, eat, discuss and learn! Please contact SSCY reception if you need a link to these events, or click [here](#) for the meeting link.

Upcoming webinars	December 9, 12PM - 1PM
	January 13, 12PM - 1PM
	February 10, 12PM-1PM
	March 10, 12PM - 1PM

### Full Moon Ceremony

Full moon ceremonies are a monthly time of strength when women and two spirit individuals gather outdoors to celebrate the feminine energy of grandmother moon in ceremony. If you are interested in learning more please [connect with Elder Mary](#).

Upcoming full moons	December 18
	January 17
	February 16
	March 18

## Wisdom compiled from Knowledge Keeper Mary's Winter Solstice Teachings

Fall is a falling-away time. We let go of things we have no control over. We let go of pain, stress, old clothes, old realities. We let go of relationships that aren't serving us. We make room for Winter Solstice.

Winter is a time of focus. It is introspective, a time of incubation, of going inside to germinate.

Winter is our cocoon stage. It's cold and painful; it squeezes us. That condensed energy helps us to break through any blocks in our path. We go inside, looking at ourselves, our pressures, our lives. Darkness is the unknown; time to let go of distractions.

During Winter Solstice, the stories begin. There is song, dance, storytelling, game-playing and feasting. We gather to think together. Solstice is about collective consciousness; even though we are going inward, it is not a personal tearing-away.

We should have shorter work days in the winter; we don't because of the colonial system. Celebrate the fact that your day has ended. Work with what you've got.

Winter is a time when dreams are manifested and plans are made, preparation for the birth of new things in the spring. We put roots down to something that might become a beautiful pathway of beginning. Preparing for the breakthrough.

Stop pushing, slow down, turn in, go inside. Find your purpose (or not) and just be there in that moment. Start manifesting.

Compiled by Allison Hasselfield



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## Sharing Knowledge: Land Acknowledgements, by Kristy Wittmeier

**“Best practices must evolve over time through deeper engagement with the purpose and impact of territorial acknowledgments” (Chelsea Vowel)**

RCC recently developed a Land Acknowledgement and Equity, Diversity, and Inclusion statement that will be included on staff members' outgoing emails. As such, in this edition of Kikinaw, we would like to highlight a resource to help support knowledge and action related to Land Acknowledgements.

The resource is “Beyond territorial acknowledgments” written in 2016 by Chelsea Vowel (*see her biography below*). This thought-provoking piece delves into questions such as:

- What is the purpose of a Land Acknowledgement?
- Why is it important how acknowledgements are delivered?
- What are the risks of speaking or hearing a Land Acknowledgement without also taking steps to learn about the history of the land and people being acknowledged – as well as our own history?

Challenges surrounding Land Acknowledgements are discussed, such as having them viewed a ‘tick box’ to check. Just as importantly, the potential for acknowledgments to help enact disruption and transformation is also explored.

Engaging with Land Acknowledgements is one of the ways that RCC employees can demonstrate commitment to Truth and Reconciliation. Send an email to [kikinaw@rccinc.ca](mailto:kikinaw@rccinc.ca) with any questions that you have about Land Acknowledgements. Knowledge Keeper Mary Wilson will be answering these questions and sharing her wisdom in an upcoming webinar.

Resource: <https://apihtawikosisan.com/2016/09/beyond-territorial-acknowledgments/>

*“Chelsea Vowel is Métis from manitow-sâkahikan (Lac Ste. Anne) Alberta, residing in amiskwaciwâskahikan (Edmonton). Mother to six girls, she has a BEd, LLB, and MA. She is a Cree language instructor at the Faculty of Native studies at the University of Alberta.”* <https://apihtawikosisan.com/about-2/>

## RCC Land Acknowledgement for Email Signatures

Rehabilitation Centre for Children acknowledges that we are located in Treaty One Territory, the ancestral lands and traditional territories of the Anishinaabeg, Ininiwak, Ithiniwak, Denesuline, Anishininiwak, Inuit, Dakota and Nakota Peoples; and on the homeland of the Métis Nation. We also acknowledge that our water is sourced from Shoal Lake 40 First Nations.

Rehabilitation Centre for Children is committed to Equity, Diversity, and Inclusion.



## Truth and Reconciliation Day Reflection, by Stefanie Wiens

On October 1st, 2021, Rehabilitation Centre for Children, the Southern Chiefs Organization and the SSCY Health and Wellness Committee hosted the first Every Child Matters Ceremony at SSCY.

I didn't know exactly what to expect as I made my way to join the many SSCY staff members, families, and others gathered in the windy west parking lot, orange t-shirts bright under a grey, windy sky.

As someone who has worked in children's health care for more than a couple of decades, I have been both a witness and a party to systemic racism on many an occasion, as most of us have (however uncomfortable that thought and reality might be).

Like many of us, I carry specific stories in my heart—children, parents and others who continue to teach me years after we encountered each other—and those stories had been particularly present that week and were very much with me as I walked to the parking lot.

As has so often been the case since beginning Jordan's Principle work in 2017, I left the event with both a renewed sense of responsibility and connectedness to the work I've been given the opportunity to do (as overwhelming as that is at times) and a feeling of profound gratitude for so many things:

Gratitude:

- For Knowledge Keeper Mary Wilson, not only for her opening prayer that day, but for her steadfast support and embracing of all of us as we do this work, and for giving us the opportunity to also, on that day, come into relationship with Ray "Coco" Stevenson
- For Ray "Coco" Stevenson, not only for his songs, but especially for sharing his personal story, and the meaning that the thousands of people out in orange shirts the day before had had for him.
- For the Walking Wolf Treaty 1 Singers, and the opportunity to feel the beat of the drum and vibration of their voices in our bodies
- For the opportunity—18+ months into these "Covid Times"—to be in actual, physical, communion with others (safely physically distanced, of course!), to feel the music, the wind, smell the hotdogs, and even hear—and pause for—the train, together.
- For the generosity of all of the Indigenous families, colleagues, acquaintances, and strangers who continue to share their stories and experiences, and engage with people like me, in spite of often decades of very difficult, often not-ending-well experiences with the health care (and other government) systems.
- For an employer who continues to embrace the work of reconciliation in tangible ways.
- For Michelle Klippenstein and the Southern Chiefs Organization, for creating and freely sharing youth t-shirts that list all of the Manitoba Residential Schools, and the dates they ran, on the back.

I hope that all of us are able to continue to embrace the responsibility—and the difficulty, discomfort, and joy—of actively working towards reconciliation, and that next year we will all be able to gather together at the 2nd annual Every Child Matters Ceremony and renew ourselves together again, while reflecting on what strides we personally and organizationally made over the past year, to honour both the children who are gone, and the many survivors we have the privilege to walk with.

We would love your input on content for the newsletter. If you have ideas to share or a reflection to submit, please contact the newsletter team at [kikinaw@rccinc.ca](mailto:kikinaw@rccinc.ca).



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Truth and Reconciliation Day  
October 1, 2021



On October 1st, the SSCY Centre held an event to honour Truth and Reconciliation Week. The Every Child Matters Ceremony included an opening prayer by Knowledge Keeper Mary Wilson (above left), and a talk and performance by Ray "Coco" Stevenson and the Walking Wolf Treaty One Singers (above right). Staff and families were invited to participate by making orange handprints, and following the drum circle there was a feast.





## Reflections on Reflection, by Chris Froese

I've been thinking a lot lately about my role in Truth and Reconciliation, about providing culturally safer care and about how we as a community of health care providers can provide the best care for the Indigenous clients we serve (and all clients actually). As Elder Mary has said, if we make sure that the services we offer are welcoming to Indigenous families, then they will be welcoming to all families.

While working to do better, I have reflected on my own and with colleagues. I have taken part in discussions where there is a sense of hope. Learning about culture and different ways to view the world can offer new perspectives, new tools, new options for moving forward and hope for a better future. But in other situations there is a sense of frustration—including comments like, “There’s so much to learn”, “I never feel like I’ve ‘got it’”, and “When will I have this mastered so I don’t have to think about it anymore?”

And there is the sticking point. Reflection is a continuous process. Each opportunity, each lesson comes with a chance to reflect on how I've done in the past and what I could do differently in the future. I can stew on what mistakes I have made or I can acknowledge that I'm not perfect and work to do better. But that working to do better means reflecting, over and over again. Each new learning opportunity gives me a chance to reflect on how I'm doing and how I'd like to do differently in the future. Reflection is one way I can contribute to Reconciliation. What role have I played in perpetuating a colonial approach to clients I see? How can I change that in one small way? And then one more? What went well? How can I do more of that?

I am coming to understand that reflection (and making the small changes I notice along the way) IS the path forward. It's a journey, not a destination. My job is to walk the path alongside others and learn along the way.

## Jordan's Principle / Truth and Reconciliation Advisory Committee

The purpose of the Jordan's Principle / Truth and Reconciliation Advisory Committee is to ensure that RCC is providing culturally safe and culturally appropriate services with and for Indigenous clients and families and is facilitating the ongoing movement towards First Nations-led health services. The Committee was formed in 2018 and since then has spearheaded many initiatives across the SSCY Centre and beyond, including education, outreach and special events.

The Kikinaw Newsletter is the latest endeavour of the Committee, to inform SSCY staff, families and partners about all our activities. In this newsletter we share reflections from cultural activities around the SSCY Centre, let you know about upcoming events, and share quality and equity initiatives. In each edition we share reflections on teachings from our Elders and Knowledge Keepers in the previous season as well as resources that may be helpful in your work and personal lives.

### **Current Committee members:**

Pam Becker, Jeanette Edwards, Chris Froese, Allison Hasselfield, Michelle Klippenstein, Diana Renaud, Maynan Robinson, Grandmother Helen Robinson-Settee, Cheryl Susinski, Knowledge Keeper Mary Wilson, Kristy Wittmeier