

A photograph of a small, clear stream flowing through a dense forest. The water is captured with a long exposure, creating a soft, white, misty effect as it cascades over several large, rounded rocks. The rocks and the surrounding forest floor are heavily covered in vibrant green moss and ferns. The background is filled with various types of green foliage, including ferns and broad-leafed plants, creating a rich, textured environment. The overall lighting is soft and natural, highlighting the textures of the moss and the clarity of the water.

Two Eyed Seeing and the Gifts of Our People

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Description

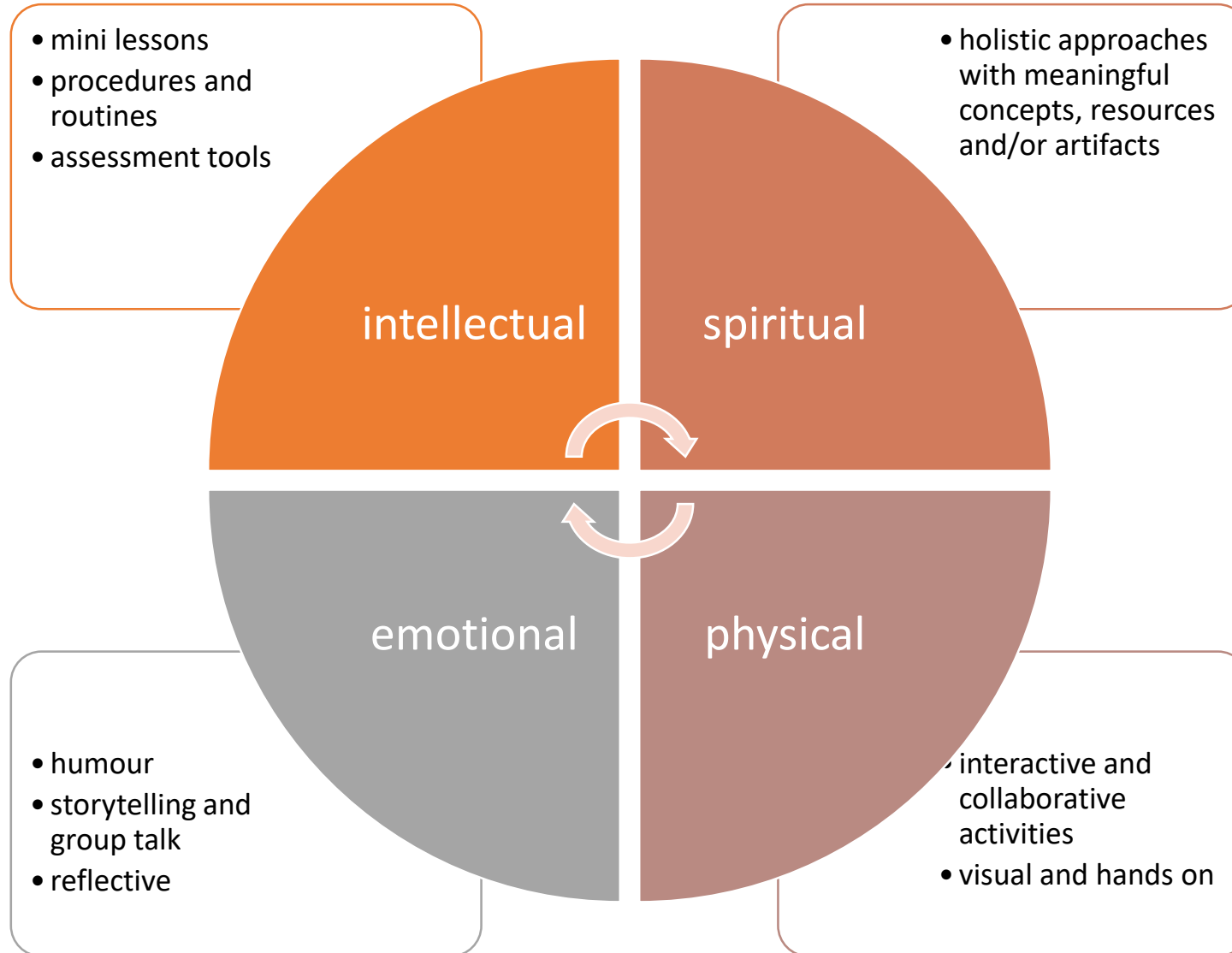
This highly engaging keynote celebrates the 'gifts of our people' and the importance of adopting a 'two-eyed seeing' approach in education. Concepts of wholism, humour, land and critical reflection will be explored in a respectful way. Participants will leave with an enhanced understanding of why culture and language are foundational for First Nations education.

Two-Eyed Seeing

Mi'kmaw Elder Albert Marshall - We often explain *Etuaptmumk* - Two-Eyed Seeing by saying it refers to learning to see from one eye with the strengths of Indigenous knowledges and ways of knowing, and from the other eye with the strengths of Western knowledges and ways of knowing ... and learning to use both these eyes together, for the benefit of all. Source: <http://www.integrativescience.ca/Principles/TwoEyedSeeing/>



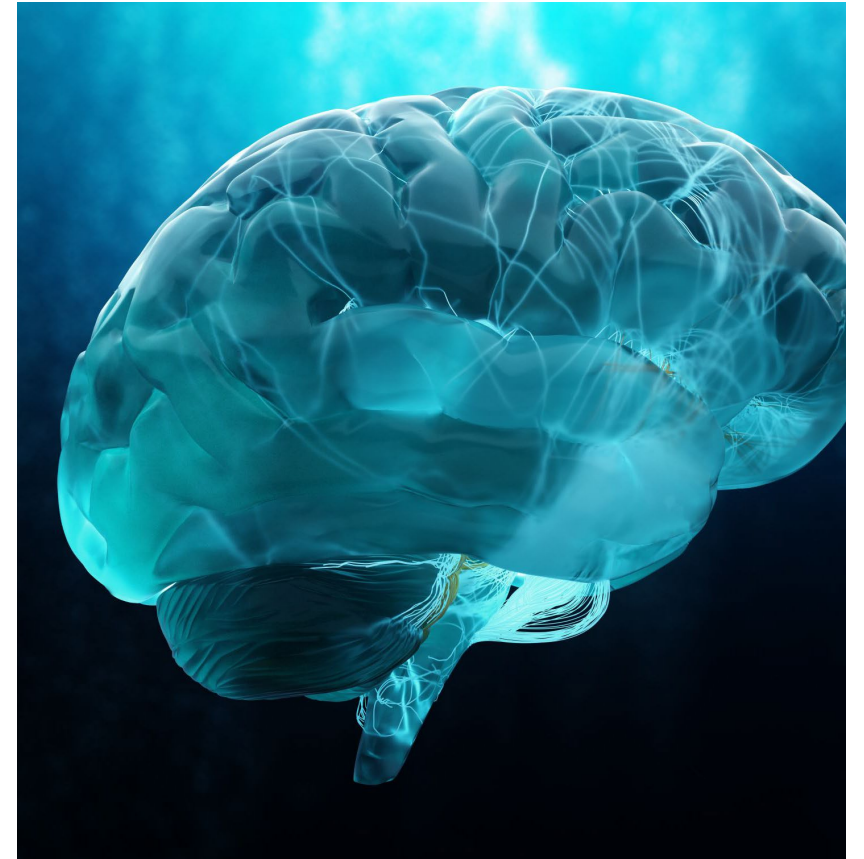
Wholism



Humour

Short-Term

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.
- Source: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>



Humour

Long-Term

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.



Land

There is a. learning about the land, and, b. learning from the land and each is valuable.



Anishinaabek

maple syrup, megaphones, moccasins, shovels, obstetrics, soft drink ingredients.

Soft drink ingredients

Soda water taken from mineral springs was often combined with sassafras, wintergreen, and birch to create a root beer-like drink. This drink also had several medicinal qualities and was used as a tonic. Its ingredients were the inspiration for Dr. Pepper.

Haudenosaunee

The Three Sisters (corn, beans, squash), lacrosse, women's rights, astringents, petroleum, influence on United States constitution of 1789 (the Haudenosaunee Great Law of Peace has been dated by historians at 1450, but the Haudenosaunee place it between 1000 and 1400).

The Three Sisters

Corn, beans, and squash were the three main agricultural crops of the Haudenosaunee (and others), always planted as a trio because they thrive together, much like three inseparable sisters. Together, the sisters provide a balanced diet from a single planting. When European settlers arrived in North America in the early 1600s, the Haudenosaunee had been growing the three sisters for over three centuries.



Mushkegowuk

botanical mints, persimmons, three-pole tipis, toboggans, walking out ceremonies for children, Idle No More Indigenous rights movement (then-Chief Theresa Spence of the Attawapiskat First Nation declared a hunger strike to focus attention on First Nations issues)

Walking out ceremonies for children

This ceremony is a traditional welcoming of the child to Cree society. A tent is set up with the doorway facing east. A short path from the tent to a small decorated tree is prepared. The infant is guided from the tent doorway and around the tree and back to the tent. The child then gives a variety of gifts to the Elders.

Maarsi and
nakuirmiik
for these
gifts - Métis
and Inuit

Figure 4.3. Traditional Inuit Snow Goggles



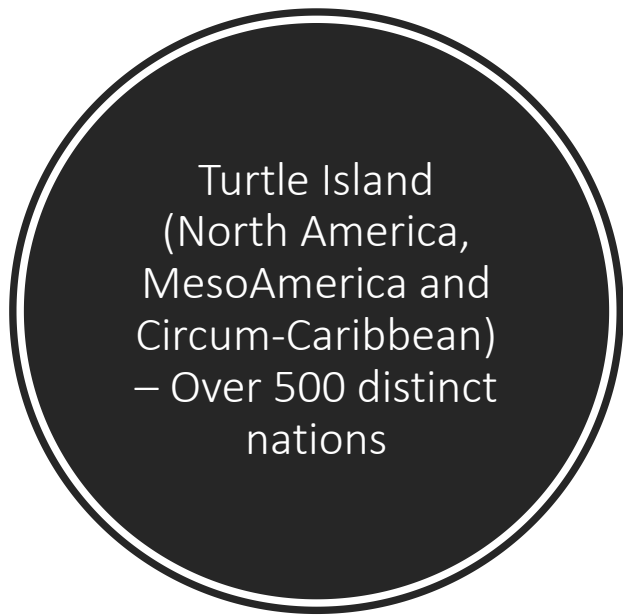
These snow goggles were made from wood and sinew. They were used to prevent snow blindness.

- The Métis have made many contributions to Canadian culture and society. They invented the York boat that was used on large bodies of water and could carry six tonnes of cargo. It was essential to trade.
- The women of the Métis Nation come from long lines of strong and resilient ancestors. Their unique histories, and knowledge of their culture continue to influence the sustainability of their people. Métis women were the foundation of the fur trade. They were able to translate Cree and Ojibwe for their husbands in any conflicts that arose, and they were the bridge between European and Indigenous peoples in their trade relations.

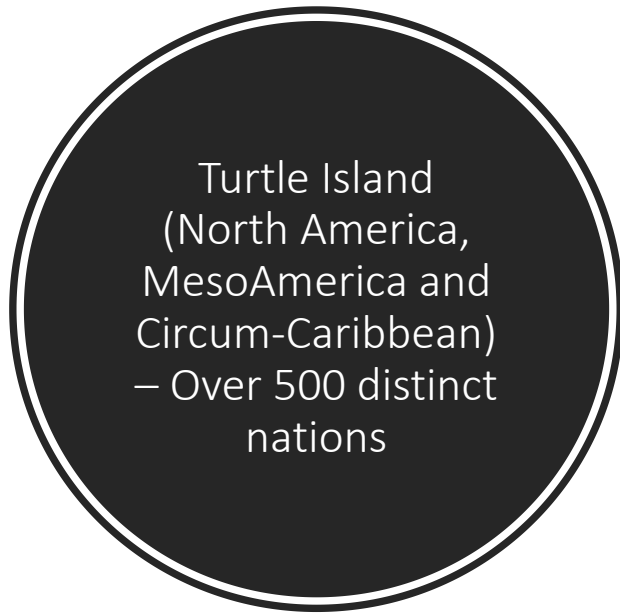
Figure 4.1. Twelve Traditional Geographic Land Areas of Indigenous Peoples



This map has been adapted from Keoke and Porterfield's *Encyclopedia of American Indian Contributions to the World* (2002).




Arctic	crampons, flotation devices, portable space heaters, kayaks, shovels, snowshoes, trousers (two fur leggings sewn together with a seam in the front and the rear)
California	asphalt, detergents, forest management, hair conditioners, stretchers, chewing gum, chemical fishing (the scrapings of certain yam roots were placed on the surface of a lake to stun the nervous systems of fish when eaten)
Circum-Caribbean	barbeques, camouflage, musical instruments, pottery, fishhooks, cigars, hammocks
Great Basin	laminated bows, oral contraception, ephedra, medication, insecticides, asepsis (use of balsam, known as “cough root,” to disinfect an area for surgery or medical treatment), chia sage (<i>salvia columbariae</i> , used for both medicine and food)
Great Plains	astronomy, deodorant, footbags (currently known as “hacky sacks”), military tactics, seed selection, sign language, tipis



Mesoamerica	aqueducts, basketball, shipping canals, twist-on jar lids, cocoa, skin grafts, umbrellas
Northeast	anesthetics, copper axes, bunk beds, potato chips, hockey (ice and field), lacrosse, petroleum jelly
Northwest Coast	anatomical knowledge, architects, boxes, hemostats (tools used in surgery to control bleeding), x-ray art, needles, jackstraws (game played with strips of wood or bone)
Plateau	decoy ducks, embroidery, fringed clothing, looms, plant classification, Appaloosa horse breed, cascara sagrada (bark of the California buckthorn used as a laxative and tonic)
Southeast	arthritis treatments, briquettes, calendars, civic centres, evaporative cooling, irrigation systems, seawalls
Southwest	apartment complexes, basketball, chiles, surgical drainage, turquoise jewellery, seed selection, xeriscaping (using plants that can tolerate drought conditions or do not require additional watering)
Subarctic	cradleboards, cranberries, dogsleds, home insulation, parkas, insect bite remedies, cat's cradle (a string game)

These innovations and inventions are only a sample from the Indigenous nations in these areas (Keoke and Porterfield 2003).



Some
Resources to
hyperlink to
for Our Gifts

<https://mexikaresistance.files.wordpress.com/2013/09/american-indian-contributions-to-the-world.pdf>

<https://www.annickpress.com/Books/A/A-Native-American-Thought-of-It>

<https://www.annickpress.com/Books/T/The-Inuit-Thought-of-It>

<https://www.nrcan.gc.ca/earth-sciences/geography/indigenous-place-names/19739>

<https://indspire.ca/events/indspire-awards/laureates/>

<https://indigenouspeoplesatlasofcanada.ca/>

<https://goodminds.com/>

<https://www.portageandmainpress.com/Contributors/T/Toulouse-Pamela-Rose>