

JUNE
2021



FAMILY ACTIVITIES

THINGS TO DO &
PLACES TO VISIT
TO CELEBRATE
THE DAY

NATIONAL INDIGENOUS PEOPLES DAY



NATIONAL INDIGENOUS PEOPLES DAY

JUNE 21, 2021



There are many ways to celebrate National Indigenous Peoples Day with your family and we'd love to hear about what you and your family choose to do this year. Show us with a picture or video sent to RisingSun@aramark.com to enter our contest. Here are a few suggestions to consider:

- Buy a book for your children about Indigenous history and culture like [The Sharing Circle](#) by Theresa Meuse and Arthur Stevens.
- Visit the Indigenous section of your local museum or library, like [Calgary's Indigenous Languages Resource Centre](#). [Toronto History Museums](#) is making available Indigenous histories, cuisine, arts and stories in collaboration with community partners.
- Listen to Indigenous music, a good place to start is [CBC's Reclaimed](#). Or start with an album by Tanya Tagaq or Leonard Sumner.





- Download an Indigenous podcast, like Ryan McMahon's [Red Man Laughing](#) (2020 best Indigenous podcast winner) or Molly Swain and Chelsea Vowel's [Métis in Space](#).
- Prepare an Indigenous-inspired meal using the Aramark-provided recipes or from a cookbook like the [tawâw: Progressive Indigenous Cuisine: Chartrand, Shane M., Cockrall-King, Jennifer: 9781487005122: Books - Amazon.ca](#)
- Watch an educational documentary, such as [We Were Children](#) or [The Pass System](#).
- Explore the Government of Canada National Indigenous Peoples Day Learning & Activity Guide: [Celebrating Indigenous Peoples in Canada: Learning and activity guide \(rcaanc-cirnac.gc.ca\)](#)
- Read an autobiography written by an Indigenous person, such as Augie Merasty's [The Education of Augie Merasty](#), Christy Jordan-Fenton and Margaret Pokiak-Fenton's [Fatty Legs: A True Story](#), and Mini Adola Freeman's [Life Among the Qallunaat](#).
- Read fiction by Indigenous authors. A good place to start is the most recent copy of [The Malahat Review](#), which you can read online for free.
- [Read](#) and discuss why headdresses are not appropriate to wear at music festivals (or outside of Indigenous ceremony).
- Purchase an item from an Indigenous artist. For instance, if you are interested in owning a dreamcatcher or a pair of moccasins, find an Indigenous artist who can craft these items for you and provide you with information about these special creations.
- Consider enrolling in an online course to expand your knowledge of important topics such as the Truth and Reconciliation Commission, and the history of Canada's Residential Schools.



PLACES TO VISIT

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PLAN A VISIT TO ONE OF MANY SITES AND EXHIBITS KNOWN FOR THEIR INDIGENOUS HISTORY

- **French River Provincial Park**, Ontario was a major transportation route for Indigenous peoples such as the Shield Archaic, Algonquian, Huron, and Ojibwe, for thousands of years.
- **Head-Smashed-In Buffalo Jump**, Alberta is a UNESCO World Heritage Site where for almost 6,000 years, Blackfoot hunters surrounded buffalo herds at their grazing grounds in the Porcupine Hills, gathered the animals into lanes lined with hundreds of stone cairns, and drove them at full speed toward the “jump” — a cliff about 328 yards (300 m) long and over 33 feet (10 m) high.
- **Broken Group Islands**, British Columbia, is an archipelago of over 100 islands with white sand beaches, rocky shores, a diverse array of wildlife, and a rich Indigenous history. Benson Island, also known as C’isaa, is the birthplace of the Tseshaht Nation, who first inhabited the island 5,000 years ago.
- **Bon Echo Provincial Park & Mazinaw Rock**, Ontario is home to Mazinaw Lake, the second-deepest lake in Ontario, excluding the Great Lakes. It is here that Mazinaw Rock’s cliffs rise 330 feet (100 m) from the lake’s surface and where, hundreds of years ago, ancestors of the Algonquin people etched over 250 images on 65 rock surfaces using red ochre.
- **Bighorn Backcountry**, David Thompson Country, Alberta, is home to stunning mountain scenery, an abundance of wildlife. First Nations people used the area, which they considered a sacred place, for winter camping. Visitors can see the remains of sweat lodges and prayer sites.
- **World’s Tallest Totem Pole**, British Columbia, located on the outskirts of the Nimpkish Reserve at Alert Bay, on the northern end of Cormorant Island, the world’s tallest totem pole reaches skyward to a height of nearly 173 feet (53 m). The main figures carved on this pole represent tribes of the Kwakwaka’wakw Nation.



French River Provincial Park



- **Baffin Island**, Nunavut, is the largest island in Canada and the fifth-largest island in the world. Indigenous peoples have inhabited the island for millennia, with evidence of Pre-Dorset culture dating back 4,000 years. Most of the island's inhabitants are Inuit and live near the coastal trading posts. Visitors can still see many inukshuks around the island. Inukshuk means "in the image of a person" in the Inuktitut language, and they were traditionally created to provide directions for travelers or hunters, warn them of danger, or mark sacred sites.
- **Qaumajuq**, is an innovative new museum in Winnipeg, home of the largest public collection of contemporary Inuit art in the world.
- **Petroglyphs Provincial Park & National Historic Site**, Ontario contains the largest known concentration of First Nations petroglyphs (rock carvings) in Canada, with over 1,200 images carved between 900 and 1100 AD.
- **Great Northern Arts Festival**, Northwest Territories, held every July in the town of Inuvik, the Great Northern Arts Festival brings together hundreds of artists from the Yukon, Northwest Territories, and Nunavut, as well as special guest artists from around the globe. The festival features performances by First Nations musicians, drummers, and dancers; public workshops and artists' demonstrations; film screenings; a fashion show; and legend sessions by local and visiting elders.

- **Writing-on-Stone Provincial Park** – Áísinaí'pi National Historic Site, Alberta is home to the largest concentration of petroglyphs on the North American Plains, some of the earliest art at Writing-on-Stone may be 5,000 years old.



Writing-on-Stone Provincial Park

- **Gwaii Haanas National Park Reserve**, British Columbia, a UNESCO World Heritage Site and according to Haida legend, Gwaii Haanas is the place where time began. Gwaii Haanas, which means "islands of the people", is the Haida name for the Queen Charlotte Islands, an archipelago of 1,884 islands located off the northwest coast of British Columbia and often called the "Galapagos of the north", as there are 39 subspecies of plants and animals found nowhere else in the world. The surrounding ocean teems with salmon, herring, halibut, mussels, crab, starfish, sea urchin, and octopus, as well as orcas, grey, humpback, and minke whales, dolphins, porpoises, and harbour seals.



Gwaii Haanas National Park Reserve



Writing-on-Stone Provincial Park

- **Membertou Heritage Park**, Cape Breton, Nova Scotia, celebrate the life, culture, and history of the Mi'kmaq in Membertou First Nation, Cape Breton. Explore the Heritage Park, a large cultural centre sharing interpretation and stories through exhibits and programs. Dine at Kiju restaurant for traditional Mi'kmaq-inspired recipes or tour the medicine gardens. With advanced booking, take part in drum and basket making, beading, or wooden flower crafting, led by a local expert.
- **Millbrook Cultural & Heritage Centre**, Millbrook, Nova Scotia, through guided tours, multi-media presentations, and hands-on activities at the cultural centre, learn about the legendary Kluskap and the Mi'kmaw way of life. See artifacts that date back 7,500 years and learn about Indigenous history and culture in the surrounding area from knowledgeable guides.
- **Kejimkujik Petroglyph Tour**, Kejimkujik National Park and Historic Site, Maitland Bridge, Nova Scotia, explore iconic petroglyphs carved in slate rock and discover four millennia of Mi'kmaw history on the shores of Kejimkujik lake. Enjoy a 90-minute tour with a Parks Canada cultural guide and discover some of the 500 plus petroglyphs that make up one of North America's largest collections.
- **Huron-Wendat Reservation**, Wendake, Quebec, immerse yourself in the Huron way of life just a 15-minute-drive from Québec City. Visit a traditional long house, smokehouse, sweat lodge, and giant teepee on a guided tour, take a workshop on animal skins and tanning tools, or embark on a Shamanic quest. Learn how to craft a medicine wheel or necklace, then stretch your legs in a crab race or rope game. Listen to legends – long passed down in the Iroquois language – like the Creation of the World and Discovery of Fire. Or watch a sacred ceremony before partaking in the friendship dance.
- **Eskasoni Cultural Journeys**, Cape Breton, Nova Scotia, hear stories from the vibrant Mi'kmaw culture in Eskasoni First Nation, Cape Breton. Explore a breath-taking 2.4km trail on Goat Island in the Bras d'Or Lake, a UNESCO Biosphere Reserve. Take part in a smudging ceremony, join in traditional dance, and learn local stories and legends.



Eskasoni Cultural Journeys



- **Canadian Museum of History**, Gatineau, Quebec, captures 20,000 years of human history. Catch a glimpse of Pacific Coast First Nations in the Grand Hall, where a curving, six-story window casts light on totem poles, iconic houses, and works of art. Go deeper with the exhibit “From Time Immemorial – Tsimshian Prehistory”, a reproduction of archeological excavations in Northern B.C. But don't miss the First Peoples Hall, where more than 2,000 objects – from clothing and tools to ceremonial artifacts – and videos, art, and dioramas capture the culture and contributions of Canada's First Nations, Métis, and Inuit peoples.
- **Louis Riel Memorial**, in the heart of Winnipeg's French Quarter lies Métis leader Louis Riel who is considered to be the founder of Manitoba. Visit his final resting place set in Western Canada's oldest Catholic cemetery at St. Boniface Cathedral-Basilica. While you're there, take in a theatrical outdoor guided tour with Angélique Nolin, Western Canada's first lay school teacher and Métis woman, whose dynamic character makes this tour no dull history lesson.

- **Aanischaukamikw Cree Cultural Institute**, Eeyou Istchee Baie-James region, Quebec, is a must-visit gem in the Cree community of Ouje-Bougoumou. A nod to the traditional Cree dwelling called sabtuan, laminated bent spruce beams line this world-class facility that opened in 2012. More than 3,000 square feet of exhibition space, a library/archives, and demo spaces for teaching traditional pursuits all help preserve and share the Cree Nation's heritage.



Aanischaukamikw Cree Cultural Institute

- **Lower Fort Garry National Historic Site**, Saint Andrews, Manitoba, run your hand along a historically accurate York boat and imagine what it was like to travel from Hudson's Bay to this Red River settlement. Learn about the Aboriginal communities in the surrounding area, touch the leather goods and furs they'd trade at the Hudson's Bay Company post, and stand on land where Treaty No. 1 was signed between the federal government and seven chiefs of the Ojibwe and Swampy Cree First Nations, creating the foundation of modern Manitoba.