

RESILIENCY  
through  
SPORT and RECREATION

STORIES from the NORTH

# Preamble

- Within Indigenous Cultures there is great diversity. However, there is also great similarity within that diversity. Especially within: ways of learning; knowing and doing. These ways are and always have been gathered and preserved differently than settler culture!!

Respected or not, and certainly not the only (right) way: *Stories are our Data*.

- What does that mean?? Today I share that which has been shared with me.
- My goal is to share words and thoughts that will be starting points for your reflection, inspiration and application in your own way of learning, knowing and doing. Inspiration to seek collaborative solutions for addressing challenges, leading to a BETTER future for all our children and beyond – 7 generations into the future.

**A Holistic Approach to Physical Literacy:**  
**Developing ALLYSHIP in today's environment of Truth and**  
**Reconciliation**

**Creating a comfort level for stronger cross-cultural engagement**

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**What is one of the Most Resilient Substances you can think of???**



# So what did you choose??????

- Some people may have chosen: Rock (granite) or some may have chosen to step outside the box and said Diamond. Both Good choices!!!
- For me it is .....

## **WATER**

- Water will always find a way ... think ....
- Maybe it should be included in a game of:  
“Rock, Paper, Scissors ...Spock .....and WATER”

“Water is Life....But more on that later.

# WHAT IS “**PHYSICAL LITERACY**”????

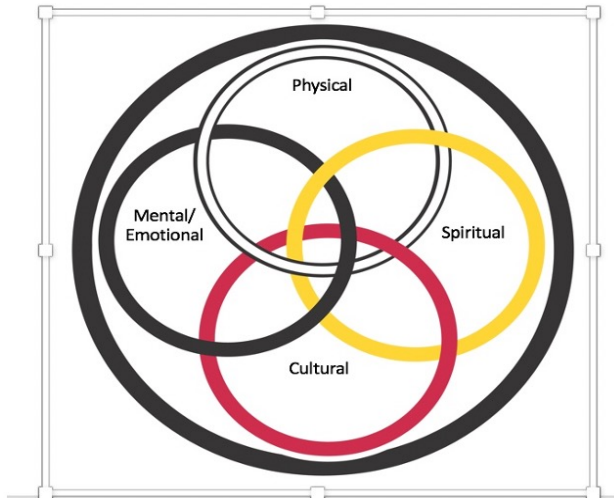
- A path or journey but not a destination – it includes the following elements; for which I am certain many of you have already become familiar or are becoming more familiar.
- **Physical Competence** – a variety of movement skills and patterns; a variety of movement intensities and durations; a wide range of physical activities and settings.
- **Knowledge & Understanding** – knowing the qualities that influence movement, understanding the health benefits of an active lifestyle, and appreciate appropriate safety features in a variety of settings and physical environments.

# WHAT IS “**PHYSICAL LITERACY**”????

- **Motivation & Confidence & Valuing** - confidence, enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.
- **Engagement in Physical Activities for Life** - Engagement for life; personal responsibility; freely choosing to be active on a regular basis; prioritizing and sustaining activity that is meaningful.... for Life.

# HOW do you describe or explain “HOLISTIC?”

## A HOLISTIC MODEL / APPROACH



An Important symbol of unity, equality and healing.

A reminder of the interconnectedness of the physical, cultural, mental (intellectual/emotional) and spiritual aspects of being

**AND; a connection to all aspects of Nature (All my Relations)**



# “HOLISTIC - PHYSICAL LITERACY”

- **ASPECTS and RELATIONSHIPS:**

In Indigenous cultures - Physical Literacy is comparable to “Medicine” and “Medicine” is not a chemical, it is anything that helps a person heal and/or sustain a Good Path. In Haudenosaunee words it affords a person the ability to “Carry the Great Peace” - meaning a good mind and a good heart” which in turn also means a person is “Doing well in all aspects of life and is in balance with themselves and the natural world (All my relations)”.

# “HOLISTIC - PHYSICAL LITERACY”

**A Good Path is analogous to a River and the water that creates and sustains it.**

**A River:** is adaptable: to soil conditions, to terrain.

**Water:** is adaptable: to temperature, to wind and the sun.

Rivers and water will find a way ... they are **resilient!!**

**Physical Literacy** – is like a river. If I paddle the river today the conditions may vary tomorrow (not exactly the same), but it is still the river. If water stops flowing it can become stagnant and not be as healthy. If we do not move regularly our bodies become unhealthy. But our bodies are resilient like water, we can nurture them back to balance .... back to better health.

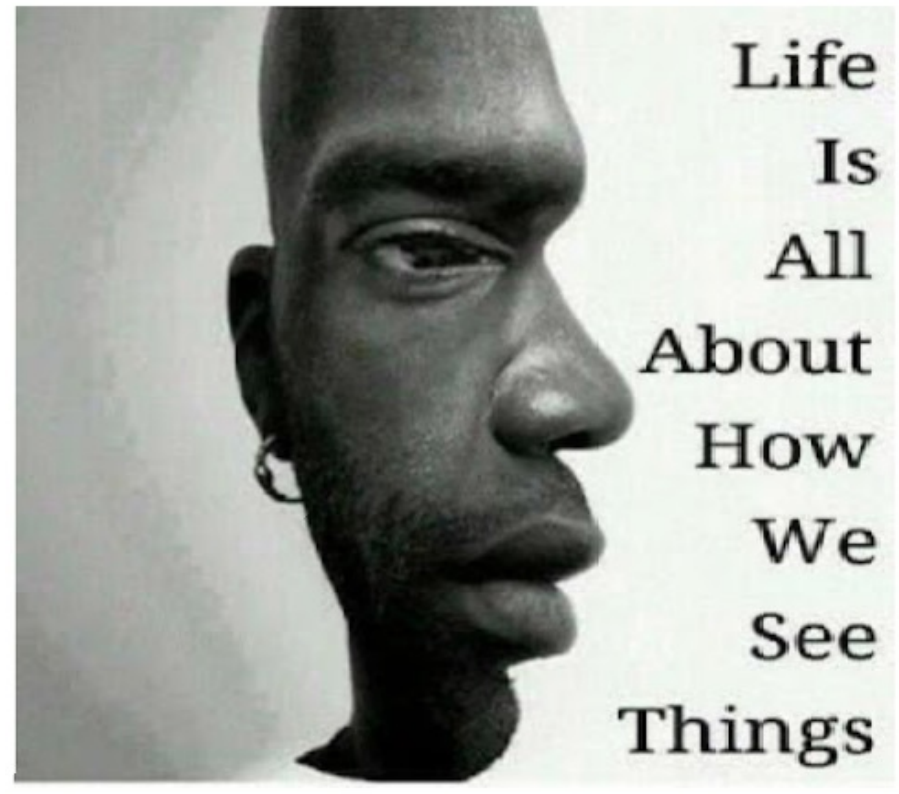
**Rivers and Water:** Can be literal or metaphoric lessons for many aspects of Life and Life processes: like Physical Literacy. Ever changing and adapting but in many ways a constant.

# Truth and Reconciliation

Why Truth??  
In Truth and Reconciliation.

Please unmute and share a thought or share in the chat box.

# TRUTH:



**TRUTH:** What do you see?



**WE tend to SEE:** Differences or the Familiar first. And based on our focus and perspective respectively, (unconscious bias/single story) we sometimes will miss similarities or ignore the unfamiliar, but that does not make it any less true.

Past Experiences:  
Positive or Negative

No Experience

A single experience



•The Opposite of Knowledge isn't ignorance – it is mystery, wonder and possibility – “TED: The beauty of what we'll never know.”

## FOOD for THOUGHT

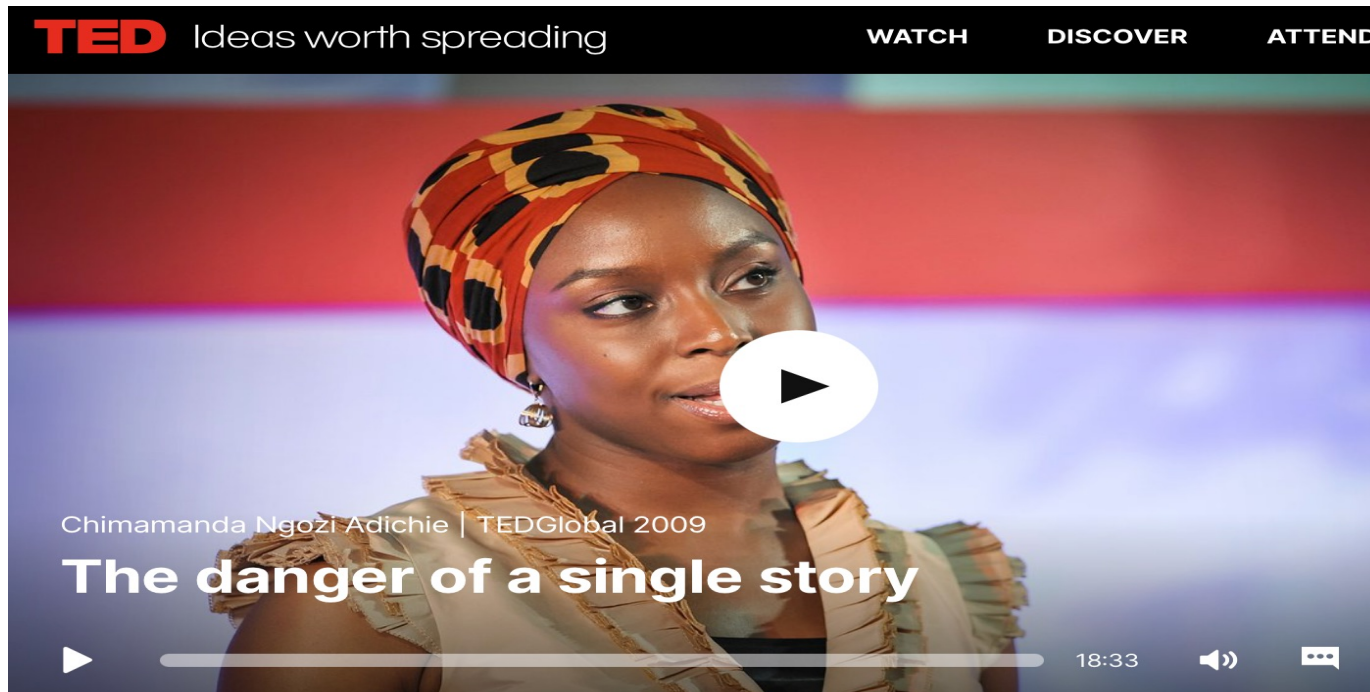
- From my perspective, anytime a person becomes aware of information that may not fit their understanding and ways of knowing and doing; what they do next can be more impactful than they realize. Especially with respect to historical beliefs.
- **Do they** dismiss it / ignore it and move on without further action?
- **Do they** challenge the information and look to correct it by attempting to change the perspective of others to their right way?
- **Do they** accept it, change their own perspective, and attempt to change the perspective of others?
- **Does it** motivate them to find out more??

# Different Ways of Knowing and Doing

- Expectations on both sides of a situation can be violated by difference.
  - What does “violated” refer to?
    - In the positive think – “pleasantly surprised”
      - And in the opposite:
        - Uncomfortably challenged
          - Angry/Defensive
  - All of the Above? And More??



# The danger of a single story



What you perceive is based upon experiences.

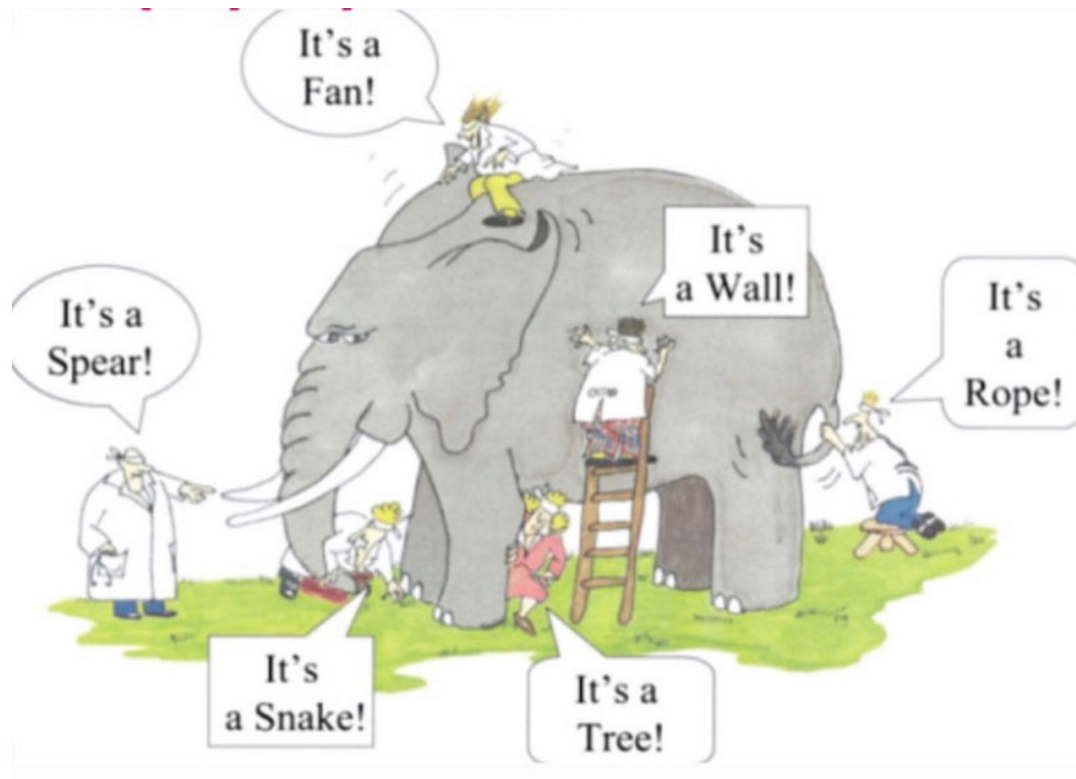
# The danger of a single story

- ❖ Stereotypes are not untrue but incomplete.
- ❖ Emphasis on differences rather than similarities prevents a balance of stories.
- ❖ What you perceive, what you believe - is based upon experiences, upon stories.

What you perceive is based upon familiarity.



What you perceive is also based upon perspective



## **“Many Different Perspectives, Not Enough Sharing”**

— the global mental health movement: [www.samehereglobal.org](http://www.samehereglobal.org)

- What you perceive is based upon past experience.
- Our Life Experiences give us each unique perspectives.
- If we don't talk and explain our vantage points, we never understand one another. (What's an Elephant? Is there one in the room??)
- Too often, only “single stories” of Indigenous people exist. The voice that has been missing. The stories that have been missing.

# Truth and Reconciliation

## • **What is Reconciliation??**

- Reconciliation is about establishing and maintaining a mutually respectful relationship between Aboriginal and non-Aboriginal peoples in this country. (TRC)
- In order for that to happen, there has to be awareness of the past, acknowledgement of the harm that has been inflicted, atonement for the causes, and action to change behaviour. (TRC)

# Truth and Reconciliation

## • What is Reconciliation??

- Reconciliation encompasses way more than just the atrocities of the Residential school system. It is about restoring respect (by non-Indigenous people) for Indigenous peoples (diverse/different peoples but not less)
- It is about creating / restoring trust (by Indigenous peoples) for our non-Indigenous relatives. We must return to our true self and the concept of family **“they help one another”**.

# Truth and Reconciliation

- From your perspective: “What are some Barriers to Reconciliation??”
  - Please unmute and share a thought or share in the chat box.



# More times than I can count

- More times than the Fibonacci Numbers ....
- Have I heard the comments:
  - .... I don't know how to start
  - ...I'm frustrated
  - .... I'm angry

*... I'm just not comfortable*

# Outside your Comfort Zone

What perspective or knowledge is needed:

- ❖ to be inside the comfort zone?
- ❖ to be inspired to action?
- ❖ Is the Road to Reconciliation, a one way street??

# “ALLYSHIP”

- Anishinaabe Elder Mary Deleary spoke at a traditional Knowledge keepers forum about the shared responsibility of both Indigenous and non-Indigenous people.
- “I’m filled with belief and hope because when I hear your voices at the table, I hear and I know that the responsibilities that our ancestors carried ... are still being carried ..even through all the struggles, even through all of what has been disrupted ...we can still hear the voice of the land. We can hear the care and love for the children. We can hear about our stories, our governance, our feasts, our medicines ..We have work to do. That work we are already doing as Indigenous peoples. Our relatives who have come from across the water (non-Indigenous people), you still have work to do on your road ... The land is made up of the dust of our Ancestors’ bones . And so to reconcile with this land and everything that has happened, there is much work to be done .. **In order to create balance.**

# ALLYSHIP and THE HAUDENOSAUNEE “GREAT LAW OF PEACE”

- The Great Law transformed the nature of family.  
...to generously embrace strangers (difference/diversity), to take in outsiders by adoption and welcome.
- The Great White Roots of the Tree of Peace not only spread the Great Law over the earth, fostering a landscape of peace; they also encourage the people who are touched by them to become part of the family of peace. This translates into a civic rather than ethnic society: “Family” means support, responsibility, and mutual aid –  
**“they help one another”.**

## “ALLYSHIP” – “All my Relations”

- “All my Relations” – describes a dynamic two way relationship. It means “reciprocity”. The concept that would link all the natural world to all the human world: “they help one another”
- In some Indigenous languages the term for plants translates to:  
‘those who care for us’
- Within a village/community, people experience “kinship” as not only the way to peace and stability but also as cooperation.
- Humans should not fight/or try to control Nature – they should flow with it – “they help one another!” – interpretations of the Great Law

# MORE - Haudenosaunee “Great Law of Peace” and ALLYSHIP

- The Peacemaker created a way through the Great White Roots of Peace, such that: any person or nation the Haudenosaunee encountered in the world would have a way to become a relative and become part of the Great Peace.
- The concept of balance within the GL suggests that; tasks are rarely if ever assigned to one individual, always at least two. In Haudenosaunee history - The Great Partners “The Peacemaker and Hiawatha”

## “ALLYSHIP”

- It needs to be understood that like in the natural world: rivers and water are life. Both Literally and metaphorically. The world flows; time and space flow; and relationships flow.
- The people who are alive at any one time are simply part of a larger people, one that includes those who have gone before and those who will come after (those who we have not yet seen, 7 generations into the future).

## THE PATH FORWARD – L’Nuey & ALLYSHIP

- L’nuey is as much a path as it is a process. It is about people coming together with a shared vision focused on a better, brighter, more prosperous tomorrow. It is about Mi’kmaq and non-Indigenous people collaborating and working together to build stronger, more vibrant communities. Most of all L’nuey is a promise – that **together we can go anywhere.**



# THE GOOD PATH

- “To acquire knowledge one must study, but to acquire wisdom one must observe and experience”
- “ We must learn to live together as brothers and sisters or perish as fools.” – MLK jr.
- WE MUST – experience together – **we help one another**, there is work to be done on both sides.

# Change and Trust

Change can only happen at the speed of trust -Stephen Covey  
Unfortunately, Covey focuses mostly on “business”

BUT

With respect to Reconciliation

With respect to Relationships (**we help one another**)

How do we change the ‘discomfort’?

How do we create the ‘Trust’?

# CHANGE and ALLYSHIP”

- Change requires a Good mind and a Good Heart
- Changing ourselves, and the settings where we live, work and learn.
- Utilize successful existing approaches and also always search for new ways of thinking that we can all build on.
- Indigenous world views include concepts and specifics, but one never cancels out the other.
- “Building the plane while you are flying it” – test and adapt – Find a Way!

# Unconscious Bias

- *“Unconscious bias can be at work without our realizing it, and even when we genuinely wish to treat all people equally, ingrained stereotypes can affect our visual perception, attention, memory, and behaviour.” – Jennifer Eberhardt “BIASED - Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do”*
- “No matter how open minded, socially conscious, anti-racist I think I am, I still have old, learned, hidden biases that I need to examine.

It is my responsibility to check myself daily for my stereotypes, prejudice and ultimately: discrimination” – Instagram @shes\_mightymighty

# **CHANGE / What can we do?**

- “We need to look in the mirror and also encourage all to look in the mirror and consider “Why do we think the way we do?” – Eberhardt
- “By acknowledging the distorting lens of fear and bias, we move one step closer to clearly seeing each other as people first and not judge based on skin colour, age weight, ethnic origin, accent, disability, height, gender ....” – Eberhardt
- All people, all groups, all positions need more knowledge of each other .... Different Perspectives, More Sharing, A Comfort Zone.

## **What is the reason people think the way they do?**

Danish Philosopher Soren Kierkegaard (circa 1800's) wrote: "There are two ways to be fooled. One is to believe what isn't true, the other is to refuse to believe what is true."

Also, in further writings he concluded that conflicts arise when you assume all people's reality (life experiences) are the same as your own, and when you discover they are not...you believe they should be!

It is beyond unfortunate that in the past, European world views differed so greatly from Indigenous peoples that no common ground could be found. And in many ways still has not today.

## Listening Listening Listening

Our typical pattern of listening in difficult situations are tactical, not relational. We listen for what we expect to hear. We sift through other's view for what we can use to make our own points. We measure success by how effective we have been in gaining advantage for our favoured position.

Adam Kahane – Solving Tough Problems

## Listening Listening Listening

Many people do not listen to understand they  
listen to respond .....

..... they listen to WIN



# Single Stories of First Nations, Metis, & Inuit

Diversity?

“You mean there isn’t just one Indigenous language and culture?”

How many First Nations can you name?

687

How many First Nations Languages are there?

~55

## Reconciliation is Holistic

- **CALL to ACTION # 87:** “We call upon all levels of government, in collaboration with Aboriginal peoples, sports halls of fame, and other relevant organizations, to provide public education that tells the national story of Aboriginal athletes in history” (Balanced Stories?)
- **Call to Action #1 subsection V:** “We call upon the federal, provincial, territorial, and Aboriginal governments to commit to reducing the number of Aboriginal children in care by: Requiring that all child-welfare decision makers consider the impact of the Residential school experience on children and their caregivers.” (Hard Truth?)

# How do we make change a two way street?

“There are no instant solutions to our dilemmas, but the first step is to understand them.”

Quote from an amazingly insightful book from the past. [Millennium – Tribal Wisdom and the Modern World \(1992\)](#) - David Maybury-Lewis: Harvard Anthropology Professor

**THERE IS WORK TO BE DONE ON BOTH SIDES!!**

## **ALLYSHIP -Where do we go from here?**

- Changing ourselves, and the settings where we live, work and learn requires a Good Mind, a Good Heart and Commitment to a Good Path.

# ALLYSHIP -Where do we go from here?

- To acquire knowledge one must study, but to acquire wisdom one must observe and experience.
- Difficult conversations must be had; difficult conversations must continue; difficult conversations must inform without blame or alienation.
- Conversations can produce solutions but it needs to be about shared solutions that result from not just being included at a table but also being an equal partner and equal voice at that table.

We Work Together

# Where do we go from here?

- Shared solutions that utilize successful existing approaches from multiple sources of wisdom and continuously searches for new ways of thinking that we can all build on. It is not Linear, It is a Process. It is a process not a check box.
- **WE must work together** – there is work to be done on both sides

# **No Blame, No Shame, No Revenge**

Before Nelson Mandela Left Prison he said:

“As I stand before the door to my freedom, I realize that if I do not leave my pain, anger and bitterness behind me, I will still be in prison”

# **SHARED RESPONSIBILITY**

“There must be a change in perspective about the way in which Indigenous people would be engaged with Canadian Society in the quest for reconciliation .. We cannot perpetuate the paternalistic concept that only Indigenous peoples are in need of healing...”

- Reverend Stan McKay of the United Church



## Food for Thought

Why + Who = What + How

I have shared some stories and thoughts on the left side  
I have also provided some suggestions for **what** might be done  
on the right-hand side.

Your challenge is to establish **your** new comfort zone that will  
inform the

**HOW** to create a GOOD WAY

**A GOOD path( A GOOD way)**  
**A GOOD mind, A GOOD heart!**

- No absolute right or wrong (in most Indigenous languages these translations do not exist).
- Existence/Life occurs in cycles, the only constant is change.
- Be prepared to change, adapt ... seek a new GOOD way
- Water is Life .... Water is Resilient ....Water Finds a Way

# CHANGE and HOPE

- During the TRC work (6 years) there were witnesses (6000) whose role was to bear official witnesses to the testimonies of Survivors and their families; former school staff and their descendants; government and church officials; and any others whose lives have been affected by the residential schools”
- For non-indigenous Canadians who came to bear witness to Survivors’ life stories, the experience was powerful. One woman said simply, “By listening to your story, my story can change. By listening to your story, I can change.”

-Regina, SK., Jan. 2012 Anonymous.

# Thank You With Respect for Listening and Sharing

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