

Aboriginal Nations Audio Video Library

(PI) denotes Primary/Intermediate category

(CC) denotes Closed Caption for the hearing impaired - decoder required

4 Medicines - the secrets of Native American balanced living (CD) - Arbor Records

Tobacco, Sage, Sweetgrass and Cedar. For generations, the Native American people have relied upon these four medicines as integral ingredients in their physical, mental, emotional and spiritual well being. This CD is intended to be a complimentary element in an existence steeped in intentional balanced living. Let the ancient secrets of the Native American people guide you in your journey toward all-encompassing health.

A Native American Odyssey – Inuit to Inca (CD) Putumayo World Music

12 songs from various nations.

A Tribe of One (CC) - NFBC - 40 min

"I will tell you once, but you must never ask me again." With these words from her mother, Rhonda Larrabee discovered the startling truth about her family. She was not of Chinese and French descent, as she had been told while growing up in Vancouver's Chinatown. Rhonda's mother, Marie Lee, was First Nations, and was hiding her roots because of the prejudice she faced. This discovery shattered Rhonda's world, but as she promised, she asked no more questions. It wasn't until after Marie's death that Rhonda delved into her legacy her mother felt forced to escape. Rhonda's journey led eventually to the dramatic resolution of her own identity: obtaining her Status Card and re-establishing the New Westminster Band. Today, as proud Chief of the Band, she is focused on revitalizing the Qayqayt First Nations. Featuring beautiful archival images, and compelling interviews, this documentary captures Rhonda's quest to embrace her roots and make amends for her mother's pain. As she works to restore her Band's land, culture and pride, she becomes an inspiration to the generations that follow.

Aboriginal Architecture Living Architecture (CC) - NFBC - 92 min 47 sec

Everyone is familiar with certain types of Aboriginal architecture. Traditional igloos and tepees are two of the most enduring symbols of North America. But how much do we really know about the types of structures Native Peoples designed, engineered and built? For more than three hundred years, Native communities in North America have had virtually no indigenous architecture. Communities have made do with low cost government housing and community projects designed by strangers in faraway places. Thankfully, across the continent, political, financial and cultural changes have created a renaissance of Native design. Modern Aboriginal architects are turning to ancient forms, adapting them in response to changes in the natural and social environment, and creating contemporary structures that hearken to the past. Employing old and new materials and techniques, and with an emphasis on harmony and balance, Native designers are successfully melding current community needs with tradition. The resulting buildings are testaments to the enduring strength and ingenuity of Aboriginal design.

Featuring expert commentary and stunning imagery, *Aboriginal Architecture Living Architecture* provides a virtual tour of seven communities - Pueblo, Mohawk, Inuit, Crow, Navajo, Coast Salish and Haida - revealing how each is actively reinterpreting and adapting traditional forms for contemporary purposes.

Aboriginal EnviroCareers - Facilitator's Tool Kit - Gov't of Canada - Sector Council Programme

Includes a lesson plan, video (featuring Aboriginal Environmental practitioners), student guide with CD-ROM and role model posters. (Stored on the CD-ROM shelf)

Aboriginal Fiction (DVD) - Open School BC

See 371.3:OPE for book "English 12 - Aboriginal Sources File.

Acts of Defiance - NFBC - 104 min., 32 sec.

A National Film Board crew was already behind the scenes making a film at Kahnawake, when the crisis erupted. Early one summer morning, Mohawks on the Kahnawake side of the river blocked a commuter bridge to the island metropolis of Montreal. The bridge blockade at Kahnawake was further reinforced by the Mohawk warriors holding it. The territory, now ringed by police and angry mobs, was under siege and virtually cut off from the outside. As the conflict escalated, thousands of army troops were called in. On both sides of the barricades the National Film Board cameras were there to capture all the drama. Reviewers have called *Acts of Defiance* "brilliant." It won the *Best Documentary Feature Film* award in its U.S. premiere at the 17th Annual American Indian Film Festival, San Francisco.

Adventures of StoryTeller 2 (DVD) – Coast Salish Journey

Main Menu with Game Clues:

1. Story Teller Goes Caving
2. Story Teller Goes Food Fishing
3. All Day Day Duck Hunt
4. Deep Sea Diving

Ahousat going? a portrait of the Ahousant (DVD) – Sugarbear Productions 18 min.

ALPhabiTUNES (CD-ROM) - A.W.A.R.E Literacy Inc.

ALPhabiTUNES CD-ROM uses stories to teach: Phonemic awareness, phonological awareness, pure letter sounds and names, continuous letter tracing, blending sounds into words, juxtaposes letters and numbers. Target Users: emergent readers, beginning readers, ESL students, special needs,

American Indian Prophecies I - Sun Dance Vision - Wiconi Waste - 1 hour

(Ojibwa, Hopi, Paiute, Sioux, Maya, Navajo, and Aztec)

Discover: How to prepare for the coming earth changes; How the Black Hills can be returned; When spiritual unity will occur; What to invest money in for the future; What is causing the increase in earthquakes, volcanic eruptions, and unknown diseases.

American Indian Voices (PI) (audio cassette) - Johnny Moses - 72 min

Legends told by Johnny Moses in traditional storyteller fashion.

American Indian Voices - Johnny Moses

12 stories - Potlatch Song; Introduction of Stories; Bear and Ant Story; Stories of Johnny Moses' Names; Octopus and Crow Story; The Boogie Woman Story; The Missionary Story; Su-yah-pi: Upside Down Face Story; Grandma Cedar Tree Story; The Boy and the Bicycle Story; The Um and Ugh Story; The People Story.

American Indian, The - (CD-ROM) A Multimedia Encyclopedia Version 2.0 for Windows and DOS

One thousand years of native North American history and culture, words and images, legends and leaders. Includes two new reference works, a new glossary and videos, up-to-date directory of resources. The most complete and comprehensive single source of information on the native peoples of North America, now expanded, improved and available for Windows.

Ancient Sea Gardens (DVD) – aquaCULTURE Pictures Inc.

Shot in High Definition in British Columbia's awe-inspiring Broughton Archipelago, this stirring story will change the way we view the land and its people. Dr. John Harper, a marine biologist, was flying over the region at the most extreme low tides of the year. He saw mysterious rock walls appear along hundreds of shorelines. When the scientific community could not identify these unique features, Dr. Harper's trail led him to Kwakwaka'wakw Chief Adam Dick for answers. Chief Dick is a traditional leader who grew up so immersed in the ways of his people that he was featured as a character in the classic novel *I Heard the Owl Call My Name*. It was on this journey of discovery that the scientist and the elder combined their vast schools of knowledge to solve a mystery and in the process reveal the fragile state of traditional aboriginal culture.

As Long as the Rivers Flow (CC) - NFBC

For over a century, the Nisga'a people of northwestern British Columbia have fought for title over their traditional lands. While this goal has yet to be achieved, the Nisga'a have gained valuable ground - their determined and persistent lobbying has propelled the issue of native land claims into the mainstream political arena. This is a series of five one-hour documentary films. They recount an epic story: the struggle of Canada's native people to regain control over their destiny.

I - Time Immemorial - 59 min. 04 sec.

II - Tikinagan - 58 min. 51 sec.

III - Flooding Job's Garden - 59 min. 20 sec.

IV - Starting Fire with Gunpowder - 59 min. 04 sec.

V - The Learning Path - 59 min. 02 sec.

Autism: The Road Back (CC) - NFBC - 55 min

Autism: The Road Back charts the journeys of three families with children diagnosed with Autism Spectrum Disorder (ASD). It talks to parents, service providers and experts in the field about assessment, diagnoses, and treatment options. This film provides guidance for families trying to navigate their way through the challenges of ASD in the first six years of their child's life.

Awakening of Elizabeth Shaw, The - Eva Manly and Paul Manly - 25 min.

In 1898, Elizabeth Shaw came to the Tsimshian village in Port Simpson, B.C. to work as the Matron of the Thomas Crosby Boy's Home, a residential school for native children. This is a video about what she witnessed and what happened when she tried to change it.

Ayikis the Frog (PI) (CC) - BC Learning Connection Inc. - Min. of Education - 15 min., Grades K - 4

How the frog got his long hind legs is retold by a storyteller and shadow puppets in this tale of Wesakechak, the human spirit who speaks to all creatures and is the subject of many Cree myths and legends.

B.C. Native Land Question, The - available on 3 videos:

Aboriginal Title, Rights and the Canadian Constitution (video 1 of 3) - Distance Education UVic - 58 min. 31 sec.

A 1983 discussion between Dr. William Neilson (UVic Faculty of Law) and members from several Tribal Councils.

Unfinished Business (video 3 of 3) - Distance Education UVic

A 1986 discussion between Dr. William Neilson (UVic Faculty of Law) and Mike Richardson (Haida) and Neil Sterritt (Gitskan).

Balance - Healing Through Helping - Health Canada - 44 min. 16 sec.

The idea for "***Balance***" was driven by Aboriginal youth and deals with issues that they feel are important in regards to wellness. Rather than focus on a negative message, they chose to portray the positive and healthy lifestyle choices that the Aboriginal youth of today are making. "***Balance - Healing Through Helping***", is a message for today's youth that features a holistic approach to living a healthy lifestyle. The young people feel that this includes a well-balanced combination of physical, spiritual, mental and emotional states. This video is an upbeat look into the lives of many of our First Nations, Inuit and Metis youth in Canada. They talk frankly about issues that affect their everyday lives and how they feel about the situations that they are faced with. The youth talk about peer pressure, family values, physical fitness, goals, personal health and other topics. The video was filmed on location throughout the country and includes excerpts from Toronto's cosmopolitan to Canada's far north.

Balance of Two Cultures, A - Gryphon Productions - 26 min. 26 sec.

The Cariboo-Chilcotin people (Williams Lake area) made this video together with the non-native medical community in order to promote a better understanding of the differences in approach to healing. It compares the non-physically invasive approach of First Nations healers to that of the hospitals, the confusion that arose when First Nations were told that traditional healing was pagan.

***Ballad of Crowfoot, The* - NFBC - 10 min., 18 sec**

A bitter, haunting, and impressionistic film that examines the situation of Aboriginal people in North America through the figure of Crowfoot, the legendary 19th century Blackfoot leader of the Plains. A rapid montage of archival photos, etchings and contemporary newspaper clippings is married to the words and music of an impassioned ballad written by Micmac singer and songwriter Willie Dunne.

***Band-Aid (CC)* - NFBC - 41 min., 36 sec.**

In the remote Ojibway community of Whitedog, in northwestern Ontario, 911 is just a meaningless set of numbers. Here, medical help lies hours away along a bumpy road, and the line between life and death is defended by 12 dedicated volunteers of the community's First Response team.

Audrey Mandamin (Band-Aid director Daniel Prouty's sister) and Cindy Cameron are two of these volunteers. Ordinary women who have overcome troubled pasts, they now dedicate most of their spare hours to first response work - even though it means late nights, tough decisions and little recognition. They do it simply because it needs to be done.

Band-Aid is a compelling portrait of life on the edges of the medical system. We follow Audrey and Cindy as they respond to emergencies in far-flung parts of the reserve - and we learn of the toll that first response work can take on their personal lives. It's an inspiring film - one that shows how even in the toughest conditions, Native people can overcome personal and social tragedies, take control and make a difference.

***Battle for the Trees (CC)* - NFBC - 57 min.**

At stake are the last stands of old-growth coastal forest of British Columbia. The soldiers are ordinary citizens, scientists, loggers, environmentalists, and Natives who are witnessing the liquidation of our public forests and, with it, a way of life. This important film examines the battle strategies of both sides, and offers some practical solutions that balance economic needs with the preservation of the ancient forests.

***Beat of the Drum (CC)* - Motion Visual Productions**

Four First Nations musicians (from BCTV).

***Beating the Streets (CC)* - NFBC - 48 min.**

Beating the Streets traces six years in the lives of Marilyn Brighteyes and Lance Marty, two inner-city Aboriginal teenagers struggling to turn their lives around. And it is the story of Joe Cloutier, the teacher - and former dropout - determined to help them. In ***Beating the Streets***, Marilyn and Lance candidly discuss the abuse and violence

that drove them into prostitution and drug dealing. The video also introduces Joe's innovative approach, combining alternative education and popular theatre as a way to get young people off the streets.

Before Columbus (CC) - NFBC

This is a series of three films - ***Invasion, Conversion, and Rebellion*** - which describe the Indian experience in the Americas during the past five hundred years.

Part 1 - Invasion - NFBC - 50 min.48 sec.

This tells the real story of Columbus's "discovery" of the Americas, a story not often found in the history books. The film describes the seizure of territory on two continents from the Arctic to the tip of Tierra del Fuego.

Part 2 - Conversion - NFBC - 50 min.11 sec.

This shows that the European conquest of the Americas was not just a struggle for territory but a battle for souls. The priests were never far behind the conquistadors. Churches were built on the ruins of temples, sacred relics were plundered, and Indian children were forced to attend residential schools. This film recounts the tragic history but also shows that Indian spirituality was not destroyed.

Part 3 - Rebellion - NFBC - 50 min 20 sec.

This describes the war against the Indians, a war that has never ended. It is estimated that 90 million people died in this slaughter in the first century after Columbus. The Ona of South America were exterminated in the early part of this century, a fate shared by many Native peoples since 1492. But people as diverse as the Kuna of the Caribbean coast of Panama, the Ika of Colombia, the Sioux of the Black Hills of Dakota and the Mohawk of Quebec continue to fight for their land, their rights, and their culture.

Best Start in Life, The - Gryphon Productions/ BC Aboriginal Child Care Society - 12 min.

The Best Start in Life is a 12-minute video developed by youth for youth to share information about fetal Alcohol Spectrum Disorder (FASD). FASD refers to the spectrum of conditions that affect a baby when its mother drinks while pregnant. These conditions affect the mental and physical health of a person for their entire life. FASD is 100% preventable.

The Best Start in Life is suitable for audiences aged 12 and up. It features messages from a doctor, nurse, Elder, a mother with children affected by FASD, and several youth. It features a true-to-life drama about Susan, a young woman who finds she is pregnant. The video is designed to be shown as part of a classroom presentation using the accompanying facilitator's guide. The guide addresses FASD in the context of healthy pregnancy and provides discussion questions about pregnancy prevention, causes and effects of FASD, and stages of fetal development. **(Package includes book)**

Between Two Worlds - NFBC - 58 min.

Joseph Idlout was once the world's most famous Inuit. This is his story. The star of films and books, Idlout was one of the Inuit hunters pictured for many years on the back of Canada's \$2 bill. Idlout became a symbol of his people, the heroic myth that fascinated the White imagination. Idlout's son takes us on a poignant journey through

his father's life. He gets caught up in the white world, trying to improve his family's fortunes. He is **"Between Two Worlds"**. Today the legacy of dependency is frightening. The suicide rate among young Inuit is five times the national average. The unemployment rate in many communities is 50%. Joseph Idlout could never have imagined the changes that would overwhelm his North, but he was one of its first casualties.

Between Two Worlds - Gryphon Productions - 58 min.

A new one-hour documentary (Parts 1 & 2) depicting four young, single native moms and their struggle to find support. This video looks at different programs which are available to single moms, including urban support networks, traditional values and culture, as well as friends and family. In this video young women re-discover their ties to extended families and elders in their communities. It is designed to motivate and inspire young, single aboriginal moms who may feel as though they have no one to help them raise their child. It demonstrates to would-be mothers the difficulties of raising a child alone in an urban or off-reserve situation.

Beyond the Shadows - Gryphon Productions - 28 min.

A powerful documentary about the legacy of Native Indian Boarding Schools. The video touches on the historical background of these schools, but primarily depicts painful personal experiences: the causes of multi-generational grief and the healing processes underway in communities today.

Beyond Survival - - Nuu-Chah-Nulth Tribal Council - 88 min.

Residential School Conference of Nuu-chah-nulth people - 1994.

Bill Reid - NFBC - 27 min., 50 sec.

British Columbian Haida artist Bill Reid, jeweller and wood carver, transforms a bare cedar trunk into a richly carved totem pole in the Haida Indian tradition. It is his gift to the people of Skidigate, Queen Charlotte Islands.

Bill Reid's Spirit of the Haida Gwaii - M.V. Video Publishing - 48 min.

Spirit of the Haida Gwaii documents the creation of Bill Reid's astonishing bronze sculpture on display at both the Canadian Embassy in Washington, D.C. and at the Vancouver International Airport in Canada. This is Bill Reid's largest and most complex sculpture, featuring the Raven and Eagle, the two principal Haida lineages, and the canoe is overflowing with mythical creatures, animals and men. The construction of the ***Spirit of Haida Gwaii*** is recounted in detail, from the initial concept to the final bronze masterpiece.

Blockade - It's About the Land and Who Controls It (CC) - NFBC, 90 min.

For most of us, native land claims and logging issues fuel political and moral debates. To the people of the Gitksan reserve of Gitwangak and the white village of Kitwanga, they are bread-and-butter issues worth fighting for. Over a 15-month period, the film

follows people enmeshed in the ongoing conflict between two histories, and two living cultures. From barricade arrests to backroom politicking, *Blockade* is edited with the passion and intensity of the real-life drama it captures.

Bowl of Bone - Tale of the Shuwa - Turtle Productions Inc. and NFBC, 117 min., 37 sec.

Filmed over a period of 15 years, this is a unique blend of biography, personal journey and history, weaving together the lives of British Columbia Native herbalist and healer, Annie York, and filmmaker Jan-Marie Martel. The chronological unfolding of their relationship provides the structure for the layering of personal and cultural history in this journey to understand oneself in the light of another person and another culture.

Box of Daylight - A Tlingit Myth of Creation – Pacific Communications 8 min., 30 sec

The Box of Daylight fuses the art and mythology of the Tlingit Natives of southeast Alaska in a dramatic presentation. This version of their creation story features Raven, the Trickster, in a tale that is at once unique and yet strikingly similar to other great myths of the world.

Box of Treasures - U'mista Cultural Centre - 28 min.

This video focuses on the Anti-Potlatch law of 1884-1951 and the return of the potlatch articles to the "U'mista Museum" in Alert Bay. In 1980 the U'mista Cultural Centre opened its doors to receive and house the cultural treasures which were seized decades earlier.

British Columbia Digital Video Project - BC First Nations Studies 12 - Teacher's Guide - CD-ROM - BC Ministry of Education

The BC FNS Digital Video Teacher Resource consists of Suggested lesson plans, student production notes, and pilot project reports in pdf and text files. A pdf version of a booklet created by one of the pilot sites is included. The digital videos produced by the pilot sites are included as a reference, as well as Quick Time clips, which demonstrate examples of selected filming techniques. The clips can be viewed within the pdf documents or selected from the Quick Time Clips folder. All of these materials are provided on the BC First Nations Studies 12 Digital Video Project CD-Rom. Note that the CD-Rom is primarily a storage vehicle rather than a fully interactive resource. The pdf files can adapt the lesson plans according to their needs, and so students can use a computer to complete the planning and assessment activities.

British Columbia Land Question: Vision and Voices - 2001 –Nicola Valley Native Community Law Society

***Broken Promises - The High Arctic Relocation* - NFBC - 52 min., 6 sec.**

In the summer of 1953, the Canadian government relocated seven Inuit families from Northern Quebec to the High Arctic. They were promised an abundance of game and fish - in short, a better life. The government assured the Inuit that if things didn't work out, they could return home after two years. Two years later, another 35 people joined them. It would be thirty years before any of them saw their ancestral lands again. Abandoned in flimsy tents, the Inuit were left to fend for themselves in the desolate settlements of Resolute Bay and Grise Fiord, where the sea was nearly always frozen and darkness reigned for months on end. Suffering from hunger, extreme cold, sickness, alcoholism and poverty, Quebec's Inuit had become the victims of a government policy supposedly designed to return them to their "native state". Evidence points to the government's wish to strengthen Canada's sovereignty in the Arctic as playing a part in the decision to relocate. Interviews with survivors are combined with archival footage and documents to tell the poignant story of a people whose lives were nearly destroyed by their own government's broken promises.

***Building the Canoe Gah nohs: Sliammon July 2001* - Heritage Videos**

This is a record of building the dugout canoe Gah nohs by renowned Northwest Coast Artist Tsaqwasupp (Art Thompson) and his assistant Hiisl-Miik (Morris Sutherland). They were ably assisted by the Mitchell and Pielle families and supported by many Sliammon community members. It is also a record of Chief Joe Mitchell's vision, and the determination of his son Melvin, to see that vision fulfilled in time for the arrival of 11 Tribal Journey canoes from the north coast.

***Canada's Visual History* (CD-ROM) - NFBC**

The complete eighty-volume collection on CD-ROM. Explore unknown facets of Canadian history with the help of leading experts. Sample the fascinating collections of public and private archives from across the country. From pre-European contact to the recent past, Canada's Visual History quickly brings material together for a new view of the stories and people that make up the Canadian heritage. A must for students, teachers, writers and everyone interested in historical research.

***Carved from the Heart* - (DVD) New Day films - 45 min**

Stan Marsden, a Tsimshian wood carver, loses his son to a cocaine overdose. Grieving, he decides to create a totem pole in his son's memory and invites the town of Craig, Alaska to help. Before he is done, the pole becomes a communal project, bringing people of diverse background and ages together. *Carved from the Heart* intertwines the process of carving and raising the Healing Heart Totem Pole with the participants' stories of personal loss, grief, substance abuse, suicide and violence. *Words from the Heart*, a companion video, shows how the story of one man converting personal tragedy into an affirmative force has prompted healing and encouraged action from Alaska to the South Pacific.

***Cesar's Bark Canoe/Cesar et son Canot d'ecorce* - NFBC - 57 min 52 sec)**

Building a canoe solely from the materials that the forest provides may become a lost art, even among the Indians whose traditional craft it is. In this film, Cesar Newashish, a sixty-seven year old Attikamek Indian of the Manowan Reserve north of Montreal, builds a canoe in the old way, using only birch bark, cedar splints, spruce roots and

gum. With a sure hand he works methodically to fashion a craft unsurpassed in function or beauty of design. *The film is without commentary but text frames appear on the screen in Cree, French and English. Film without words.*

Chance for Change, A - Gryphon Productions - 30 min.

This 30-minute drama depicts a young native man caught between the city streets, his culture and family. Mike is forced to come to terms with his "high-risk" activities in the city and must decide whether or not to go for an AIDS test. Produced with medical professionals and AIDS specialists, the video comes with a useful compact lesson guide/ quiz.

Changes - the Turtles Teachings (PI) - (CD)

This story is about Kona, a young Metis child, who goes on a journey through the changing seasons and emotions. She is guided along the way by the Gathering Spirit who teaches her about accepting change and celebrating the richness of life's emotions. (See book P.I. 813.54 CON)

Cheryl's Potlatch and The Fish Trap of Duncan Lake (PI) (CD-ROM) - SD #55 Burns Lake/ Heritage Technologies

Please note that there is a text book by Sheila Thompson with a CD-ROM in the Primary section of the library, and two copies of the CD-ROM in the CD file.

Chiefs and Champions series: Waneek Horn-Miller - Big Red Barn Entertainment/ Full regalia Productions - 24 min.

Waneek Horn-Miller, a Mohawk from Kahnawake, Quebec. was a key member of the Canadian Women's Water Polo team. As co-captain, she proudly led her team at the Sydney Olympics in 2000. Not afraid of much, she took on Water Polo Canada when she was unexpectedly cut from the team. Discussing stereotypes Aboriginal athletes face, she shares her achievements in hopes of inspiring others to reach for their dreams.

Children's Drawings (CD-ROM) - Ethnographic Library on CD (English, German and Russian)

Many indigenous peoples are seeking appropriate ways to transmit traditional culture to their children, while simultaneously preparing them for so-called "modern" life. Besides giving an overview on efforts in bicultural education in Siberia and the North Pacific rim, this multimedia CD contains a great variety of children's narratives, paintings and drawings. Their artwork reflects children's perspectives on traditional and contemporary life. Photographs and video-clips illustrate community activities and events, and the context from which their artwork arose. This edition complements the book of E. Kasten "kinder malen ihre Welt".

Circle of Smoke - Laichwiltach Family Life Society - 17 min.

This is a video about tobacco, the sacred use and the dangers of misuse.

Circles - It's About Justice (CC) - NFBC - 57 min., 45 sec.

A film about justice and community healing, ***Circles*** is an inside look at sentencing circles - an alternative approach to justice in the Yukon. By bringing together the perpetrator of a crime, his or her victims, peers and elders, sentencing circles focus on finding ways to heal the offender, the victim and the community, instead of simply on punishment. For many Aboriginal men in the North, going to jail was a natural extension of attending residential schools run by missionaries. For some, circle sentencing is a way to re-connect with their spiritual traditions and to break away from the cycle of crime, court, prison. The Yukon is the first jurisdiction in North America to use sentencing circles in partnership with the formal justice system. Some of the ex-offenders and victims portrayed in ***Circles*** are now helping to set up circle sentencing in American inner cities and suburbs.

Club Native – How thick is Your Blood? (DVD) National Film Board of Canada – 78 mins

On the Mohawk reserve of Kahnawake located just outside the city of Montreal, Canada, there are two firm but unspoken rules drummed into every member of the community. Do not marry a white person and do not have a child with a white person. The potential consequences of ignoring these rules – loss of membership on the reserve for yourself and your child are clear, and for those who incur them, devastating. Break the rules and you also risk being perceived as having betrayed the Mohawk nation by diluting the “purity” of the bloodline. ***Club Native*** filmmaker Tracey Deer uses Kahnawake, her home town, as a lens to probe deeply into the history and contemporary reality of Aboriginal identity. Following the stories of four women, she reveals the exclusionary attitudes that divide the community and many others like it across Canada

Colour Blind (CC) - National Film Board of Canada - 24 min.

Colour Blind is a film about subtle racism and its daily impact on teenagers in high school. To outsiders, Princess Margaret Senior Secondary, in the heart of Surrey, BC, looked like an ordinary high school. To teachers and students, however, it was a school full of racial rage, segregation and violence. Its troubles began in 1955 when changes to the student population resulted in a shift of predominance from a white to ethnic student body. Five years later, we follow five teenagers as they learn tolerance for each other's differences. ***Colour Blind*** documents that painful and confusing process of overcoming racial conflicts.

The video's purpose is to encourage young students to examine their own behaviours and attitudes and to ask probing questions of themselves and how they react to racism within their own high school.

Counter Currents: The Fight for Fish on the Fraser River - BC Learning Connection – Min. of Education 45 min. Grades 11-12

Explains the conflicts between First Nations, non-First Nations fisherman, and the federal government since the mid-1980's. The historic Sparrow Case and its significance is explained through interviews with Sparrow and B.C. Assembly of First Nations Vice-Chief Wendy Grant. Conflict and reaction by non-First Nation fishermen toward federal fisheries once the Sparrow case was decided and First Nations rights were reinstated is given with a well-balanced perspective. Training First Nations fishery

officers to police the Fraser River and assigning First Nations fishermen to designated areas as a means to govern fishing is explained

Creations Stories – CD – First Peoples of the NW Coast

1. Octopus & Crow
2. Wisdom of the Elders
3. Skunk & Coyote
4. Skunk Medicine Song
5. Kwati the Indian Leprechaun
6. Bear & Ant
7. Grandmother Cedar Tree
8. Crow & Bear
9. The People Story.

Crow-child - (CD) - Lakusta, Dennis

Songs by Dennis Lakusta, a Metis man of Cree, French, Blackfoot, Mexican and Ukrainian ancestry.

Dances of the Metis, The/Li Dawns di Michif - Metis Resource Centre 24 min 25 sec.

"The Dances of the Metis" is an effort on behalf of The Metis Resource centre Inc. to ensure the cultural preservation and restoration of the unique oral tradition Metis style fiddle music and dance. Dancers and musicians are in 1890-1920 traditional Metis dress. Showcased on this video are "The Reel of Eighth" "Seven Step" "Drops of Brandy" "Square Dance with Caller" "Duck Dance" "Waltz Quadrille" and "Red River Jig"

Dancing Around The Table - Part 1 - NFBC - 57 min., 10 sec.

Under the terms of the 1981 Canadian Constitution, provisions were made to hold four First Ministers' Constitutional Conferences within six years to discuss the issue of aboriginal rights. This film looks at three of the four conferences, held in 1983, 1984 and 1985. Buoyed by the successful repatriation of the constitution, first ministers and native leaders hoped that a new kind of relationship between the aboriginal community and federal and provincial governments would be established. Instead, the talks degenerated into just so much "dancing around the table." This video (Part One) covers the conferences in detail, allowing both the premiers and aboriginal representatives to speak for themselves. This footage is interspersed with the remembrances of Ethel Pearson, a 70-year-old elder of the Kwakiutl, and images of her homeland in Kingscome Inlet, B.C. This film provides a rare look at the world of political maneuvering and the struggle of Canada's aboriginal people to gain constitutional recognition of their claims.

Dancing Around The Table - Part 2 - NFBC - 50 min., 8 sec.

This video follows the premiers and aboriginal leaders as they attempt to reach a solution. Premier Robert Bourassa's absence is an omen of things to come. Too many premiers refuse to entrench self-government in the constitution; the talks seem doomed to be a repetition of the three previous meetings. In a surprise motion on the second day, the chairman moves the conference into private session, but the conference eventually ends without an agreement. Aboriginal leaders openly express their disappointment and frustration with the results. This video provides insight into the many obstacles which native people face in their fight for self-government.

David with F.A.S. (CC) - NFBC - 44 min., 30 sec.

David Vandenbrink seems like a normal 21-year old, bright and articulate. There is little to suggest that while in his mother's womb, he suffered permanent brain damage. His condition, Fetal Alcohol Syndrome (F.A.S.), went undiagnosed for the first 18 years of his life, causing confusion, anger, and pain for both David and his adoptive family. Fetal Alcohol Syndrome is a term used to describe a set of symptoms seen in some children born to women who drank alcohol during pregnancy. The damage can be subtle or severe, resulting in a wide range of symptoms in the areas of slowed growth, disfigurement, and damage to the brain. Associated behavioural problems include impulsiveness, poor judgment, and an inability to grasp the consequences of actions. This personal story, using video footage shot by David himself, along with the experiences of members of his family, is a hard look into the serious consequences of a little-known, but widespread, health problem.

Differences - John Wright - 17 min. 7 sec.

Differences is a short drama examining the racial conflicts that can occur among children when an "outsider" appears in the midst of a dominant culture. Chris, a pre-adolescent, resents the visit of Emma, a Native girl, to his home. Pressured by his friends to ignore her, by his parents to accept her, and by his own awareness of Emma's loneliness and unhappiness, Chris must decide where his loyalties lie. (See video **Finding Our Way in PI**)

Discussion on Suicide – Special Documentary – Filmwest Associates – 41 minutes

A class of students from Skookum Jim Friendship Centre in Whitehorse wrote and produced this very personal discussion on the problems and impacts of suicide in their community. Drawn from the individuals' relations to previous events, three participants tell of their own experiences with suicide. A psychologist and counsellor also discuss the impact suicide has on the friends and family members left behind. The ideas and sentiments of the Skookum Jim Friendship Centre make this story an honest, motivating programme.

Doctor, Lawyer, Indian Chief - NFBC - 28 min. 42 sec.

This video focuses on five native women from across Canada. Of varied ages and backgrounds, they have achieved success in a variety of careers. This film includes archival photographs that recall the crucial roles native women historically played in their society, and presents an inspiring vision of future possibilities. Of central importance to native people today, this documentary can also be extremely useful in women's studies, social studies, sociology and native studies.

Domino (CC) - NFBC - 44 min., 34 sec.

Domino portrays the poignant stories of six interracial people's quest to forge their own identity. Although there is only one human "race", interracial people's experience underlines society's practice of categorizing its members by "race" - which inherently challenges the embracing of both parents, both cultures.

Donna's Story (CC) - NFBC - 50 min.

An intimate portrait of a fiercely determined survivor, ***Donna's Story*** profiles a Cree woman who left behind a bleak existence on the street. She has re-emerged as a powerful voice counselling Aboriginal adults and youth about abuse and addiction. Donna Gamble was raised in foster homes, addicted to drugs and caught up in prostitution by the age of 13. The camera unravels her exhilarating and tumultuous journey: her motivation to turn her life around, her work to keep others off the streets, and the renewal of personal relationships with her family and children. With courage and candour, Donna also reveals an ongoing struggle with addiction, exposing the rage and pain of abuse that can haunt even the strongest person. Doug Cuthand's absorbing documentary also introduces Donna's mother and daughters. With extraordinary purpose, these women hope to shatter the cycle of addiction and abuse that has affected generations of their family.

Dreamcatchers (CD-ROM) - Royal Bank, Scotiabank, CIBC, TD Bank, HSBC and Bank of Montreal

Careers in banking and financial services.

Dreamkeeper (CC) (DVD) - National Film Board of Canada - 2hrs. 53 min

A century-old storyteller and his grandson, a troubled 17-year old boy, embark on a cross-country journey toward self-discovery. Like Old Pete's wise tales themselves, *Dreamkeeper*, is important and illuminating storytelling for the entire family.

Dreamspeakers (CC) - BC Learning Connection – Min. of Education – 25 min.
Grades 11-12
(Spirit to Spirit Series)

Celebrates the art, culture and films of the FN people from around the world in a festival held in Western Canada. The programme combines colourful footage of live performances, film clips and interviews into a documentary-style report about the Dreamspeakers Film Festival in Edmonton, Alberta. Specific attention was paid to the experiences of the delegates from the South Pacific. Focuses upon the theme of the creative process of both actors and directors.

Note: Teachers should preview this video

Duncan Campbell Scott (CC) - The Poet and the Indians - NFBC - 56 min.
28 min.

Duncan Campbell Scott (1862-1947) is best known as one of Canada's prominent early literary figures. That he was also a federal civil servant who rose through the bureaucracy to become one of the most powerful heads of the Indian Department is not well known. From 1913 to 1932, Scott was responsible for the implementation of the most repressive and brutal assimilation programs Canada ever levied against First Nations peoples. This video explores the apparent contradiction between Scott, the sensitive and respected poet, and Scott, the insensitive enforcer of Canada's most tyrannical Indian policies. In the summers of 1905 and 1906, Scott was assigned to

enter into treaty with the Cree and Ojibway Indians of Northwestern Ontario. The film centres on that Treaty expedition, with Scott's photographs, poetry, letters and journal entries providing the backdrop and narrative flow. Scott's more private and introspective moments are brought to life on screen by actor R.H. Thomson in a series of black and white vignettes. The historical material is juxtaposed with powerful contemporary footage, offering insight into the long-term impact of this powerful, perplexing Canadian.

Eagle Run - *First Nations House of Learning* - 27 min 55 sec

This film is the story of a young woman's reluctance to accept an honorary sports medal. The woman approaches her Grandfather for teachings on the history and importance of sports and recreation. Her Grandfather and other community members explain the history and why it is important to us still today.

Eagle Soars, The (CC) - *B.C. Learning Connection* 25 min. (Grade 4-10)

Robertson Davidson, a Haida master carver, narrates this video on totem carving. He discusses his role as a teacher to apprentice carvers and what he learned as an apprentice from master carver, Bill Reid. He demonstrates the process of carving a pole from first cut to the finished, painted product.

Edge of the World, The (CC) (DVD) *Red Storm Productions* 50 min.

Explore the people, places and events that shaped British Columbia's early history from pre-European contact until the dawn of the 20th century. *The Edge of the World :B.C's Early Years* brings to life 20 fascinating stories from our own wild west – tales of the salmon people, death-defying voyageurs, desperate gold-seekers, Chinese railway workers, and heroic women of the frontier. Firmly rooted in the personal stories of people who were there, this is a side of our history we rarely see – from early First Nations communities, to the frontier life of new arrivals. It was a time of political intrigue, epidemics and tragedy, but also of fascinating characters, great adventures and epic rescue missions. These are the stories that shaped our past and offer a reflection of who we are today.

Education for Nationhood - *Institute of Indigenous Government* - 20 min., 2 3 sec.

The Institute of Indigenous Government is Canada's first autonomous, degree-granting, indigenous-controlled post-secondary institution. The IIG is empowered to grant academic credentials under indigenous law and is accredited as a provincial institute by the Province of B.C. In this video IIG students, elders, faculty, staff and community talk about their dreams, values, philosophies and experiences. Viewers are invited into the world of IIG by witnessing classroom discussions on cultural identity, history, socio-economic development issues and international indigenous relations. Information is provided on IIG programs, admissions and student development.

Effective Instruction of Native Adults - *Ministry of Education* - 13 min.

This six-part series examines the pillars of effective Native adult education through interviews with adult educators, elders and students. The titles in the series are Community-Based Education, Student-Centred Learning, Native Learning/ Teaching

Styles, Building Culture into Programs, Counselling and Support Services, and Life Skills. These videos can provide a good basis for discussion and further exploration of the issues introduced.

Elders are Watching, The (CC) - B.C. Learning Connection - 9 min

The art of Tsimshian artist Roy Henry Vickers is interspersed with scenic photography of B.C. and the Yukon while the environmental poem, *The Elders are Watching*, asks viewers to consider the effects of man on the land. Based on the book, *The Elders are Watching*, which includes the poem by David Bouchard and accompanying art by Roy Henry Vickers. The book is also recommended. The First Nations point of view on use of the land is presented.

Endangered Species - Interactions: Real Math, Real Careers -
Canadian Learning Company Inc.

Can we bring back animal species that are on the brink of extinction? A native American biologist who combines scientific training and traditional values recalls his part in bringing the bald eagle off the endangered species list. Math topics include ratios and patterns.

Enemy Alien - NFBC - 26 min. 49 sec.

This tightly constructed, well-paced documentary takes a long, cool look at the racist treatment accorded Japanese-Canadians during World War II and examines the prevailing attitudes that made such treatment possible. The film raises such issues as the use of the War Measures Act, the suppression - certainly in most history texts - of this part of our collective past, the role economics plays in fanning bigotry, and the possibility of such sanctioned racism flourishing again today.

Ethnobotany (CD-ROM) -Patti Chipps

A CD-ROM about the flora of southern Vancouver Island.
See book in General Selection 581.6:CHI

Eyes of Our Children - Qqs Projects Society - 27 min.

The Heiltsuk people have lived on our traditional lands since time began. The 35,735 square kilometres of Heiltsuk territory includes a major portion of British Columbia's central coast, an area also known as the Great Bear Rainforest. But our way of life is threatened, more now than ever before. Large Corporations are extracting resources at unprecedented rates, leaving a land and seas that will be incapable of sustaining our people. Our present generation of Heiltsuk youth will need incredible strength, knowledge and passion if they are to protect our way of life, which is tied so intimately to the land and sea that sustains us.

The Koeye's role in this story is told through the eyes of our children - from the Culture/ Science camps held in the valley, to the purchase of the Koeye Lodge for the benefit of our people. These initiatives mark an important step in the process of reclaiming and protecting what is Heiltsuk. They contribute to the strength that will help our youth shape the future.

F.A.S.: When the Children Grow Up - NFBC - 40 min

When a pregnant woman drinks alcohol, she can do irreparable harm to her baby. This programme explores the realities of living with Fetal Alcohol Syndrome (F.A.S.), the leading causes of birth defects. The effects associated with F.A.S. continue even when children become adults. This documentary tells the stories of three adults living with F.A.S., along with experts in the field.

Faces Yet to Come - American Indian Institute - 10 min.

A ten-minute video that informs the viewer about Fetal Alcohol Syndrome. It shows how Native views of spirituality, the earth, and the significance of the Seventh Generation promote the well-being of future generations. (Accompanying book in library 791:AME)

Fallen Feather, The (DVD) - Fallen Feather Productions - 93 min

Indian Industrial residential Schools Canadian Federation.

Fallen Hero: The Tommy Prince Story – Filmwest Associates – 44 min.

Tommy Prince was a man of incredible drive and ambition, with the keenest instincts, the sharpest eye and strong leadership qualities. His name is well known across Canada, both for his unprecedented accomplishments and as a metaphor for the hypocrisy and prejudices of our country, Canada. Many stories have explored Tommy's past, but this documentary focuses on his life and his lasting legacy. His story, from the poverty of his isolated reserve, through becoming a war hero, twice over, to the minefield of being an Indian in Canada is a journey of epic proportions.

Family Mirror, The - Dallas Society - 20 min.

This is a drama that shows a typical family encountering several confrontations with each other. The program shows how each person is able to stop their thoughts, connect with their feelings, and communicate according to these feelings. Learning how to take responsibility for one's own feelings and helping children learn this process is also demonstrated in this program.

(Accompanying book in library 791:DAL)

Feasting for Change (1 CD & 1 DVD) Aboriginal Services VIHA

Feasting for Change is a group of people working hard to look at food issues in Aboriginal Communities on Vancouver Island. We hope to inspire you and your community to come together to Feast!

Our visions rooted in prayer, song, gratitude, spirit and the life energy that we hold high to ensure that we will have a healthy home to live on. This guides us in the dreams we have for this project and shapes its potential. Promotion of culture and preservation of Mother Earth in giving thanks to the land, the animals, the sea and allowing all people to reconnect to their cultural heritage by exercising their inherent right to hunt, fish, grow and harvest as our ancestors taught us. Modeling First Nations Stewardship, as our ancestors are, to ensure an abundance of sustainable resources and healthy traditional foods which will continue to nourish our bodies and revitalize the spirits of our families and ourselves.

Fetal Alcohol Syndrome – Filmwest Associates – 39min. 54 sec

This devastating outcome of alcohol consumption during pregnancy has been documented in Canada by physicians for many years. This video explores some of the latest discoveries made about Fetal Alcohol Syndrome and discusses its prevalence in Canada's north. We see the tragic physical and emotional effects of FAS on both children and adults.

Figuring It Out - Access Network - 28 min. 50 sec

The focus is on how do your attitudes and beliefs affect the choices you make. Many First Nations youth talk about their concerns and why they dropped out of school.

Finding Our Way 3 (PI) - NFBC - 41 min. 30 sec.

Part 3 of a three-part series of short dramas for children learning about life. These two dramas, ***Differences*** and ***Left Out***, are about children coping with prejudice and parental unemployment:

Differences, set on the west coast, examines the racial conflicts among children when an "outsider" appears in the midst of a dominant culture. Emma, a young native girl, has come to the city to spend a month with some friends of her father. Their delight in her presence is not shared by their son, Chris. He resents being responsible for this stranger whose difference are underlined by the hostile way in which his friends react to her. Pressured by his parents to welcome her, by his friends to ignore her, and also aware of Emma's unhappiness, Chris must decide where his loyalties lie. (17:07)

Left Out shows how a twelve-year-old copes with problems presented by her father's unemployment. Amy, excited about the prospect of a class trip to Québec City, is crushed and angry when she learns that her parents can't afford the travel expenses. However, her father's involvement in a talent show to raise funds for the trip helps Amy to realize that her parents' love and affection are in no way diminished by their difficult situation. (24:10)

First Nation Blue (CC)- Narrated by Graham Green - NFBC - 47 min., 50 sec.

First Nation Blue takes us behind the bulletproof vest to uncover the changing attitudes of the police officers who serve first Nations communities in Ontario. The film features three officers who show that instead of being outsiders forcing the people to change, police are now adapting themselves to address the needs of Native people. Intercutting actual patrol footage with at-home interviews, this powerful documentary shows first-hand the intimate relationships the officers have developed with the people they serve, how they deal with delicate, potentially violent situations, and what effect their work has on their private lives.

First Nations Journeys of Justice

Video 1: Intro to Storytelling 105 min - parts 1,2 & 3

Video 2: Video to accompany lessons - 76.30 min. - 7 segments

(Accompanying 8 books in library 340.11:GOO)

First Nations Full Day Kindergarten (PI) - FNED/ Brenda Andrews - 40 min

Three Puppet Plays/ Legends based on dramas in the Kindergarten book: 1. Raven and Eagle 2. Raven and Coyote See Their True Reflections 3. Raven and Little Boy Deer
See "***First Nations Full Day Kindergarten - From Our Treasure Box***" in library 371.3:FNEd.

First Nations Portraits - Gryphon Productions - 30 min.

First Nations Portraits includes: SYNALA - Bridge to the Future; SECWEPMECTSIN - Shuswap Native Language Program; FIRST NATIONS FASHION; ANCESTRAL SONG - The Kwa-kwa-ka'wakw Family; and FISH - A Special Relationship.

First Nations Role Models - Motion Visual Productions/ 4 Sight

From BCTV, profiles on four native leaders.

First Nations: The Circle Unbroken (CC) - NFBC

Twenty-three short programs about current issues, cultural identity, and relations between First Nations and Canada, compiled on seven video/ audio cassettes. The accompanying teacher's guides provide context, background on the issues, discussion question and activities.

Video 1: Cree Hunters - Quebec Dams: Standing Alone: The Last Mooseskin Boat: KWA'NU'TE

Video 2: Hunters and Bombers: Magic in the Sky: Voyage of Rediscovery

Video 3: Potlatch: Time Immemorial: Uranium

Video 4: Education as we see it: Last Days of Okak: Commandos for Christ

Video 5: Qatuwas: People Gathering Together: O'Siem: Mi'kmaq Family: The Mind of a Child

Video 6: Laxwesa Wa: Fishing on the Fraser River: Laxwesa Wa: Fishing on the Coast: Blockade

Video 7: Coppermine: For Angela: Lord of the Sky

(See library for accompanying books 791.NAT)

First Nations - Native Stereotyping (CC) - B.C. Learning Connection Inc. Min. of Education - 30 min. Grade 11/12

Provides an introduction to the stereotyping of First Nations people. Professor Emma La Rocque, from the University of Manitoba, provides an explanation of the image of the "Indian" in Hollywood films, captivity narrative (dime novels), Wild West show posters, children's toys, and sports teams. The negative effects of stereotyping is touched on.

First Nations Youth Entrepreneurs: Working to a New Beat - Filmwest Assoc. - 15 min

In this programme, profiles of four young FN entrepreneurs who successfully run their own businesses will give students inspiration to accomplish their own entrepreneurial goals. In their own workplaces, the entrepreneurs discuss how they started their business, the nature of their business and the commitment they make every day to keep that business successful

For Angela...(CC) - NFBC - 21 min. 29 sec.

This video is a story about a woman who was compelled to change attitudes and shatter stereotypes. It's a story about a racial assault that could have been ruinous - instead it was empowering. Inspired by a true story, this film is emotionally charged and beautifully acted. Rhonda Gordon and her daughter Angela didn't want a confrontation; they didn't want a fight; they did want their dignity. A bus ride changed their lives, but in a way no one could have foreseen. Rhonda had the courage and the

will to take a unique and powerful stand against ignorance and prejudice. She did it for Angela.

For the Honour of It All - The Alkali Lake Story - 30 or 60 min. version

This powerful film is a dramatization, with the actual characters playing themselves, of a community's struggle toward sobriety and self-determination. The actors are absolutely convincing and the story is genuinely inspirational. This film provides an excellent basis for discussing alcoholism and community development.

Forgotten Warriors (CC) - NFBC - 51 min.

Although they could not be conscripted, when World War II was declared, thousands of Canadian Aboriginal men and women enlisted and fought alongside their non-Native countrymen. While they fought for freedom for others, ironically the Aboriginal soldiers were not allowed equality in their own country. As a reward for fighting, the Canadian Soldier Veteran's Settlement Act allowed returning soldiers to buy land at a cheap price. However, many of the Aboriginal soldiers were never offered nor told about the land entitlement. Some returned home to find the government had seized parts of their own reserve land to compensate non-Native war veterans. Whole First Nations communities still mourn the loss of the thousands of acres of prime land they were forced to surrender. With narrator Gordon Tootoosis providing an historical overview, Aboriginal veterans poignantly share their unforgettable war memories and their healing process. We join them as they travel back to Europe to perform a sacred circle for friends left behind, but not forgotten in foreign grave sites.

Freedom Had a Price (CC) - NFBC - 55 min., 05 sec.

Before the First World War, 170,000 Ukrainians came to Canada, seeking freedom and a better life. Thousands soon found themselves interned as "enemy aliens" in twenty-four camps across Canada - the first internment camps ever set up by the Canadian government. This video tells the little-known story of those Ukrainian immigrants who, described by the Canadian government as "enemy aliens" at the outbreak of World War One, found themselves subject to discriminatory and repressive measures for the next six years.

***From the Heart (CC) - BC Learning Connection – Min. of Education –25 min. Grades 11-12–
(Tradition Series)***

Traces the Kwagwiltz family of Charlie James (Charles Jamieson), Mungo Martin, Helen Neel and David Neel jr. who innovated and extended the artistic traditions of carving. It is especially valuable for the central place that Helen Neel occupies. By building the longhouse in Totem Park, Victoria, Mungo Martin contributed to the understanding of non-FN peoples.

Comment: This video should be used, if possible, before the video *Unbroken Line*.

***From Spirit to Spirit Series: Keepers of the Fire (Canada) – Filmwest Associates –
24 min.***

Four native elders provide spiritual alternatives for those who are caught in the web of the Canadian justice system.

Gathering of Shamen - Native Flute Ensemble (audio cassette)

A musical journey, featuring the Native American flute, that reflects three "power sites", where shamen or medicine men regularly gather - The Black Hills of South Dakota, Canyon de Chelly in Arizona and Atitlan in Guatemala. Compositions also feature Native American percussion and some synthesizer.

George Manuel - prophet and leader (2 CD set)

Grand Chief George Manuel, a Secwepemc born international political leader and prophet of the 19th century, shares through these recordings of his speeches, his philosophies passed down to him through the forefathers of the First Nations people.

Get Ready, Do It Right - Health and Welfare Canada

A video that focuses on career choices for First Nation's youth in the field of Health...explaining what courses are required to enter the field of Health Sciences.

Gift, The (CC) - NFBC - 48 min. 54 seconds

Ever since it was first nurtured from a grass by the Maya, corn has held a sacred place in the lives of Indigenous peoples in the Americas. Before colonization, corn was widely used as a beverage, a food staple, an oil and a ceremonial object. It was respected and revered as a critical part of creation. ***The Gift*** explores the powerful bond and spiritual relationship that continues to exist between people and corn. The video begins in North America on the traditional lands of the Six Nations Confederacy (in south Ontario and the northern New York state) where we witness the planting of corn and all the work and humour that accompany the community harvest. Next we travel to southern Mexico, from San Cristobal to the lowlands of the rain forests for the green corn and seed corn harvests. Mayan culture is inconceivable without corn – the NAFTA's threat to the Maya's right to grow maize became a central issue in the Zapatista uprisings. Through interviews, dance and song, ***The Gift*** is a beautiful exploration of the intertwined lives of people and corn. Capturing the traditional, spiritual, economic and political importance of this sacred plant.

Gift of Diabetes, The (CC) - NFBC - 58 min

Diabetes has reached epic proportions among Aboriginal peoples in Canada. Add to this the ever-increasing costs of drugs and treatments for a disease that has no cure and, clearly, a health crisis is close at hand.. Filmmaker Brion Whitford is an Ojibway who lives with the pain of advanced diabetes. In 2001, complications from the disease left him with only 50% kidney function and blood sugar levels that were spiraling out of control. Brion grew up not knowing his culture, and so had little faith in traditional Native medicine and healing. But as his health worsened, Brion's interest in his own culture grew.

The Gift of Diabetes follows Brion's struggle to regain his health by learning about The Medicine Wheel, a holistic tool grounded in an Aboriginal understanding of the interconnectedness of all dimensions of life: the physical, mental, emotional and spiritual. Brion also explores the historical trauma of colonization and how it continues to affect Aboriginal people's psychological and physical well-being. Only by making peace with this fact and his own troubled past can he move forward to a healthier and better life.

Gift of Self-Esteem, The (series of 13 videos) - Filmwest Associates
(For Companion Guides see library 791:NAT)

1. Achieving Balance in Life - 26 min.

There is little correlation between success and your intelligence, your education, your luck, your contacts, or your appearance. *"The Gift of Self-Esteem"* is a learning system that can guide you toward the success you desire if you will use it and apply it systematically and consistently. You can be, have, and do whatever you want in life simply by faithfully following what is outlined in this programme.

2. Five Principles to High Performance - 26 min.

The starting point of self-knowledge is recognizing that you are unique. You have a tremendous capacity to do something wonderful with your life. Programme 2 is founded on the premise that you're a thinking creature. Your mind makes you truly unique and there are certain mental laws that determine everything that happens to you. These laws work 100% of the time.

3. Unlocking Your Potential - 26 min.

Everything you do in life is attitudinal - 85% of your success is determined by your attitude. Your attitude is the outward expression of what is going on internally. If your attitude is positive, then you approach to life, your work, your relationships, and your problems will be positive. Your attitude has a powerful positive influence on your potential. When you improve your attitude, you automatically increase your capabilities.

4. Taking Charge of Your Life - 26 min.

Self-esteem is the starting point of all peak performance. Self-responsibility is the next step toward peak performance. Each reinforces the other. Self-responsibility means accepting this fact: you are the architect of your destiny. Everything you are and ever will be is up to you and you alone. If you wish to achieve your full potential as a human being, it is imperative you accept complete responsibility for your life.

5. Managing Your Emotions - 26 min.

The great aim in life is to be happy, however, you define happiness. The major obstacles to your happiness are negative emotions. There is a one-to-one relationship between your acceptance of personal responsibility for everything that happens to you and the elimination of negative emotions.

6. Releasing Your Brakes - 26 min.

Fortunately, negative emotions are not permanent and can be eliminated. Understanding how they were created in the first place is an important starting point in effectively eliminating them.

7. The Worry Buster - 26 min.

Worry - something we all experience from time to time - is negative imagination. It is what you create in yourself that causes you stress and anxiety. It creates fear or "fantasized experiences that appear real." Fortunately, worry is a conditioned response - you have *learned* to worry, and therefore can *eliminate* the behaviour.

8. *The New Mental Diet* - 26 min.

Everything that you allow to influence your thinking affects your subconscious mind. Whatever you allow into your mind affects your values, your expectations, your attitudes, your beliefs, and ultimately, your potential as a human being. The great difference between human beings is *what they feed into their minds* on a regular basis.

9. *Rapid Learning Techniques* - 26 min.

Your intelligence is not a matter of IQ but a matter of *the way you think and act*. When you consider that the average person uses less than 10% of his or her thinking capacity, you realize that your potential is absolutely limitless!

10. *Five Keys To Goal Setting* - 26 min.

What is success? Success is *goals!* All successful men and women have discovered that secret and have developed an intense goal orientation. Yet more than 95% of the populations fails to set any goals at all. The Master Skill of Success is the ability to set goals and to create action plans for the accomplishment of those goals.

11. *Seven Steps to Goal Achievement* - 26 min.

Although goal setting is vital to your success, it's only the beginning. Goals can often be left behind underachieved if you don't know how to work toward their accomplishment. High achieving men and women use a series of systematic processes and plans to achieve their goals.

12. *Developing a Success Personality* - 26 min.

As you will learn in this programme, your emotional intelligence is the single most valuable asset you have. Eighty-five per cent of what you accomplish in life will be a direct result of how well you get along with others.

13. *Parenting* - 26 min.

Parenting in today's world is a real challenge. It is critical that we raise our children to be self-reliant, self-responsible and capable of making their own decisions, as well as to love and respect themselves as valuable, worthwhile, important young people. That's a tall order!

***Gifts to Offer (CC)* - Aboriginal Network on Disability Society - 24 min 48 sec.**

This video profiles eight Aboriginal persons with various disabilities who are active within their communities, school and work. The theme of the video is: we all have a contribution to make - we all have ***Gifts to Offer***.

***Gitskan: On Indian Land Parts 1 & 2* - Wetsuweten Tribal Council Part 1: 54 min 40 sec.**

A two part series focusing on changes to the way of life of the Gitskan people. Elders explain life before contact and how things have changed since contact.

***Grease* - BCTF Lesson Aid Service**

Ooligan oil production on the Bella-Coola River.

***Gwishalaayt - The Spirit Wraps Around You* - Nimpkish Wind Production - 47 min 10 sec**

Gwishalaayt means ***The Spirit Wraps Around You*** in the Tsimshian language. Gwishalaayt is the power displayed for the first time in this remarkable film of the life of six extraordinary people who dedicate themselves to the tradition of Chilcat and Northern geometric weaving. For thousands of years, art and spirit have been woven together in the magnificent aprons and blankets that depict the ancestral history of the Tlingit and Tsimshian Nations. Gwishalaayt takes you to the spectacular landscapes of British Columbia, the Yukon, and Alaska that inspired the ancient heritage as well as the weavers of today.

The unique journey of self-discovery made by each of the artists is captured in intimate interviews at work and on their lands. We witness the intricate, sacred blankets emerging through age-old techniques, from the gathering of cedar bark, dyeing of wool and weaving, to their significant place in the culture of these people. In the moving finale, the weavers are gathered together in an honouring feast to celebrate their historic tradition, and Chilcat weaving is symbolically returned to the legendary founders of the Tsimshian Nation.

Half A World Apart...and a Lifetime Away - NFBC - 51 min., 50 sec.

In 1995, FN leader Grand Chief Ovide Mercredi made a pilgrimage to India after a summer of violence and standoffs near two reserves - a summer that challenged his leadership and his beliefs in non-violent resolution of grievance with Canada's federal and provincial governments. Mercredi decided to travel to India to meet with Gandhians who have practiced what the Mahatma set out as a means of forging that state. A highlight of the trip was a conversation between Mercredi and Gandhi's grandson. In this intimate portrait which chronicles an unusual journey, one leader explores the life and teachings of another, and in doing so, confirms a belief in the necessity to pursue paths of non-violent political action and social/ economic reconstruction.

Hands of History (CC) - NFBC - 51 min., 44 sec.

Four Aboriginal women artists, each from different nations, experiences, and artistic mediums. Yet all share in the life of the artist, in the creation of beauty, in the expression of culture and in the recording and examination of history. This video combines the strength of each woman's voice with the beauty and power of her art. A powerful and evocative journey of colour and sound, the film pays tribute to their art, their vision, and the role they have played in maintaining the voice of Aboriginal culture.

He Who Looks Upside Down: A Question of Justice - TV Ontario

Set in northern Manitoba, this video examines the values of the unwritten, complex traditional law as opposed to the white law that is failing native offenders. (See library for accompanying book 791:MAR)

Healing Circle, The (Volumes I & II) (audio cassettes) - David Campbell

The songs form a progression along the journey of healing starting with the negative feelings of shame and repression on to the positive experiences of "Gotta Tell someone" and finally to the exaltation of the "The Creator Slings".

Healing of Nations - Gryphon Productions - 48 min. 38 sec.

A one-hour documentary on cultural revival in Native America and Canadian communities. This film focuses on youth empowerment, the value of traditional ceremonies and teachings and the impact these traditions are having on young native people. Co-produced with native cultural educator George Amiotte (Guardian of the Oglala Lakota Sundance Society), this production is presented and spoken in the words of native spiritual leaders.

Healing the Hurts - Phil Lucas Productions - 59 min.

The memory of the Indian residential school experience produces strong emotions for most Native people: pain, anger, loss, and bitterness. Directly or indirectly, it affects all Native people of all generations in Canada. This video was produced at the request of a group of survivors of the Indian residential school system who gathered at Alkali Lake to participate in a healing circle. This special group of people wanted to share their experience with others by means of a documentary film. The community-level process of forgiveness and reaching out for personal well-being provides a model for understanding and healing the hurts and shame of the residential school experience.

Heart of the People, Life, Death, and Rebirth of a Great River - Gryphon Productions - 58:45 min.

This is the story of the Huu-ay-aht, native peoples from the westcoast of Vancouver Island and their centuries-old relationship to their river. Once numbering close to 8,000 people the Huu-ay-aht, great whalers of the past exist today as a proud community of 486. Now they are determined to see a restoration of the Sarita River, whose habitat was destroyed by clear-cut logging in the 1940's and 50's. They are appealing to the non-native community to join them in this project so that the missions of salmon which once thrived here may return to feed future generations of all races.

Helping Families - Helping Children Part 1 - Yellowknife Films - 28 min. 50 sec.

This video present clear information about FAS and FAE and demonstrates ways that families can support their affected children. The video brings a message of hope for families that children with FAS or FAE can live productive and satisfying lives. (Accompanying book in library 791:YEL)

Helping Families - Helping Children Part 2 - Yellowknife Films - 29 min.

This video, which shows children affected by FAS and partial FAS with their families and in the elementary school system, demonstrates ways that they can be supported to achieve success. Designed primarily for parents, this video will also provide insight to teaching and health professionals. (Accompanying book in library 791:YEL)

Hollow Water (CC) - National Film Board of Canada - 44 min.

When an individual confronts the spectre of abuse, we consider it an act of courage. When an entire community attempts the same thing, we call it a miracle. More than a decade ago, members of a tiny Ojibway reserve on the shores of Lake Winnipeg set out

to take justice into their own hands. Hollow Water, in Central Manitoba, is home to 450 people -- many of the victims of sexual abuse. The offenders have left a legacy of pain and denial, addiction and suicide. By law, they were the responsibility of the Manitoba justice system. But jail had not stopped offenders in the past. "Punishing people and telling them they needed to heal, didn't make sense." says one community counsellor. Instead, Hollow Water chose to bring the offenders home to face justice in a community healing and sentencing circle. Based on traditional practices, this unique model is reuniting families and healing both victims and their offenders. Hollow Water documents the moving journey of one family, torn apart by years of abuse, struggling to confront their past. This is a powerful tribute to one community's ability to heal and change.

Hoop Dancing (CC) - B.C. Learning Connection Inc. Min of Education - 15 min.
Grade 11-12

This video documentary is an exemplary representation of a First Nations hoop dance. The dancer discusses his motivation and training, the meaning of the dance, and its place in his culture. Also addresses the challenge and concentration required to perform this dance.

How the Fiddle Flows (CC) - NFBC - 48 min.

Its high summer in southern Saskatchewan and a rollicking tune fills the night. Four master Metis fiddlers play to the tapping toes of a lively crowd. *How the Fiddle Flows* follows Canada's great rivers west along the fur-trading route of the early Europeans. The newcomers introduced the fiddle to the Aboriginal people they intermarried with along the way. A generation later, their mixed-blood offspring would blend European folk tunes with the First Nations rhythms to create a rich and distinct musical tradition.

From the Gaspé Peninsula, north to Hudson Bay and to the Prairies, *How the Fiddle Flows* reveals how a distinctive Metis identity and culture were shaped over time. Featuring soaring performances by some of Canada's best known fiddlers and step dancers and narrated by award-winning actor Tantoo Cardinal.

Human Race, The (4 Parts) (CC) - NFBC

In *The Human Race*, a four-part documentary series shot on location in India, South Africa, Egypt, the United States and Mexico, internationally renowned historian and journalist Gwynne Dyer astutely weighs the implications of the way we live together, the way we organize societies, and our complex relationship with the environment.

Part 1: The Bomb Under the World - NFBC - 51 min. 27 sec.

An ornately decorated elephant leads a parade through an Indian village. A religious holiday? No, a promotional campaign for soap. Consumer society is coming, and India's growing population is looking westward, demanding the same goods and a similar living standard. And why shouldn't they? But what are the broader consequences of Western-style consumerism taking hold in large developing countries?

Part 3: The Gods of Our Fathers - NFBC - 50 min. 52 sec.

"Human nature" is not fixed. We can, and do, reshape ourselves every time we change our culture. Nor is there anything natural or innate in male domination. In ancient Egyptian villages along the Nile, *The Gods of Our Fathers* explores the evolution of patriarchy as one effective way of organizing mass societies. The patriarchal order was

not inevitable - it was merely functional. But the world is different now, and it's time to find alternatives to hierarchies and militarization.

***Part 4: Escaping from History* - NFBC - 52 min. 58 sec.**

Mexico City - the most polluted and fastest growing city on the planet - is a sobering foretaste of what may await us all. Looking at the effects of industrialization on Mexico, and impact on its development on the rest of the world, ***Escaping from History*** finds reasons for optimism. But it's a tough equation: for the Third World to have more, the First World will have to get used to having less.

***Human Rights and Responsibilities in a Multicultural Society* -**

Ethnivision - Victoria Immigrant & Refugee Centre Society - 47 min.

Human Rights & Responsibilities in a Multicultural Society portrays the progress and development of human rights in Canada and B.C. in particular. Parts 1 & 2 offer practical solutions helpful to those who: might encounter human rights violations; wish to become more active in the promotion of human rights; want to be part in the change towards greater social harmony. Part 3 offers an insightful look into Ombudswork, and the role of the Ombudsman. The video (with the accompanying Facilitation Guide) is targeted towards a general audience of newcomers but is particularly suitable for settlement and citizenship programs such as ESL classes.

***Hunters and Bombers* - NFBC - 53 min. 19 sec.**

In 1988, hundreds of Innu occupied the runways of Canadian Forces Base, Goose Bay, Labrador, starting a civil disobedience campaign that has brought them world attention. For thousands of years the Innu criss-crossed the Quebec-Labrador peninsula, on foot and by canoe, hunting caribou in one of the coldest climates on Earth. From the time of their first encounter with Europeans in the sixteenth century, until the mid-point of the present one, these ancient rhythms of Innu life remained essentially intact.

In the 1950s industrialists and governments took over their homeland for mines and hydro-electric projects. This forced them to settle year-round in villages, where their society began to collapse from alcoholism and other social problems. Hunters and their families began returning to the bush for several months a year to ensure their survival. Now the Innu fear their culture may disappear forever. Bombing ranges are being created in their homeland, and European low-flying jets spread noise pollution and danger.

***I Can Make ART like Andrew Qappik (PI) (CC)* - NFBC - 11 min 22 sec**

Andrew Qappik is a world-renowned Inuit printmaker from Pangnirtung, Nunavut. Originally inspired by images in the comic books he read as a child, Andres now finds his subjects in the stories, traditions and day-to-day events of the world. In ***I Can Make ART like Andrew Qappik***, he captivates his student audience by creating a soapstone relief print before their very eyes. Then it's the kids' turn. They explore Andrew's symbolic imagery - and their won -as they each create a self-portrait relief print. Imbued with a deep appreciation and respect for life in the North, ***I Can Make ART like Andrew Qappik*** offers an intimate look at a rarely seen and truly magical creative process.

***I Was Born Here - In Ste. Madeleine* - Ann Lanceley**

This is a four-part video production. It was shot on location at St. Madeleine, a Metis community that was evicted from the land by PFRA in the 1930's. The people left, but continued to bury their Elders at Ste. Madeleine. The spirit lived. Today, the people of Ste. Madeleine tell their story in four parts.

If the Weather Permits (CC) - National Film Board of Canada - 28 min.

In the vastness of northern Quebec, on the edge of the Arctic Ocean, lies the village of Kangirsujuaq, in Nunavik. Here, tradition and modernity intersect on a daily basis. Teenagers lap up "southern" culture and play golf on the tundra. Their elders - many of them former nomads and hunters - are trying to get used to the strange feeling of staying put. Eelisapie Isaac, a young filmmaker born in Nunavik, decides to return to her roots on this breathtaking land. To bridge the growing gap between the young and the old, she lets Naalak, an elder, and Danny, a young policeman from Kangirsujuaq, tell us what they think. She also speaks to her grandfather, now dead, and confides in him, her hopes and fears. Above all, she asks the fundamental question: Can Inuit culture survive in the modern world? (In English and Inuktituk, with subtitles.)

I'm Not Afraid of Me - Phil Lucas Productions - 28 min.

This video focuses on AIDS in the First Nations community.

Images of Indians - Four Worlds Development Project - 115 min.

This program examines how stereotypes and Hollywood depictions of Indians perpetuate prejudice; how the movie industry's misrepresentation of Native history, customs and language, affects everybody; contemporary native issues; how Native tribes have contributed to North American life; and the effect of government policies on "the Indian problem" during settlement times

In the Hands of the Raven - Seaton Productions - 60 min.

This one hour documentary examines one of the greatest and most artful cultures in human history. It documents the indigenous people of Canada's Pacific Northwest coast, but not as a distant anthropological exploration, nor as museum dust, but as a living legacy to the culture and artists who have created it. It weaves a rich tapestry through the dancers, the storytellers and the carvers who proudly carry the spirit of this truly artful heritage. It considers the vital role art has played within the strength of this vibrant living culture and examines its role in contemporary society. European contact led to a policy of cultural assimilation, the confiscation of ancestral lands, the banning of integral religious ceremonies, and ultimately to the devastation of communities by disease. This brought the indigenous cultures of the Northwest Coast to the brink of destruction. How tradition came to be, how it was nearly lost, and how the legacy of ten thousand years of cultural survival shaped a people and their art, is the story of In the Hands of the Raven.

In the Land of the War Canoes (DVD) - Milestone Entertainment - 43 min.

Best known as one of the premier photographers of the 20th century, Edward S. Curtis devoted his life to documenting the disappearing world of the American Indian. In this

film, originally entitled *In the Land of the Headhunters*, Curtis retold a tribal story of love and revenge among the Kwakiutl Indians of Vancouver Island. Curtis spent three years with the Kwakiutl to meticulously recreate their way of life before the white man came. In addition to the magnificent painted war canoes of the title, the film features wonderful native costumes, dancing and rituals - including a powerful scene of vision quest. In 1972, the only surviving print of this film was carefully restored and an original score of music and chants was recorded by the Kwakiutl themselves. Although some of the material suffers from nitrate damage due to its age, *In the Land of the War Canoes* still presents a magnificent image of a lost world.

In the Heart of the Cedar - Gryphon Productions - 21 min.

This documentary is about the importance of carving to westcoast native people. The program features several young native artists working with a master carver in the creation of a "learning-teaching" pole to be raised at a new museum. The video gives insight into the individual spiritual nature of each carver and their work. This video provides an inspiring and sincere message to all native people to re-discover the value and importance of their traditions.

In the Spirit of Our Ancestors – (CD) Yekawid – Chief Frank Nelson

Frank Nelson, Kwakwaka'wakw artist, was born at Gilford Island, B.C in 1945. He is a member of the Musgamagw Tsawataineuk Tribe of Kingcome Inlet and is an accomplished jeweller, carver and print maker. In 1983, Chief Nelson held his first potlatch and assumed his father's name "Yekawid". Yekawid takes great pride in the role he plays amongst his people. He has been a dancer and is an inspired composer and one of the lead singers in Kwakwaka'wakw potlatches. Yekawid has been instrumental in organizing 'Tribal Journeys', a gathering of canoe nations. Yekawid will continue his work to ensure that Twawataineuk people will, once again, become the proprietors of their own songs, dances and above all, their own art. To this end, Yekawid will continue to "echo that spirit that was left to us by our forefathers".

Indian Hunting and Fishing Rights - Native Counselling Services of Alberta, 23:17 min.

Treaty Indian people in Canada have special rights to harvest wildlife and fish for subsistence in all seasons of the year. Many who rely on hunting and fishing for their livelihood need information regarding what they can and cannot do under present day hunting and fishing laws. *Indian Hunting and Fishing Rights* takes a look at the most common charges Indians face when exercising their Treaty hunting and fishing laws. This video takes a look at the most common charges Indians face when exercising their Treaty hunting and fishing rights. This program also explores guaranteed access to hunting and fishing by Indian people, including a look at the laws of general application.

Indian Pride On the Move

This video features Howard Rainer as a facilitator for First Nation's youth. He focuses on instilling pride through participation and action. A great video to promote "Indian Pride".

Indians of the Northwest - Wood Knapp Video

The majestic world of America's Northwestern Indian comes to life in this portrait of a diverse people whose timeless contributions continue to enrich our lives. Discover the origins of the totem pole, and see how it became a universal symbol of Indian culture. Examine the Indian legends passed down through the ages - like the story of Mt. Mazam's eruption, which occurred over 7,000 years ago. Retrace the roots of Ming Dynasty porcelains found in prehistoric villages, suggesting a link with China predating arrival of the first Europeans. Learn about tribes such as the fierce Haida, who traveled hundreds of miles by sea to raid Puget Sound villages. Marvel at the prosperity of the tribes who revered wealth and status.

Indigenous Plant Diva (DVD) – NFBC – 9 min.10 sec

In the language of the Squamish Nation, cease Wyss was given the name 'TUyTanat', meaning «Woman who travels by canoe to gather medicines for all people.» In director Kamala Todd's lyrical portrait, Wyss reveals the remarkable healing powers of plants growing among the sprawling urban streets of downtown Vancouver. Whether it's the secret curl of a fiddlehead, the gentleness of comfrey, or the blood red streaks of Frog leaf, plants carry with them millennia of wisdom, communicated through colour, texture and form. Cease Wyss has been listening to this unspoken language, and is now passing this ancient and intimate sense of connection to her own daughter, Senaqwila.

Intertidal Zone, The (PI) - NFBC - 16 min., 58 sec.

The Intertidal Zone exists where land and sea merge and separate endlessly as the tides roll in and out. It is an astonishing world where the dance of life and death is performed daily as its inhabitants cope with their perpetually changing environment. Beautifully photographed sequences reveal the splendor of this delicate eco-system, from minute plankton to barnacles and crabs. The entertaining commentary reveals how the intertidal zone fits into the food chain and is an indicator of the health of our oceans.

Island of Whales - (narrated by Gregory Peck) - NFBC, 54 min., 53 sec.

A voyage of discovery, in search of the whales of the West Coast. Come aboard the John Muir, a double-masted, 58 foot sailing schooner, and join five of the world's leading whale researchers on a scientific expedition around Vancouver Island. Spectacular photography and sound recording, both above and under water, provide an intimate look at killer, gray, and humpback whales, and the world they inhabit. The scientists carry out research into the communication, habitat, food supply and behaviour of whales. What emerges is a picture of whales as creatures more sophisticated and complex than ever before imagined. Yet they are threatened...not by the slaughter of whaling, as in the past, but by less obvious threats of declining food stocks and pollution. At the end of the film, we are left with one compelling question: Can these magnificent creatures survive in our world?

It's Our Way - National Aboriginal Voluntary Organisation - 21 min.

This video is a celebration of volunteer activity in the Aboriginal community throughout Canada. The opening frames reveal the symbolism and the source of cultural strength of First Nations, Inuit and Metis peoples. It chronicles activities that touch on the diverse range and importance of giving back, of caring, of sharing, from a traditional perspective to today's contemporary world. There is a balance in the natural world and

the video reflects the many ways that volunteering builds bridges of understanding through connecting young people and elders, providing skills and experience, creating potential linkages to employment and cross cultural interaction at the community level.

The video touches on the unique perspective that Aboriginal people have toward volunteering and takes the viewer on a journey of hope and realisation that volunteering - from the Aboriginal context - is about responsibility, to ourselves, our families and to our communities. There are a thousand stories inside the stories that are told by the people that have participated in the making of *It's Our Way*. We hope that you can see your story, too.

Itusto - To Rise Again - Nimpkish Wind Production/ Barb Cramer 54 min.

For our people, certain events happen that are forever embedded in our memory, in the early hours of August 29, 1997, the Kwakwaka'wakw Nation was rocked to the core as our ceremonial Bighouse became engulfed in the flames of an arsonist's fire. The Bighouse stands at the centre of our history, where our traditional ceremonies make us a distinctive people of the Northwest Coast. *Itusto - To Rise Again* shares the Bighouse.

Filmed on location in Alert Bay, British Columbia, this documentary shares the cultural strength of the Kwakwaka'wakw people, taking us on a journey from the origins of our people, through the potlatch prohibition, to the present day.

Jaedaaq - To Return: the John Walkus Story - NFBC - 45. min

Young Kwakwaka'wakw artist John Walkus Green journeys home to the village he was forcefully removed from as a child. This film documents John's return and also investigates the BC government's adoption policies, which had tragic consequences. It is often difficult for adoptees to come home after losing family ties, heritage and language. Torn between two cultures, they are often discriminated against by both.

John Walkus was raised in Tsulquate, near Port Hardy. As a young child he was "adopted out" to a non-Native family. Even though his adoptive family tried to give him the love he needed, the experience left emotional scars. John passed through years of delinquency before returning to the home of his ancestors. Initially, he was rejected for being "white", but John refused to give up his vision to be accepted by his own people. His story becomes a remarkable journey, as he "carves" his way home. Combined with the powerful voices of other young adoptees and their advocates, John's adventure comes full circle as he offers his finest raven mask to a community that finally welcomes him home.

Jan Ah Dah (It Hurts!) - Filmwest Associates - 27 minutes

The issue of suicide and its prevention is a difficult issue to address. *Jan Ah Dah (It Hurts!)* is a docu-drama produced in the Yukon by the Northern Native Broadcastings Corporation for the People of the Yukon. Utilizing drama and legend, the pain and confusion of a family dealing with suicide is examined, along with the problems of getting help from a white man's world. This film will greatly assist those who are faced with the challenge of helping troubled native youth. The uncertain future native youth faces in the clash of cultures they live within, make this film timely for use by native organizations and professionals.

Journey Through the Healing Circle series (FAS/FAE) - Washington State Dept. of Social and Health Services

A series of four books (*see General Interest 618.3*) and videos for use in Fetal Alcohol Effects and Fetal Alcohol Syndrome training with foster parents, tribes, school personnel, medical personnel and clients. These training resources demystify FAE/ FAS by using a Native American storytelling format that reaches across all cultural and generational lines. Teaching and learning are accomplished by using animals of the forest as the main characters. The books and videos address the complexities and challenges that make parenting an FAE/ FAS child a difficult task and provide valuable information on prevention.

Video Series 1:

The Little Fox portrays a mother and father fox and their young daughter fox who has FAS. Focus is on ages birth to 5.

The Little Mask portrays two young raccoons with FAS/ FAE who are left to fend for themselves after losing their parents in a tragic alcohol related accident. Focus is on ages 6 to 11.

Video Series 2:

Sees No Danger/Wanders Far portrays two young bears with FAS/ FAE who meet, fall in love, and must fend for themselves after leaving home at a young age. Focus is on age 12 to 17.

Travels in Circles portrays a young puffin with FAS/ FAE who is left to fend for himself after losing his parents in a tragic alcohol related accident. Focus is on ages 18 - 22.

Journey to Nunavut: The Kreelak Story - NFBC - 48 min.

Martin Kreelak was born in an igloo on the coast of Hudson Bay in 1954. In 1985 he joined the first group of videomakers for the Inuit Broadcasting Corporation. This film tells the remarkable story of a Caribou Inuit family who were Canada's last nomads. Martin is a member of this family and also a principal character in ***Journey to Nunavut: The Kreelak Story***. He and his older brothers and sisters tell of their early life hunting on the tundra to the present, when they take the reins of the new territory of Nunavut on April 1, 1999. Martin Kreelak speaks for the generation that has borne the brunt of cultural clashes between southern and Inuit societies - they are the ones who will set the course for their new homeland. History, music, legend and irreverent humour offer a moving tribute to people preparing to enter a new era.

Journeyman (CD) - Dennis Lakusta

Songs

Kanehsatake – 270 years of resistance –NFBC -119 min 14 sec.

On a hot July day in 1990, an historic confrontation propelled Native issues in Kanehsatake and the village of Oka, Quebec into the international spotlight and into the Canadian conscience. Behind Mohawk lines that grueling summer, producer and director Alanis Obomsawin, herself an Abenaki Indian, endured 78 nerve-wracking days and nights filming the armed standoff between the Kanehsatake Mohawk people of First Nations, the Quebec police and the Canadian army. A powerful feature-documentary emerges that takes you right into the action of an age-old aboriginal struggle. The

result is a portrait of the people behind the barricade, providing insight into the Mohawks' unyielding determination to protect their land.

***Kecia: Words to Live By* - Gryphon Productions - 23min. 52 sec**

This emotional documentary is about a young HIV+ Native woman and the events which led up to her becoming infected with the AIDS virus. The video follows Kecia Larkin on a tour of Native communities as she delivers strong messages to young people about their bodies and the AIDS virus. This popular video is being used by dozens of native communities throughout North America.

***Keepers of the Animals (PI)* - Joseph Bruchac - 2 audio cassettes - 107 min**

This is a two tape set of traditional stories with 24 Native American tales included - i.e. How The Butterflies Came To Be. (Book in library 398.2:CAD)

***Keepers of the Earth (PI)* - Joseph Bruchac - 2 audio cassettes - 133 min**

A collection of twenty-five Native American legends read by Joseph Bruchac, this set contains the unabridged stories from the highly acclaimed book, *Keepers of the Earth*, which Bruchac co-authored with Michael J. Caduto. The legends center upon one of the most important considerations in human experience, the relationship between man and his environment. Performing stories drawn from the native cultures of North America - from the Inuit in the far north to the Creek in the southeast, from the Abenaki in the northeast to the Hopi in the southwest - Bruchac celebrates the human spirit as he connects the listener with nature. (Book in library 398.2:CAD)

***Keepers of the Fire (CC)* - NFBC - 54 min. 50 sec.**

According to an aboriginal proverb, no people is broken until the hearts of its women are on the ground. In *Keepers of the Fire*, aboriginal women let their hearts speak. Mohawk and Haida, Maliseet and Ojibwe, these are the voices of "warrior women" - those who have been on the front lines or some of the most important struggles aboriginal people in Canada have faced in the latter part of the 20th century. Storytellers, dreamers, healers and fighters, are just some of the women who are keeping the fires of hope and determination burning in aboriginal communities right across this land. With dignity and courage, these women speak their truth. (Book in library 398.2:CAD)

***Keeping the Spirit Alive* - Mimbres Fever - 48 min.**

Keeping the Spirit Alive focuses on five talented artists - Joe David (Nuu-chah-nulth), Robert Davidson (Haida), Isabel Rorick (Haida), Connie Sterritt (Nuu-chah-nulth), Clarissa Hudson (Tlingit) - who are carrying forward and developing their rich traditions and are part of the ongoing revitalization movement.

***Kevin Alec* - NFBC - 16 min., 28 sec.**

Eleven-year old Kevin Alec lives on the Fountain Indian reserve in range country near Lillooet, B.C. There he is taught by his elders how to make fishing nets, how to skin and tan hides, how to catch fish and ride horses. Though he lives in an extended

family, it is difficult to say how much of the traditional lifestyle he will be able to retain or how pervasive the influence from the outside culture will prove to be. Part of the *Children of Canada* series.

Kids Talkin' about Death (CC) - NFBC - 19 min 51 sec

Kids Talkin' about Death is an insightful look into how kids see and interpret death, from coping with the loss of a parent to helping a grieving friend. Candid, charming and astute, the kids bring death out into the open in a positive way. The taboo of death and the afterlife is explored through honest and at times playful conversations and animation. Entertaining and heartwarming, this documentary teaches all of us that death should be an important part of understanding life. Made especially for children aged 9-12, ***Kids Talkin' about Death*** is a safe and welcoming discussion starter for an often difficult subject.

Kla ah men Legends (P.I.) Education, Sliammon Native Council - 10 min each video

- (1) Mink & Frog***
- (2) Mink & Greybird***
- (3) Mink & Grizzly***
- (4) Mink & Salal***

Kuper Island - Return to the Healing Circle - Gumboot Productions - 44 min.

They called it Alcatraz. It was the Kuper Island Residential School, and it stood on a remote island off the coast of British Columbia. For almost a century, hundreds of Coast Salish children were sent to Kuper Island. Some died trying to escape on logs, across the water. Many more died later, trying to escape their memories. Now, twenty years after the school closed, the survivors are embarking on a remarkable spiritual journey. For them, the healing time has come.

Kwakwaka'waka Symphony of Dance (DVD) - U'Mista Cultural Centre

Lacrosse: the Creator's Game (CC) - B.C. Learning Connection Inc. Min. of Education 25 min. Grade 4 - 12

This documentary video explores the history of lacrosse and its spiritual significance to First Nations, their generosity in sharing lacrosse with white people, and the period they were excluded from playing lacrosse on the professional circuit. Interviews with modern lacrosse players and First Nations leaders are interwoven with archival footage.

Land Claims - Project North (in Victoria) September 1990

Talks on land claims by Paul Tennant PhD. (UBC) and Gerald Amos (Haisla) Kitimat Band Council

Land of the Inuit - (CD-ROM) - Ingenuity Works Inc. & the Museum of Civilization

Fascinating information about Inuit history and culture is found in an extensive multimedia encyclopedia, with original photos, pictures and drawings. Navigate the encyclopedia alphabetically or by subject, and bookmark favourite areas! All text can be printed.

***Last Mooseskin Boat, The* - NFBC - 28 min.**

For many generations, the Shotah Dene of the Northwest Territories built mooseskin boats each spring. Made of dried hides and sinew, the boats carried their families and cargo down mountain rivers to trading settlements such as Fort Norman. In this documentary, Gabe Etchinelle returns to the mountains of his youth to build one last mooseskin boat as a tribute to an earlier way of life.

Laxwe'gila - Gaining Strength (CD)

You are invited to the traditional land of the 'Namgis'. The Laxwe'gila Canoe Gathering will empower, inspire and instill traditional teachings. For the first time in over a hundred years we will travel by canoe and affirm our presence in our traditional territory. Our ancestors will be happy. Enjoy the songs of the 'Namgis and may it instill you with the spirit pride of our rich culture.

***Laxwesa Wa - Strength of the River (CC)* - NFBC - 54 min.**

In this video, Filmmaker Barb Cranmer, a member of the 'Namgis First Nation, explores the rich fishing traditions of the Sto:lo, Heiltsuk and 'Namgis Peoples of Canada's West Coast. With over fifteen years' experience fishing Johnstone Strait with her father, Cranmer presents rarely heard stories of traditional fishing practices and documents native peoples' efforts to build a sustainable fishery for the future.

***Learning Kwak'wala Series* - (audio cassettes) U.B.C. Crane Memorial Library**

Audio tapes of language instruction for Books 3, 4, 5, 6 and 7.

Nugwa'am - All About Me (CD-ROM)

This CD-ROM was produced for the Kwak-wala-speaking community by U'Mista Cultural Society in Alert Bay, B.C. Funding was provided by Canadian Heritage through the Museums Assistance Programme. Nugwa'am is dedicated to the memory of Agnes Cranmer and Margaret Cook, as well as the other many elders and volunteers committed to preserving our language and culture. Both women were invaluable resources for the ***Learning Kwak'wala Series*** of language books. Nugwa'am is based on material from the first four books.

***Legacy of the Mound Builders* - Ancient America Series - Camera One - 17 minutes**

While the Greeks were building temples in the old world, incredible monuments of earth were being constructed across eastern North America. Thousands of mounds and mile upon mile of earthen embankments are part of the rich Legacy of the Mound Builders. This is the story of a lost civilization born in the heartland of America; of advanced peoples with an elaborate trade network which extended over half the continent...and this was 2,000 years ago! Some scholars now believe the overall work of the mound builders exceeds that of the pyramids and the ancient works of Egypt. But just who were these people? Discover some of the surprising answers in ***Legacy of the Mound Builders***.

***Legend Series (PI) - Miramar Images Inc. - 3 videos, each 30 min. -
Gift of the Whales, Spirit of the Eagle, and Winter Wolf***

Children of all ages will discover the legends, behaviors and habits of some of the most fascinating creatures on the planet. This collection examines the majesty of the Eagle and the mystery of the Wolf and whale. Each repeated viewing will stimulate and satisfy a child's natural curiosity so it lasts a lifetime.

Gift of the Whales - Learn about these fascinating creatures and the lessons they have for us. Spectacular never before seen footage of whales, a small coastal Indian Village, and unspoiled natural scenery are the setting for this story seen through the eyes of Dan Hunter, a Native American boy.

Spirit of the Eagle - Join a young boy and his friends as they take a trip out of the city and gain inner strength by helping an injured Bald Eagle. Captivating Eagle footage and fascinating facts create an unforgettable portrait of our National symbol.

Winter Wolf - A Native American girl seeks to understand the age old conflict between man and wolf. Rare footage of Wolves and an insightful theme shed light on this mysterious creature.

Legends (CD) - Gilhast Singers from the House of Haxbegwootxw of the Fire Weed Clan

Songs of a living tradition.

Legends - The Story of Siwash Rock (CC) - NFBC - 24 min.

So begins s_xwe_xw_xwiy'am ***The Story of Siwash Rock***, a contemporary dramatization of an ancient Coast Salish myth about the famous Vancouver landmark that symbolizes the most sacred of a man's vows, cleanliness of fatherhood.

As Chief Simon Baker narrates in Squamish, the tale unfolds in Vancouver's inner city. We meet Andrew, a young Native man struggling to overcome the disillusionment of his people. Unemployed and faced with the unplanned and difficult pregnancy of his girlfriend Kelsey, Andrew must prove himself worthy of fatherhood by following the traditional path of his ancestors.

Legends is a gripping and life-affirming drama, featuring powerful performances by the film's young actors.

Legends of the Gwich'in of the Western Arctic (2 CD's) - CBC

On separate CD's, Gwich'in and English versions of five Gwich'in legends from the Mackenzie and Peel River areas.

Life is a Treasure (CC) - B.C. Aboriginal Network on Disability Society

People with disabilities talk about their needs and the ways they have been able to adjust.

Lifespirt - Fidel Marino

Issues of repatriation, return of stolen medicine bundles, and personal ceremonial objects versus a definition of art and the "rights" of auction houses and private collectors to buy and sell these "artifacts." This work also introduces the story of how the American Indian Repatriation and Ritual Object Foundation was founded by Elizabeth Sackler in 1993.

Liqwalla/Kwakwalla in Action - Greetings - Lesson 1 - (PI) - SD #72
Campbell River

Language lesson.

Little Trapper, The (CC) - NFBC - 24 min.

Robert Grandjambe, Jr., is a unique and industrious 13-year-old kid. While his peers are adopting a more modern, urban lifestyle, Robert is continuing the traditions of his Cree forebears. Equally at home in town or in the bush, the young boy is ***The Little Trapper***, hunting fishing and learning to liver off the land. The knowledge and skills passed down from his parents and other family members are strengthened by Robert's desire to learn more about the traditional lifestyle and the beliefs of his ancestors. Robert's senses of responsibility and initiative, his great love and enthusiasm for the bush, his respectful approach to hunting and trapping - are all qualities that make him special and a model for others his age.

Living With Mother Earth – BC Learning Connection - Min. of Education - 25 min.
Grades 10-11
(The Yukon: Our Land, Our People Series)

This video contains information on: traditional Yukon FN knowledge and belief systems, compared to the belief systems of western society, the value of the lands and resources to FN people is shown as well as present day pollution problems in the Yukon that impact FN people.

Long Walk, The - NFBC - 48 min.

Ken Ward was the first Native Canadian to go public with his HIV diagnosis. Seven years later he has developed AIDS and remains an ardent activist of HIV prevention and treatment. Ward works primarily with First Nations populations, where the epidemic is often compounded by isolation and poverty. He also takes his message into prisons, where the infection rate among Native inmates is 17 times the national average. Filmmaker Alan Bibby accompanies Ward as he travels the back roads of the Canadian West, nurturing tolerance and understanding within fearful communities, and bringing hope and guidance to people living with HIV or AIDS.

Loon and Raven Tales (PI) - Traditional Legends of the Northwest -
(audio cassette) –
Anne Cameron

When Anne Cameron was growing up, she was befriended by Klopinum, a Native elder in her Vancouver Island town. Klopinum entertained Anne with her people's stories of the way things were when the world was young. Anne was so fascinated that Klopinum requested her to pass the stories on to the children of her time, when she grew up.

Cameron's retellings of these legends have delighted young and old alike in her books and now on audio cassette. Anne Cameron is one of BC's best-loved writers.

Lord of the Sky (PI) (CC) - NFBC - 12 min.59 sec.

In this animated, environmental parable, we find a people living in harmony with nature, until carelessness leads to the ravens' revenge. We follow a boy's courageous journey to the spirit world to find the only one who can save his village from the resulting darkness - ***Lord of the Sky***. An artistic unity of form and content, *Lord of the Sky*, by Ludmila Zeman Spaleny and Eugen Spaleny, is a dazzling combination of 3-D models, puppets, special effects and cut-out paper animation. Their intricate, beautifully rendered drawings reflect the natural environment and cultural heritage of the Pacific Northwest. The film speaks strongly of the need for ecological balance in the world. Suitable viewing for children and adults of all ages.

Lost Songs (CC) - NFBC - 24 min.

In the early 20th century, a disastrous outbreak of tuberculosis wreaked havoc on Aboriginal communities in Canada. First Nations filmmakers Clint Tourangeau and Elaine Moyah explore attempts to treat disease and examine the life-long, personal impact on thousands of patients. With TB at critical levels in the 1950's, patients were uprooted from their surroundings and relocated to recovery facilities far from home. Many people found their ties to family and society severed, a separation that often lasted for years. Delving into experiences of former patients at the Charles Camsell Indian Hospital in Edmonton, ***Lost Songs*** deftly layers vivid memories and isolation with archival footage and photos. The patients recall their years of hospitalization, after being forced to leave behind their traditional northern communities for unfamiliar urban environments. This eloquent documentary captures how the fight against tuberculosis became an even greater battle to maintain courage and spirit.

Love Taps (CC) - NFBC - 21 min 15 sec.

A powerful drama about teens, relationships and dating violence. High School students Mark and Terese are involved in a dangerous relationship. Mark is becoming more possessive and abusive and Terese thinks it's probably her fault. Her best friend urges her to break off the relationship, but Terese thinks she can handle it ... until Mark physically attacks her in front of a group of friends. Teenagers Kelly and Benson are also involved in an abusive relationship. Even though Kelly cares deeply for her boyfriend, she is constantly making sarcastic remarks about his intelligence. Whenever Benson reacts to her verbal abuse, Kelly always apologizes with the excuse that she's "just joking."

Designed as a discussion starter, this video deals with some disturbing issues. Previewing before use is highly recommended.

Making Sense of Adolescence – (4 DVDs of 8 lessons + 3 booklets) – Gordon Neufeld Ph.D

Crossing the bridge from childhood to adulthood has never been so daunting. The time of adolescence is longer than ever and yet society offers little support in understanding or facilitating this transition. What is Nature's purpose? What is the developmental design? What is meant to happen? This course is designed to be used by parents,

grandparents, teachers, administrators, professionals – anyone who desires to make sense of adolescence. Dr. Neufeld helps shed light into this often dark and confusing time. He gives both the tools and the eyes to see an adolescent through the journey, and articulates why now more than ever adolescents need our help to cross that bridge. The course is formatted into eight one-hour sessions on the following topics:

1. Crossing the bridge: adolescence in perspective
2. Two paths diverge: *conformity versus individuality*
3. Walking through aloneness and sadness: *the necessary road to individuation*
4. Taking the wrong turn: *when peers replace adults*
5. The counterwill storm: *how to survive teen resistance*
6. Becoming tempered: *the key to adolescent balance and stability*
7. Reclaiming our youth: *how to hold, or win back, their hearts*
8. Becoming a sexual being: *the pursuit of proximity in another dimension*

Making Treaties in British Columbia - Motion Visual Productions

From Global TV on the treaty process in B.C., a film about indigenous land rights in British Columbia.

Masks - Faces of the Pacific - (CD-ROM) National Film Board of Canada

Masks: Faces of the Pacific invites you to explore the world of masking and what it means to the people of five cultures on the Pacific Rim.

Masks from Many Cultures - B.C. Learning Connection - 21 min.

Presents more than 100 examples of masks and headdresses from a variety of cultures around the world. Masks are both historical-traditional and contemporary, and include student creations. Live action segments show masks in use in ceremonies/ celebrations and demonstrate a Dominican mask artist at work.

McGruff Files, The: People, Different But Alike (PI) - AIMS Media - 20 min.

This is aimed at teaching children how to get along and make friends with people they view as "different". This shows some of the things that can happen when people don't make the effort to understand and appreciate each other. The first scenario shows how prejudice may result in vandalism. The other two segments feature youngsters who overcame their differences to play together and learn from each other. When faced with conflict or some other type of miscommunication, children need to determine what the problem is, why it is a problem, and decide how to solve it. Asking questions, listening to answers, and discussing solutions will enable children to settle arguments amicably and help "take a bit out of crime."

Medicine Wheel, The - Motion Visual Productions/ 4 Sight

From BCTV on First Nations spirituality.

Memories of a Secwepemc Elder (PI) - Secwepemc Cultural Education Society
-Part 1 Saskatoon Berries
-Part 3 Spear Fishing
-Part 4 Smoking Deer Meat

The survival of the Secwepemc people was dependent on the natural environment and the materials and resources available within it. The Secwepemc interacted with their physical environment to meet their basic needs - food, clothing, shelter, medicines, tools and implements. They respected and appreciated the land, water, air, plant and animal life, and they took only what was needed for survival.

Memories of Earth (CC) – NFBC – 55 min 50 sec

Intrigued by this ancient Haida legend, animation filmmaker Frederic Back goes to Haida Gwaii – the Queen Charlotte Islands off the coast of British Columbia. With James Hart, world-renowned sculptor and chief of the Eagle Clan, he explores the islands, seeking traces of the past enshrined in the Earth. For over ten thousand years, the Haida have understood and interpreted nature through their culture, art and mythology. Like the great raven who freed the light, they seek to free the spirit of the past so that it can teach us to protect the land of the ancestors and the surrounding ocean.

Memories of Earth is a spectacular mix of live images and masterful animation, complemented by an evocative soundtrack. Inspired by the beauty of the land, director Jean Lemire offers a veritable ode to creation. James Hart sculpts the great raven. Frederic Back gives it wings so that it can carry its message to the world: Haida Gwaii is our land. It is the only land we have. There will never be another.

Men’s Grass Dance Songs (CD) – Arbor Records

Fifteen grass dance songs.

Metis Communities series (DVD) Gabriel Dumont Institute – 100 min

1. Story of the Crescent Lake Metis: Our Life on the Road Allowance

This documentary tells the story of the Crescent Lake road allowance community from the perspective of its Elders. This is a remarkable story about Metis land dispossession, relocation and survival.

2. The Land Gives Us Our Knowledge

For over 230 years, Ile-a-la Crosse, Saskachean has been a vibrant community with strong ties to the land and the fur trade. Elders stress their respect for the land, and share with us their knowledge, stories, history and their community culture.

Metis of British Columbia, The (2 DVD’s) Centre for Social, Spatial, & Economic Justice – UBC Okanagan

Disc 1: Culture, History and Hunting

Culture: Story of Capote, Bannock. Beading, Story of the Flag, Story of the Sash, Wall Tents.

Hunting Menu: Deer Hunting, Grouse Fan, Elk Hide Processing, Pemmican, Rabbit Snares, Plant Harvesting,

History Menu: Language, The word “Metis”, Metis Social Organization, Metis in B.C.

Disc 2 Music & Dance

N.B. The 2-disc version has all of the above titles. There is a separate DVD that has **Music & Dance** only.

Metis Women's Traditional Arts series (DVD) – Gabriel Dumont Institute
190 min

Showcasing and celebrating the artistic talents of Metis women, the Gabriel Dumont Institute produced *The Metis Women's Traditional Arts Series*. This DVD contains four-video series, which provides in-depth instructions and direction in the production of various forms of Metis cultural expression.

1. Metis Hooked Rugs

Featuring Margaret Harrison and her mother, Adeline Pelletier *dite* Racette, provides the viewer with step-by-step instructions on how to make a hooked rug. They also share their stories about living on a road allowance in the Qu'Appelle Valley in southern Saskatchewan.

2. Silk Embroidery

With instruction from Margaret Harrison, viewers have the opportunity to learn basic embroidery stitches, and receive direction in working with patterns, designs, needles and fabrics. Margaret also shares her experiences and thoughts on the importance of preserving and promoting this traditional Metis art form.

3. Fingerweaving

Combining Aboriginal fingerweaving techniques with European materials, the sash remains an integral and highly symbolic aspect of Metis identity. In this video, Penny Condon provides fingerweaving lessons to grade seven and eight students from St. Frances School in Saskatoon, Saskatchewan.

4. Beadwork

This documentary discusses the Metis beading tradition of Cumberland House, Saskatchewan. It centres on Isabelle Impey and her efforts to preserve Metis beadwork. It also provides instructions on how to bead and make moccasins.

Mi'kmaq Family - Migmaoei Otjiosog (CC) - NFBC - 32min. 20 sec.

Raised in a small town, Catherine Anne Martin sets out to explore the deep roots of her Mi'kmaq traditions in the heart of Cape Breton. Like many young First Nations people today, she is looking to the ways of the past for guidance in raising her children. She takes them to a Mi'kmaq summer gathering at Chapel Island-a Mawio'mi. For decades, the Mi'kmaq from all over the Atlantic provinces have come here to celebrate Ste. Anne's Day, to renew friendships, share stories and gain spiritual and cultural strength from the richness of their heritage. At Chapel Island, Catherine learns anew that for the Mi'kmaq, raising children is a sacred task to be undertaken by the parents, the extended family and the whole community.

Mi'kmaq Family/Migmaoei Otjiosog provides a valuable resource for both First Nations and non-First Nations audiences who are looking for ways to strengthen and explore their own families and traditions.

Mind of a Child, The (CC) - NFBC - 59 min., 30 sec.

Working with Children Affected by Poverty, Racism and War. How can children adapt and do more than survive in neighbourhoods where violence is common? How can they learn in schools where teachers have given up on them? This challenging documentary follows the successful work of Lorna Williams, who set out to help aboriginal children in Canada who are dropping out of school, losing hope, and committing suicide in

terrifying numbers. Her search led her to Reuven Feurstein, an Israeli psychologist who began his work with the children of the Holocaust. Feurstein's ideas provide deep insight into the way children learn. Lorna returned to Canada with a renewed approach to teaching that reveals the intelligence and the ability of the children, and helps them to build missing skills. The same methods prove useful with children "at risk" in the inner city neighbourhoods of Washington, DC.

Mission School Syndrome (CC) - BC Learning Connection - Min of Education - 58 min.
Grades 11-12

An in-depth view of the history and ongoing impact of the missionary and residential school system in the Yukon Territory from its inception in 1893 until recent times. Examines the role these schools had in fulfilling the Canadian government's policy of assimilation and how a continuing cycle of family breakdown was created. The video also spends a short amount of time explaining what Mission School Syndrome is. Interviews with survivors, former administrators, historians, and religious officials are combined with still photographs, archival footage, primary documents and current video of the buildings to give a wide range of perspectives on this topic.

Moccasin Flats (PI) (CC) - NFBC - 26 min.

This is a half-hour children's drama about a native boy who is forced to choose between friends and family. Joe, a ten-year old who lives in the inner city, wore moccasins to school and became known as "Moccasin Flats". He hates the nickname. Joe has made friends with a group of boys known as the Pirates who discover adventure in the neighbourhood back alleys and nearby ravines. They're busy collecting bottles to raise cash needed to buy bicycles at an upcoming police auction.

Mohawk Girls (CC) -NFBC - 53 min.

The massive Mercier Bridge looms over the eastern end of the Kahnawake Native reserve carrying commuters into the city of Montreal. For Amy, Lauren and Felicia, three Mohawk teens living in its shadow, the bridge also serves as a constant reminder of the bustling world just beyond the borders of their tiny community. With insight, humour and compassion, Kahnawake filmmaker Tracey Deer takes us inside the lives of these three teens as they tackle the same issues of identity, culture and family she faced a decade earlier. Shot over two years, and interspersed with home videos from Deer's own adolescence *Mohawk Girls* provides a surprising inside look at modern Aboriginal youth culture. Deeply emotional yet unsentimental, it reveals the hope, despair, heartache and promise of growing up Native at the beginning of the 21st century.

Moosehide Tanning - Saskatchewan Indian Cultural Centre -16 min.

A demonstration of tanning a hide from the initial stretching onward.

***More Than Bows and Arrows* - Wood Knapp Video - 60 min.**

Long before the first Europeans reached North America, generations of Native American Indians had flourished and developed a proud heritage. Journey into the past and learn about these magnificent people - see the profound impact they had on the development of both the United States and Canada.

***Mother of Many Children* - NFBC - 57 min. 50 sec.**

An examination of the role, socialization and living conditions of Canadian native women, this film focuses on the cycles of personal growth from birth to old age, as experienced and recounted by Indian and Inuit women in a series of interviews. The use of archival material to discuss the long-term effects of residential schooling on Indian children and the consideration of how Indian women's role has been shaped by dominating Institutions add to the film's usefulness in the classroom.

***Mother's Choice, A* - Gryphon Productions - 30 minutes**

A new half-hour documentary about Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE), presented in the words of aboriginal mothers. This documentary examines the issue of FAS from the perspective of aboriginal mothers and the root causes of FAS. It focuses on a FAS support group, whose members provide strong prevention messages about drinking while pregnant.

***Muffins for Granny* (DVD) - Mongrel Media - 80 min.**

The sad history of the Canadian government's residential school programme has had a profound effect on First Nations peoples across the country. For filmmaker Nadia McLaren, it's a personal history as well; her Ojibway grandmother was forced into a residential school and its repercussions have echoed through her family. Looking to understand her loving, but troubled, grandmother. McLaren interviews seven First Nations elders about their experiences in residential schools. Mixing stark animated moments with human faces and home movie footage. *Muffins for Granny* is a raw and honest documentary about a difficult chapter in Canadian history - a chapter that, for some, is not over.

***Muin and the Seven Bird Hunters* (DVD) (PI) Mi'kmaw Elders et al**

This story is related in Mi'kmaw and English, English, French. and is the Mi'kmaw legend of the North Star. (Copy 2 is in the Astronomy kit)

***Mungo Martin: A Slender Thread/The Legacy* - Barb Cranmer - 18 min.**

Mungo left all of us a priceless legacy. He has shown us the way to the path our forefathers laid down for us. He had the strength during potlatch prohibit and his strength for keeping alive what we might have lost. We are thankful to Mungo for enriching our lives and making us proud of who we are.

My big FAT DIET (DVD) – Mystique Films

Supersiz Me meets Northern Exposure in *My Big Fat Diet*, a documentary about how the Namgis First Nation of Alert Bay takes up a dietary challenge and returns to a traditional style of eating for a year. The rules were simple: eat lots of protein, fat and vegetables, give up sugar, junk food and starch. Obesity and diabetes are now worldwide epidemics, but the rates are especially high in aboriginal populations. Mainstream experts say it's the result of sedentary lifestyles and a diet rich in fat. Metis physician, Dr. Jay Wortman, says not. We follow the stories of six people who forgo sugar and junk food for a year, as Dr. Jay tries to prove his controversial theory that carbohydrates, not fat, are feeding the diabetes obesity epidemic. Funny, heartfelt and thought-provoking, this account of a small town's battle of the bulge raises questions about everything we ever thought was true about diet. Directed by Mary Bissell, *My Big Fat Diet* documents a medical and cultural experiment, the first of its kind in North America

My Brand New Life Series:

A Feast for One's Eye's (CC) (PI) – Productions La Fete/NFBC – 23 min. 33 sec

Abdul Rahim, a young Muslim living in Vancouver, is an accomplished cook, thanks to his mother. Peter, from Squamish, BC, is an expert at fishing for salmon and smoking it, thanks to his father. As Peter learns the art of pakora and kebabs, Abdul Rahim catches his first salmon. The two youngsters exchange skills and prepare a feast for each other's family. A resounding success on both sides since they score 10 out of 10 from a jury of seasoned connoisseurs.

Grades 4-6 social studies, geography, natural science, health.

Inuit Games (CC) (PI) – Productions La Fete/NFBC – 23 min. 33 sec

Eric, a young athlete from Montreal, excels at soccer, hockey and cycling, but when he sets out for the Arctic to take part in the traditional Inuit Games, he discovers that his skills for *knuckle*-jumping and high-kicking are minimal. After a week of touring in Kangiqsualujjuaq, Eric learns a lot more than Inuit sports. He brings back to Montreal a whole new perspective on life, sports and friendship.

My Father My Teacher (CC) – NFBC – 52 min.

It's a crisp summer day, and a pod of belugas has been spotted in the distance. Dennis Allen and his 77-year old father, Victor, climb into a boat and head onto the water. They're in good spirits as they prepare to carry on the deeply rooted Inuvialuit tradition of the whale hunt. But, it hasn't always been this simple. After years of animosity, Dennis is now beginning to understand and respect his father. This documentary captures a delicate and evolving relationship as they come together in the spectacular settings of Baby Island and the Mackenzie Delta in Canada's Western Arctic. The film unfolds as a series of astonishingly honest conversations. Dennis candidly reveals the reasons he severed ties with his family as a youth, falling instead to addiction. Today, he is fighting to restore broken links to his culture and community, beginning with his father. Meanwhile, Victor weaves wonderfully charming and poignant stories. As he

talks about his family, growing up in the Arctic, and the dramatic changes he has seen in Inuvialuit life, his extraordinary wisdom and strength of character shine through.

My Father My Teacher is an eloquent reflection of the bonds and tensions faced by all families. It is also an extraordinary look at the handing down of a precious family legacy from father to son.

My Partners, My People Series:

Douglas Cardinal: Architect (CC)- BC Learning Connection - Min of Education - 25 min. Grades 11-12

Examines the history, struggles and personal philosophy of renowned architect Douglas Cardinal. Set upon the context of several of his projects, Cardinal speaks about his work and the influences that have guided it. Provides a wide range of Cardinal's work on both the provincial and national levels. The work viewed range from his first effort, St. Mary's Church in Red Deer, Alberta, to his most impressive project to date, the Canadian Museum of Civilization in Ottawa. Ties between the contemporary and traditional aspects of Cardinal's life are examined.

Littlechild - (CC) - BC Learning Connection- Min. of Education - 25 min. Grade 12

A biography of Cree artist George Littlechild who grew up in a non-FN foster home. He traces his heritage after finding that both his parents had died on skid row. He learns what his parents and relations were like through talking to relatives and friends. The knowledge that he gained became the subject of his artwork. Illustrates the artistic process and the artist's search for identity

Pow Wow - Filmwest Associates - 24 min.

Young Indian playwright, Floyd Favel, himself an expert Pow Wow dancer, explores the wide-spread popularity of this relatively recent phenomenon in Indian country. An explosion of colour and movement, Pow Wow dancing to century old rhythms is both a journey of discovery and remembering – stirring the soul, capturing the heart and offering a chance to feel good about being Indian. Plains Cree – Ermineskin Reserve.

Tantoo - Filmwest Associates – 24 min.

Her performances have been described as passionate and magnetic, powerful and uncompromising, credible and enchanting. With her recent success in Kevin Costner's "Dances with Wolves," ***Tantoo Cardinal*** has become Canada's premier Native actor. Now living in Hollywood, she will work toward landing roles which may give recognition to her Native heritage, yet do not require her to continually play the traditional *native* Indian role. **Drama Studies** included.

My Village in Nunavik (CC) - NFBC - 46 min.57 sec.

Bobby Kenuajuak was born in 1976 in the village of Puvirnituk on the shores of Hudson Bay in northern Quebec. He won the National Film Board contest for Aboriginal filmmakers at the age of 23, which allowed him to learn his craft at the NFB's Montreal headquarters, where he spent 18 months producing this film. Shot during three seasons, Kenuajuak's documentary tenderly portrays village life and the elements that forge the character of his people: their history, the great open spaces and their unflagging humour.

Though Kenuajuak appreciates the amenities of southern civilization that have made their way north, he remains attached to the traditional way of life and the land: its vast tundra, the sea teeming with Arctic char, the sky full of Canada geese. *My Village in*

Nunavik is an unsentimental film by a young Inuk who is open to the outside world but clearly loves his village.

Mystery of the Maya (CC) - NFBC - 38 min.

Take a journey back in time and witness the splendor of Maya culture at its zenith. Filmed on location at numerous sacred sites throughout Central America, ***Mystery of the Maya*** explores the culture, science and history of this fascinating people.

Na-Niiq-Su - Nuu-Chah-Nulth Tribal Council - 16 min., 17 sec.

This video, ***Na-Niiq-Su***, introduces viewers to the traditions and history of the Toquaht and Makah, both tribes of the Nuu-chah-nulth people.

Nah Hoolthee - Nuu-Chah-Nulth Tribal Council - 25 min.

This is a unique video production that examines the culture, history, and economy of the Nuu-Chah-Nulth Nation - a nation that consists of fifteen tribes and two language groups inhabiting the west coast of Vancouver Island and the northwest corner of Washington State. These people talk about their history, which is rooted in the resources of the sea and the fragile lands that border this part of the coast of North America.

Native American Myths (PI) (CC) - B.C. Learning Connection 24 min. Grades K-5.

Native American art and narration are used artistically to bring to life five ancient myths from the oral traditions of the people: Sky Woman, How the Raven Gave Daylight to Mankind, How Coyote Stole Fire, The Story of the First Strawberry, and How People Came From Out of the Underworld.

Native Art of Canada (DVD) - Daval Productions - 22 min approx.

Enjoy the beautiful and vibrant images of Canadian Native art. This unique style of art is brought to life in this beautifully shot video. View traditional masks and carvings, each one unique and individual. See the contemporary style of Native art, represented in beautiful paintings and stunning jewelry carved in gold, silver and sparkling diamonds. Art that has come to represent a nation in the eyes of visitors from around the world.

Native Awareness - Behind the Mask - Access Network - 28 min 50 sec

Misunderstanding and misinformation about aboriginal people abound. Interviews with aboriginal people of all ages and from many kinds of background help dispel stereotypes that limit their potential. Practical teaching strategies for helping students understand the historical roles and contributions of aboriginals are discussed in the programme. (Accompanying book in library 791:ACC)

Native Indian Folklore (PI) - NFBC - 71 min.

Christmas at Moose Factory - Christmas in the Cree settlement on the shores of James Bay is delightfully presented through children's drawings. (13:07)

Salmon People - The romantic west-coast legend of the Salmon Princess is contrasted with the reality of today's native-owned fishing boats and canneries. (24:43)

The Man, the Snake and the Fox - An Ojibwa fable about promises given and promises broken, enacted with puppets. (11:58)

Medoonak the Stormmaker - A thrilling stage performance of a Micmac legend about taming the weather. (13:02)

Summer Legend - This is an animated version of the Micmac legend that explains the cycle of the seasons. (8:15)

Native Legends (PI) - NFBC - 22 min., 06 sec.

The Owl Who Married a Goose - An Inuit tale for young and old - about a goose who captures the fancy of an owl. (7:38)

Summer Legend - An animated version of the Micmac legend which describes the cycle of the seasons.

The Owl and the Raven - This Inuit legend tells the charming story of how the raven became black. (6:39)

Native Reflections - NFBC, 25 min., 20 sec, 2 stories:

The Ballad of Crowfoot, a NFB classic, is an impressionistic, haunting, often bitter account of the opening of the Canadian West, presented through still photography and the words and music of Willie Dunn, a Micmac from Montreal. (10:18)

School in the Bush vividly communicates Cree values and culture, and their reverence for the land. The film shows this hunting culture's way of life, from the building of the winter camp and the divisions of labor to the celebratory feasts and rituals following a successful hunt. For the Cree, life and education are the same: children learn by working with their parents; schooling in the bush never stops. (15:02)

Native Women: Politics - Motion Visual Productions/Indigeni

From BCTV, profiles on native women leaders.

Navajo Code Talkers - The Epic Story - 55 min.

From 1942 until 1945, the U.S. Marine Corps recruited over 400 Navajo Indians for duty as communication specialists. These specially trained Navajos - known as Code Talkers - devised an unbreakable voice code to transmit battlefield messages during the Pacific Campaign. This is the first authoritative and comprehensive documentary to examine a little-known chapter of both Marine Corps and Navajo history during World War II.

New Canoe, The, episode #806: Nelson Family Potlatch - (DVD) - Arrow Productions

Nelson Family Potlatch that took place in 2009 in

New Moon - A Gift for the Spirit - Outer Island Production Inc. - 48 min.

In this documentary you will visit the rugged, beautiful West Coast of Canada. There you will meet a remarkable man. Tim Paul from Hesquiaht First Nation was taught from childhood how to see, listen and understand the many dimensions of the natural world. Using his art and ancient knowledge passed on through cultural teachings, Tim gives expression to man's place in the universe. The programme will close with the creation of a sculptural exhibit which was inspired by a vision and celebrates the cycles of the moon.

Nisga'a Nation Series:

Nisga'a Dancing in Both Worlds – (DVD) – Kinetic Video – 43 min.

Since time immemorial, in North West British Columbia, K'ali-Aksim Lisims – the great River Nass and surrounding mountains have been home to the Nisga'a people. Though sustained by the natural richness of their homeland, theirs is a history of survival. In the 18th Century, a devastating volcano erupted killing thousands of people as it spread molten lava down the valley. Explorers, missionaries and government representatives both from Victoria and Ottawa invaded their lands bringing with them white man's diseases and alien ways, including the tragedy of the Residential Schools. For 13 years, Chiefs and leaders contrived to gain acknowledgement of possession and control of their rightful territories, culminating in 2001 when the Calder Case led by lawyer Tom Berger finally found success at the Supreme Court of Canada. Legal right to their ancestral territories led to the Final Agreement establishing conditions of self government.

Nitinaht Chronicles, The (CC) - NFBC - 143 min.

This is a candid portrait of an Aboriginal community struggling to come to terms with a searing legacy of sexual abuse, incest and family violence. The film follows the Ditidaht First Nation on BC's Nitinaht Lake Reserve over a seven-year period, after a respected elder is found guilty of sexually assaulting his granddaughter. This video is accompanied by a comprehensive user's guide.

No Turning Back - The Royal Commission On Aboriginal Peoples (CC) - NFBC - 47 min., 20 sec.

In 1990, the town of Oka, Quebec, assumed it could build a golf course over traditional Mohawk burial grounds. Facing Canadian troops and tanks, Mohawk men, women, and children stood guard over these ancient graves in what became known internationally as the Oka Standoff. The First Nations peoples were openly at war with the Canadian government. Seven months after the barricades came down, Prime Minister Brian Mulroney announced the creation of a Royal commission on Aboriginal representatives. For two and a half years director Greg Coyes, with two teams of Native filmmakers, followed the Commission on its journey from coast to coast. ***No Turning Back*** documents this historic trip. Narrated by Canadian actress Tina Keeper, the video weaves the passionate and articulate voices of Indian Inuit, and Metis with the history of the relationship between First Nations peoples and the Canadian government.

Nomadic Indians of the West - Wood Knapp Video - 60 min.

The distinguished world of the Plains Indians comes to life as age-old secrets and unexplained questions are examined. This enlightening portrait of a proud and noble people is riveting from start to finish. Travel to Bighorn Range to see the ancient Medicine Wheel, which was used as a ceremonial site and an astronomical observatory. See how Indians of the Great Basin adapted as ancient ice age lakes disappeared and their rich land turned to desert. Discover how the Indians - like early sea explorers - used the stars to help navigate the vast plains. Learn how the Plains Indians invented smoke signals to send messages over great distances. Study the origin of sign language which was used in trade negotiations by tribes that spoke hundreds of different languages.

Northwest Native Basketweavers (DVD) Mimbres Fever- 55 min

Mary Lou Slaughter (Duwamish), Nettie Jackson, Pat Courtney Gold, Bud Lane (Siletz) and Helen Jim talk about basketweaving.

Nunavut Territory, Canada (CD-ROM) - Central Arctic Services Ltd

(A) Peopling the Arctic (B) Nunavut Interactive Maps (C) Yesterday and Today (D) Arctic Wildlife (E) An Assortment of Arctic Subjects (F) The Inuktitut Language and Directory of Nunavut Schools (G) Photogallery (H) Video Clips (I) Bibliography

Nursing - the Difference is You! - (DVD) - UVic Nursing - 10 min 27 sec

There is a growing awareness of the need for Aboriginal nurses in Canada. Nursing is a career that can adapt to many lifestyles and offers tremendous opportunities for continued learning and career advancement. Aboriginal nurses have the chance to directly influence the health of the Aboriginal people in their communities and in other health care settings such as hospitals. Nursing incorporates the traditional beliefs and values of caring for community members and healing.

Nuu-Chah-Nulth - Nuu Chah Nulth Tribal Council - 14 min., 20 sec.

This video is narrated by a young member of the Ehattesaht tribe. It presents aspects of Nuu-chah-nulth history and culture from the perspective of the Nuu-chah-nulth people themselves. It offers a framework for learning about the traditions, languages and lifeways of these First Nations people in both historical and contemporary settings.

Nuu-chah-nulth Language - (2 DVD's x 2 CD's) - Butterfly FX Video Production 2006/07

DVD #1 & CD #1 DVD #2 & CD #2

DVD #1 Contains language lessons, the phonetic Nuu-chah-nulth Alphabet, counting, colours, weather, a prayer and *haa huupa* (teachings) from Elder Edward (Tat) Tatoosh. Each chapter has an interactive component to test your new language skills. Each time you watch the DVD you can test your skills after each lesson is done and then go on to the next chapter.

CD #1 contains audio of the same teachings from the DVD plus an interview with Lena Ross and a counting song.

DVD #2 contains Language lesson, animals, greetings, weather, body parts, family and *haa huupa* (teachings) from Elder Edward (Tat) Tatoosh.

CD #2 contains audio of the same teachings from DVD #2 plus an *Animal Song, Old MacDonald, How Are You Song* and the *Finger Song*.

Octopus Lady and Crow and Other Animal People Stories of the Northwest Coast (PI) (audio cassette) - Johnny Moses - 60 min.

Contents: Octopus Lady and Crow, Bear and Ant, The Swan Story, The Berry People, The People Story, The Basket Ogress, The Ticklish Bear, Bear and Crow and The Dreamtime Story.

One Divided by Two - Kids and Divorce (CC) - NFBC - 24 min.

Danny's parents' divorce sparked nightmares of being abandoned by his mom. Adrienne was relieved because her parents stopped fighting. Lauren felt guilty, thinking she may have caused her parents' separation. Jeffrey wished his parents could get back together. Anne was angry that her step-dad imposed so many household rules.

One Divided by Two focuses on 13 young people (aged eight to 18) whose parents have divorced. The video brings an original approach to the subject: animation takes over where live footage stops, moving beyond it - describing the heightened feelings, dreams, hopes and memories triggered by divorcing parents, and uncovering the lyricism and humour of otherwise painful events. ***One Divided by Two*** is an excellent discussion starter, helping parents understand what their children are experiencing and showing kids they are not alone.

Oral History by Rosalee Tizya (part 1 & 2) -(audio tapes)Custom Video Productions SD #82 - Terrace

O'Siem - One Man's Powerful Journey of Healing (CC) - NFBC - 53 min., 42 sec.

Seventeen years ago, Gene Harry's aunt Josephine Grant, Indian Shaker Church Minister for the Musqueam Nation, persuaded prison authorities to release her nephew into her care. This began Gene's quest to heal himself. O'Siem gives a rare tour of the many landscapes in Gene's life as a Healer, Spirit Dancer, cultural canoe paddler, Indian Shaker Church Minister and devoted father. This is the story of connections - both physical and spiritual. It demonstrates the power of the past, the power of love and above all the power of kindness.

Other Side of the Ledger: An Indian View of the Hudson's Bay Company - NFBC - 18 min., 17 sec

The tricentennial of the Hudson's Bay Company was no cause for celebration in the eyes of those most affected by its presence, Canada's native people. In this film, they finally have a chance to tell their side of the story. Narrated by George Manuel, former president of the National Indian Brotherhood, this documentary casts a searching look at the exploitative purchasing practices of the factors and the inadequate compensation the trappers received for their labours. According to the film, the consequences of the Company's stranglehold on the economy of the North is still being felt today by native people.

Our Children Are Our Future - Canadian Learning Company - 50 min

A Canadian film that explores the lives of two Indian children, Michael, a teenager, adopted by non-natives, and Chip, a young boy, fostered by native family. Raises adoption and Social welfare issues.

Our Spirits Soar! Aboriginal Heroes and Heroines Quiz Game (CD-ROM) Tech Plus Interactive Software

Our Spirits Soar: Aboriginal Heroes and Heroines was created to honour the achievements of indigenous people. The men and women you meet have contributed not only to their First Nations community, but also to the larger human community. They are great artists, writers, athletes and leaders. They are hugely talented people with big plans and even bigger hearts. They are men and women we can all look up to - true heroes and heroines.

Out and About with Susan (PI) - Mercury Productions - 33 min

The life cycle of the Chum Salmon at the Bell Irving Hatchery.

Out of the Mist - 13 slides from the *Out of the Mist* exhibition at the Royal BC Museum

Slides of art displayed at the Royal BC Museum 1999 - 2000. (See General Interest Section 971.1 BLA for book).

Owl and the Lemming: An Eskimo Legend, The (PI) - NFBC - 5 min., 59 sec.

An Inuit tale about the wise owl and the foolish lemming, complete with sealskin puppets and an Inuit music sound track. Useful for Social Studies enrichment or as a springboard for creative drama and writing.

Owl and the Raven: An Eskimo Legend, The (PI) - NFBC - 6 min., 39 sec.

An Inuit tale of vanity and greed that explains how the raven became black. Can serve as inspiration for children to invent animal tales, with their own drawings and taped soundtracks.

Owl Who Married a Goose: An Eskimo Legend, The (PI) - NFBC, 7 min., 38 sec.

In this Inuit legend it is plausible enough that a goose should capture the fancy of an owl and that the owl should be quite bewildered by what follows. The sound effects and voices are Inuktitut, but the animated pictures leave no doubt as to the happenings that transpire. It is a story with the wry humour characteristic of many Inuit tales for audiences young or old. San-on-glass animation.

Pacific Northwest Coast Indians Music Instruments (audio cassette tape -1 side only)

Music in our Lives - Song and Singer:

1. Whale Song - Peter Webster 2. Raven Song - Billy Assu 3. Robin Song - Mungo Martin 4. Echo Song/ Paddle Song - George Clutesi 5. Cradle Song - Mungo Martin

Pacific Northwest Coast Indians (slide set) - Pacific Educational Press

Paddle To The Sea (PI) - NFBC- 27 min, 57 sec.

This great National Film Board children's classic is adapted from a story by children's writer Holling C. Holling. During the long winter night, an Indian boy sets out to carve a man and a canoe. He calls the man Paddle to the Sea. He sets them down on a frozen stream to await the coming of spring. The film charts the myriad adventures that befall the canoe on its long odyssey from Lake Superior down to the sea. A fresh and delightful story, photographed with a keen eye for what pleases a child's imagination.

Paradox of Norval Morrisseau, The - NFBC - 28 min.

In this revealing study of Norval Morrisseau, filmed as he works among the lakes and woodlands of his ancestors, we see a remarkable Indian artist who emerged from a life of obscurity in the North American bush to become one of Canada's most renowned painters. Morrisseau the man is much like his paintings: vital and passionate, torn between his Ojibway heritage and the influences of the white man's world. Jack Pollock, the Toronto art gallery owner who discovered Morrisseau's paintings in the early 1960s, comments on what makes them so unique.

Patrick's Story (CC) - NFBC (DVD) - 24 min.3 sec.

Patrick Bird was "a casualty of colonialism," having walked a dark boyhood journey of sexual abuse, neglect, foster homes, detention centres, loss, abandonment, drugs, alcohol and self-mutilation. Through no fault of his own, Patrick was disconnected from his family, his childhood and his Cree culture and left with few resources to cope with the pain and powerlessness.

Patrick's Story explores what brought a young man to attempt suicide and what turned his life around. With the help of friends and his loving adoptive mother, Patrick begins the search for his identity and spirituality as a Cree man, while discovering his talents in music and acting. This story offers us all a message of inspiration and hope.

Pelts - Politics of the Fur Trade – NFBC - 56 min., 20 sec.

Pelts examines the emotional public relations war that has been raging between the fur industry and its opponents, and takes a look at some of the ethical, environmental, and economic issues raised by the debate. The film presents the arguments of the opposing sides, and the methods they use to win public support.

People of the Ice (CC) - NFBC, 52 min

For over 4,000 years, the Inuit lived in harmony with their Arctic environment. In this frozen landscape, survival depends on a deep understanding of the natural world. Today, global warming threatens the very nature of their habitat. As the ice disappears, so does the Inuit culture it is intimately connected to. Ever-changing temperatures have even made predicting the Arctic climate difficult. Will this extraordinarily resilient people be able to adjust to such dramatic change? ***People of the Ice*** looks at climate change through the eyes of several generations. Sheila Watts-Cloutier, president of the

Circumpolar Conference, also weighs in on the issue. In Cloutier's view, as the planet heats up, the Inuit must draw on their ancient traditions to survive.

People of the Pacific (PI) (DVD) – A-V Discovery Ltd - 20 min.

Theirs was perhaps the richest of Aboriginal cultures in Canada. They lived in a world unlike any other. The Pacific Ocean and the multitude of rivers provided food in abundance. The rainforests yielded enormous logs for huge homes, amazing canoes and intricate totems. These same forests were alive with wild animals for food and clothing. While other First Nations in Canada spent so much of their time searching and hunting for food, these people had time to form a complex society of a ruling class, commoners, freemen and slaves. They developed a society steeped in tradition, culture, myths and structure. Their desire for wealth and status among their peers led to the potlatch ceremony. Their manner of dress was highly ornamental and clothing was cleverly woven from strips of inner cedar bark, as well as mountain goat wool, birds, down and animal fur. Their homes were unique among all First Nations as they crafted enormous cedar plank homes could house forty to sixty people. Their artwork in everything from totem poles and masks to clothing was distinct among all First Nations of Canada. This programme explores their world including dwellings, food, canoes, clothing (Chilkat clothing), tools, potlatch ceremony, spirits and shamans, art including totem poles, society, warfare, arrival of the Europeans, destruction of much of their way of life and people, and the revival of their culture and traditions.

People of the Tundra (PI) (DVD) – A-V discovery Ltd. – 15 min.

The Arctic has a brutal and severe environment. It is here that the Inuit survived for thousands of years. Through intelligence, ingenuity, adaptations and great skill, they have thrived within the harshest of conditions known to man. This programme examines in beautiful detail the story of the Inuit. It studies their lifestyle, society, methods of transportation, shelter, food, tools, clothing and art. Their culture is distinct from other tribes and today it remains a vibrant, rich and exciting aspect of Canada's Arctic.

Picture of Health: B.C. Communities - Image Media Services - 18 min. 22 sec.

Health issues in various communities.

Picturing a People: George Johnston, Tlingit Photographer (CC)

NFBC, 50 min. 22 sec.

Picturing a People: George Johnston, Tlingit Photographer is a unique portrait of a man who was himself a creator of portraits and a keeper of his culture. His photos, which record a critical period for the Tlingit nation, lovingly portray a sense of history and a zest for life. As director Carol Geddes, a clan relative of Johnston's says, his legacy "was to help us dream the future as much as to remember the past."

Place of the Boss, Utshimassits (CC) - NFBC - 48 min., 46 sec.

In the mid-sixties, the Mushuau Innu, one of the last hunter-gatherer peoples of North America, were forced to abandon their 6,000-year nomadic culture and settle in the village of Davis Inlet on the coast of Northern Labrador - a place the Innu named

Utshimassits or the ***Place of the Boss***. Their relocation resulted in physical dislocation, cultural collapse and widespread despair. This video weaves a profound sense of place through the use of archival footage of the breathtaking Labrador landscape juxtaposed against haunting present-day images of the dilapidated condition of Davis Inlet. First-person testimony from elders, band leaders and youth allows the voices of the community to express their own rarely heard point of view. The result is a documentary that delves beyond the national headlines of substance abuse, suicide and rural slum conditions to provide a profile of a people confronting the tragedy of their current circumstance by summoning the traditions, memories and culture of their proud past.

Planet Earth: Caring For Our Environment (PI) (CC) – NFBC - 26 min., 6 sec.

Lord of the Sky - A courageous little boy attempts to save his village from environmental disaster. (12:57)

Paradise Lost - A plea for the right of all creatures to have a clean, unpolluted environment. (3:48)

Journey of the Blob - Where does water come from and where does it go? This film illustrates the water cycle while raising many questions about environmental responsibility and the consequences of our decisions. (9:52)

Potlatch: A Strict Law Bids Us To Dance - U'mista Cultural Centre - 53 min.

Over the centuries, the Kwakiutl people developed a sophisticated culture based on the ceremonial giving away of surplus wealth. For years, the Canadian government outlawed the Potlatch. By their actions, a unique people was crushed while its cultural artifacts were seized, studied, and "protected". The U'mista Cultural Society decided in 1974 to trace the history of the Potlatch and this is their story.

Potlatch, The - Filmwest Associates - 28 minutes

This programme traces the roots of potlatch, the ceremonial tradition of giving. Banned by government and denounced by the church, this Tlingit tradition has evolved to one of today's fundamental cultural rituals. Archival photos and footage from the past give seldom seen details of the outlawed tradition. Present day clips depict the new perspective of cultural celebration that has moved potlatch into mainstream.

Poundmaker's Lodge - A Healing Place - NFBC - 29 min., 27 sec.

For many native people in trouble with alcohol and other drugs, Poundmaker's Lodge in Alberta is the first step in the journey towards a new life. During the past fourteen years, hundreds of people have passed through its doors to find a different vision of themselves. Staffed by native people, many of whom are former addicts, the Lodge's program draws heavily on age-old native traditions. The film focuses on several people who tell of their lives before they came to Poundmaker's Lodge. Each of them speaks with a new confidence, of being reconnected to their culture, of having found a place in the world and a support group that will help them deal with future difficulties.

Power - One River. Two Nations (CC) - NFBC - 76 min. 31 sec.

When Hydro-Quebec announces its intention to proceed with the enormous James Bay II hydroelectric project, the 15,000 Cree who live in the region decide to stand up to the giant utility. The stage is set for an extraordinary conflict. With unprecedented access to key figures like Cree leader Matthew Coon Come and US environmental activist Robert Kennedy Jr., **Power** is the compelling behind-the-scenes story of the Cree's five year battle to save the Great Whale river and their traditional way of life. A turning point in the long campaign occurs in 1990, when a group of Cree and Inuit travel by odeyak (a hybrid canoe and kayak) and dogsled from northern Quebec to New York City. This extraordinary six-week voyage, culminates with an enormous Earth Day rally in New York, focusing international attention on the Cree cause. Relying on ingenuity, perseverance and luck, the Cree of northern Quebec force the cancellation of the James Bay II project, achieving one of the most important environmental victories of our times. In the process, they discover their own power as a nation.

Pow Wow Trail - Episode 3: The Dances - Arbor Records Ltd (DVD)

One of the most recognizable elements of Native expression is the Pow-wow. But very few people outside the culture understand it. They do not understand the significance of the songs and the dances behind Pow-wow; they do not understand the rites and ceremonies contained within a Pow-wow. They do not understand the meaning of the clans, or why Indian people dance. Here, we explore the true meaning beyond the feathers and beads. Culture lives within the people; it is expressed through those who practice and participate in these celebrations.

Each dance tells a story with its own historical significance, perhaps even a nation's creation mythology. Within the dances and songs, vital elements of Indian culture are expressed and preserved: it was meant to be showy and exhibitionist. The spirit of Native people.

Principle I: Mother Earth is a Living and Viable Entity (PI) -

Saskatchewan Indian Cultural Centre - 9 min 36 sec

The video creates an awareness of the Saskatchewan's First Nations perspective of man's relationship and responsibilities of the environment and establishes the foundation for the activities which follow.

Principle II: Indian Values and Nature (PI) - Saskatchewan Indian Cultural Centre - 30 min.

The video and activities in this section provide insight into the value that the First Nations People of Saskatchewan placed upon their relationship to the environment.

Principle III: All Life Forms Are Inter-related (PI) - Saskatchewan Indian Cultural Centre - 9 min. 26 sec.

The video and activities in this section create an awareness of the ecological principles from the perspective of Saskatchewan's First Nations.

***Prophecy Teachings of the First Peoples of the NW Coast (CD) Paul
Wagner & Johnny Moses***

Thirty songs from people of the Northwest Coast

Pulling Together Series - An Untold B.C. History - BC Hydro & Knowledge Network

This program examines the early development of relations between settlers and aboriginal people and the formation of colonial government policy regarding the aboriginal people of B.C. From first contact in the late 1700's through to the establishment of reserves and residential schools, Confederation and the Indian Act, it provides a historical overview that is not often taught. Despite a history of prohibitive legislation and regulation, we witness the cultural renewal of people.

Pulling Together Series - Ayuuklh Nisga'a - A Common Bowl - BC Hydro & Knowledge Network, 30 min.

Filmed in the Nass Valley, this program shows contemporary Nisga'a culture and traditions, the relationship between the Nisga'a and the federal government and a history of the Nisga'a land question. It portrays the beauty of the Nass Valley, the determination of the Nisga'a people, their distinctive world view, their willingness to share the land and resources, and their links with the land.

Pulling Together Series - Delgamuukw v. The Queen-Aboriginal Rights - BC Hydro & Knowledge Network - 30 min.

This program examines the aboriginal rights and the ownership of land and resources. The Gitksan and Wet'suwet'en hereditary chiefs tell how they have lived on the traditional territories since time immemorial and each hold tracts of land for the purpose of coexistence. The chiefs assert that, on their traditional territories, they have harvested resources without interference for untold centuries. A feature of the program is the last known recorded interview with Johnny David, a respected 117 year old Wet'suwet'en Elder.

Pulling Together Series - Potlatch - BC Hydro & Knowledge Network

The Potlatch has been a focal point for intertribal contact and is often an elaborate celebration which occurs to mark significant events. This program is about a Potlatch at the Squamish Nation's Capilano Longhouse in North Vancouver where Coast Salish Elders' Council presented B.C. Hydro with a talking stick carved by Salish artist Stan Greene. The talking stick represents honour and dignity and commands integrity of whoever holds it. The Potlatch represents a milestone along the road to building better relationships with First Nations.

Pulling Together Series - Unfinished Business - BC Hydro & Knowledge Network - 16:30 min.

The British Crown made treaties with aboriginal peoples starting in 1693 with the new England Friendship Treaties. In B.C., treaty-making ended in 1899 with Treaty 8, Treaties allowed peaceful passage for settlers and speculators alike, across vast tracts of land which became Canada. This production reviews how B.C. First Nations, then and now, continue to press the government for recognition of aboriginal rights.

Pulling Together Series - Watching Over Gwaii Hanaas - BC Hydro & Knowledge Network - 30 min.

This is a story of how our collective survival depends on environmental stewardship and cooperation. The Haida people refer to the Queen Charlotte Islands as Haida Gwaii, meaning Haida Islands. This profile of the Haida Watchmen program examines its meaning and value to the region, and how people enjoy the recreational value of a well-maintained, ecologically-sensitive region. The Watchmen show that the livelihood and lifestyles of visitors to Gwaii Hanaas is enriched by their presence.

Qallunaat - Why White People Are Funny (DVD) – NFBC - 98 min 54 sec.

What's so funny about white people, other wise known as *Qallunaat* to the Inuit? Well, among other curious behaviours, Qallunaat ritualistically greet each other with inane salutations, repress natural bodily functions, complain a lot about being cold and seem to want to dominate the world.

The result of a collaborations between filmmaker Mark Sandiford and Inuit writer and satirist Zebedee Nungak. *Qallunaat Why White People Are Funny* is a fresh and long overdue "study" of white people from the Inuit point of view. Not surprisingly, these "Qallunogists" find the ways of white culture a bit peculiar and often riotously funny. Consider their odd dating habits, their lame attempts at Arctic exploration, their overbearing bureaucrats and curious obsession with owning property.

Qallunaat Why White People Are Funny is a humbling portrait of what it must feel like to be the object of white society's gaze. Fresh and original, this documentary has that rare ability to educate with wit.

Qatuwas, People Gathering Together (CC) - Qatuwas Productions Inc. - 58 min., 38 sec.

For thousands of years the great ocean-going canoe sustained the cultural and spiritual traditions of coastal First Nations. Yet this century has seen the virtual disappearance of these sacred vessels. In the 1980s, Native peoples of the Northwest Coast embarked on an emotional voyage of rediscovery. Reclaiming their ancient maritime heritage, they carved majestic canoes from cedars that were living hundreds of years before Europeans arrived in the Pacific Northwest. Crews from thirty First Nations then set out in 1993 on a remarkable journey, padding hundreds of kilometres along ancient waterways to an historic gathering of more than three thousand people at Bella Bella, British Columbia. This video powerfully documents this rebirth of the ocean-going canoe and celebrates the healing power of tradition and the resurgence of Northwest Coast indigenous culture.

Rabbit-Proof Fence - Alliance Atlantis Communications - 1 hr.35 min.

Rabbit-Proof Fence - featuring the Golden Globe-nominated score by Peter Gabriel - is the powerful true story of hope and survival, and has been met with international acclaim! At the time when it was Australian government policy to train aboriginal children as domestic workers and integrate them into white society, young Molly Craig decides to lead her little sister and cousin in a daring escape from their internment camp! molly and the girls, part of what would be known as Australia's "Stolen Generations", must then elude the authorities on a dangerous 1,500-mile adventure along the rabbit-proof fence that bisects the continent and will lead them home! As shown by this outstanding motion picture, their universally touching plight and unparalleled courage are a beautiful testament to the undying strength of the human spirit!

Racism in Victoria: A Silent Tragedy - CHEK 6 - 60 min.

A special educational documentary produced specifically to reveal the presence of racism in our society which focuses on various reactions and solutions.

Racism: Who is Peter Iswolsky? - Canadian Learning Company Inc.

A new educational video inspired by one man's courageous example, helps people confront intolerance in all its ugly forms. "Silence speaks for you when you see bigotry and choose to do nothing" ...says anti-racism workshop leader Bernie Farber. Viewers join this workshop in progress, and learn how the teenagers attending feel about racism. Students are asked how they would react to various racist situations, and end up learning from their responses. Reflections on the horror of racism come from a survivor of the Holocaust, who, as an eight-year-old Jewish child, was *sheltered* by strangers; and by an Italian man who, at sixteen years of age, risked certain death to shelter a Jewish family. Finally, the students in the workshop are asked, "Where does the line of racism begin?"

Raven in the Sun - The Life and Art of Bill Reid - Corbeau Productions - 48 min.50 sec.

Raven in the Sun traces the life, the art and activism of one of Canada's greatest artists. It is the story of one man's lifelong journey to return to his maternal culture, the Haida of Canada's west coast, and to breathe new life into its myths, stories and their underlying truths. Bill Reid served as a bridge for understanding between the western world and the ancient Haida views of creation and the natural world. Reid has been compared to Picasso and Da Vinci because of his renaissance qualities and the ability to tell his stories through any medium he chose including jewelry, sculpture, traditional items and massive works of public art. Reid was a true "Raven" - a cunning trickster, curious, irreverent and ultimately truthful, who played a key role in creation itself. His monuments to the Haida stories are spread throughout the world: in Paris, Ottawa, Russia, Washington D.C. and in the ancient forests of Canada's Pacific coast. Bill Reid will be remembered as a unique spirit and artistic force, transcending an ancient culture and the modern world.

***Raven Tales* series: (DVD's) Raven Tales Productions – 25 mins.**

N.B. There is one Raven Tales booklet per title on the Raven Tales shelf

Join Raven, Eagle and Frog and their new friends the first people in the land before time. *Raven Tales: Bald Eagle* is the sixth episode in this series of animated television programmes based upon the multiple award-winning animated film, *Raven Tales: How Raven Stole the Sun*, and celebrating the First Nations' folklore of the Northwest coast.

***Raven Tales: A Day in the Life (24)* (DVD)**

As the villagers work hard at their chores, Raven works equally hard avoiding them. After escaping to the forest, he finds himself in the middle of a dispute over a giant salmon. With the help of the Great Spirit, Frog and the animals, Raven learns that everyone has a place in the village.

***Raven Tales: Baby Blues (17)* – (DVD)**

The first people are excited about Gwayam's new baby but the little girl doesn't have a name yet because she won't stop crying. The only thing that makes her stop is Widi's warrior doll but it is his most cherished possession and he runs away rather than give it up. Frog finds him in the woods, telling him the story of Agas, the Comanche girl

whose example of sacrifice ended a great drought to save her people. Will Widi learn from her example and help his sister find her name?

Raven Tales: Bald Eagle (6) - (DVD)

In this episode, Eagle (Ian Reid) tells the children a story of the creation time he and Raven (Dr. Evan Adams, *Smoke Signals*) are still young and the world is new. One day, the Great Spirit comes to visit and asks the brothers to fly him over the world he has created. According to Eagle, the Great Spirit rewards his service with a crown of white feathers on his head, but Raven remembers a different story and tells the children what *really* happened.....

Raven Tales: Bukwas (21) - (DVD)

Caught in a storm while fishing, Wina, Gwai and Qos awaken on a strange shore and find themselves in the clutches of Bukwas, a mysterious wild man who lives by the sea. After the men do not return, the women go to Dzunukwa to ask her help and find out that Bukwas has stolen their souls! While Gwayum and Abas remain with the children, brave Igis sets off with Raven to rescue the men but Raven's plan to trick Bukwas may put their souls at risk as well!

Raven Tales: Change and Butterflies (23) - (DVD)

The Great Spirit tells the children a time of change is coming and asks if they would like to grow up and have children of their own. He gives them a gift to teach them about change, growth and responsibility: four small cocoons. He tells the children that their gifts will be revealed if they can keep them safe for a full year. The children almost immediately forget, leaving Eagle to spend the year frantically keeping them safe until the Great Spirit returns to reveal what is inside.....

Raven Tales: Child of Tears (7) - (DVD)

Qos and Igis are unable to have a child, so Frog (Carmen Moore) tells Igis to visit Dzunakwa, an old witch who lives deep in the forest. Dzunakwa agrees to help her, and tells Igis to mix her tears together with a handful of dirt to form the shape of a little boy. Dzunakwa brings him to life, and little Klundux is born! But will the children of the village accept this little child made of tears, and what terrible price shall be paid for Dzunakwa's help?

Raven Tales: Dog Days (15) (DVD)

The children are fishing when a great wind takes them to a beach far from home. Seeing a huge set of footprints, they become scared and hide in the bushes. Crouching low they see the huge feet of an animal that looks like a wolf, but Dog, as he calls himself, is friendly and helps them to hunt food and keeps them warm at night. Eventually, he brings them home to his master, a mysterious giant that the children have never seen before but who is oddly familiar.....

Raven Tales: Dream, Dream, Dream (14)

In this episode, Gwayum is worried because her son Widi is always daydreaming and staring out to sea. She goes to see Frog, who advises her not to worry. Frog tells Gwayum the story about the time in the earliest days when the Great Spirit dreamed the world into existence. "We must not question the dreamers amongst us," Frog says, "but be patient and help them if we can." Feeling better, Gwayum returns to Widi, who reveals what his dreams have shown him.....

Raven Tales: Flood, The (11) - (DVD)

The children are visited by the tiny Mouse Woman, who speaks in a voice that only they can understand. She warns them that a great flood is coming and that the children need to find a way to convince their parents to flee their village to the safety of the mountain. But as the days pass and the children become more concerned, their parents remain unconvinced of the danger and refuse to go. until Klundux gets an idea...

Raven Tales: Games, The (19) (DVD)

Out fishing one day, the emn become snared in a storm and are blown out to sea. They awake on a strange shore and soon discover a village of people much like themselves, complete with their own Raven, Eagle and Frog! Soon joined by their families, the two peoples enjoy many days feasting, dancing and storytelling. However, after a few days the children become bored and start to bicker, causing friction. Thankfully, Frog comes to the rescue with a suggestion: a competition!

Raven Tales: Gathering, The (12) - (DVD)

The first people return to their village to find it devastated by the great flood. At first they are overwhelmed by the work that needs to be done to rebuild their homes and food stores, but Frog suggests they look to their friends for help. Sure enough, the Kulos, Sea Wolf and Dzunakwa join the animals to help the people rebuild the village before winter comes. When the work is done, the creatures go to leave, but the people have another Idea...

Raven Tales: Gone Fishin' (4) - (DVD)

In this episode, Raven (Dr. Evan Adams) teams up with Qos and Widi to throw a fishing contest between Eagle (Ian Reid) and a mysterious giant bird who Frog (Carmen Moore, *Wolf Lake, Godiva's*) calls the Kulos. With all the fish in the village on the line, will Raven and his pals be able to pull off his greatest trick yet, or will they all end up wet?

Raven Tales: Great Bear Rock (16) (DVD)

In this episode, the children are playing games in the forest and despite the fact he wins every time Winadzi is being a poor sport. Showing off, he winds up trapped on a high ledge but he is too proud to ask for help. Raven comes to sit with him a while and decides to tell Winadzi the story of how, many years ago, he tricked the Great Bear, the biggest and strongest bear who ever lived, and turned him into stone..

Raven Tales: How Raven Stole the Sun (1) - (DVD)

Raven Tales concentrates on the wild and funny adventures of Raven, the most powerful, and one might add, trickiest trouble-maker of First Nations' folklore. Starring Dr. Evan Adams (*Smoke Signals*), winner of the AIFF Best Actor Award as Raven, *Raven Tales* has found a broad international audience with its mix of humour and friendship. Raven is joined by his brother (Ian Reid), and the mysterious Frog (Carmen Moore). Together they will learn the secret that will release the light and life into the world, a secret that might just burn a few feathers as well.

Raven Tales: Howl at the Moon (8) - (DVD)

The people of the village have been kept awake from the howling of the wolves, so they decide to send a party into the woods to flush them out and burn their dens. During the hunt, Wina becomes separated from the others in a sudden storm but he is rescued by a pair of mysterious strangers who nurse him back to health. After the storm, he reappears in the village and tells the stunned villagers about his new friends.

Raven Tales: Love and War (5) - (DVD).

In this episode, Qos ask Raven (Dr. Evan Adams) to help him win the heart of Igis, a young woman who is too vain to love anyone but herself. Raven asks Qos to collect the snow from Igis' footprints, a tuft of her hair and some of her old clothes to build a snowman. With a puff of his breath, Raven brings the snowman to life and names him Moowis, telling Qos that it will teach Igis the true meaning of Love. But Qos is shocked when Igis falls in love with Moowis instead!

Raven Tales Musicians of the Sun (26) – (DVD)

It is winter in the village and the snow has trapped the people inside. Frog comes to t relieve the tension and tells the story of when the Great Spirit sent Raven to free the Musicians of the Sun to bring light and music to the world. Afterward, the first people are inspired to create instruments of their own and make music to banish he cold and darkness.

Raven Tales: Raven and the Coyote (9) - (DVD)

Frog's old friend Mother Toad comes to visit, and as the two story-tellers swap tales, Raven overhears the story of another trickster, the Coyote, who lives near Mother Toad's home far to the south. Determined to prove that he is the greatest of all tricksters, Raven heads down to meet Coyote and trick him by teaching him to fly. But Coyote is a trickster too, and Raven soon learns that all is not as it seems...

Raven Tales: Raven and the First People (2) - (DVD) –

In this episode, Dr. Evan Adams returns as Raven with Carmen Moore as the mysterious Frog and Ian Reid as Eagle, as they discover the first humans in a giant clamshell washed up on the beach. Can Raven teach these 'people' how to survive i this new world before they drive him crazy in the process?

Raven Tales: Raven Gets Sick (10) - (DVD)

The first people get sick for the first time, and the village echoes with sniffles and sneezes. Nobody can understand what is happening, but Frog arrives and tells the story of how sickness first came to the people: The animals complained to the Great Spirit that people had too many advantages, so they convince him to inflict their aches and pains upon the first people every year. But, he says, there will be cures to be found if the people know where to look...

Raven Tales: Return of Kulos (25) – (DVD)

S'gaana the whale won't allow the villagers to fish. Faced with starvation, Wina decides to fight back. After a disastrous attempt at catching S'gaana, Wina finds inspiration in a series of visions he has opf great Kulos. Using the power of Kulos, he forces the whale into respecting the villagers and sharing the ocean.

Raven Tales: Rough Face Girl, The (13) - (DVD).

The boys are making fun of Dza because she is a girl. When she shows them that she can compete,even beating her brother Winadzi at wrestling, they call her names. Walking alone by herself in the forest, she comes upon the mysterious Frog, who tells her the story of Rough Face, a young guield who showed the people of her village that true beauty lies within. Dza is soon lost in Frog's storytwlling, and the characters she imagines in her mind look quite familiar...

Raven Tales: The Sea Wolf (3) - (DVD)

In this episode, a young man named Gwai asks Frog (Carmen Moore) for help with his poor fishing skills. She tells him the story of the Sea Wolf, a great creature who has lived in the sea since the time of creation. Gwai enlists the Sea Wolf's help to become the greatest fisherman in the village. But will he give the Sea Wolf his due or take the credit for himself?

Raven Tales: Spiders & Dreams (20) – (DVD)

Dza is having nightmares that leave her confused and scared, especially when a giant Spider shows up. To help her keep from being frightened, Wina decides to watch over her as she sleeps but he too falls asleep and enters the dream world. There he meets the Spider and receives from her a gift of knowledge that allows him to protect Dza and the other children from the evil spirits in their dreams

Raven Tales: Starlight. Star Bright (18) – (DVD)

In this episode, the children are sitting outside staring at the stars, wondering aloud how they came to take the shapes that they make in the sky. Overhearing them, Eagle comes over and tells them the story about how the old man and his daughter, who lost the light of the sun to Raven so long ago, were the victims of another trickster, the Coyote.

Raven Tales: Work & Play (22) – (DVD)

All Klundux wants to do is play, avoiding chores despite his mother's pleas. After an argument one night, he decides to live on his own in the forest. There he finds Raven who has been kicked out of his house by Eagle for being a slob so they decide to join forces. After a few days of rain and no food, Klundux starts to regret his decision. Raven suggests they steal some food, but Klundux feels bad for doing so and decides to make amends his own way.

Raven's Canoe - Tour of Grand Hall - NFBC - 31 min.

In Haida mythology, Raven's magic canoe can be shrunk to the size of a pine needle or expanded to hold the entire universe. In keeping with this idea, the Grand Hall at the Canadian Museum of Civilization was built in the shape of a giant canoe to house the magnificent totem poles of the Indians who live on the coast of British Columbia. Their traditional houses are another remarkable feat. Six of these houses, representing the different linguistic groups on the Coast, have been reconstructed in the Grand Hall. This outstanding video combines views of the exhibit with historical film and contemporary footage to show how Native cultures have evolved and continue to flourish in the contemporary world.

Raven's Feather Dance - A Creation Legend (PI) (CC) - NFBC - 9 min 2 sec.

You can almost hear the animals talking in the lively music and see the feathers dancing in the soft watercolours of this zany legend. Once upon a time humankind was wiped out by a cosmic disaster, and the Raven sets out to right this wrong by finding out from the other animals how to recreate people. After a lot of song and dance, Raven and Coyote manage to bring to life a nice batch of people. Unfortunately, in the crowded moment of re-creation there is an outbreak of hostilities, but Raven and Coyote haven't gone to all this trouble only to see things go wrong, and they succeed in repopulating the four corners of the earth.

Red Run (CC) - NFBC - 25 min.

In 1913, a railway blast sent hundreds of tons of rock cascading into the Fraser River, blocking the path of thousands of returning salmon. The Fraser Valley Aboriginal people rallied for days to save their fish, carrying them one at a time over the fallen rock. Red Run recalls this dramatic tale and reveals its impact today. Shimmering salmon still battle the Fraser's currents every summer. And the "River People" balance on the treacherous cliffs, waiting to scoop them from the river with traditional dip and gill nets. Director Murray Jurak, from the region's Lower Nicola Band, follows members of three Siska families to the river's edge. To provide for her family, Alice follows the time-honoured fishing methods traditionally practiced by men. Percy and Fred pass on their skills and respect for the turbulent river to their young sons. Set in the BC Interior, Red Run captures an event as spectacular as it is dangerous.

Redskins, Tricksters and Puppy Stew (CC) - NFBC - 55 min.

Take complex issues like Native identity, politics and racism, then wrap them up with one-liners, guffaws and comedic performances. The result: ***Redskins, Tricksters and Puppy Stew***, director Drew Hayden Taylor's laugh-a-minute road trip through the world of native humour. Featuring:

Don Kelly: One of Canada's hottest young stand-up comics, he uses comedy to skewer stereotypes of the "apathetic Indian."

Tom King: Novelist, creator and host of CBC-Radio's Dead Dog Cafe fills the airwaves with satirical takes on Native issues, personalities and customs.

Don Burnstick: A comedian whose edgy humour comes from years of street life. He transforms his act into a journey through the Native psyche while keeping the audience rolling in the aisles.

Herbie Barnes: Actor and co-founder of a sketch comedy troupe, he believes Native humour "is an explanation of the dark side."

Sharon Shorty and Jackie Bear: A Whitehorse duo who portray Sarah and Susie - two elderly Native ladies who discuss their daily activities, love of Bingo and Kentucky Fried Chicken.

This film hilariously overturns the conventional notion of the "stoic Indian" and shines a light on an overlooked element of Native culture - humour and its healing powers.

***Reel Injun* –(DVD) National Film Board of Canada – 85 min.**

One filmmaker, Neil Diamond, takes an entertaining and insightful look at the Hollywood Indian, exploring the portrayal of North American Natives through a century of cinema. With clips from hundreds of classic and recent films, *Reel Injun* traces the evolution of cinema's depiction of Native people from the silent film era to today.

***Remembering What We Know* - American Indian Institute - 12 min.**

Remembering What We Know is a 12 minute movie that informs and stimulates discussions with High School and Young Adult age groups. The movie has three parts:
(1) THE MESSAGE uses Native themes to speak about universal values of caring for the next generation and the dangers of Fetal Alcohol Syndrome.
(2) THE PLAY dramatizes the situation of whether a pregnant friend drinks or not.
(3) THE QUESTIONS: Each character asks the viewers a discussion question.
(see 791:AME for presentation kit)

***Richard Cardinal: Cry from a Diary of a Metis Child* - NFBC - 29 min 10 sec.**

In his short life, **Richard Cardinal** learned much about indifference. His diary speaks hauntingly of the misery and longing of a young boy who spent thirteen years being shunted through a seemingly endless series of foster homes and shelters. Richard wrote of how he tried to cut himself off emotionally, to feel nothing because to do so was to feel only pain,. The effort was too great to sustain. When his resources ran out, Richard Cardinal, aged 17, hanged himself.

Much as he was neglected in life, the young Metis did not go unnoticed in death,. The circumstances of his life and suicide were at once so extraordinary yet so sadly commonplace that they precipitated changes to Alberta's Child Welfare Act.

Rivers to the Sea - NFBC - 46 min, 5 sec.

This was photographed over a period of two years on several Atlantic Canadian rivers and edited to create a composite view of a number of river systems, rather than any one specific river. Atlantic salmon push on to their traditional spawning grounds, fighting rapids, predators, pollution and disease. The film stresses that humans have a role in the river's ecology. Clearcutting, herbicides and toxic wastes augment human fishing activities in putting stress on some river systems, depleting fish stocks and reducing the habitat of birds and animals that depend on the river for survival. This is an eloquent and striking, but unsentimental, plea for the care and management of our Atlantic river systems.

Round Dance Songs Vol.2 (CD) – Arbor Records

A popular dance for non-Indians during an intertribal song is the Round dance. It is an easy dance to follow as everyone joins hands inside the dance area forming a big circle moving clockwise. The Round dance creates a simple and fun activity that brings both cultures together for positive interaction. The dance arena, known as the Aarobir, is located in the centre of the designated area. It can be either outdoors or indoors. The Arbor is blessed prior to the Pow Wow starting and is considered sacred ground during the entire celebration. The Arbor is treated with the same respect as would be given to a church.

Run to High Ground – (DVD) – Provincial Emergency Programme of British Columbia et al – 14 min K-6 grade

Join Native storyteller, Viola Riebe of the Hoh tribe on an animated adventure as she tells the story of a giant earthquake and tsunami in the Pacific Northwest. The adventure begins with breathtaking footage of the Pacific Northwest Coast. From here it leads to Viola teaching a group of children how to make Native baskets from cedar bark. She tells them that coastal tribes made many things from cedar bark, including canoes. The discussion turns to giant waves, as Viola shares an exciting tale of how a canoe ended up in the trees due to a large earthquake and tsunami – loosely based on actual events from 1700. These dramatic events are seen through the eyes of a young boy named Obi who overcomes his fears and ends up saving the village through his heroic actions.

Saaban - Smalgyax Dictionary - (CD-ROM) -Tsimshian Chiefs

This CD-ROM is a companion to the Tsimshian Series, ***Suwilaay'msga Na Ga'niyatgm, Teachings of Our Grandfathers***. The seven books in the series represent the telling of Tsimshian history by the peoples who have lived and continue to

live it. The texts reveal that our different visions of the world are not always mutually translatable, but in the acknowledgment of the diversity of cultures, mutual respect takes place. ***Saaban*** is an adawx told by Gitkxaala elder Dorothy Brown in 1968. It tells of the first meeting between the Tsimshian and the Europeans. You will hear her voice and read the text in Sm'algyax and English.

Sa Hat'aal - Harvesting Cedar Bark - (DVD) Gingolx Media Centre 10 min.

This video documents the process of weaving a cedar berry basket, from going out to the woods and collecting the bark to the finished product. The Nisga'a are one of many coastal First Nations' groups that have a traditional reliance on the cedar tree for many purposes. As part of a cultural focus on revitalizing traditional artwork and activities, schoolchildren from the village of Gingolx learn about and weave cedar berry baskets. Collages of images interspersed with specific lessons are connected by student singing and voices explaining the process as they create their baskets.

Saakwhl K'ali Lisims - Nass River Oolichan - (DVD) Gingolx Media Centre

Grade 2 and 3 students from Nathan Barton Elementary School received funds from the First Nations School Association and the First Nations Steering Committee for a Science and Technology Fair. The initiative was and is to promote, amongst our children, an interest in science and technology in the hopes of encouraging them to pursue sciences in school; and as a potential career path. This project on the Nisga'a Oolichan Fishery works towards developing an understanding of traditional sciences and an interest in Nisga'a traditional technology.

Sacred Sundance, The - (DVD) – National Film Board of Canada 69 min.20 sec

Under a sweltering July sky, participants in the sacred Sundance ceremony go four days without food or water. At the end of the grueling experience they will place the flesh of their chests in an offering to the Creator. With *The Sacred Sundance*, First Nations' Director Brian J. Francis journeys into the traditions of North American Aboriginal spirituality. The Sundance is new to the Mi'kmaq people of Eastern Canada, brought to them from the West by elder William Nevin of the Elsipogtog First Nation. This event marks a unique transmission of traditional culture from one First Nation to another, and offers a link to the great warrior traditions of the past.

Salish Language (DVD's) –CURA

Nuheyllum – Naming Ceremony and Xe'xe' Sqwal - Sacred Language

These DVD's are for language only i.e. there is spoken word and the wording appears on the screen.

Salish Sea - (CD) -Holly Arntzou & the Saltwater Singers

Songs of the sea with Holly Arntzen and children's choirs from SD #63 (Saanich). See book 551.4:ARN

Sayt Adoks - Crests and Tribes Together - (DVD) Gingolx Media Centre - 29 min.

Sayt Adoks means all the crest or tribes together. This 29-minute video documents a unique totem pole carving project in the Nisga'a village of Gingolx in northwestern British Columbia. Initially, a school project designed to introduce students to carving and the process of crating a totem pole, *Sayt Adoks* goes well beyond its' original intent. The video immerses the viewer in stories of the pole with images of tribal dancing dissolving into natural footage. Concurrently, the narration allows us to listen and hear the tales upon which some of the history of the Nisga'a people is based.

Salt Water People (CC)- NFBC - 121 min., 30 sec.

Filmed deep within the ocean and along the spectacular mountain coastline of British Columbia, *Salt Water People* follows the cycle of the seasons as it examines the past, present and future of the West Coast fisheries and the Native tribes who depend on them for survival. By giving voice to the values and traditions of the West Coast First Nations people, the film asks viewers to examine their own attitudes toward the natural world and the exploitation of its resources.

Secret of the Dance – Andres Spalding & Alfred Scow - needs Smart note4book

A classroom booklet of lessons from the book “*Secret of the Dance*” together with a disc (Copies of the original book can be found in the Primary/ Intermediate part of the library P.I. 813,54:SPA) Suggested audience Grades 2-6.

Sauki-Ai (PI) - NFBC - 9 min., 53 sec.

Based on a legend of the Tsimshian Indians of B.C., this film is about a spirit called Raven who takes the shape of a man. One day, as he is searching for food, he meets Salmon Woman, who embodies the Spirit of the Salmon. Their life together unfolds in harmony until Raven forgets his happiness and turns on his wife in anger. Underlying this simple tale is the timeless reality of how fragile the links between people are and how easily they can be ruptured.

Schalayhung Sxwey'ga: a transformation story - (DVD) - UVic Faculty of Education - 26 min

This video tells the story of an Indigenous Knowledge course taught in the Faculty of Education at the University of Victoria in 2005. Over the period of five months, students, faculty, carvers and community members worked together to create a Thunderbird/ Whale Protection Pole to stand in the foyer of the MacLaurin Building at the University of Victoria. The creation of the pole was chronicled in print, video and web based media. The video and slide show on this DVD show highlights of the pole's transformation.

Science: Through Native American Eyes - (CD-ROM) - Cradleboard Teaching Project - Suitable for Grade 5 onward.

The Cradleboard Teaching Project is an initiative of the non-profit Nihewan Foundation for American Indian Education which was founded by Buffy Sainte-Marie in 1969. Thanks to a major grant from the W.K. Kellogg Foundations, the Cradleboard Teaching Project serves children nationwide, creating curriculum and communication partnerships, and helping children of all races build cross cultural friendships based in Native American core curriculum. (Curriculum Outline: Principles of Sound, Principles of Friction and Native American Lodges.)

Secwepemc Kuc (CD-ROM) - Secwepemc Cultural Education Society

This CD-ROM is about the Ethnobotany of the Secwepemc people, with 23 plants used in traditional methods. (Guidebook in library 791:SEC)

Selected Huu-ay-aht Phrases (CD) - Barkley Sound Working Group & Huu-ay-aht First Nation

From the Nuuchah-nulth Phrase Book & Dictionary - Barkley Sound dialect.

Share the Dream - National Native Role Model Programme - 17 min.

Ideas for the classroom.

The Sharing Circle series - Meeches Video Production Inc.

2002 Indigenous Games - Vol.4 (video)- 22 min

For 8 days, six thousand aboriginal athletes and coaches from across Turtle Island journeyed to Winnipeg, Manitoba, Canada for the 2002 North American Indigenous Games. The North American Indigenous Games began with a vision of just a few, but over the past 12 years, that vision has grown into an event that has allowed aboriginal athletes to excel and hold their heads high as they achieve goals they once thought were unattainable. The documentary details how the games began, where the vision came from and how it has grown into an event and celebration that is changing lives. Lives like that of Alex Nelson, (Victoria, British Columbia) soccer coach, father, husband, uncle and Chairperson of the North American Indigenous Games Council. Alex will share with us how sport has changed his life and how he is using it to help young aboriginal women change their lives.

Aboriginal Fashion - Vol. 6 (video)- 22 min

Aboriginal Fashion is a fast-paced, half-hour documentary that examines the many facets of Aboriginal clothing, including the history, the design, the manufacture and the wearing of Aboriginal fashions. The documentary profiles several Aboriginal fashion designers in North America examining the spiritual and historical basis for their designs, as well as the present day use of their unique attire. From hunting gear to ceremonial dress, from Pow-Wow costumes to stylishly chic clothing lines - Aboriginal fashions are intensely beautiful and culturally rich, based on spiritual themes and practical applications that are thousands of years old. The explosion in popularity of Aboriginal clothing the world over not only brings recognition to First Nation philosophies and spiritual ideas, but also creates much needed employment

Aboriginal Suicide - the Lost Spirit - Vol. 12 - 22 min (video & DVD)

Following the death of their son, a Kwakwaka'wakw family breaks the silence surrounding suicide in an effort to prevent further tragedies. Suicide rates are disproportionately high among First Nations people. This documentary will delve into this sensitive subject, and explore how traditional beliefs and philosophy can help provide long term answers to this emotional issue. Led by the strong backbeat of our forefathers the First Nation Invasion is coming. It's rolling across the sky like an omnipotent prairie thunderhead. There's no way to stop it, and you can see it all happen on the Sharing Circle.

Crooked Music: John Arcand, the Master of the Metis Fiddle (Season 14 show 1) (DVD)

John Arcand spent his lifetime promoting and preserving the traditions of Metis Fiddle and Dance and old time fiddling. In 1998, he staged the first John Arcand Fiddle Festival and after 8 years this annual celebration has become one of the major fiddle events in Western Canada.

Did You Know? (Season 16 show 13) (DVD)

This episode of *The Sharing Circle* explores some of the more outrageous and bizarre facts concerning the history of the relationship between Aboriginal Peoples and Canada,

and how these have influenced the political, economic and social conditions of the country's First Peoples.

Drum Keepers-(Season 11 show 22) (DVD)

The story of the drum and its role within the cultures of the Red, Yellow, Black and White races.

Good Spirit Medicine (Season 13 show 3) (DVD)

Sage, Cedar, Sweetgrass and Tobacco have been sacred medicines in Aboriginal culture since the first conception of Mother Earth. Used for prayer, cleansing, healing and offerings – each has its own teachings and origin. In modern times, misconceptions of the medicines are everywhere. Western medicine has attempted to bottle the essence of these remedies, but fails to capture the spiritual healing power contained therein. Through the words of the elders, the ancient teachings of the four medicines are now helping the generations of today. *The Sharing Circle* will explore the teachings of each medicine and the way they are used in everyday life and ceremony.

The Jingle Dress - Vol. 17 –(video) 22 min

Revealing the history behind the new tradition of the Jingle Dress that lives on today on the Pow Wow circuit. Almost a century ago, 7-year old Maggie White of White Fish Bay, Ontario, was suffering from rheumatic fever and not expected to live. Her father went into ceremony and received a vision that led to the making of the first Jingle. Maggie went on to recover from her illness, to dance in her jingle dress and to establish a new tradition that lives today on the Pow Wow circuit. The circle of life, water reflecting the sun, the dignity of the animals and the quiet of the Earth we walk upon. The circle of family, the love and friendship we need to feel and recognize to live our lives.

Jordin Too Too - Natural Born Predator - Vol. 20 – (video) 22 min

This documentary presents a profile of a young man living with the influence of two very different worlds: the culture and deep traditions of the Inuit people, and the lifestyle of a professional hockey player, living and working in the south. Jordin Tootoo is a young Inuit man from Rankin Inlet, Nunavut. The son of a Ukrainian mother and Inuit father, he is typical of most of the young men of his region living in the traditional ways of his culture. Unlike the rest though, he is on the brink of a professional hockey career. Selected in the fourth round of the NHL's annual amateur draft by the Nashville Predators, he is the first, and so far, only Inuit person ever to be drafted by the NHL. Both sides of Jordin's life are highlighted from the excitement of the ice surface to quite a different ice surface in Rankin Inlet, Nunavut. Jordin's parents share their harsh yet peaceful way of life in the north.

Living Earth (Season 16 show 6) (DVD)

As the world teeters on the brink of environmental collapse, this story examines people who respect the indigenous worldview that Earth is our mother, the rivers lifeblood flowing in her veins, and the plants and animals our brothers and sisters. By looking at the world this way, these people help preserve the environment around them and across the planet, and therefore hold the key to humanity's survival.

The Making of Tipi Tales - Vol. 9 – (video) 22 min

The video follows the making of a groundbreaking children's television series as seen through the filter of native spirituality. Lisa Meeches inspired by the request of a young boy from Norway House, Manitoba, set out to create a place for native children to learn. This is the story of her and the team that brought that vision to life.

Pow Wow Circle - Vol.2 –(video) 22 min.

There are those of us who can't resist the pull of that little Pow Wow sign, and this is OUR story. The Circle of the Pow Wow arbor is the circle of life. Drums, dance, song, stories and family ... these are the foundation of the Aboriginal community in North America, no matter what nation or creed. These very elements are celebrated in a spirit of sharing virtually all year round on Turtle Island through a relatively new innovation called Pow Wow. This gift, given by the Creator to help bring back the spirit of our community following colonization, has been celebrated for just over 100 years. Follow two families who call the Pow Wow trail home. The Tootosis family, from Poundmaker, Saskatchewan, and Dolly and Amy, two Pow Wow friends celebrating their friendship and extended families.

Reggie Leach: the Returning Warrior - Vol.25 - 22 min

In the 1970's, Reggie Leach became the NHL's first Native superstar. During his career with the Philadelphia Flyers, he won a Stanley Cup, was a Conn Smythe Award recipient and a record holder for scoring 19 goals in the playoffs. What many hockey fans don't realize is that the towns of Riverton and Flin Flon, Manitoba through their love and encouragement, helped a young Reggie Leach achieve all his hockey dreams. Once only known as a Stanley Cup champion who cut his career short due to alcohol abuse, Reggie Leach is now carving out a new life as a public speaker, mentor and elder for native and non-native people alike

The Seven Laws (Season 11 show 1) (DVD)

The Seven Laws explores the natural laws or teaching of Aboriginal people and explains how these laws form the basis of all life and meaning in this world.

Traditional Healing - Vol. 15 –(video) 22 min

First Nations culture and traditional medicine are intimately related to established Aboriginal philosophy, religion and spirituality. Restrictions placed on cultural practices of Aboriginal people ultimately have led to a decline in Aboriginal traditional medicine and while the practice has never been completely eliminated, it has been severely curtailed. Many health care professionals (including those from both traditional and western medicine) argue the poor state of health of Canada's Indigenous People can be attributed in part to the loss of their culture and traditional medicine practices. Meet three health care professionals who are bridging the gap between western medicine and traditional healing to restore health and tradition to communities.

Water (Season 11 show 10) (DVD)

Long ago the elders prophesied that our water supply was going to become undrinkable. Now, as we turn into the new century, that prophesy is being fulfilled. This episode of the *Sharing Circle* takes the traditional view that women are the protectors of the water and must play an intimate role in defending this precious resource.

When Veterans Dance (Season 11 show 11) (DVD)

Aboriginal veterans have a long tradition of distinguished service to their country. That service is often forgotten. This documentary explores the heroism of a people and the failure of a nation to honour that.

Women Leaders - Vol. 23 - 22 min

Sharing Circle Women Leaders is an intimate portrait of three women, from three generations, from three different Nations brought together by their passion for who they are, where they come from and more importantly, a desire for change.

Margaret Swan is the Grand Chief of the Southern Chiefs Organization in Manitoba.

Jennifer Brown is the Chair of the Metis National Youth Advisory Council.

Roberta Jamieson is the Chief of Six Nations Reserve in Ontario and the first Aboriginal woman lawyer to graduate Law School in Canada

Sharing Innovations that Work - Health & Welfare Canada

The people of Alkali Lake share a weeklong conference on alcoholism with First Nations people from other tribes from across Canada and the United States.

Shluk - Barb Grossman/ Heritage Multimedia - 24 min.

This is Al Elsey's first video production since he put down his 16mm movie camera capturing film footage of the West Chilcotin and Bella Coola areas in the 1960s, and took up the modern digital video camera. ***Shluk*** is a present day story of Nuxalk people making dried salmon in the Bella Coola Valley, in the tradition of their ancestors. In his unique story-telling style, Elsey introduces the viewer to Nuxalk native Noel Pootlas making Shluk from the big Spring salmon caught in drift nets during high water in the Bella Coola River, by expertly cutting it into thin strips to be smoked and preserved.

Shooting Indians: a Journey with Jeffrey Thomas - Ali Kazimi - 56 min.

Spanning over a decade, from 1984-1996, ***Shooting Indians, - a journey with Jeffrey Thomas*** is an Ironic documentary journey full of quiet Insights and surprising twists. Starting the film as a foreign student in 1984, Kazimi begins to unravel the hidden history of the land that he has chosen as his home. At one level, ***Shooting Indians*** is a portrait of Jeffrey Thomas, an Iroquois photographer. The film explores the influences on his life which led him to his career. It was the work of an American photographer from the turn of the century, Edward Curtis, which forced Thomas to closely examine how Native people had been photographed in the past. Thomas views Curtis' monumental work as a "mountain which must be crossed".

ShowPeace Series:

The ***ShowPeace Series*** are animated films without words, designed as flexible tools to explore conflict resolution. Young children to senior executives can identify with the characters, and gain insight on how to deal creatively with conflict and anger at school, at home, in the workplace and in their communities.

Bully Dance - NFBC - 10 min 6 sec

The "stick people" in ***Bully Dance*** are imaginary, but this gritty tale is all too familiar. Like the dance beat pulsating throughout the film, the bully's intimidation of a smaller victim is unrelenting; no one stops the dance until serious harm is inflicted. While ***Bully Dance*** offers no simple solutions, it does compel viewers - teachers, parents and children - to take stock of their actions and to find ways to end peer abuse.

Dinner for Two/Dîner Intime (CC) - NFBC - 7 min.15 sec.

Peace in the rain forest is disrupted when two chameleons get "stuck" in a conflict, with catastrophic results. Luckily for the lizards, a frog observing the fracas turns into exactly what they need..(no, not a prince) ..a mediator. ***Dinner for Two*** tackles conflict in lively, humorous and provocative ways. It shows that amidst the chaos that differences create, there are still paths to reconciliation.

Elbow Room - NFBC - 8 min 19 sec (without words)

You don't choose to sit next to someone who squirts ink on your face, talks loudly on the phone and plays irritating music, but in the workplace you have no choice. Or do

you? This short animated film presents quirky characters who deftly "rewind" situations and start over when tensions get out of hand. *Elbow Room* is suitable for conflict-resolution training in the classroom and workplace, helping ensure that conflicts get resolved rather than escalate.

When the Dust Settles (CC) - NFBC - 7 min 11 sec.

The prairie wind is not responsible for the dirt flying in this film; the culprits are neighbouring gophers with an un-neighbourly appetite for anger and revenge. By sundown, the retaliatory rodents have all but obliterated both their homes... is there any way they can put the pieces back together. ***When the Dust Settles*** tackles conflict in lively, humorous and provocative ways. It shows that amidst the chaos that conflicts create, there are still some paths to reconciliation.

Si Si Wis Stories and Songs - Summer 1996 - Johnny Moses - audio tape

Sifting Through the Layers - I.C.A Victoria (DVD & book)

An innovative approach to Anti-Racism Education.

Sigwan (CC) (PI) -NFBC - 12 min. 56 sec.

Sigwan tells the touching story of a young girl who is comforted and counselled by the animals of the forest. Written and directed by distinguished filmmaker Alanis Obomsawin, the film addresses issues of exclusion and prejudice that exist within many communities worldwide. Visually breathtaking and in High-Definition, ***Sigwan*** is a simple, transformative parable of acceptance.

Silent Messengers (CC) (Video & DVD) – NFBC – 93 min

This extraordinary documentary explores the mysteries of the Inuksuit, those powerful objects that mark the pristine landscape of the North. As enigmatic as the stone slabs of Stonehenge, the Inuksuit are sacred signs of the Inuit and their ancestors – the first people to inhabit the Arctic. With acclaimed ethnographer and photographer Norman Hallendy and well-known sculptor-actor Natar Ungalaq (***Atanarjuat: The Fast Runner***) as their guides, the filmmakers traverse the open and sometimes forbidding terrain around Cape Dorset and Igloolik, in search of these stone symbols and their meanings. This journey offers up staggeringly beautiful images of the Arctic. Remote and haunting, the Inuksuit stand as the signposts of a rich way of life, one sadly in danger of disappearing.

Silent Messengers allows us a privileged and intimate encounter with the land. Enhanced by a brilliant musical score, this stunning work is at once respectful and personal, inspiring and human.

Silent Tears (CC) - NFBC - 27 min., 50 sec.

Based on a Cree family's true story, ***Silent Tears*** is a gripping drama that chronicles a very tough northern winter for nine-year-old Anne, her parents and siblings. Hunger sets in when her father, Roger, becomes sick and can no longer lend the trapline. When a horrendous tumour begins growing on the back of his neck, Anne's mother, Sarah, has to operate to remove it and save his life. Eventually Roger is cured and he burns the tumour so that its terrible effects will never again be visited on the family. As Anne watches the fire consume the source of her father's pain, she discovers an appreciation

for the mystery of the natural world and recognizes the rebirth symbolized by the ritual fire. In Cree (with English subtitles) and English.

Singing Our Stories - NFBC - 48 min., 52 sec.

Singing Our Stories is a tribute to the power of song in Native cultures - and to the women keeping these important musical traditions alive. This film is a visionary journey through the landscape of music indigenous to North America. From the Smoky Mountains of North Carolina to Vancouver Island, from the plains of Alberta to the mesas of New Mexico, ***Singing Our Stories*** celebrates exceptional women - their music, their heritage, their homelands - and the future of the precious musical knowledge they preserve, carry and celebrate.

Sisters in the Struggle (CC) - NFBC - 49 min., 23 sec.

Sisters in the Struggle features Black women who are active in community organizing, electoral politics, and labour and feminist organizing. They share their insights and personal testimonies on Canada's legacy of racism and sexism. The analyses they present link their struggles with the ongoing battle against pervasive racism and systemic violence against women and people of colour. Black and female, these women strive to remain whole beings as they situate themselves within today's progressive movements. Filmed in Toronto, Montreal, Vancouver and Ottawa, ***Sisters in the Struggle*** examines the roles of Black women in the struggle for human rights. Focusing on events in Canada since the 1970's, the women in this film articulate some of the challenges they face going into the 1990's.

Sliammon Community Cross Cultural Program 2000 (P.I.)- Heritage Videos

Follow young students of the Powell River and District Schools on a tour of the Sliammon Fish Hatchery then join them in workshops to learn some of the cultural ways of the Salish First Nations People of Sliammon.

Smart One, The - Dempsey Bob - Seaton Productions

Communication between artist and wood is transformed into a declared vision of a once lost art and a nearly extinct tradition. The work of Dempsey Bob lifts the soft curtain of time to interpret the art and the stories of the past and bring them into dynamic and forceful connection with the present. In the merging, bridging and the reinventing of his immaculate pieces, he touches our eyes and our souls with a timeless vision. For Dempsey Bob there is no separation between the people, the land and culture. Cedar is his child and he allows it to speak. He brings it to life to give voice to his culture. He releases its voice to join with the others - the voices of the ones before and the voices of the present like Ken McNeil, Stan Bevan and Norman Jackson. Most importantly he prepares for the voice of the future, the voice of artists to come, the voice of ***The Smart One***.

Smoke Signals - Miramax Films - 89 min.

Critically acclaimed as one of the best films of the year - Miramax Home Entertainments is proud to present ***Smoke Signals*** - a distinguished winner at the Sundance Film

Festival! Though Victor and Thomas have lived their entire young lives in the same tiny town, they couldn't have less in common! But when Victor is urgently called away, it's Thomas who comes up with the money to pay for his trip. There's just one thing Victor has to do: take Thomas along for the ride! You're in for a rare and entertaining comic treat as this most unlikely pair leave home on what becomes an unexpectedly unforgettable adventure of friendship and discovery.

Smudge (DVD) - National Film Board of Canada - 12 min. 12 sec.

Christians have cathedrals, Muslims their mosques. For Native Canadians used to praying in natural settings, all the world is a sacred space. In Aboriginal spirituality, the use of drumming, singing and smouldering sweet grass can draw unwanted attention in the city. *Smudge* witnesses how a small group of Aboriginal women celebrate their rights to worship in the city, their way.

Sniffing Bear, The (PI) - NFBC - 7 min., 47 sec.

Snow was falling quietly. Light bathed the ice fields. The Bear lumbered along, nose to the wind. Suddenly, he stopped in his tracks, rose up on his broad hind legs and sniffed. An unknown scent wafted into his nostrils, filling him with strong, new sensations. It led him to a large red jerrican that lay among the remnants of an old igloo. He sniffed. Sniffed again. And again. Luckily, his old friends the Seal and the Owl were watching. A tale that lends new meaning to old Inuit legends, blending images of breathtaking beauty with the language of the animal world to speak of a universal problem: drug abuse.

Something Left To Do (CC) - B.C. Learning Connection Inc. Ministry of Education
23 min.
Grade 9 - 10

This video is a profile of three Sto:lo Elders who give their accounts and instruction to the young. Topics covered are: traditional dance, relationships with nature, rebirth through sweats and ceremonies, and self actualization.

Song of Eskasoni (PI) (CC) - NFBC - 28 min., 50 sec.

A Native life today as seen through the eyes and the poetry of Mt. K'maw elder Rita Joe. Eskasoni is the home of celebrated Micmac Poet, Rita Joe. In a beautiful setting along the saltwater shore of the Bras D'Or Lakes of Cape Breton Island, the village of Eskasoni enjoys a revival of Native traditions and spirituality and inspires much of Rita Joe's writing. Her voice is one of the first to express the long hidden eloquence and natural artistry of the people. As a published writer and popular public speaker, Rita Joe is a shining example to the young people of Eskasoni, an ambassador for her people and a teacher for us all.

Spirit of Learning, The series - Learn the ABC's - (CD-ROM) - Bison
Technology

Helps develop the alphabet, pre-reading skills, auditory and phonetic sound awareness and Identification of letters and pictures words.

Spirit of Annie Mae, The (CC) - National Film Board of Canada - 73 min.

In 1975, Annie Mae Pictou Aquash, a 30-year old Nova Scotia born Mi'kmaw, was shot dead, execution style, on a desolate road in South Dakota. Nearly three decades later the crime remains a mystery. Aquash was highly placed in the American Indian Movement (AIM), a radical First Nations organization that took up arms in the 1970s to fight for the rights of their people.

The Spirit of Annie Mae is the story of Aquash's remarkable life and her brutal murder. It is a moving tribute from the women who were closest to her: the two daughters who fled with their mother when she hid from the FBI; the young women she inspired to embrace Native culture; the other activists, including Buffy Sainte-Marie and investigative journalist Minnie Two Shoes, who stood in solidarity with her. All are still trying to understand why she met such a violent death. Follow them on their journey as they celebrate the life of a woman who inspired a generation of First Nations people.

Spirit of Crazy Horse, The (CC) - Michel Dubois and Kevin McKiernan - 60 min.

"The heart of everything that is." These are the words which the Sioux Indians use to describe their ancestral homeland, the Black Hills of South Dakota. Those million acres form the spiritual core of the Sioux culture, and it's a land they have struggled to reclaim for a century. ***The Spirit of Crazy Horse*** is an eye-opening vision of their quest, which has shaped the lives and destiny of the Sioux for six generations.

Spirit of the Game (CC) - Full Regalia Productions/ NFBC - 47 min 30 sec

"I feel the spirit of the people and a connection with mother earth in my heart when I run." These are the thoughts of 16-year old Veronica Charter, a gold medallist at the North American Indigenous Games.

Award winning filmmaker, Annie Frazier Henry follows an elite handful of Aboriginal athletes from British Columbia for two years as they make their way to the 2002 North American Indigenous Games in Winnipeg, Manitoba. Here over 6,000 young native sportsmen and women from across Canada and the United States come to compete. It is an exhilarating journey of achievement, dedication and hardship. ***Spirit of the Game*** is a tribute to the ones who are rekindling the fire and glory of sport, for whether they win or lose, they all come home heroes.

Spirit of the Mask, The - Gryphon Productions

This international award-winning film unlocks the secret world of the Northwest Coast Indians, revealing the myths, rituals and ceremonies that gave rise to both powerful art and a special understanding of man's relationship to the natural and supernatural worlds. This exploration of the spiritual and psychological powers of the mask features dramatic, rarely seen ceremonies and also tells the story of the Northwest Coast peoples' struggle to preserve their sacred traditions against the onslaught of European colonialism. Along the way we learn how the mask, even in contemporary culture, enables us to embody our myths and our dreams and to give us the power of healing.

Spirit of the Pow Wow - (DVD) SD#71 Comox Valley

Spirit of the Pow Wow is an interactive teaching unit.

Spirit of the Trees - a 6-part series:

Spirit of the Trees weaves together native voices, art and music from 40 indigenous tribes and nations. Narrated by the late actor/ musician Floyd Red Crow Westerman, this remarkable journey with First Nations people gives insight into the traditions of their spiritual practices, foods and medicines, art and music, shelter and land management – all inseparably connected to trees forests and Mother Earth.

Spirit of the Trees – Circle of Life (DVD) NFBC – 28 min 30 sec.

Woodland tribes like the Yankton Sioux, Menominee and Objibwe share their perspective on why cultural diversity and biodiversity are interconnected. You will experience how, through years of dedication and listening to their elders, the Menominee have created one of the most outstanding examples of sustainable forestry in the world. From black ash basket making to building sweat lodges, this film takes you to the lands of tribal artists, elders and managers living sustainably with deep, healthy spiritual traditions tied to trees and forests.

Spirit of the Trees – Malama Aina (DVD) NFBC – 28 min. 31 sec.

this segment explores the intimate relationship Native Hawaiians have with the land and all living things, included in this piece is the touching story of how the Tlingets of Alaska gave the Hawaiians three giant sitka spruce for a traditional outrigger canoe because they have no trees large enough left on the Islands. Botanists, ceremonial dancers, artists, healers, navigators and others describe how indigenous Hawaiians are struggling to save their cherished land.

Spirit of the Trees – People of the Cedar (DVD) NFBC 21 min 31 sec

The tribal nations of Alaska and the Pacific Northwest consider cedar essential to life, equal only to the salmon. This segment features many traditions that have evolved from community life in the forest: carving, basket making, weaving, making cedar clothing and gathering. The Yakima share their concerns and philosophy on sustainable forestry and traditional food and gathering.

Spirit Within, The (CC) - NFBC - 51 min., 26 sec.

The Spirit Within is the story of how Native Indian prisoners in four correctional facilities have won the right to practice their traditional spirituality behind the walls of places with names like "Stoney" and "P.A." Native prisoners now learn about the spiritual values of their heritage through traditional ceremonies incorporating the Pipe and Sweatlodge. Elders visit institutions to meet with inmates to discuss, organize and lead ceremonies and workshops.

Spirits of Davis Inlet - (CD-ROM) - Southam Interactive - 45 min.

Davis Inlet, Labrador, is a native community struggling to regain its dignity. The plight of the Innu who live here is the stuff of headlines - a dramatic suicide attempt by six gasoline-sniffing children, a standoff over the ousting of a circuit judge and protests against low-level flying. This photo essay reveals the story behind those headlines. It is a glimpse into the lives of a group of people reaching for recovery. Using black and white photographs and audio interviews with the Innu, *Spirits of Davis Inlet* strives to examine the problems and solutions from the point of view of the Innu.

***Steps in Time: Metis Dances* - Birdsong Communications Ltd.- 30 min.**

A video that demonstrates Metis square dancing and jigging.

***Steps in Time 11 (DVD)* – Gabriel Dumont Institute – 70 min.**

Jeanne Pelletier's "Steps in Time" teaches people of all ages the "Red River Jig's" intricate steps, and square dancing moves and holds, as well as two square dances, the "Quadrille" and "la danse du crochet". A conversation with Jeanne outlines her history as a dance instructor and caller, and why dance is important. Also included on this DVD is the original "Steps in Time" from 1989, which teaches dancers the "Duck Dance," some basic Metis dance steps, fancy jig steps and the "Rabbit Dance."

***Stolen Children (DVD)* CBC Learning 47 min.45 sec**

After decades of waiting, Aboriginal Canadians received a formal apology from the federal government on June 11, 2008. This landmark event in Canadian history recognized the loss of culture caused by the church-run residential schools that thousands of Aboriginal children were forced to attend. It also acknowledged the physical and sexual abuse that many suffered in those institutions. In this package of documentaries from *The National*, CBC explores the impact of residential schools on former students and the larger community, presenting ideas for what more can be done to address this painful chapter in Canada's history.

***Stone and the Mouse, The (PI)* - BC Learning Connection - Min of Education - 15min.
Grade K - 4**

Wesakchek, the human spirit that talks to all creatures, needs the help of a small mouse after his taunting challenge of a race to a big stone backfires. Simple narration and shadow puppets tell this tale of the Cree people.

Stories from the Seventh Fire:

***1. Why the Rabbit Turns White (WINTER) (PI)* (Video & DVD)- Filmwest Associates - 14 minutes**

That Wesakechak! He was given so many special powers – but sometimes he gets a little lazy and just wants to "relax" from his job of looking after all his little brothers and sisters of the earth! The rainclouds and the animals have left in disgust and all the peoples are starving. The colourful art of renowned FN artist, Norval Morriseau, springs to life with the vibrant animation of the Bardel group, producers of "Anastasia" and "The Prince of Egypt".

***2. The Legend of the Spirit Bear (WINTER) (PI)* (Video & DVD)- Filmwest Associates - 14 minutes**

Mama wolf and her 3 cubs settle down in their cozy cave for a bedtime story. Mama wolf (**Tantoo Cardinal**) tells her cubs about the time when Mother Earth was covered with glaciers and why the Creator turned every 10th black bear into a white "Spirit Bear". Live action wildlife footage from the award winning Karvonen Films Library skillfully blended with cutting edge 3D animation gives a whole new perspective on story-telling.

3. *The First Spring Flood (SPRING) (PI) (Video & DVD)- Filmwest Associates - 13 minutes.*

The power of friendship and co-operation is the theme in this spring story. Wesakechak must overcome the envy and anger of the bad spirit Machias, who intends to drown him in the First Spring Flood. His friends Jackfish, Goose and Beaver cooperate to save him from the jealous bully.

4. *Legend of the Giant Beaver (SPRING) (PI) (DVD)Filmwest Associates – 13 minutes*

This story of ancient landscapes and nature sparks the imagination of all young viewers! We hear of great plains, covered with water and the giant beaver, the size of grizzly bears, who built land and created smaller lakes and ponds for other creatures. The natural link to the shrinking waters and beavers introduces the role of wetlands, special places (habitats) for many of the beavers' animal and insect friends.

5. *How Wesakechak got his Name (SUMMER) (PI) (DVD) Filmwest Associates – 13 minutes*

An excellent lesson in humility and working for stature! Wesakechak feels he deserves a more powerful name. He convinces his fellow creatures to ask the Creator to give out new names. Wesakechak becomes so fixed on being the first in line at the naming ceremony that he tries to stay awake all night. Of course, he falls asleep towards dawn and is so late for the ceremony that he ends up with his old name. But the creator gives him a new job – he will become the teacher of the First People. This way he will make his name important, not the other way round.

6. *Legend of the Caribou (SUMMER) (PI) (Video & DVD)- Filmwest Associates - 13 minutes.*

A lesson in sharing!

The Caribou herds became so large that they threatened the existence of all the plants and other creatures that lived in the Barrens. When the caribou refused to move or share, the other animals asked the Creator for help. Since that day, swarms of mosquitoes and flies force the caribou to move to other pastures and so we witness the longest yearly migration of animals on Mother Earth!

7. *Wesakechak and the Medicine (AUTUMN) (PI) (DVD) –Filmwest Associates – 13 minutes*

Abusing medicine can be very dangerous! On a beautiful fall day, Wesakechak sees two chickadees getting extra energy from their special medicine berries. He begs them to share and they do, cautioning him to take only one at a time and only when he is very tired. Wesakechak overdoes it, floats off the earth only to fall headfirst into a swamp. Later, he spies two cranes who toss their eyes to the sky to help improve their eyesight. Again, Wesakechak begs for the secret and overdoes it. He is blinded. Eventually, the Creator shows him how to restore his sight, but first insists on a promise from Wesakechak that he will not abuse strong medicine again.

8. *Legend of the First Thanksgiving (AUTUMN) (PI) (DVD) – Filmwest Associates – 13 minutes*

Sharing is a way to give thanks for the bounty around us! As the leaves are falling, we hear the story of how Raven tricked the other animals into providing a great feast before winter arrives. Harvest, Thanksgiving or Potlatch, the feast tradition carries on for all animals, including humans. In this story we witness the details of how animals prepare for winter.

Story of the Coast Salish Knitters, The (CC) - NFBC - 52.03 minutes

For almost a century, the Coast Salish knitters of southern Vancouver Island have produced Cowichan sweaters from handspun wool. These distinctive sweaters are known and loved around the world, but the Aboriginal women who make them remain largely invisible. Combining rare archival footage with the voices of three generations of wool-workers, **The Story of the Coast Salish Knitters** tells the tale of unsung heroines - the resourceful women who knit to put food on the table and keep their families alive.

Written and directed by Metis filmmaker Christine Welsh, this is a story of courage and cultural transformation - a celebration of the threads that connect the past to the future.

Storyteller's Bag, The (CD & Teacher's Guide) – Children's Theatre for Kids

Music and adventure inspired by Ojibway legends. Grades K - 8.-

Surviving Death: Stories of Grief - NFBC - 47 min., 8 sec.

When a loved one dies, the process of making the loss real can be lonely and confusing experience. ***Surviving Death: Stories of Grief*** is about people negotiating a new relationship with life after losing a loved one. Seven people - parents, children, siblings, partners and friends - reveal how they have been affected by the death of someone close to them. Recognizing that there is no single or easy path to recovery, this video is a useful resource for those in grief and for those lending support to people who are grieving.

Susan Aglukark: Polarities - Filmwest Associates - 45 min.

This documentary examines the evolution of a Native woman away from her roots in search for personal identity. At the same time, Aglukark struggles to understand the changing identity of her people as they move toward self-government. She has witnessed and experienced many of the ills of her homeland – from abuse to suicide – and she has taken what she has seen and put it into her music. Her albums are popular in both North and South, as much for their honesty as for their beauty. Her story is the story of the modern Inuit and her survival is the story of their future.

Suusa's Room (CD) - Dennis Lakusta

Songs with Dennis Lakusta.

Teachings of the Four Elements - (CD-ROM) - Ningwakwe Learning Press

The "*Teachings of the Four Elements*" material was based on an Ojibwe understanding of the Medicine Wheel. The Medicine Wheel is divided into four equal parts. Each direction has its own colour, animal, medicine and teachings. The circle represents the unity of all things and the balance of the cycles of life. Creator ... took four parts of Mother Earth (earth, wind, fire and water) and blew into them using a Sacred Shell. From the union of the Four Elements and his breath, man was created" Benton-Benai 1988.

It is the balance of these four elements that allows us to continue living on Mother Earth. Not one of the four elements can be altered without affecting the others. We are reminded how long these circles have turned before we came into the world. It is our duty to gain as much knowledge and wisdom about the world that surrounds us. Each of us can influence whether these circles will still be turning for those whose song is yet to be sung. *A booklet of Teacher's Notes accompanies this CD-ROM.*

***Teachings of the Tree People – the work of Bruce Miller(DVD) –
Islandwood Productions – 58 mins***

Nationally acclaimed artist and Skokomish tribal leader, Gerald Bruce Miller (subiyay) interpreted the sacred teachings of the natural world to anyone who wanted to learn. this gentle and generous film is the parting gift of a great teacher, artist and orator

telling it like it is (DVD) - Coppermoon Communications 24 min 30 sec

The stories that you will hear in this video document Aboriginal youth navigating tough issues and sharing their successes with others all set to a HIP, *Rap Beat!* These youth discuss important issues like balancing their Aboriginal culture in non-Aboriginal settings such as school. The young people talk from the heart about struggles with suicide, drugs and alcohol, family difficulties, school and how they have overcome the challenges they have faced. In this video youth also create a rap beat that rhymes their experience outside of the box of racial stereotypes, in the word - they Tell it Like It Is!

they call me Chief - Warriors on Ice - Telefilm Canada/ Maple Lake Releasing - 46 min.58 sec

Hockey is the national sport of Canada, a fixture in every community, yet few of the many talented Native players have made it to the NHL. ***they call me Chief*** is a fascinating fast paced journey down the hockey trail from remote reserves to the NHL Hall of Fame. Through interviews and archival footage writer/ director Don Marks brings to life some of hockey's greatest moments. Native NHL players speak candidly about their lives as ***Warriors on Ice***. They make no excuses or blame others for the barriers they have had to overcome. These obstacles include loneliness, racism, stereotyping, alcohol and drug addiction, financial hardship and cultural isolation. Each player has taken the challenge to find positive direction for their life. That is the essence of a true warrior, a man worthy of a test. Their goal now is to make the trail to the NHL easier for those who come after them.

At the core of ***they call me Chief*** is the story of what it takes to achieve one's greatest dreams. How Native players achieved their success illuminates the past and the future of professional hockey and native communities.

Through the Eyes of a Child - (audio tape) David Campbell

Thunder Drums (CD) – Arbor Productions

Twenty pow-wow songs from the World's Best Drums.

Tipi Tales (PI) – (DVD's) – Meeches Video Productions

Tipi Tales are adventures in story and song. Elizabeth, Junior, Russell and Sam play laugh and grow together in the forest surrounding the home of their great grandparents. Each story centres around the daily challenges faced by the cousins as they seek to understand each other and the world around them

Collection 3: Girl Who Cried Windigo, Big Whopper, Little Girl Lost, Too Many Words

Collection 4: Last Laugh, The Song, Sleepy Time. Pow Wow

Season 2, collection 1: The Scariest Boy, The Helper, Sugar Rush, Treasure Hunt

Season 2, collection 2: Whiner, Bee Gone, Hair Cut, Bored

Season 2, collection 6: Mine, Good Medicine, So Smart, Surprise

Season 2, collection 7: Mighty Hunter, The Shawl, The Making of Tipi Tales

Season 3, collection 1: The Brave Explorer, The Sharing Circle, The Parade, My Puppy

Season 3, collection 4: Special Pie, Sam's Pet, Sorry, Rainy Day

Season 3, collection 6: Happy Inside, Dream Catcher, Puppet Show

Season 3, collection 7: Inuksuk, Spirit Name, Costume Day

T'lina - the Rendering of Wealth - NFBC - 50 min.21 sec.

The Memorial for Arthur Brown Dick -Mamalilikala. Includes archival footage of memorial ceremonies from the past.

Toonik Time - An Inuit Spring Festival (PI) (CC) - NFBC - 12 min., 5 sec.

How long does it take to build an igloo? Skin a seal? Bake bannock? And just how many things can husky dogs do? Akeeshook and Tytoosi find out all these things and more during Toonik Time, three days of fun and games, Northern style. And every one of the games is rooted in the traditions of the early days, when people lived in camps on the land. On the last day there's a concert with drum dances and throatsinging. Toonik Time is a great way to welcome spring!

Totem – Return & Renewal (DVD) – NFBC – 23 min 03 sec

The metal shackles restraining the totem have been removed. The G'psgolox pole is free, After 77 years in a Swedish Museum, this 19th century mortuary totem is finally returning to its ancestral lands in Haisla territory. Filmmaker Gil Cardinal updates the story he first chronicled in *Totem: The Return of G'psgolox Pole*, capturing the final chapters in the historic, first-ever repatriation of a totem pole from overseas by a First Nations band.

This DVD follows the pole's emotionally charged journey home – from the long-awaited moment that the pole is taken down in the Museum of Ethnography in Stockholm to the official handover ceremony in Vancouver where the museum transfers ownership of the pole to Chief G'psgolox on behalf of the Haisla Nation

Totem - the return of the G'psgolox pole (CC) – (video & DVD)NFBC - 70 min.

In 1929, the Haisla people of Northwestern British Columbia, returned from a fishing trip to find a 9-metre high totem pole, known as the G'psgolox pole, severed at the base and removed from their village. The fate of the 19th-century pole remained unknown to the Haisla for over sixty years. Director Gil Cardinal reveals the Haisla's 1991 discovery of the pole in a Swedish museum, where it is considered state property by the Swedish government. From the lush rainforest near Kitimat Village, BC, to the National Museum of Ethnography in Sweden, the documentary traces the fascinating journey of the Haisla to reclaim the traditional mortuary pole. Bringing to light a powerful story of cultural rejuvenation, the film raised provocative questions about the ownership and meaning of Aboriginal objects held in museums. Cardinal skillfully layers compelling interviews, striking imagery and rare footage of master carvers as they create a replica pole. The Haisla have fulfilled a promise to the museum to replace the original totem. Now, having honoured their end of the bargain, they await the return of the G'psgolox pole.

Totem Poles (CD-ROM) - Ingenuity Works Inc. & the Canadian Museum of Civilization

Come to *Totem Poles*. Where supernatural beings and man share a dramatic and mystical landscape. Where a people have thrived on rivers and oceans teeming with salmon and shellfish. Where a vibrant culture has existed for 10,000 years. Come to

Totem Poles the captivating and enchanting story of a civilization the equal of China or Egypt.

Totem Talk (PI) - NFBC - 22 minutes

Traditional Northwestern Native spiritual images combine with cutting-edge computer animation in this surreal story about the power of tradition. Three urban Native teens are whisked away to an imaginary land by a magical raven. Here, the young people meet a totem pole whose characters (a raven, a frog and a bear) come to life, becoming their teachers, guides and friends - demonstrating their significance to Northwest Native cultures and allowing the teens to understand the strength of their own traditions. Featuring a special interview segment with J. Bradley Hunt, the celebrated Northwest Coast Native artist on whose work the computer-animated characters in ***Totem Talk*** are based.

Treaty Making in B.C. 11 - B.C. Treaty Commission & Knowledge Network - 34 min.

This package includes two short programs, ***Unfinished Business*** and ***Key Questions***, on one videotape. While each program stands by itself, the two programs are separated by a short section of blank tape, and may be used together. A Viewer's Guide is also available.

Unfinished Business: The historical relationship between the First Nations people of BC and the provincial and federal governments.

Key Questions (17:30 min.): Highlights from a two-hour public forum held in February 1995 to inform British Columbians about the treaty-making process.

Two Indians Talking (DVD) - Kiss Dust Pictures inc. 96 min 04 sec.

Two Indians Talking is a humorous, uncensored conversation between two First nation men who are about to take part in their community's roadblock. Each man wants fiercely to do the right things, but struggles with the question "When you do something for the right reasons, does that make it the right thing to do?" ADAM (Justin Rain) is a university-educated Native of the Seventh Generation, raised to believe that knowledge is the Indian's best tool for survival. NATHAN (Nathaniel Arcand) is a high school dropout whose dreams have been consistently crushed in his endurance of the past 20 years. On the eve of their nation's roadblock, the cousins prepare for the impending battle in a community centre that they paint with heartfelt conversation and humorous debate about life, culture, women, literature, dreams, politics, education, poverty and about hope for the future - if any.

Two Worlds Colliding (CC) - NFBC - 49 min.

Two Worlds Colliding chronicles the painful story of what came to be known as Saskatoon's infamous "freezing deaths," and the schism between a fearful, mistrusting Aboriginal community and the police force that must come to terms with a shocking secret. One frigid night in January 2000, a Native man, Darrell Night, finds himself dumped by two police officers in -20C temperatures in a barren field on the city outskirts and finds shelter at a nearby power station. He survives the ordeal but is stunned to hear that the frozen body of another Aboriginal man is discovered in the same area. Days later, another victim, also Native, is found. When Night comes forward with his story, he sets into motion a chain of events: a major RCMP investigation into several suspicious deaths, the conviction of two constables who

abandoned him and the re-opening of an old case, leading to a judicial inquiry. It remains to be seen whether the gulf between the two worlds can be bridged.

Unbroken Line, The (CC) – BC Learning Connection - Min of Education - 25 min.
Grades 11-12
(Traditions Series)

This video deals with an unbroken line of carvers of the Kwaguilth people. It features three families: Mungo Martin and Tony Hunt, Helen and David Neel Jr., and Doug Cramer. It makes important points about oral tradition, listening skills, and respect for elders. It raises important questions about the nature of art, taking art beyond traditions and issues that affect all human beings. The question of traditional versus innovation is explored, and David Neel Jr. concludes that culture is not and cannot be static.

Comments: David Neel's book *Our Chiefs and Elders* (1992) is a useful companion resource, especially the introductory essay. Pacing may be slow for some audiences. Teachers may need to preview and use specific sections as opposed to showing the whole video.

Under the Willow Tree: Pioneer Chinese Women in Canada (CC) -
NFBC - 52 min

A rich and little-known part of Canadian history unfolds through the stories of the first Chinese women to come to Canada and of subsequent generations of Chinese Canadian women. Beautiful old photographs from family albums, the recollections of seven women who grew up in Canada in the first half of the 20th century, and the memories of narrator and director Dora Nipp, whose grandfather came to Canada in 1881 to build the railway, create a remarkable story of stunning impact.

Vision of the Sacred Tree, The (PI) - Harrington Communications/ Vroni & Peter Hegi - 17 min

Kept in after school, Jerry pushes a computer off a desk in frustration and runs away. While waiting out a rainstorm he falls asleep and has a dream about The Sacred Tree. When he wakes he decides to search for the tree and along the way meets a wise old native woman and her grandson, Bob. Between the two of them, Jerry learns respect for native and to think about other people's feelings.

Artistically crafted puppets against real landscapes frame the action for this story about a young native boy's quest for understanding of his relationship to his world and the people in it. The arrangements of the puppets and the photographic quality used to capture them create vivid images that transcend the artificiality of the slide to videotape medium. Viewers are also drawn into the story by the natural sounds, native music and the flowing empathetic narration that accompany the visuals. The serene style of presentation utilized suits the story and its origin, much more than the usual fast-paced, restless, television inspired images favoured in most children's programming.

Suitable for upper elementary and junior high grades, the script for this slide to videotape programme was approved by Alberta native elders, school board officials on reserves and non-reserve native education programmes and was seen by Alberta Education curriculum support.

Vision Seeker, The - James Whetung & Paul Morin - 26 min

The Sweat Lodge is of important significance to First Nations people. *The Vision Seeker*, an Anishinaabe teaching, reveals, how one Little Boy's Vision Quest brought the Sweat Lodge to the people. Part One of the video is narrated by Anishinaabe author James Whetung and filmed on location at the Curve Lake Reserve in Southern Ontario. This evocative segment not only tells the story, but enables viewers to experience the Vision Quest, the crackle of the fire, the scent of cedar, the mysterious dark side of the moon. In Part Two, James discusses further the use of ceremonial tobacco, the spiritual beliefs and elements of nature that are so intrinsic to his life. Part Three is a portrait of Canadian artist, musician, and producer Paul Morin. At home in his studio, he discusses the artistic process that helps him produce his award-winning books.

As an introduction to First Nations studies or simply experienced on its own, *The Vision Seeker*, is for all ages and all people. A companion book is also available. (See book in P.I.)

Village Books (CD)

Stories read by Hazel Wilson. (see P.I. 917.11:SD #85 – Vancouver Island North for 3 books)

Voice of the Fugitive - NFBC - 28 min., 55 sec.

In the 1850s, Canada meant freedom for many escaped slaves, but the route known as the "Underground Railroad" was dangerous at the best of times. This gripping drama, set in 1851, tells the story of 12-year-old Elvin, a former slave, who escapes to Canada with a small group of people through the Underground Railroad. It tells, too, of the people who could be trusted to help, and of the trackers and their dogs, who could cut off the lifeline to the border suddenly and cruelly.

Voices from the Talking Stick - Voice Pictures - 27 min.

A positive and revealing story of the past, present and future told by the Haida people. The Haida, having survived spiritually and psychologically through cataclysmic devastations, offer a vantage of a people literally threatened with extinction that is a poignant parable and allegorical inspiration to the rest of the world.

Voyage of Rediscovery - Frank Brown, 1990

This is the life story of Frank Brown, a man from Bella Bella, the Heiltsuk Nation. Frank Brown, at the age of 14 or 15, was banished to an island where he had to learn to look at his inner self. This banishment was a punishment for juvenile activity. It is a positive example of how Alternative Native Justice can work.

Walking the Choctaw Road (4 C.D's) with Tim Tingle, Choctaw Storyteller

Walking the Choctaw Road, like one of those old Choctaw chants that kept people's feet going along the long journey, will stay with you and lend you some of its strength. Delivered in Tim's quiet, down-home Indian voice, they're the sort of lesson stories that stick to you like burr. Cross the river with these stories - they'll give you safe passage.

Walking with Grandfather (PI) - Four Worlds Development Project

Although aimed primarily at children, this video can be seen as a lesson in parenting skills. Grandfather provides an example parents would do well to follow in the teaching of values and traditional culture and self-esteem to children.

The Arrival, The Woods, The Mountain, The Valley, The Stream and The Gifts - (6 part video and general curriculum guide for upper elementary students of any cultural background) Includes an expanded version of the original Walking With Grandfather video including a slightly revised Great Wolf and Little Mouse Sister story; four new stories; and a live-action introductory segment. Five children visit their grandfather at his wilderness camp and learn more about Native North Americans; traditional dwellings, contributions of Indians to North American society and values and beliefs shared by most tribes. The remaining five, semi-animated stories teach the children how to get along with each other and the world. Each story comes from a different Native tribe, providing a beautiful example of their rich storytelling heritage. A teacher's guide demonstrates how the stories can be used in a student-centered language arts program to, for example, identify characteristics of a myth; understand and use symbols; understand causal relationships and master figurative language. Teaching strategies include creative writing, discussion, art projects, mime and role play.

Walking with Grandfather (PI) - Four Worlds Development Project
The Great Wolf and Little Mouse Sister

This program explores many themes which will be already be familiar to students. Fairy tales, Walt Disney productions and favorite children books, both classic and modern, contain elements which can be found in the story of Little Mouse Sister's journey. A selfless act performed out of empathy for another, the long journey to seek assistance for a very important goal, the obstacles which must be overcome to reach the end of that journey, and the personal transformation that occurs when someone successfully masters the tests and completes the task - these are some of the enduring themes to be found in this here. (Book in library 791:FOU)

Wandering Spirit Survival School - NFBC - 27 min., 32 sec.

This school, organized by concerned parents, broke with tradition by introducing subjects that are of particular relevance to its pupils. Indian legends, traditions, languages and crafts balance the program of academic subjects required by the Ontario Ministry of Education. The experience of the children at Wandering Spirit is contrasted with the very different life experienced by their parents, schooled in the old residential schools.

Wapos Bay series - NFBC - 24 min each - in English and Cree

Wapos Bay is a lighthearted stop-motion animations series about the adventures of three Cree children living in remote northern Saskatchewan. Guided by elders, extended family and their own insatiable curiosity, T-Bear, Talon and Raaven learn how to balance traditional ways with newer ones. Dennis and Melanie Jackson created this charming award-winning series.

1. There's No T' in Hockey

Talon and his cousin T-Bear play on the same hockey team, but their relationship becomes strained when they both try to win the attention of Melanie, a girl on the opposing team. The three are all playing in the hockey tournament at the Wapos Bay Winter Festival. Meanwhile Raven is having a little too much fun and not helping her grandmother prepare for the kohkum/ granddaughter bannock competition at the festival. Frustrated by waiting for her granddaughter to help out, kohkum quits preparing for the contest. The three children acquire some valuable lessons with the help of kohkum and mushom, their grandfather. T-Bear learns how to be a team player, and Raven is determined to compete in the contest.

2. Journey Through Fear

Aboriginal Day festivities are getting underway, but there's even more cause for excitement in Wapos Bay...

T-Bear unexpectedly spends the night in the fire tower after he climbs up and is too afraid to come down. Jacob goes up to get his son and realizes he's scared too. In an amusing twist, the story is reported as a political protest on TV. After much soul searching, father and son make it back to solid ground. Meanwhile, Raven doesn't want to go fishing with her mother, Sarah, because she is frightened of the river. Sarah helps her daughter feel at ease in open water, one step at a time. In *Wapos Bay: Journey Through Fear* Raven and T-Bear discover how important honesty, patience and courage are, especially when you're scared.

3. They Dance at Night

There's a strange odour in town, the sled dogs are howling and the northern lights have disappeared. What's going on in Wapos Bay?

In *Wapos Bay: They Dance at Night* Talon, Raven and T-Bear learn what can happen when they forget to respect tradition. Raven can't resist whistling at the glimmering northern lights even though she's been warned not to. And T-Bear breaks with an age-old ritual by neglecting to offer tobacco toes before picking sweet grass for the elders. All three children discover that their careless behaviour may be the source of the community's recent small misfortunes. With help from their mushom and a wise elder, they take part in a traditional ceremony that puts things right.

4. Something to Remember

The pressure is on as T-bear is handed the task of commemorating Wapos Bay's military veterans, and Raven is struggling to express her thanks to a departing teacher. To prepare for a Remembrance Day tribute that will be broadcast to everyone in Wapos Bay, T-Bear visits the community elders. He is amazed to learn that his mushom (grandfather) is also a veteran of the way. Meanwhile, Raven tries to convince her favourite teacher to stay in Wapos Bay by doing special things for her. But Ms. Chalmers doesn't initially comprehend her gestures of gratitude. In *Wapos Bay: Something to Remember*, Raven learns the true meaning of the word "appreciate," and T-Bear learns why it's important to remember the past.

5. A Time to Learn

Missing sled dogs and a pile of homework are just a few things Talon has to deal with before setting out for the trapline with his father, Alphonse. Talon can't wait to go away for a week but the exciting trip means lots of extra responsibility. He has to complete the school work he'll be missing before leaving. While Talon struggles with a creative writing assignment, T-Bear and mushom (grandfather) have trouble with the dog team. T-Bear incorrectly ties the dogs up and they escape. In *Wapos Bay: A Time to Learn* intense preparations and avoidable mistakes teach the children the importance of listening to elders and taking care with everything you do.

6. The Elements

In *The Elements*, the survival skills of Talon, T-Bear, Raven and their mushom are tested by an unexpected storm. The children are helping their mushom (grandfather) set up a cultural camp so young people can learn traditional ways. Bad weather hits and the radio, generator and ATV break down. Mushom leaves the camp for help but has an accident along the way. Left alone, the children have several mishaps - including accidentally blowing up the ATRV - and abandon the camp. The family makes it home safely, but their journey to Elders Island teaches children that taking shortcuts at any age is best avoided.

7. All's Fair

When two Northern strangers come to Wapos Bay, Talon and T-Bear learn the value of their own traditions. T-Bear and the new kid from Nunavut sweat it out to prove who Wapos Bay's best athlete is. Talon is in awe of the star hockey player, Jordin Tootoo, who visits the community.

In *Wapos Bay: All's Fair*, T-Bear realizes his family has taught him how to navigate his way on the hockey ice and out on the land. He also learns that cooperating is more important than competing. Talon sees what a great role model his dad, Alphonse, is.

8. As the Bannock Browns

T-Bear is struck by Cupid's arrow and Raven's mind plays tricks on her when the carnival rolls into Wapos Bay. When T-Bear falls under a carnival girl's spell, Jacob scrambles to make sure his son's heart doesn't get broken. Meanwhile Raven gets a serious case of chicken pox and is sent to an elder, Kohkum Mary, to get better. Being stuck in the house makes Raven's imagination run wild.

In *Wapos Bay: As the Bannock Browns*, T-Bear learns that sometimes love is blind. And Raven realizes that you shouldn't believe in everything on TV.

9. Guardians

The woods around Wapos Bay start to get dangerous after there's a Bigfoot sighting. Tempers flare after T-Bear videotapes a dark creature walking in the woods and Jacob goes public with the news. Things get really out of hand when Jacob tries to sell the footage to the highest bidder, Steve from Austin (Lee Majors), and Sasquatch hunters invade the bush where Raven's family picks berries.

T-Bear and Talon save the day by figuring out a way to help their community. Jacob apologizes for getting carried away.

In *Wapos Bay: Guardians* T-Bear, Talon and Jacob remember that in Wapos Bay it's usually better to act together than alone

10. All Access

When cousin Betty arrives in a wheelchair, the community of Wapos Bay does its best to adapt. Afraid of his own strength, T-Bear avoids one of his favourite cousins, Betty, after he discovers she is very sick. Betty is hurt because she thinks he doesn't like her anymore. Meanwhile, a talent contest has everyone in Wapos Bay competing to be chief for a day.

In *Wapos Bay: All Access* T-Bear learns it's better to come out and tell the truth. Wapos Bay decides to make it easier for elders and people with disabilities to get around.

11. Wapos Bay: As Long as the River Flows

Election fever is in the air when the All Chiefs Conference comes to Wapos Bay. T-Bear is thrust into the media spotlight when his dad, Jacob, pushes him to run for National Youth Council president. A few ideas Talon had to help the elders of Wapos Bay soon become the core issue of a heated election campaign. Talon gets angry because T-Bear isn't giving him any credit.

In *Wapos Bay: As Long as the River Flows*, Talon discovers it's important to have faith in his cousin. T-Bear learns it's best to speak up to avoid misunderstandings.

12. Tricks 'n' Treats

This Halloween, there's a phantom haunting the woods around Wapos Bay. As T-Bear, Talon and Jacob work on their costumes, the community elders pull out all the stops to make trick-or-treating scarier than usual this year. But when a spirit from an ancient story appears, the whole town gets spooked.

In *Wapos Bay: Tricks 'n' Treats* both the children and elders of Wapos Bay have a fright on Halloween night.

13. The Hunt

A day on the land turns into a major rescue operation after some animal tracks are misidentified. When the community decides to have a feast to celebrate Kohkum Mary's accomplishments. T-Bear, Talon, Mushom (grandfather), Alphonse, Jacob and Uncle Peter set off in search of a moose to feed everyone. The trip goes awry when a mother moose and her calf are wounded and have to be found. In *Wapos Bay: The Hunt* both Talon and T-Bear learn first-hand how important their Moshum's traditional knowledge is. They also discover that they each have very special hunting skills.

Washing of Tears, The (CC) - NFBC - 55 min.

In 1903, a unique and magnificent Whaler's shrine was shipped from Friendly Cove, on the far northwest coast of Canada, to the Museum of Natural History, New York. The shrine had lain at the cultural heart of the Mowachaht, whale hunters and fishermen who had lived at Friendly Cove for thousands of years. In the 1960s and 70s, all but one family left their ancient village. They moved to Vancouver Island to a new site under the walls of a pulp mill. They suffered extremes of pollution, violence, alcohol... Then, in the 1990s, in defiance of the agony of their history and to overcome the grief of the present, the Mowachaht and their neighbors the Muchalaht revived their songs and dances, revisited their shrine and rediscovered their pride. In this video, those who have experienced extremes of both pain and courage take us with them on an astonishing journey - from the poignancy of individual stories to the healing power of culture.

Ways of My Ancestors - Native Counselling Services of Alberta - 36:40 min

A series of more than twenty interviews were conducted throughout Alberta. Native Elders comment on forms of traditional Native justice and social control that preceded the arrival of non-Natives in North America. Topics covered include Spirituality, Child Rearing, Courtship, Marriage, and wrongdoing such as Stealing, Adultery and Murder. ***Ways of My Ancestors*** can be used as a personal awareness guide in studying traditional Native justice and culture.

Western Eyes (CC) - NFBC - 39 min. 30 sec.

In a culture where the standard of beauty is unyielding, what happens to women who feel they don't fit in? What goes on inside a woman who is desperately unhappy with how she looks on the outside?

Western Eyes examines the search for beauty and racial identity through the eyes of Maria Estante and Sharon Kim, young women contemplating cosmetic surgery. Both of Asian descent, the two believe their looks - specifically their eyes - get in the way of how people see them. Layering their stories with pop-culture references to beauty icons and supermodels, film-maker Ann Shin takes a hip approach to telling the real-time emotional journeys of Maria and Sharon. Using their camera to look past skin, Shin looks at the pain that lies deep behind the desire for plastic surgery. ***Western Eyes*** is a brilliant examination of beauty and perception: how we see; how we are seen; how we see how we are seen.

Whale Rider (CC) (DVD) - Alliance Atlantis - 1hr. 41 min.

A small Maori village forces a crisis when the heir to the leadership of the Ngati Konohi dies at birth and is survived only by his twin sister, Pai. Although disregarded by her grandfather and shunned by the village people, twelve-year-old Pai remains certain of her calling and trains herself in the ways and customs of her people. With remarkable grace, Pai finds the strength to challenge her family and embraces a thousand years of tradition in order to fulfill her destiny. (See book 813.54:IWI also classroom set of books.)

What Do You Mean? - (CC) - NFBC - 28 min. 50 sec.

For most people, understanding what someone else means is not always an easy task. There are often confusing double messages and conflicting expectations, a situation that is especially challenging for adolescents. In this video documentary, a group of ten Halifax high school students agreed to take part in a two week project to explore how issues arising from gender communication affect both their social and intimate relationships.

What's the Deal with Treaties? - BC Treaty Commission/ Insight Film & Video Productions

A video about treaty making. (Booklet in library 791:BCT)

Where Did You Sleep Last Night? (CC) - NFBC - 22 min

The sexual exploitation and recruitment of teens into the sex trade is a reality in our suburbs today. This graphic drama is a tool for teachers, counsellors and youth groups wanting to explore and address this issue. Jodie is a teenager bored with life, her family, her school and even her friends....until she meets Silas. With a new car, pockets full of cash and all the right lines, he's doing everything Jodie ever dreamed of. But Silas is no ordinary boyfriend. He's a pimp.

Where Did you Sleep Last Night? illustrates how sex trade recruiters lure teens away from friends and family, gain their trust, then force them into often violent life on the streets - sometimes in only 24 devastating hours. (*Ages 13 and up.*)

Where the Spirit Lives - Beacon Films - 108 min.

Set in 1937, amid the Canadian Rockies, ***Where The Spirit Lives*** is the uplifting story of Amelia, a courageous young Blackfoot Indian girl, and her plight to escape the horrors that white society forced upon her. Kidnapped from her reserve by the government and placed in an Indian Residential School, Amelia struggles to retain her heritage in a surrounding determined to wipe out any vestiges of her native culture. With only the help of Kathleen, a compassionate teacher who befriends her, Amelia must find within herself the courage to live in what white society calls civilization, a place that is for her a foreign and hostile environment.

Where We Have Been & Where We Are Going - Four Worlds Development Project

This video focuses on the stories of First Nations people who have battled with alcohol and overcome their addiction.

Whose Land Is This? - Motion Visual Productions

From Global TV on the land question in B.C., this program represents a chink in the rock that is the native land question in B.C. By educating a concerned public we may begin to build the very needed bridges and begin the honest dialogue that must exist for all societies to coexist in unison in this province and to reach a just and needed agreement on our land and, ultimately, our future.

***Why the Crow is Black - (PI) (CC)- BC Learning Connection - Min of Education -15 min
Grades K - 4***

Ahawshiw, the crow, offers to help Wesakechak, the Cree spirit. However, his vanity distracts him from his responsibility and decides his colour. A simple presentation with a story teller and shadow puppets.

Wiping the Tears of Seven Generations - Fidel Marino

This film documents the return of a 100 year old ceremony, "Washigila-wiping the tears," bringing to end seven generations of grieving and the beginning of a new cycle of healing for the Lakota descendents of survivors of the Wounded Knee Massacre of 1890.

Wisdom of the River – Cowichan Cultural Centre - 28.04 min

Salmon culture of the Cowichan.

Within The Walls - A Story of Healing - Creative Concepts Photography - 25 min.

A documentary of images and voices from the Native Brotherhood at William Head Institution, Vancouver Island, B.C. Today there is a disproportionate number of First Nations people incarcerated in the prison system. Once in prison, many Aboriginal inmates are introduced to the Native Brotherhood. It is within the Brotherhood that many begin their journey on the red road . . . the good road . . . the road to healing.

Women in the Shadows (vol. 1)- (CC) - NFBC - 55 min., 50 sec.

Like a broken necklace, the history of First Nations women in Canada's fur trade has been scattered and forgotten. But one woman decided to piece it back together, bead by precious bead, to reconstruct her heritage and find her place among her people.

Women in the Shadows is a deeply personal documentary film which follows Metis writer and filmmaker Christine Welsh on a spiritual and physical journey in search of her Native identity, uncovering in the process a lost chapter in Canadian history.

Women's Fancy Dance Songs (CD)- Arbor Records

Sixteen Fancy Dance songs by various drum groups.

Woodchipp's World -an introduction to the Comox language (CD)

A teacher's guide comes with a CD of the introduction to the Comox language.

World in Our Eyes, The - A Native American Vision of Creation - Monte Video - 102 min 32 sec

Part 1: The Legend

Part 2: Sounds of Life and Musical Themes

Yet Sun Heywa - A Virtual Journey into Northwest Coast Indigenous Art -

(CD-ROM) - Canadian Heritage & Museums Association

“***Yet sun heywa***” means “we are going somewhere” in the Coast Salish language. We’ve chosen this title to honour the people who have lived in the lower Vancouver Island region for thousands of years because this is where the project began. The phrase also describes our journey into the Pacific Northwest cultures of British Columbia. The Maltwood collection of silkscreen images that constitutes part of this CD-ROM is rich in contextual material and contains artist biographies and statements, historical photographs, as well as video clips and artist interviews. Master artists from all six major linguistic and cultural First Nations groups in British Columbia’s coastal

areas are included: the Tlingit, Haida, Tsimshian, Kwakiutl, Nuuchahnulth, and Salish peoples.

Young Spirit Rises - *Kla-How-Ya Productions* - 29 min. 30 sec.

Native youth and how they have to deal with life in the '90's.

Yuxweluptun: Man of Masks - *NFBC* - 21 min., 35 sec.

In 1868 the Canadian government passed the Indian Act to subdue Native peoples by confining them to reservations, outlawing their languages, destroying land rights and denying them a vote. ***Yuxweluptun: Man of Masks*** opens at the Bisley Rifle Range in Surrey, England, where Lawrence Paul Yuxweluptun is shooting the Indian Act, a performance piece to protest the ongoing effects of the legislation on Aboriginal people. Yuxweluptun is a modernist whose artistic influences come from his home in Vancouver, B.C. His surrealist canvases deal with ozone depletion, land claims, Aboriginal rights, clear-cut logging and racism. One of Canada's most important painters, this Salish artist has exhibited in Paris, Zurich, Barcelona and Switzerland. Interviews with Yuxweluptun, striking images of his paintings and a visit to his virtual reality longhouse provide a glimpse into contemporary First Nations art making and the politics of the artist.