

# Monthly Recap

*By Samantha Hampton  
Owner of Creative Community Promotions*

We must do more than talk about reconciliation. We must act.

As a non-indigenous member of society, I often wonder how I can act. I do feel we should all practice reconciliation in our everyday lives. In our own hearts and minds. Within our families, and in our communities and workplaces.

As a non-Indigenous female, I believe and I can only speak for myself but reconciliation starts with listening. I can't be faulted for not knowing what I don't know. However, I can be faulted for not making an effort to learn. I have asked myself many times through self-reflection and conversations within my community how can I approach these difficult conversations. It isn't a conversation that only happens once. This process is deeply rooted and must continue as we all build respectful relationships with Indigenous peoples.

As a Non-Indigenous person raising a daughter who is Treaty from York Factory First Nations, I ask myself often if am I doing what's right. Am I having the right conversations and taking the appropriate steps to educate and provide opportunities for growth and cultural learning? I don't want my daughter to grow up uneducated about her culture. I want her to have compassion and understanding for what has happened before her and to grow an understanding of how she has the ability to be a part of the change.

I have been in situations where I have heard people say "It doesn't affect me" and I am deeply offended by that statement. I think what people forget is that history has the ability to impact us all. Everyone must reflect on these horrific moments in time. Children never came home and when they left the families and communities were forever impacted by this act of cruelty.

Take this day to listen to the truth. By listening we are starting the process of reconciliation. Do you know what happens when we listen to Indigenous perspectives? We learn the truth. Indigenous stories need to be told by indigenous people. Learn the truth, and take action.

I am committed to listening, I am driven to learn, and I am determined to act.

Tomorrow I am going to take my daughter to Riverton, Manitoba. We are going to listen to the Red Shadow Singers (Drum Group). We also will have the privilege of watching the Peguis United Steppers, Jason Lepine's Metis Spirit Band, the Riverton Jiggers, as well as the RDFC Drum Group. We will be there to celebrate indigenous culture and honor National Truth & Reconciliation Day.

Until next month, Stay safe & be kind.

*Samantha Hampton* 



**"Reconciliation is not an aboriginal problem- It is a Canadian problem. It involves all of us.**

*- Senator Murray Sinclair*