



June 4, 2020

What struck you in today's conversations?

- ❖ "Resilience is a product of racism" - Michelle Francis - Denny....An Ally needs to care about you, first..and can relate to your pain - Louise Delisle...."Can be no conditions to be a true Ally - Michelle Francis-Denny... "Know when to pull back, it's a dance...the communities know what we need, but have not had resources...allies should not be leading" - Ingrid Waldron
- ❖ The opportunity to share stories and reflect on them is powerful. Thank you.
- ❖ True allies have no conditions!!!
- ❖ If we're not clear how to be an ally in a particular space, we can ask
- ❖ The act of teaching can create space in ourself for learning and opening ourselves to better
- ❖ An ally needs to know when to come in - and when to leave.
- ❖ An ally knows when to come in and when to step out
- ❖ What an amazing opportunity to share ideas and insights!
- ❖ Breathing and Being and Feeling what is Now. To embrace silence.
- ❖ Good allyship is an ever changing dance, not a static endpoint.
- ❖ First time participant! I didn't know what to expect. I am reminded of the power of individual stories and making connections. Thank you!!
- ❖ Such a gift to hear about the characteristics of a trustworthy ally - never lead!
- ❖ The healing power of nature... can deepen our relationships with each other because it's something we share.
- ❖ Albert: Why do people continue to be silent and inactive? Why am I so different?
- ❖ Person-hood for the land.
- ❖ Know how to support as an ally but never leave.
- ❖ Yes, the resilience reference also resonated for me. The idea that this emerges in childhood. Made me think again, as I often do, about the importance of supporting resilience in all our children.

- ❖ Look for the subtle forms of racism, not just the overt ones
- ❖ This resonates with me, "I'm sick of being sick"...
- ❖ All communities and people are worthy of protection
- ❖ Nature is so important for all of us! Covid has helped people get back to nature
- ❖ Having experienced the social isolation more vividly over the past few months, Albert's statement about social isolation over 100s of tears (years, typo but will leave it) is painful for me.
- ❖ Ask the people whether they want you to be an ally and how they want that to be done.
- ❖ Ingrid: racism silently weaves into every structure.
- ❖ Ingrid's comment was very powerful to me: allies should support, not lead. We must be humble and learn together.
- ❖ The environment that makes us sick is not just a place, not the place we love and where our people are, but the toxins and industry and the policy and the prejudice that makes them possible.
- ❖ Nature is essential to our survival - physical, mental, emotional, spiritual
- ❖ How did you grow up so loving? Father said, Hold your head and be proud of who you are. If you do something, do it for someone else.
- ❖ I miss Mr. Spider. he left my kitchen window...maybe he went to live closer to the water:)
- ❖ An invitation, an introduction, a meeting can be the first step to caring ... caring as an ally.
- ❖ Just because the movie ends doesn't mean our fights have
- ❖ A huge thank you to my breakout partners for their COURAGE in being so honest in sharing. This act gives me HOPE!
- ❖ Louise: If you're doing something do it for someone else.
- ❖ How to be a good ally - when to step in and when to step back; an ally cannot be conditional- picking and choosing what to support. From the breakout session, Susanne mentioned: this type of work needs to move up our priority list (making time for it), this is an idea that I will take away as well. Thank you to all of the speakers today for sharing.
- ❖ The environment heals us, we need to protect it, it sustains our mental health.
- ❖ Wela'in for amazing hosting Andrea! Excellent, important session! Thank you for holding the space for us.
- ❖ From my breakout partner: If you want to be an ally, give.
- ❖ It is truly ironic in the context of this conversation to see the trouble several participants in indigenous communities are having trouble with bandwidth and it is limiting their involvement and interaction in this discussion - and by extrapolation limiting indigenous and African Nova Scotian voices in important conversations
- ❖ Parents as mentors. My mother always told us to stand up for what we believe in. If you are right, fight for it because no one else will do it for you.
- ❖ For settlers, sharing power means giving up some privilege, power, and often money and other resources. That can be a challenge to do at all, let alone to do right.
- ❖ Grateful for this opportunity to learn and grow.
- ❖ Hope is coming from seeing young people involved in activism.
- ❖ It takes a community to raise a child... as First Nations people we live by that concept as

well... lets us ALL be this community for our next generation, let's all connect.

- ❖ 'If you're doing something, do it for someone else' - being very aware of how we are connected and how we can try to make our life a gift. Deep gratitude to the speakers for taking the time and energy to explain their experience.
- ❖ Profound challenging questions. Thank you Andrea for asking them.
- ❖ Albert spoke of the importance of recognizing non-colonial education experiences in the breakout room and the impact that had on his opportunities in life.
- ❖ Thank you so much everyone!
- ❖ Louise: I can't stop thinking about some things you said in the film—your wish that we have less garbage, instead of being justifiably angry at perpetrators of environmental racist violence—wow! you inspire.
- ❖ We are all connected. Slowing down can help that remembering.
- ❖ Thank you so much to the guests for spending this time with us.
- ❖ Strong community is crucial for our survival
- ❖ It's great to be in breakout groups with people from near (NS) and far (Scotland & Texas). I love the mix of perspectives and the opportunity to share powerful moments.
- ❖ Thanks Olu.
- ❖ White culture has built into its foundations the policies of racism so that it can call itself the default people. We blame those we hurt for their forced conditions.
- ❖ Thank you to the guests for sharing so much
- ❖ Wela'liek! | Tapadh leibh! | Thank you! Wonderful gathering!
- ❖ Thank you to all the speakers and organizers.
- ❖ Merci! Beautiful gathering xo
- ❖ Thank you to all of the presenters this was amazing.
- ❖ Thank you for this powerful truth telling with such grace and spirit.
- ❖ Thanks everyone!
- ❖ Merci! | Wela'liek! | Tapadh leibh! | Thank you!
- ❖ Thank you everyone!
- ❖ Peace be with you, joy be with you, so might it be.
- ❖ Thanks Dr Wladron for not pulling any punches.
- ❖ Thank you to our guests, such powerful stories of resilience. Tapadh leibh, Wela'lin, Merci, Thank you.
- ❖ Translation of Mary Louise Bernard's water song: "Water we love you, water we love you, water we love you. It comes from the ocean. Water we love you, water we love you, water we love you, that comes from the ground. Water we love you, water we love you, water we love you, that comes from the sky. Water we love you, water we love you, water we love you it carries life, it carries life. Water we love you, water we love you, water we love you...."