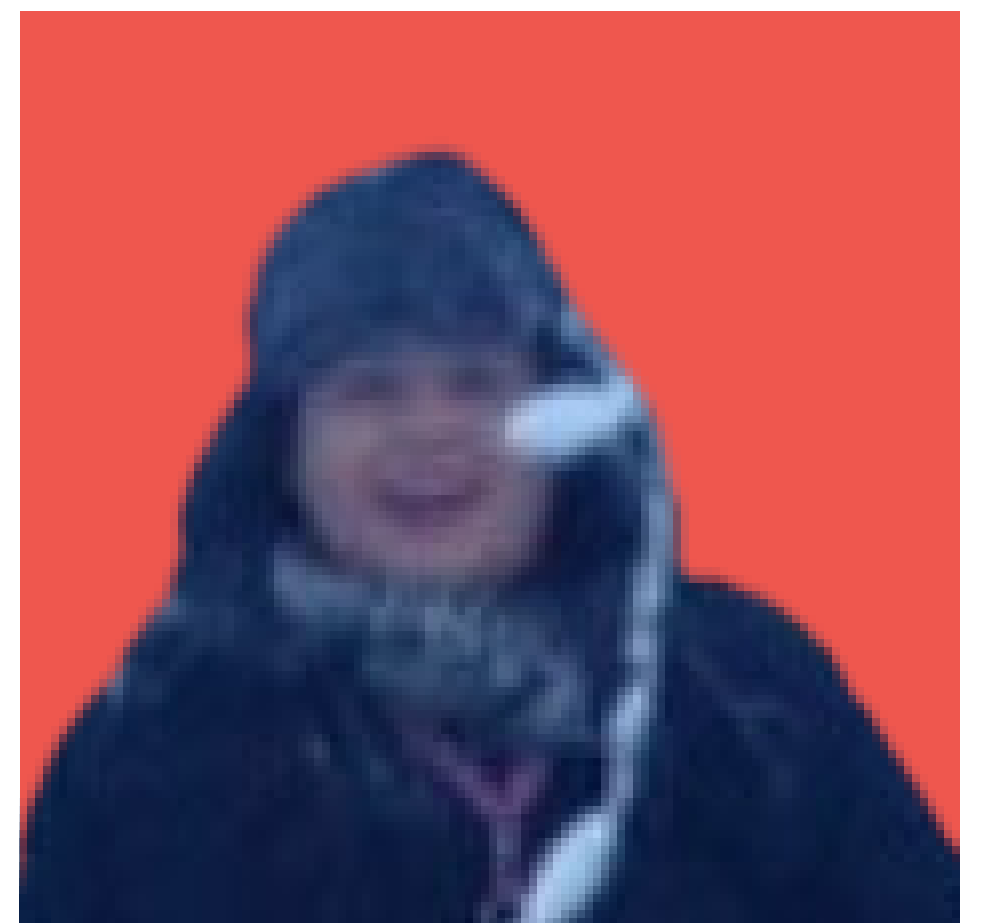


ASK ME ANYTHING



NATIONAL INDIGENOUS HISTORY MONTH

CELEBRATING INDIGENOUS VOICES
IN THE PUBLIC SERVICE



WEDNESDAY, JUNE 28, 2023 | 1PM EDT
FEATURING: BEVERLY UNGUNGAI-FOSTER, MAYA KNOTT,
AND LACEY MCNALLY

Canada 

ASK ME ANYTHING (AMA) RESOURCE GUIDE



NOTE FROM OUR TEAM

Thank you for participating in June's [Ask Me Anything \(AMA\): Celebrating Indigenous Voices in the Public Service](#). We are excited that you joined us for this event! A list of resources has been collected and curated, that we believe will be helpful for our colleagues however, it is not an exhaustive list. We recognize that not every resource will be valuable to every reader, however, we hope that helpful and interesting resources can be found within our guide.

In collaboration, The AMA Team

DiversityandInclusion-Diversiteetinclusion@forces.gc.ca

EVENT DESCRIPTION

This month, we recognize the rich and diverse cultures, voices, experiences, and histories of First Nations, Inuit, and Métis Peoples, and their many contributions to Canada.

Join us as our speakers share their stories, reflections, cultures, and experiences on the Ask Me Anything stage to celebrate Indigenous voices in the public service in honour of National Indigenous History Month!

#AMA CHALLENGE

#AMACHALLENGE

We encourage others to have courageous conversations with their peers. Use the monthly Ask Me Anything sessions as an opportunity to have brave conversations in your workplaces with your teams.

HERE'S WHAT TO DO:

- Invite your leaders and colleagues in your organisation to an Ask Me Anything watch party, tune in live and watch the session together. Make sure it's in their calendars.
- Before the watch party, book an "After the AMA – Team Session" with your immediate team for the day after the event for 30-60 minutes. Share the resource guide and have these questions for discussion.

AFTER THE AMA – TEAM SESSION DISCUSSION QUESTIONS

1. What was my main takeaway – expand and share an amazing quote, story or moment
2. What made me uncomfortable/ what was one of my blindspots?
3. What is an example of a systemic discrimination that I am aware of in my life?
4. What am I not going to do anymore?
5. How can I use my voice/ influence – both overtly/covertly
6. Where am I going to dig in and learn more?
7. How will I continue this conversation?

It is important that we find value in the experiences, the unique characteristics of each other. When we develop our cultural competence, we are able to work better together within our teams and respond to each other with relevant empathy and compassion. By celebrating and sharing our authentic selves, we gain a greater appreciation for each other and the diversity that surrounds us.

SUPPORT

Remember, **support is available for you and your family when you need it.** Some of the discussions, at the AMA, or the content shared may bring forward past trauma or uncomfortable feelings; please seek professional help if this is the case.

Employee Assistance Program (for Federal Government employees) - [Canada.ca](https://www.canada.ca)
Toll-free: 1-800-268-7708 TTY (for people with hearing impairments): 1-800-567-5803

The Canada Suicide Prevention Service - Connect with a responder now by calling our toll-free number 1-833-456-4566.

RESOURCES

If in crisis visit your local emergency department, general hospitals or call 911

- <https://www.dcottawa.on.ca/24-7-crisis-line/>
- Ottawa and region distress center: Distress: 613-238-3311 | Crisis: 613-722-6914 or 1-866-996-0991 | TEXT 343-306-5550 | Chat & Text 10am-11pm

Wellness Together Canada

Mental Health and Substance Abuse Support.

<https://wellnesstogether.ca> and toll free 1-866-585-0445.

GOVERNMENT OF CANADA RESOURCES

- Indigenous Learning Products
 - <https://www.csps-efpc.gc.ca/ils-eng.aspx>
- Crown-Indigenous Relations and Northern Affairs Canada (CIRNAC)
 - <https://www.canada.ca/en/crown-indigenous-relations-northern-affairs.html>
- Learn About Inuit Across Canada
 - <https://www.rcaanc-cirnac.gc.ca/eng/1649783692681/1649783745625>
- Learn About Métis Across Canada
 - <https://www.rcaanc-cirnac.gc.ca/eng/1649784022699/1649784047259>
- Learn About First Nations Across Canada
 - <https://www.rcaanc-cirnac.gc.ca/eng/1649778441162/1649778487400>
- Highlights from the Report of the Royal Commission on Aboriginal Peoples
 - <https://www.rcaanc-cirnac.gc.ca/eng/1100100014597/1572547985018>

ONLINE RESOURCES

- Reconciliation: A Starting Point
 - <https://www.csps-efpc.gc.ca/tools/apps/index-eng.aspx>
- Indigenous Peoples and Lands
 - <https://www.rcaanc-cirnac.gc.ca/eng/1605796533652/1605796625692>
- First Nations People, Métis and Inuit Canada
 - <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2022057-eng.htm>
- National Centre for Truth and Reconciliation: Reports
 - <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2022057-fra.htm>
- National Inquiry into Missing and Murdered Indigenous Women and Girls
 - <https://www.mmiwg-ffada.ca/final-report/>

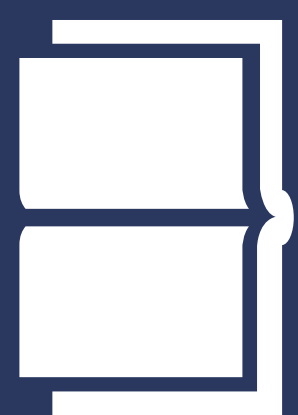
RESOURCES

BOOKS

- Held By the Land: A Guide to Indigenous Plants for Wellness
 - <https://www.chapters.indigo.ca/en-ca/books/held-by-the-land-a/9781577152941-item.html?ikwid=indigenous&ikwsec=Home&ikwidx=1#algoliaQueryId=73a9e655837e9bd46892c1b1ee0f408b>
- Highway of Tears: A True Story of Racism, Indifference and the Pursuit of Justice for Missing and Murdered Indigenous Women and Girls
 - <https://www.chapters.indigo.ca/en-ca/books/highway-of-tears-a-true/9780385687591-item.html?ikwid=indigenous&ikwsec=Home&ikwidx=3#algoliaQueryId=73a9e655837e9bd46892c1b1ee0f408b>
- Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants
 - <https://www.chapters.indigo.ca/en-ca/books/braiding-sweetgrass-indigenous-wisdom-scientific/9781571313560-item.html?ikwid=indigenous&ikwsec=Home&ikwidx=6#algoliaQueryId=73a9e655837e9bd46892c1b1ee0f408b>
- Indigenous Relations: Insights, Tips & Suggestions to Make Reconciliation a Reality
 - <https://www.chapters.indigo.ca/en-ca/books/indigenous-relations-insights-tips-amp/9781989025642-item.html?ikwid=indigenous&ikwsec=Home&ikwidx=10#algoliaQueryId=73a9e655837e9bd46892c1b1ee0f408b>
- Truth Telling: Seven Conversations About Indigenous Life in Canada
 - <https://www.chapters.indigo.ca/en-ca/books/truth-telling-seven-conversations-about/9781443467810-item.html?ikwid=indigenous&ikwsec=Home&ikwidx=14#algoliaQueryId=73a9e655837e9bd46892c1b1ee0f408b>

VIDEOS AND PODCASTS

- First Nations People, Métis and Inuit in Canada
 - <https://www.statcan.gc.ca/en/sc/video/first-nations>
- Indigenous Voices and Reconciliation
 - https://www.nfb.ca/channels/edu_home_indigenous_voices_reconciliation_en/



Prerequisite: [Watch AMA](#)

Objective: to facilitate a discussion with my work team about celebrating Indigenous voices in the public service

Time: 60 minutes

What was my main takeaway – expand and share an amazing quote, story or moment:

What made me uncomfortable/ what was one of my blind spots?

What am I not going to do anymore?



Prerequisite: [Watch AMA](#)

Objective: to facilitate a discussion with my work team about celebrating Indigenous voices in the public service

Time: 60 minutes

How can I use my voice/ influence – both overtly/covertly

Where am I going to dig in and learn more?

How will I continue this conversation?

What are some of the challenges unique to your identity that you face in the workplace?

OPENING REMARKS



Colonel David Grebstad, CD, Director of Middle East and Africa Policy, Department of National Defence

Colonel Grebstad was born in Dryden, Ontario, and joined the Canadian Armed Forces (CAF) as a non-commissioned member (NCM) reservist with 116 Independent Field Battery, Royal Canadian Artillery in 1990. He became an officer in 1992 and completed a component transfer to the Regular Force in 1999.

Since joining the Regular Force, he has served in numerous regimental, school and staff positions at the operational and strategic level and is currently the Director of Middle East and Africa Policy in the Director General International Security Policy group.

Colonel Grebstad has completed operational tours in Afghanistan on Op APOLLO (2002), in NATO Joint Forces Command Naples on Op REASSURANCE (2014); and in Egypt on Op CALUMET (2018). His command billets were Battery Commander Y Battery, 2 RCHA and CO Administration Branch, Canadian Forces Base Borden (CFB Borden).

He graduated from the University of Manitoba, the University of New Brunswick and the Royal Military College of Canada. As an avid amateur historian, he has been published in several peer-reviewed academic journals. Colonel Grebstad is often found in the gym. He is a proud citizen of the Manitoba Metis Federation, and he and his wife, a Health Services Officer in the CAF, reside in Ottawa.

CLOSING REMARKS



Nicole Elmy, National Director of Indigenous Relations, Canadian Coast Guard

Nicole is the first National Director of Indigenous Relations, Canadian Coast Guard (CCG), where she supports First Nations, Métis, and Inuit partnerships and collaboration nationally and in inter-departmental fora. Before joining CCG, Nicole led the establishment of the Canada Border Services Agency's first Indigenous Affairs Secretariat and delivered on key commitments, including an Indigenous Framework and Strategy for the agency. She recently completed an assignment with the Department of Fisheries and Oceans (DFO) as the Associate Regional Director General for the Ontario and Prairies Region.

Nicole is a proud member of the Mohawks of the Bay of Quinte First Nation. She lives her passion for advancing Reconciliation through respecting each individual's ongoing journey and promoting the voice of Indigenous youth in the Public Service. Nicole advocates strongly for education and cultural awareness as meaningful demonstrations of Reconciliation commitments.

PANELLISTS



Beverly Ungungai-Foster, Indigenous Advisor, Governor General of Canada

Beverly was raised in Baker Lake, Nunavut and is a proud Inuk mother of one Panik (daughter). She has an extensive background in Arctic affairs including working as Special Assistant for the first Ambassador of Circumpolar Affairs, and working at Nunavut Tunngavik Inc. (NTI). Beverly having grown up in the Arctic brings a unique personal perspective. She spent a decade at Crown-Indigenous Relations and Northern Affairs Canada (CIRNA) formerly known as Indigenous and Northern Affairs Canada (INAC), progressing from an Inuit Training and Development Advisor, to Manager, through to a Senior Policy Advisor to the Regional Director General. Relocated to CIRNAC HQ as Senior Policy Advisor at Northern Governance Branch to work on Nunavut Devolution from 2010-2019.

In 2019, Beverly transferred to her position as an Indigenous Relations and Partnerships Manager at the Canadian Coast Guard Arctic region, where she felt privileged and honoured to be involved in the creation of the new Arctic region. Although away from her homeland, Beverly is appreciative of all the great opportunities she has had to impact Inuit and Northern Affairs in a government environment. More recently, Beverly is on a one-year assignment as Indigenous Advisor for the Governor General's Office.

PANELLISTS



Maya Knott, Senior Project Officer, Indigenous Programs, Department of National Defence

Maya Knott ndizhnikaaz. Curve Lake doonjibaa, Mikinaak doodem.
[My name is Maya Knott. I am from Curve Lake First Nation. My clan is turtle.]

Maya is an Ojibway kwe/woman that hails from Curve Lake First Nation – part of the Williams Treaty and territory in which her family and extended relations reside. Maya speaks Anishinaabemowin and is an avid hunter, trapper, and angler. Utilising Treaty arrangements, as well as respecting authoritative regulations, she enjoys participating in skills that directly coincide with her traditional heritage and values. The ability to provide for and educate her children, family and extended relations, is something she cherishes and respects.

Maya's father is Ojibway (with extended relations to Anishinabek Nation's traditional territory) and her mother is a first generational immigrant from Bavaria. She was born on reserve, pursued post-secondary and career development dreams and goals off reserve for over a decade. Maya lived in Ottawa, Algonquin Territory while obtaining Police Foundations at Algonquin College and a BA Honours of Criminology, with a concentration in law at Carleton University. Upon obtaining her post-secondary pursuits, she began work at National Defence in 2009.

Maya is currently the Senior Project Officer, Indigenous Programs at CFSG (O-G). She is thankful and appreciative for the opportunity to embrace her Indigenous culture and extend the opportunity for the Canadian Armed Forces (CAF) community to participate in their own personal journey.

PANELLISTS



Lacey McNally, Senior Policy Analyst, Legislation, Engagement and Regulation Directorate, Community Infrastructure Branch, Indigenous Services Canada

Lacey is Métis (registered member of the Métis Nation of Alberta), born and raised in the Edmonton area.

After completing her degree at University of Alberta's Faculty of Native Studies, she gained experience working in front line child protection, youth treatment, and the education system while working in Edmonton, Northern Alberta, and Northwest Territories. Since joining Indigenous Services Canada, Lacey has worked in the Alberta Region for Jordan's Principle and Education as Team

Lead/Manager/Acting Director, and in the National Capital Region (NCR) for Income Assistance and Safe Drinking Water Legislation as a Policy Analyst.

In her personal time, she enjoys various outdoors activities with her dog and is an engaged advocate for Indigenous, child welfare and animal rights/welfare issues.

MEET OUR CO-HOSTS



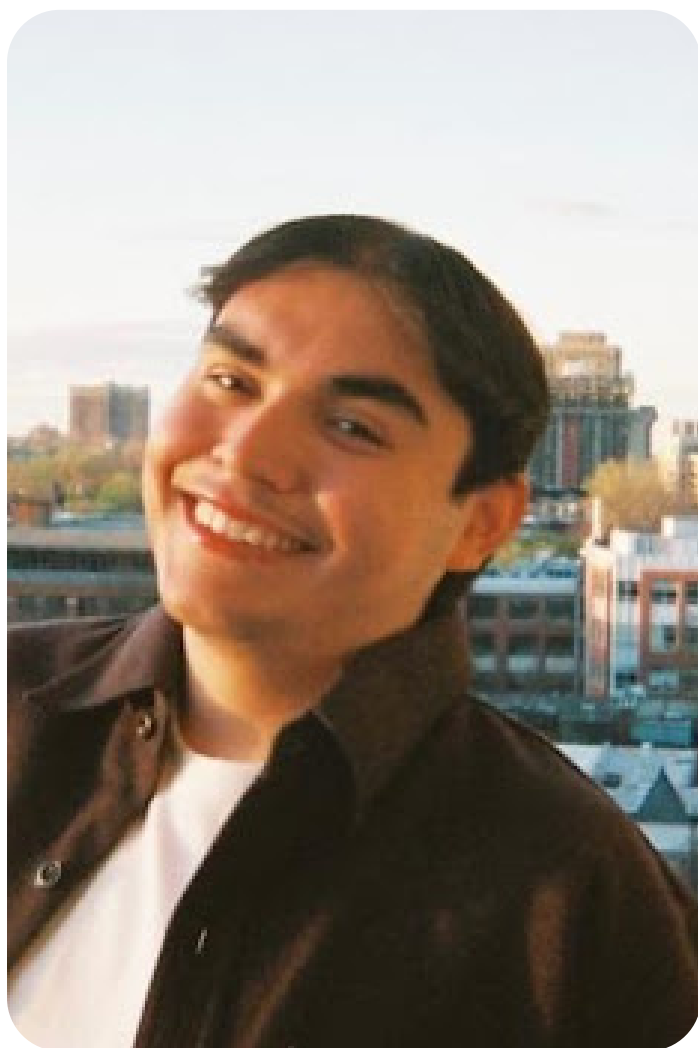
Shawna Wolfe, Senior Policy Advisor, Indigenous Relations and Partnerships Policy Division, NHQ Department of Fisheries and Oceans

Shawna is Senior Policy Advisor with the Indigenous Relations and Partnerships Policy Division (IRPP) situated in Strategic Policy in National Headquarters with Fisheries and Oceans Canada.

Shawna is a proud Red River Métis citizen, born and raised and still living in her nations homeland in Winnipeg, Manitoba with ancestral and contemporary ties to the Métis communities of Powerview/Pine Falls, St. Laurent, St. Eustach Manitoba. She feels honoured to work in a federal space designed to improve relationships between the Department and Indigenous Peoples in Canada. She is also committed to continuous learning, allyship, spreading awareness and challenging biases and racism towards Indigenous Peoples and always searches for opportunities to celebrate her culture and honour her ancestors and the resilience of all Indigenous Peoples in Canada.

Shawna is a mother of 2, a wife, a daughter, a sister, and aunty to many. She has always felt a strong connection to water and wildlife, and also adores biking, hiking and playing music.

MEET OUR CO-HOSTS



Sebastian Bob, Junior Internal Communication Officer, Internal Communications, Event Management and Publications, Canadian Coast Guard

Sebastian is an Irish and Indigenous student from the Tahltan, Tlingit, and Carrier nations in North-western British Columbia. He was born and raised in Vancouver, British Columbia and graduated with a Dual Dogwood Diploma for French Immersion students. In 2019, he moved to Montreal, Quebec, to pursue his academic journey at Concordia University. Over the course of four years, Sebastian has been working towards a Bachelor of Arts, double majoring in Communications Studies and First Peoples Studies. Given the diversity of Montreal, Sebastian has fostered many relationships with Indigenous peoples from across Canada, which provided him with the space to reconnect with his Indigenous culture. He understands the difficulties of urban Indigenous peoples who spent their formative years away from their traditional territory, culture, and communities.

Through the Federal Student Work Experience Program (FSWEP), Sebastian has worked 3 terms as a student with the Government of Canada. Amid the global pandemic, Sebastian began working with Fisheries and Oceans in the Pacific Region for the Aboriginal Fishing Strategy team as an Agreements Drafter. In hopes of gaining more experience and applying his knowledge of communications, Sebastian worked with the DFO Social Media team based out of the NCR for 2 terms. Sebastian has recently joined the Innovation, Planning and Engagement Branch under the Internal Communications team at CCG for the summer term. Sebastian is dedicated to sharing his communications expertise through an Indigenous lens while offering reconciliation tactics and cultural sensitivities.