

BIBLIOGRAPHY

This bibliography includes resources listed in each of the units as well as supplementary resources. They are listed by category:

- Background Resources for Teachers
- Classroom Activities and Lessons
- Traditional Narratives
- Picture Books
- Student Print Resources
- Videos
- Websites and Multimedia

Background Resources for Teachers

Aikenhead, G. and H. Michell. *Bridging Cultures: Indigenous and Scientific Ways of Knowing Nature*. Pearson Education, Don Mills, ON. 2012.

Examines Indigenous and Western science can be used together to build cross-cultural school science.

Bannister, Kelly Patricia. *Chemistry Rooted in Cultural Knowledge: Unearthing the Links Between Antimicrobial Properties and Traditional Knowledge In Food and Medicinal Plant Resources of the Secwepemc (Shuswap) Aboriginal Nation*. Thesis, UBC, July 2000. Online link at

<http://bit.ly/2dyksEs>

Bonneau, Nancy. Shuswap and Okanagan First Nation Root Food Protocols. Masters Thesis, Simon Fraser University. 2003. Available online at <http://ow.ly/m0lf302O93Y> or search on title keywords.

A study of the harvesting and protocols of two important plants, bitterroot and springbeauty. Contains excerpts of interviews with people who still harvest these plants today.

First Nations Pedagogy Online. <http://firstnationspedagogy.ca/>

This site provides best practices and support for online learning initiatives that are intended for aboriginal students, elders, educators, curriculum developers, and educational leaders.

Ignace, Marianne and Ignace, Ron. *The Secwepemc: Traditional Resource Use and Rights to Land in Native Peoples: The Canadian Experience*. Toronto: Oxford UP, 2004

Isaac, Irene. *Understanding Traditional Ecological Knowledge Through Kwakwaka'wakw Story*. Master's thesis, University of Victoria, 2010. Online at <http://bit.ly/2cCercS>

Description of a cross-cultural science and environmental education program using traditional Kwakwaka'wakw stories as a focus. Lessons were piloted in Alert Bay and evaluation showed

that the students understood the TEK of the people, and a range of western science concepts, and also respect of the people and the land.

Lee, Marc and Amanda Card. A Green Industrial Revolution: Climate Justice, Green Jobs and Sustainable Production in Canada.

<https://www.policyalternatives.ca/publications/reports/green-industrial-revolution>

A report on the industrial and employment strategies needed to transition to a sustainable economy and create a new generation of well-paying green jobs.

MacPherson, Nancy Elizabeth. Traditional Knowledge for Health (Nlaka'pamux) Masters thesis, UBC, 2009. <http://bit.ly/2dBfaM8>

This thesis studies the TEK of the Nlaka'pamux Nation as it relates to health.

Macchi, Mirjam. Indigenous and Traditional Peoples and Climate Change. 2008.

<http://bit.ly/2dKx3r0> .

A global report on the response of Indigenous people around the world to climate change.

Menzies, Charles R. and Caroline F. Butler. "Returning to Selective Fishing through Indigenous Fisheries Knowledge:" *The American Indian Quarterly* v 31, n 3. pp 441-464. 2007. Download at

<http://ow.ly/pdQB302IWru>

This academic article suggests ways that sustainable traditional fishing techniques can be used today.

Michell, Dr. Herman, Yvonne Vizina, Carnie Augustus and Jason Sawyer. *Learning Indigenous Science from Place*. University of Saskatchewan, 2008. Web at:

<https://portal.usask.ca/docs/Learningindigenousscience.pdf>

Research study examining Indigenous-Base Science perspectives in Saskatchewan First Nations and Metis Community contexts.

Turner Nancy J. *Ancient Pathways, Ancestral Knowledge*. Volumes 1 and 2. McGill-Queen's University Press, 2014.

An extensive study of how knowledge of plants and environments has been applied and shared over centuries and millennia by Indigenous peoples.

Turner, Nancy J. "Not One Single Berry": Indigenous Knowledge and Environmental Change in British Columbia. <http://www.firstnations.de/media/06-4-1-turner.pdf>

This article details how BC First Peoples traditional knowledge informs us about environmental change.

Turner, Nancy J. and Helen Clifton. "It's so different today": Climate change and Indigenous Lifeways in British Columbia. Canada Global Environmental Change 19 (2009). Available online at

<http://bit.ly/2dj8hvY>

An academic article on Indigenous perspectives on climate change.

Turner, Nancy J., Marianne Boelscher Ignace, and Ronald Ignace. "Traditional Ecological Knowledge And Wisdom Of Aboriginal Peoples In British Columbia." *Ecological Applications* 10.5 (2000): 1275-287. Available online at <http://bit.ly/2cVwEOM> or search for title.

Classroom Activities and Lessons

Aboriginal Education, Kamloops School District. *Science Resources*.

Elementary: <http://sd73aboriginaleducation.weebly.com/science.html>

Secondary: <http://sd73aboriginaleducation.weebly.com/science1.html>

These two lists provide many useful resources for the Secwepemc and many other First Nations.

Arntzen, Holly, Daphne Macnaughton, Briony Penn and Gloria Snively. *Salish Sea. A Handbook for Educators*. Victoria: Parks Canada 2001.

This resource guide combines music created by Holly Arntzen inspired by the Salish Sea, and related marine science activities for elementary students.

Bibby, Maureen and Teresa Laplante. *Ktunaxa Resource Kit Teachers Guide*. Ktunaxa/ Kinbasket Language Program. 1994.

These lesson activities include Plant Collecting, Hunting and Fishing, In Camp Activities and Transportation.

Birchbark Canoes. Dene Kede, Grade 8. Government of Northwest Territories. Link at <http://bit.ly/2d9Kog8>.

These curriculum resources are from the Northwest Territories, but can be adapted for BC.

BC Climate Action Toolkit. <http://www.toolkit.bc.ca>

Website with suggestions for how to take action with classes locally.

Caduto, Michael and Joseph Bruchac. *Keepers of the Animals: Native American Stories and Wildlife Activities for Children*. 2013.

Caduto, Michael and Joseph Bruchac. *Keepers of Life: Discovering Plants through Native American Stories and Earth Activities for Children*. 2013.

Caduto, Michael and Joseph Bruchac. *Keepers of the Earth: Native American Stories and Environmental Activities for Children*. Fifth House, 1999.

Caduto, Michael and Joseph Bruchac. *Native American Gardening: Stories, Projects, and Recipes for Families*. 1996

Canadian Wildlife Federation. Strangers in a Strange Land. Link at <http://bit.ly/2d3RBw7>
Online activities. Students explore the traditional wisdom of fishers, farmers, First Nations, and other peoples whose close relationship with nature gives them a deeper understanding of, and sensitivity toward, climatic cycles and events.

Clark, Karin. *First Nations in B.C.: Comparing Interior and Coastal Cultures*. Fifth edition. First Nations Education Division, Greater Victoria School District. 2002.
Teachers' resource guide with many activities for comparing interior and coastal First Nations. Specific topics on comparing environments, housing, transportation and clothing.

Climate Justice in BC: Lessons for Transformation. <http://www.teachclimatejustice.ca>
Curriculum package examines climate change and rising inequalities. Includes 8 modules with embedded videos, downloadable graphics, Power Points, print-friendly PDFs, and additional resources is available free to use and adapt.

Great Bear Sea videos and curriculum. A series of video clips based on the documentary *The Great Bear Sea: Reflecting on the Past-Planning for the Future*, and accompanying lessons. <http://greatbearsea.net/>

Klockars, Donna and Brenda Bareham. *Legends from the Chemainus Tribe. Stories and Teachings from the Oral Tradition of the Elders*. Chemainus Tribe and First Nations Education Services, SD 68 Nanaimo. 1992.
Cross-curricular lessons around two Chemainus stories, The Wolf Family Legend and Saved by the Orca. (The stories are published separately.) The "Saved by the Orca" unit includes the activities, Canoe and Paddlemaking and Clam Chowder.

Hammerman, Elizabeth. *Formative Assessment Strategies for Enhanced Learning in Science, K-8*. Thousand Oaks, California: Corwin Press. 2009.

Ignas, Veronica. *Two Ways of Knowing, Traditional Ecological Knowledge Meets Western Science*. 2003. <http://www.ecoknow.ca/curriculum.html>
Students compare Traditional Ecological Knowledge and Scientific Knowledge using case studies of Indigenous Plant Classification, the Pine Mushroom Industry in North West British Columbia, the Smallpox Epidemic of 1862 and the impact of AIDS today.

Ignas, Veronica. *Traditional Ecological Knowledge and Climate Change*. 2003. <http://www.ecoknow.ca/curriculum.html>

McKeen, Scott. *First Nations Resource Use on the Northwest Coast: Investigations into Geography, Ecology, Knowledge and Resource Management*. <http://www.ecoknow.ca/curriculum.html>
Students examine resource management and environmental issues, and ways that Traditional Ecological Knowledge can be used to address them. It features a resource management simulation.

Pacific Institute for Climate Solutions. Climate Insights 10.

<http://pics.uvic.ca/education>

Various teaching resources for the study of climate change.

Port Simpson Curriculum Committee. *Port Simpson Foods*. Prince Rupert, BC: People of Port Simpson and School District No. 52. 1983.

Information and activities about 60 different plants and animal resources traditionally used by the Tsimshian people. Includes line drawings of each species.

Project Caribou. An Educator's Guide to Wild Caribou of North America. Project Caribou.

Whitehorse: Government of the Yukon. 2001

A detailed guide to the caribou, including background information and activities. Includes BC caribou herds.

The Salmon Bears Learning Guide. Download at

<http://orcabook.com/greatbearbooks/teachers.html>

A series of activities to use with the book *The Salmon Bears* in Life Science, Earth and Space Science and English Language Arts.

Sierra Club of BC. Education Learning Resource: Climate Change

<http://sierraclub.bc.ca/wp-content/uploads/2015/08/climate-change-learning-resource.pdf>

Snively, Gloria. *Beach Explorations. A Curriculum for Grades 5-10*. Oregon Sea Grant Program. 1998.

This resource includes a great variety of activities to do with beach studies, including suggestions for planning field trips to beaches, biological and ecological information and activities, science inquiries with specific types of seashore animals, and activities for different types of seashore habitats.

Snivley, Gloria. Money From the Sea: A cross-cultural Indigenous science problem-solving activity. *Green Teacher*, pp 33-39. 2009. Online at <http://bit.ly/2debjBJ>

This article examines the sophisticated technology used to harvest the prized shell, dentalia.

Thompson, Judy. *Traditional Plant Knowledge of the Tsimshian*. 2003.

<http://www.ecoknow.ca/curriculum.html>

Students apply understandings of Traditional Ecological Knowledge to plant identification, classification, traditional cultural practices and nutrition.

Van Tal, Alex. *Nowhere Else on Earth Teachers' Guide*. Download at

<http://orcabook.com/nowhereelseonearth/teachers.html>

Lesson activities to accompany *Nowhere Else on Earth*, includes bears, salmon, Great Bear Rainforest and First Nations interactions.

Aboriginal Curriculum Integration Project, SD 79 Cowichan Valley.

<http://bit.ly/2dkCSaG> Environmental Lessons for Grades 7-9.

Walker, Donna. *First Nations Science & Ethnobotany Unit K-10*. Vancouver Island Region for Aboriginal Education. N.d.

15 activity cards with science and art activities including these plants: salal, miner's lettuce, cow parsnip, salmonberry, sweet camas, red laver, chanterelle mushroom, sphagnum moss, ferns, white fawn lily, lodgepole pine and red cedar, red alder, kinnikinnick, eel grass and oregon grape, cat tails.

Lesson topics: Berries (K-7); Characteristics of Plants (K-1); Science Ecology- technology & resource use (8); Life Sciences -fishing technology; Medicinal plants (Sitka spruce, stinging nettles); Plant Identification (ethnobotany field trip); seasons (primary); simple machines and raising a post.

Wright, John and Duane Johnson. *Indigenous Knowledge and Cultural Weather Perspectives: Lessons to Support Science 10*. Saskatchewan Teachers Federation. 2007. Online at <http://bit.ly/2czWJ4E> or search on title keywords.

These lessons examine cultural perspectives on weather and weather predictions. Based on Saskatchewan First Peoples, but may be adapted for BC.

Traditional Narratives

Ch'askin. Sechelt Nation. Gibsons, Nightwood Editions, 2003.

This traditional Sechelt story illustrates the power of Ch'askin, the Thunderbird.

Boreham, Brenda. *Saved by the Orca = Q'ulhnumtthan : a story from the oral tradition of the Chemainus elders*. Gabriola, B.C.: Pacific Edge Publishing and Media Services. 1992.

Coyote and the Sun and Other Stories. Secwepemc Cultural Education Society, Kamloops BC. 1993.

The Gift of the Bitterroot. As told by Johnny Arlee. Npustin Press, Salish Kootenai College. 2008. A PDF version is available at the Lessons of Our Land website, <http://www.lessonsofourland.org>. The direct link is <http://ow.ly/vZ4J302OYM9>.

This picture book includes a traditional narrative of the Salish and Pend d'Oreille First Peoples from Montana, relatives of their Canadian neighbours who also prize the bitterroot. It explains the origins of the bitterroot.

Kou-Skelowh I We are the People. Theytus Books, 1999.

Contains three Okanagan traditional narratives: How Food was Given (Led by Grizzly Bear, the plants and animals promise to sacrifice themselves to provide food for humans); How Names were Given (Animals are given roles before the arrival of humans) and How Turtle Set the Animals Free (Turtle outsmarts Eagle to free the animals).

Ktunaxa Nation Creation Story. Ktunaxa Nation website.

<http://www.ktunaxa.org/who-we-are/creation-story/>

In preparation for the arrival of humans, the animals chase a terrible monster through the Ktunaxa territory. The story of the chase names places throughout the region. Events following the defeat of the monster end up creating physical features, including the Rocky Mountains.

Nisga'a Lisims Government. *Volcano*. <http://www.nisgaanation.ca/volcano>

This website gives a version of the traditional story about the Nass valley volcano.

Sechelt Nation. *Mayuk the Grizzly Bear*. Gibsons, Nightwood Editions. 1993.

A Sechelt Elder tells a traditional narrative when he gives a name to his great grandson. Two brothers rescue their younger brother from a grizzly bear that they wounded when they were hunting. The baby is not named after the brave hunters, but after the respected foe, Mayuk the grizzly. Contains elements of TEK, such as knowledge of bears' anatomy and use of medicinal plant.

Sto:lo Nation and The Reach Gallery Museum, Abbotsford. *Man Turned to Stone* website. Link at <http://bit.ly/2dxcNGI>

Describes the traditional story of the man who was transformed to stone, as well as a background to the importance of stories and the connections with the land.

Tsimshian Nation. *Lootigm Hoon – Honouring the Salmon: An Anthology Told in the Voices of the Tsimshian*. Prince Rupert, B.C. : Tsimshian Nation, School District 52 (Prince Rupert). 1999.

Includes traditional stories "The Adawx of the Salmon and the Prince" and "The Origin of Fishing Nets:'

Vickers, Roy Henry. *Orca Chief Madeira* Park BC: Harbour Publishing. 2015.

When four hunters from Kitkatla arrive at their fishing grounds, exhaustion makes them lazy and they throw their anchor overboard without care for the damage it might do to marine life or the sea floor. When Orca Chief discovers what the hunters have done, he sends his most powerful orca warriors to bring the men and their boat to his house. The men beg forgiveness for their ignorance and lack of respect, and Orca Chief compassionately sends them out with his pod to show them how to sustainably harvest the ocean's resources.

White, Ellen Rice (Kwulasulwut). *Legends and Teachings of Xee;'s, The Creator*. Pacific Educational Press, 2006.

Four traditional narratives presented for high schools students. Includes The Creator and the Flea Lady which includes the theme of Interconnectedness.

People of the Land: Legends of the Four Host First Nations. Theytus Books. 2009.

Narratives of the Lil'wat, Musqueam, Squamish and Tsleil-Waututh First Nations published in connection with the 2012 Vancouver-Whistler Olympics.

Many photographs illustrate this anthology of the Lil'wat, Musqueam, Squamish and Tsleil-Waututh First Nations traditional stories. These stories link people to the land and to each other and pass on traditional knowledge and history. These sacred teachings – which range from creation stories to naming stories – are collected in an anthology of stories shared by storytellers of each nation. The book celebrates the four host First Nations on whose ancestral territories the Vancouver 2010 Olympic and Paralympic Winter Games were held.

Picture Books

Armstrong, J. *Enwhisteetkwa Walk in Water*. Theytus, 1986.

Helin, Bill. *Making a Canoe*. Strong Stories series. Strong Nations Publishing, 2016.

A short picture book by Tsimshian artists Bill Helin that describes the steps in making a cedar canoe.

McAllister, Ian. *The Salmon Bears: Giants of the Great Bear Rainforest*. Orca Books, 2010.

Explores the delicate balance that exists between the grizzly, black and spirit bears that inhabit the last great wilderness along the central coast of British Columbia and their natural environment.

McLeod, Elaine. *Lessons from Mother Earth*. Groundwood, 2002.

Tess learns from her grandmother that her garden is all of nature. As they pick plants and berries, they do so carefully and with respect. Tess discovers that if she cares for the Earth, it will provide for her just as it provided for generations past. The story could make an excellent introduction to an ecology unit that could be used to support a discussion about the interdependence and interconnectedness between humans and their natural environment.

Reid-Stevens, Amanda. *The Canoe He Called Loo Taas*. Benjamin Brown Books, 2010.

A picture book about Haida artist Bill Reid building the canoe named Lao Taas.

Sellars, Willie. *Dipnetting with Dad*. Caitlin Press. 2014

A boy learns much about his Secwepemc culture through activities with his father, focusing on the dipnetting for salmon. Themes include family values, storytelling, traditional ecological knowledge and coming of age. The author is a member of the Williams Lake Indian Band.

Student Print Resources

Andre, Julie-Ann and Mindy Willett. *We Feel Good Out Here*. Fifth House, 2008.

An illustrated account of how the author and her family connect with the land in Gwich'in territory in the Northwest Territories.

Bridge, Karen and Kevin Neary. *Voices of the Elders. Huu-ay-aht Histories and Legends*. Heritage House, 2013.

A history of the Huu-ay-aht people of the west coast of Vancouver Island, including chapters on the traditions about the Great Flood and earthquakes.

Brown, F. and Y. K. Brown (compilers). *Staying the Course, Staying Alive- Coastal First Nations Fundamental Truths: Biodiversity, Stewardship and Sustainability*. Biodiversity BC. Victoria BC 2009. Download at www.biodiversitybc.org or link directly at <http://ow.ly/LV5X302mlHN>

Through examples from Heiltsuk, Namgis and Haida First Peoples, this book discusses seven Fundamental Truths shared by most BC First Nations: Creation; Connection to Nature; Respect; Knowledge; Stewardship; Sharing; and Adapting to Change. Includes many examples from traditional stories and teachings.

Claxton, Earl and John Elliot Sr. *Reef Net Technology of the Saltwater People*. Saanich Indian School Board. 1994.

History and cultural use of the reef net technology. Topics include origins, technology, ceremonies, and moons and tides.

Coull, Cheryl. *A Traveller's Guide to Aboriginal BC*. Whitecap Books, 1996.

An overview of all First Nations communities in BC, with local information, including tribal and community names, and significant cultural features.

Evans, Doug. *Noah's Last Canoe: The Lost Art of Cree Birch Bark Canoe Building*. Winnipeg: Great Plains Publications. 2008.

The construction of a birch bark canoe in Pelican Narrows, Saskatchewan by Cree Elder Noah Custer is document through text and photographs.

Finkbeiner, Ann. The Great Quake and the Great Drowning. Hakai Magazine. 2015. Online at www.hakaimagazine.com/article-long/great-quake-and-great-drowning [search title keywords]

This article discusses the Cascadia quake of 1700 and similar events in Indigenous oral history on the coast of BC and the US, and how they are viewed today

First Nations Traditional Foods Fact Sheets. First Nations Health Authority. Copies may be ordered from the First Nations Health Authority, or downloaded at

http://www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf

32 page brochure detailing many of the traditional foods from the land and sea, including

harvesting methods and nutritional information.

First Peoples of BC, Map. www.bced.gov.bc.ca/abed/images/map2.jpg

Gina 'Waadluxan Thluu I *The Everything Canoe*. Skidegate: Haida Gwaii Museum Press, 2010.

An extensive look at the canoe in Haida culture, with many illustrations and photos.

Groesbeck AS, Rowell K, Lepofsky D, Salomon AK. "Ancient Clam Gardens Increased Shellfish Production: Adaptive Strategies from the Past Can Inform Food Security Today." *PLoS ONE* 9(3): e91235. 2014. Online link at <http://bit.ly/2dkznAU> Search the keywords "Ancient Clam Gardens PLOS"

A scientific article describing a study of clam gardens on BC coast that can be downloaded.

Hare, Tony. *Animal Fact File: head-to-tail profiles of more than 90 mammals*. Facts on File, 1999.

This work covers 90 warm-blooded animals from around the world, each animal on a two-page, full-colour illustrated spread that shows the entire mammal and highlights interesting parts of its anatomy. Good source for bear anatomy if available.

Jennings, John. *The Canoe, a Living Tradition*. Firefly 2002.

A history of the construction and use of the canoe, kayak, dugout and umiak in North America.

Kennedy, Dorothy and Randy Bouchard. *Sliammon Life, Sliammon Lands*. Vancouver: Talonbooks. 1983.

The cultures of the Homalco, Klahoose, Sliammon and Island Comox peoples. It includes information about harvesting practices, such as fishing, gathering shellfish, sea and land mammal hunting, bird hunting and plant foods. Also includes some traditional narratives.

Kirk, Ruth. *Wisdom of the Elders. Native Traditions on the Northwest Coast*. Douglas & McIntyre 1986.

This book is about the cultures of the Nuu-chah-nulth, Kwakwaka'wakw and Nuxalk peoples. Some of the relevant content includes: Houses, p105-108; Tools 112-113; Canoes, 115-118.

Ludwin, Ruth S. Searching for Native Stories about Cascadia Subduction Zone Earthquakes.

<http://ow.ly/TSGB303sTyd>

A poster in pdf format about the connections between First Nations' oral histories with Cascadia Subduction zone earthquakes

Ludwin, Ruth S. et al. Dating the 1700 Cascadia Earthquake: Great Coastal Earthquakes in Native Stories. *Seismological Research Letters* Vol 76, no. 2. March/April 2005. Available online at

<http://ow.ly/nRdU303sTj5>

McAllister, Ian and Nicholas Read. *The Great Bear Sea*. Orca Books. 2013.

This lavishly illustrated book shows the marine ecosystems of BC North and Central coasts. It

also explores issues facing the region, including climate change, overfishing, pipelines and oil tankers.

Marshall, Amanda L. *Culturally Modified Trees of the Nechako Plateau: Cambium Utilization Amongst Traditional Carrier (Dakhel) Peoples*. M.Sc. Thesis, Simon Fraser University. 2002. Link at <http://bit.ly/2d611bQ> or search on keywords Nechako plateau Marshall.

This study combines oral histories with archaeological data of CMTs in the Dakhel traditional territories. Includes ten transcripts of Dakelh elders discussing traditional uses of inner bark as a food resource. They also encompass other aspects of TEK. Chapters on the study of CMTs may also be useful.

Nabokov, Peter and Robert Easton. *Native American Architecture*. Oxford University Press, 1989. A detailed examination of the architecture of First Nations house architecture across North America.

Nak'azdli Elders Speak : Nak'azdli t'enne Yahulduk. Penticton: Theytus Books 2001.

These reminiscences of seven elders from the Dakelh community of Nak'adli include traditional stories, history, cultural practices and traditional ecological knowledge.

Neel, David. *The Great Canoes: Reviving a Northwest Coast Tradition*. Douglas & McIntyre 1995.

This book includes 70 photos with words from elders, builders, paddlers, chiefs and young people, documenting the canoe gatherings of the 1990s.

Northwest Coast Canoes.

https://www.sfu.ca/brc/art_architecture/canoes.html

This web site from the Bill Reid Centre details all aspects of making the Northwest coast canoe.

Parish, Roberta. *Tree Book: Learning to Recognize Trees of British Columbia*. Partnership Agreement on Forest Resource Development. Print version, or download online at <http://ow.ly/7DLO302Wa1h>

This book details 40 trees native to BC. It included an identification key and information about each tree, including its habitat and First Nations uses.

Pasco, Juanita. *The Living World. Plants and Animals of the Kwakwaka'wakw*. Alert Bay: U'mista Cultural Society. 1998

101 plants and animals used by the Kwakwaka'wakw, with pictures, descriptions and explanations of their importance.

River of Salmon Peoples. Theytus Books, 2015.

Memories, stories and voices of First Peoples living in the Fraser River watershed, including Musqueam, Lil'wat7ul Mount Currie, Secwepemc, Nle'kepmxcinm, Dakelh & Tsilhqot'in, Sardis Sto:Lo and Seabird Island Sto:Lo communities. Includes text and photographs organized in five chapters: 1. The Fraser River as a Unifying Form; 2. The Fraser River as an Expression of Diversity; 3. The Fraser River as History of Change; 4. The Fraser River as a Spiritual and

Cultural Relationship; 5. The Fraser River as a Place of Hope and Reconciliation.

Stewart, Hilary. *Drink in the Wild: Teas, Cordials, Jams and More*. Vancouver: Douglas & McIntyre, 2003.

This book gives clear instructions on how to prepare teas using many plants found in BC.

Stewart, Hilary. *Stone, Bone, Antler and Shell. Artifacts of the Northwest Coast*. Douglas & McIntyre, 1996.

Detailed study of the many ways that stone, bone and other materials were and are used by BC First Nations. Includes many diagrams and illustrations.

Stewart, Hilary. *Cedar: Tree of Life to the Northwest Coast Indians*. Vancouver, B.C.: Douglas & McIntyre, 1984.

Detailed study of the many ways that cedar is used by BC First Nations. Includes many diagrams and illustrations.

Turner, Nancy I. *Food Plants of Coastal First Peoples*. Royal British Columbia Museum Handbook series. UBC Press. 1995.

Turner, Nancy J. *Food Plants of Interior First Peoples*. Royal British Columbia Museum Handbook series. UBC Press. 1997.

Turner, Nancy J. *Plant Technology of First Peoples in British Columbia*. Royal British Columbia Museum Handbook series. UBC Press. 1998.

Turner, Nancy J. *Plants of Haida Gwaii*. Winlaw, B.C: Sono Nis Press. 2005.

Turner, Nancy J. and Richard Hebda. *Saanich Ethnobotany: Culturally Important Plants of the WSANEC People*. Royal BC Museum, Victoria, BC. 2012.

Turner, Nancy J. *The Earth's Blanket, Traditional Teachings for Sustainable Living*. 2014.

Turner, Nancy J. *Ethnobotany and Ecological Wisdom of Indigenous Peoples of Northwestern North America*. Volumes 1 and 2. 2014.

Turner, Nancy J. "Not One Single Berry": Indigenous Knowledge and Environmental Change in British Columbia. <http://bit.ly/2dzwQEk> .

Vernon, Caitlyn. *Nowhere Else on Earth: Standing Tall for the Great Bear Rainforest*.

Filled with history, biology, geography, ecology, environmental studies, personal anecdotes, pictures, and activities about the Great Bear Rainforest.

Warner, Graham and David Gidmark. *Canoe Paddles, a complete guide to making your own*. Firefly 2001.

A comprehensive guide to the history and construction of paddles, including many Indigenous

examples.

Williams, Judith. *Clam Gardens*. New Star Books, Vancouver. 2006.

One of the first studies to examine the management of clam beds by coastal First Nations.

Videos

Aboriginal Culture in British Columbia. 2011 4:32 min. Link at <http://bit.ly/2dCTa2L>.

This is a BC Tourism promotional video that might be used as an introduction to the diversity of technologies and cultures of BC First Nations.

Art As Culture. Kyran Yeomans. 2012. 22 min. <https://vimeo.com/71288680> Haida artist Kyran Yeomans directs and narrates this film which documents his father Don Yeoman's creation of a totem pole for the McMichael Art Gallery in Ontario. It has a youthful humorous style and may lead to a useful discussion about traditional and contemporary technology. Both power and traditional hand tools are used. The pole itself incorporates electronic technology, with one of the figures listening to an iPod and another using a laptop..

Bear Witness. Central Coast First Nations Bear Working Group. 2013. 22 minutes. On YouTube, link at <http://bit.ly/2cjDHBm> or the website www.bearsforever.ca

This video takes a compelling look at the issue of trophy hunting of grizzly bears on BC's Central Coast, while illustrating the relationships of people and bears and the connections First Nations have with the bears and the land. It also shows a strong relationship between First Nations guardians and scientists who share research into bear populations. NOTE: This video includes a number of short but graphic clips of dead bears and bear parts. Preview to make sure it is appropriate for your students.

Eyes and Ears on the Land and Sea. Coastal First Nations Great Bear Initiative. 2010. video 12 min. <https://vimeo.com/8317295>

An overview of the activities of the Guardian Watchmen programs in First Nations communities on the North and Central coasts.

Great Bear Sea videos and curriculum. A series of video clips based on the documentary *The Great Bear Sea: Reflecting on the Past-Planning for the Future*, and accompanying lessons.

Access YouTube playlist at <http://bit.ly/2d9yKNB> or visit website www.greatbearsea.net

Gwaii Haanas Legacy Pole. YouTube video at <http://bit.ly/2dFmN0I>

This pole includes crest figures commemorating the 2012 earthquake that hit Haida Gwaii. The artist explains the crests carved on the pole:

Haida Gwaii Stewardship Group. *The Northern Abalone in Haida Gwaii*. 7.20 min.

<http://bit.ly/2deckcQ>

This video gives a good introduction to the abalone and the issues surrounding it, and one First Nations' approach to restoration of abalone populations. It includes excellent underwater video of the abalone.

Heath, Joel and the Community of Sanikiluaq. *People of a Feather*. Video. 1 h 32 min

Documentary film about survival in a changing Canadian Arctic. Available on disk or rental through Vimeo.

Hul'q'umi'num' stories: thulqushunum' | Rainbow. Hul'q'umi'num' Language and Culture Collective. 2015.3:10 min. <https://vimeo.com/132893949>

Jordana Seymour and Donald White are canoe pullers in the Rainbow canoe club, Stz'uminus, BC. Delores Louie translates their story into Hul'q'umi'num'. Narration in Hul'q'umi'num' with Hul'q'umi'num' and English text.

Keepers of the Coast. Coastcast.ca Production. Central Coast Indigenous Resource Alliance. 38 min. www.vimeo.com/172824819

Keepers of the Coast takes a close look at how the Kitasoo/Xai'Xais, Heiltsuk, Nuxalk, and Wuikinuxv Nations are stewarding their marine territories.

Meet Coyote, an Aboriginal "Legend:" Aboriginal Tourism BC. 2015. 2:34. YouTube link at

<http://bit.ly/2drCEPJ>

Coyote the Trickster in Interior BC First Nations cultures. Includes Coyote Markers, balancing rock monuments that mark territorial boundaries.

Meet a Local Legend: K'umugwe Dancers. Aboriginal Tourism BC. 2015. 3:50. YouTube link at

<http://bit.ly/2cjDsGt>

A 13 year old dancers shows his connection with his culture and the land, and performs a traditional dance in a bear costume. "I'm wearing a mask that is from a tree that is from hundreds of years ago. The tire is our connection with our ancestors:"

Meet a Local Legend: The Salmon. Aboriginal Tourism BC. Link at <http://bit.ly/2cL0JTg>

Elder Ralph Phillips of the Xat'sull First Nation talks about how the fish has sustained First Nations communities since time immemorial

Northwest Coast Native Paddle Making. 2012. 8:18 min. <http://bit.ly/2drhlgg>

Coast Salish carver Sean Peterson of the Puyallup tribe demonstrates contemporary process of carving a paddle, using hand and power tools.

Peterson, Shaun. *Adzes and Knives*. 2008. <http://bit.ly/2cl1LyD>

Puyallup/Tulalip carver Peterson describes his carving tools in this personal video.

Spirit Canoe in Slow Motion. 2012. 1:41 min. <http://bit.ly/2drj7nf>

A short video taken from the bow showing pullers paddling in time on the last day of 2012
Pulling Together Canoe Journey, SD 46 Sunshine Coast.

Through Arctic Eyes. 3 minute video. <http://bit.ly/2cSLeGB>

Impacts of climate change in First Peoples' communities in Yukon and Alaska.

Websites and Multimedia

Canoe Designs of the Pacific Northwest. <http://www.donsmaps.com/canoedesigns.html>

A useful web site that illustrates many types of canoes used traditionally in BC.

Connecting Traditions. Secwepemc Nation. <http://secwepemc.sd73.bc.ca/>

This interactive multimedia presentation gives cultural information about the Secwepemc people.

First Voices. <http://www.firstvoices.com>

Web-based tools and services designed to support Aboriginal people engaged in language archiving, language teaching & culture revitalization. It has online dictionaries with pronunciations for many BC First Nations languages.

Inner Body website. www.innerbody.com

Students have the opportunity to interactively investigate the human anatomy.

A Journey Into Time Immemorial. Simon Fraser Museum of Archaeology and Ethnology, 2008.

www.sfu.museum/time/

An interactive multimedia website based on the story of Xa:ytem Longhouse in Mission BC. Covers many aspects of Sto:lo culture including technology. For an accessible index to tool technology, go to www.sfu.museum/time/en/sitemap/