

Woman is the centre of the wheel of life. She is the heartbeat of the people. She is not just in the home but she is the community, she is the Nation. One of our Grandmothers. The woman is the foundation on which Nations are built. She is the heart of her Nation. If that heart is weak, the people are weak. If her heart is strong and her mind clear then the Nation is strong and knows its purpose. The woman is the centre of everything - Art Solomon "Kesheyanakwan" (Fast Moving Cloud), Anishinaabe Elder

"In this story the land has become a beautiful women, who's there for the taking. From Pocahontas to Avatar we've all heard a version of this story... So explorers came here with predetermined Euro Christian ideas about women and appropriate feminine behaviour. So delicate females dependent on fathers, husbands, brothers, men. Women and children as accessories to men and men as the head of households, the education system, politics and society as a whole... Upon arrival, Indigenous societies that were women-centred, matrilineal or where women worked or were equal to men were completely unacceptable or even incomprehensible. So our story takes a turn.." - **Indigenous Women and the Story of Canada** - Sarah Robinson, Walrus Talks WATCH: <https://youtu.be/nDIIMM2gRM>

The Canadian government introduced a definition of "Indigenous", whereby women forfeited their Indigenous status when they married a non-Indigenous man, while Indigenous men retained their status regardless of spousal ethnicity. Furthermore, Indigenous women were legally denied the right to any marital property upon divorce or separation with men retaining the right to the family home. The right to property defined under the Indian Act, has had far reaching implications in the lives, mobility and safety of Indigenous women - **Gender differences among Indigenous Canadians experiencing homelessness and mental illness**, [Brittany Bingham](#), [Akm Moniruzzaman](#), [Michelle Patterson](#), [Jitinder Sareen](#), [Jino Distasio](#), [John O'Neil](#) & [Julian M. Somers](#) , BMC Psychology READ: <https://bmcpyschology.biomedcentral.com/articles/10.1186/s40359-019-0331-y>

Peace River Rising: The link between violence against Indigenous women and violence against the land by Helen Knott, a Dane-Zaa/Nehiyaw social worker, CBC Short Docs WATCH: <https://youtu.be/6GbGL7dmEwA>

There are hidden voices in this movement. Names like grains of sand that have been walked on.

- **Rosa Parks**, by Jai, Ivan, Kenny and Cole, warning **expletive language** WATCH: <https://youtu.be/KovP040yhsU>

Say No by Olivia Gatwood and Megan Falley, warning **expletive language** WATCH: <https://youtu.be/x5GxVJTqCNs>

When i was four years old
They tried to test my i.q.
They showed me a picture
Of 3 oranges and a pear
They said,
Which one is different?
It does not belong
They taught me different is wrong
But when i was 13 years old
I woke up one morning
Thighs covered in blood
Like a war
Like a warning
That i live in a breakable takeable body
An ever increasingly valuable body
That a woman had come in the night to replace me
Deface me
See,
My body is borrowed
Yeah, i got it on loan
For the time in between my mom and some maggots
I don't need anyone to hold me
I can hold my own
I got highways for stretchmarks
See where i've grown
I sing sometimes
Like my life is at stake
'Cause you're only as loud
As the noises you make
I'm learning to laugh as hard
As i can listen
'Cause silence
Is violence
In women and poor people
If more people were screaming then i could relax
But a good brain ain't diddley
If you don't have the facts
We live in a breakable takeable world
An ever available possible world
And we can make music
Like we can make do
Genius is in a back beat
Backseat to nothing if you're dancing
Especially something stupid
Like i.q.

For every lie i unlearn
I learn something new
I sing sometimes for the war that i fight
'Cause every tool is a weapon -
If you hold it right.

- **My IQ**, Ani DiFranco LISTEN:
<https://www.youtube.com/watch?v=ZrMM2GHRtGo>

“Should any fool mishandle the wild geography of your body... then just bleed boo. Give that blood a biblical name” - **The Period Poem** by Dominique Christina
warning: **expletive language**
WATCH: <https://youtu.be/4vu2BsePvol>

After a while, the true-life horror stories women tell about their struggles to get reproductive health care start to bleed together. They almost always feature some variation on the same character: the doctor who waves a hand and says, “You’ll be fine,” or “That’s just in your head,” or “Take a Tylenol.” They follow an ominous three-act structure, in which a woman expresses concern about a sexual or reproductive issue to a doctor; the doctor demurs; later, after either an obstacle course of doctor visits or a nightmare scenario coming to life, a physician at last acknowledges her pain was real and present the whole time. - **The Doctor Doesn’t Listen to Her. But the Media Is Starting To**, by Ashley Fetters
READ: https://getpocket.com/explore/item/the-doctor-doesn-t-listen-to-her-but-the-media-is-starting-to?utm_source=pocket-newtab

Trans and non-binary people still face health-care barriers in Canada: study “45 per cent also said they’d experienced having one or more unmet health care need within the past year. In a comparison, **only four per cent** of the general population reported having an unmet medical need...Twelve per cent of the report’s trans and non-binary respondents said they avoided going to the emergency room in the past year when they needed care, simply because they were trans” Alexandra Mae Jones, CTV News, READ:
<https://www.ctvnews.ca/health/trans-and-non-binary-people-still-face-health-care-barriers-in-canada-study-1.4852486?cache=%3FclipId%3D89830>

To be gendered is to answer every question before it is asked. To ask no questions. I follow my cues. I say all the right lines... I speak only when I am spoken for.”
- **Real Boy/Real Girl**, Max Binder and Mo Crist WATCH:
<https://youtu.be/AK3qJ65Wlwc>

Trans women and men have been posting photos of themselves in the restrooms of the gender they were assigned at birth, at times adding signs to highlight how ill-fitting their presence is. **Trans Folks Respond to 'Bathroom Bills' With #WeJustNeedtoPee Selfies** - Advocate

SEE/READ:
<https://www.advocate.com/politics/transgender/2015/03/14/trans-folks-respond-bathroom-bills-wejustneedtopee-selfies>

“The average life expectancy of a person in the united states is 78.2 years old. The average life expectancy of a transgender person is 23...”
- **The Trans Poem** – Jacie Cloutier - warning **expletive language** WATCH: <https://youtu.be/UtGHaihI2Ck>

Every woman you know has taken a longer route. Has doubled back on herself. Has pretended to dawdle by a shop window. Has held her keys in her hand. Has made a fake phone call. Has rounded a corner and run. Every woman you know has walked home scared. Every woman you know.
- Harriet Johnson, Woman's Rights Lawyer via twitter (@HarrietEJohnson)

On February 6th, a sold-out crowd of 1300 singers at the Phoenix Concert Theatre in Toronto raised their voices, with MILCK, to protest the current US administration’s threatening action on global liberty, women’s rights, healthcare etc. - **Quiet** written by MILCK. Choral Arrangement by Daveed Goldman and Nobu Adilman, co-founders of Choir! Choir! Choir!
WATCH: https://youtu.be/1cc_neVdjb4

“They will curse the day you learned any other words except “yes” and “sorry””- **Say No**, Olivia Gatwood, Megan Falley, warning **expletive language** WATCH:
<https://youtu.be/x5GxVJTqCNs>

“We all know the statistics but we don't know how to accept how easily we become part of the problem. You cannot kill a monster until you are willing to see it in the mirror. Until you recognize it's shape in your own skin.” **Friend Zone** – Dylan Garity, warning **expletive language** WATCH: https://youtu.be/_xHp5iTWrc

“Why are people so invested in solving the symptoms instead of the cause?” - Trevor Noah, The Daily Social Distancing Show - WATCH:
<https://twitter.com/TheDailyShow/status/137236873009367040>

Women earn less than men in Canada right after graduation – then it gets worse; report - Maham Abedi, Global News READ/WATCH: <https://globalnews.ca/news/6409280/earnings-gap-canada-men-women/>

“You don't just shoot your shot, your body is a walking storm of gunfire. A constant showering of bullets. And now you mad cause we ain't trying to get caught up in the crossfire? - **Shoot You Shot** by DaJona Butler, Anaya Frazier, Kennedy Harris – warning **expletive language** WATCH: https://www.youtube.com/watch?v=2Uvej9fs_jk

One woman or girl is killed every 2.5 days in Canada: report, Brooke Taylor, CTV News - WATCH/READ: <https://www.ctvnews.ca/canada/one-woman-or-girl-is-killed-every-2-5-days-in-canada-report-1.5350935>

“(We are) seeing a growing body of evidence that police are institutionally misogynistic. I see rape victims blamed, belittled, ridiculed and ignored by police officers who are supposed to be supporting them. And against that background I find it difficult, sincerely, in all good conscience to encourage women who've been victims of serious violence to then go to the police and potentially risk being traumatized again.” Harriet Johnson, Woman's Rights Lawyer on BBC News WATCH: <https://twitter.com/BBCNewsnight/status/1371599291689492484>

“Indigenous women are vastly over-represented in the prison population overall and systemic bias is clearly visible in custodial sentencing patterns. What is less immediately visible are the upstream and downstream forces contributing to the social determinants of health and of justice for Canada's Indigenous peoples. Women's prisons are places of despair and depression. They are a continuation of the harm perpetrated by the residential school system and many of the schools' children and grandchildren are incarcerated now because of violence, substance abuse and crime that is related to the destruction of their families by these very schools. Prisons further break down family life and exacerbate the cycle of poverty, crime and violence both on and off the reserves.” **Personal Journeys** – Thunder Woman Healing Lodge Society <https://www.twhls.ca/journeys/personal-journeys/>

The body knows.

The body rose.

And the first or second or twentieth time my body rose, I might've pretended I didn't know.

How they came for our medicine women and midwives; Priestesses and gods.

Built fences to hoard harvests and stock pile sheep and sow.

But that was ancient history.

We're treated well now.

Well, look how well we're treated.

Like anomalies in the data.

Look well.

Our experiences buried in the footnotes of the study.

Our experience buried in the footnotes of time.

If we're all so well treated, why aren't we... feeling well?

Millions of anomalous footnotes that never make the abstract;

the syllabus;

the medical text;

the history book.

All those fenceposts. Concealing early graves.

Protecting patent holders and the bottom line.

And the first or second or twentieth time my body rose, I might've pretended I didn't know.

How they came for our medicine women and midwives; Priestesses and gods.

Built fences to hoard harvests and stock pile sheep and sow.

And everything changed.

Fractured.

Compartmentalized.

Quantified.

Standardized.

Monetized.

Weaponized...

Civilized.

Unholy shift away.

- **Look Well**, Niki Andre