

# REFLECTION GUIDE -EPISODE 5



**IN SYNC WITH NATURE PODCAST**

*Long Point Biosphere Region*



LONG POINT  
**BIOSPHERE**  
— REGION —





# Welcome

Welcome to the Long Point Biosphere's Podcast Reflection Guide, a tool to get you In Sync with Nature!

In order to help you with this reflection, we invite you to first listen to our podcast episodes. Listen for free on Spotify., Apple Podcast or Google Podcasts

<https://longpointbiosphere.com/podcasts/>

# About this workbook

The Long Point Biosphere Reserve is an area of global ecological significance that makes an ongoing commitment to the United Nations to strive for sustainability.

This podcast series from the Long Point Biosphere is about people's personal connection to nature, their sense of well-being in it, and their responsibility to care for it. Listening to the episodes is the first step. Doing this reflection will allow you to go more deeply into each topic and will undoubtedly lead you to action. Ultimately, we hope to inspire you to take action to deepen your connection with nature. Action is key to change.

Take your time with this guide and remember that there are no right or wrong answers. There is also no rush for you to complete all the questions.

In each of our podcast episodes, we help you make connections to the 4 pillars of sustainability established by the United Nations. This guide will help you focus your connection to the nature around you in relevant ways for you.

The four pillars of Sustainability are :

- Economics
- Environment
- Society
- Culture

By looking more closely at your lifestyle, the ecosystems in which you live, work and play, and your community, you may just find a way to feel more “in sync” with nature. We are all part of nature, everything we do affects the world around us. Taking time to reflect, notice and take action is likely to increase not only your personal well-being , but also that of the amazing ecosystems and natural areas that sustain all life around you.

To get more information about how to connect with and support the Long Point Biosphere, please visit our website at <https://longpointbiosphere.com/>

Enjoy!

Long Point Biosphere Reserve

# Episode #5

## Indigenous Connection



In this special episode of In Sync with Nature, we share a beautiful conversation between Cynthia Brink, our nature educator and Carolyn King, a Indigenous leader in the community.

First, let's acknowledge that this episode is recorded on the Treaty Lands and Territory of the Mississaugas of the Credit First Nation and the traditional territory of the Neutral and Haudenosaunee peoples. The Long Point Biosphere Region stands in sovereignty on these treaty lands with the Mississaugas of the Credit.

Carolyn King is the creator of the Moccasin Identifier project in partnership with Mississaugas of the New Credit First Nation (<http://mncfn.ca/>) and the Ontario Green Belt (<https://www.greenbelt.ca/>), to promote public awareness of significant cultural historic sites and the ancestral presence of First Nations, Metis and Indigenous Communities.

The project aims to educate youth and to promote public awareness—to showcase indigenous cultural identity on the land across Ontario through recognizable Indigenous markers on significant cultural historic sites and venues. The purpose is also to inform residents, visitors and communities of the treaty lands of the ancestral presence of First Nations, Metis and Indigenous communities and to increase a network of knowledge for Indigenous culture.

We invite you to listen, continue to educate yourself and ask questions. Each of us needs to decide how we meet the challenge of reconciliation. This is an opportunity to commit yourself to contribute to a better future, one that recognizes the harmful past and uplifts the resilience, wisdom and gifts of Indigenous Peoples across Turtle Island.



# Reflection

Meaningful actions are needed to move reconciliation forward. How are you getting involved?

- ☐ Learn about Indigenous perspectives and history
- ☐ Encourage Indigenous business, artists and creators
- ☐ Participate and/or elaborate a land acknowledgement
- ☐ Participate in a Truth and Reconciliation Day event
- ☐ Visit a local Indigenous organization, Friendship Center, community group or museum
- ☐ Donations to an Indigenous-led charity
- ☐ Other: \_\_\_\_\_

If you are not actively taking action, we invite you to listen to and learn from Indigenous voices. Reflect on your own history and determine how you will contribute to a better today and a better tomorrow.

Here are some resources to help you in process:

- <https://nctr.ca/education/>
- <https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html>
- <https://www.allmyrelationspodcast.com/podcast>

The Long Point Biosphere Region, encompassing all of Norfolk County, lies on lands covered by Treaty 3, the Between the Lakes Purchases, signed in 1792. Just google it and you can find out more about the treaty. Use Government and Indigenous resources online to find out about treaties that cover where you live, work and visit.

What does being a good Treaty partner mean to you?

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In your opinion, what are the connections between treaties, constitutional, Indigenous and human rights?

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# Thank you!

The Long Point World Biosphere Region collaborates to enhance ecosystem and community well-being.

We invite you to support the Biosphere by becoming a member, a sponsor or a volunteer. You can contribute to the advancement of the Biosphere's goals and our projects to restore and protect the local ecosystems.

Visit our website at:

**<https://longpointbiosphere.com>**

Follow us on Instagram, Facebook and LinkedIn!



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