



THE WESTBANK EXPRESS

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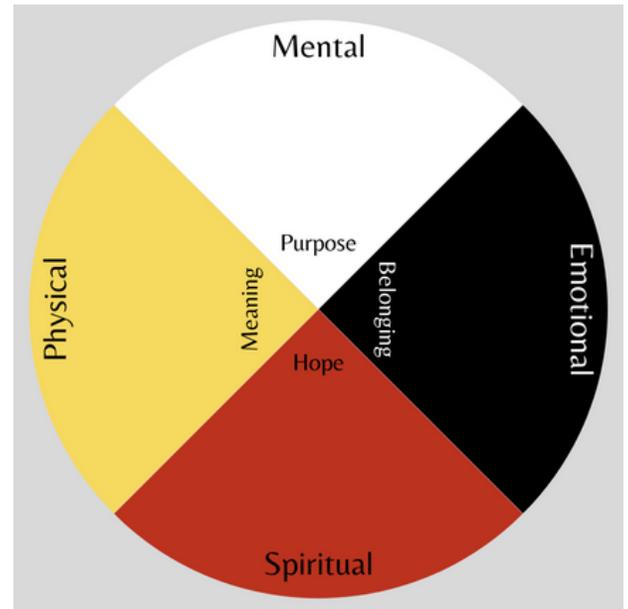
ADOPTING THE INDIGENOUS WELLNESS FRAMEWORK IN THE WORKPLACE

By: Mackenzie Griffin

I would like to begin by stating that the Okanagan is located on the unceded territory of the Syilx (Okanagan) people. West Kelowna, specifically is home to Westbank First Nation, but the Okanagan Nation Alliance consists of seven communities in the area. These reserves are the Okanagan Indian Band, Osoyoos Indian Band, Penticton Indian Band, Upper Nicola Band, Upper and Lower Similkameen Indian Bands, and in Northern Washington State, the Colville Confederated Tribes. This is important to me because I believe the first step in decolonization and reconciliation is understanding whose land we are on.

I grew up off-reserve in a small town an hour and a half out of Edmonton. I am First Nations, but I didn't grow up surrounded by my Cree language, culture or traditions. Although my dad was white, he taught me much of what it means to be Indigenous and an ally and I cherish his knowledge greatly. However, it wasn't until I moved to the Okanagan to attend University that I really began to learn about my heritage and who I am as an Indigenous person.

You see being Indigenous means having a relationship to the land. It means our sense of identity is closely related to place, and that despite hundreds of years of colonization, Indigenous peoples have not gone away. In fact, many Indigenous peoples are speaking up and beginning the process of decolonizing. They are doing this by learning their language, listening to Elders and to our stories. Indigenous peoples are going back to the land, to our traditions and to our ceremonies. For example, the Columbia River Salmon Reintroduction began in 2019 and works to restore the Salmon population after Grand Coulee Dam which was developed in the 1930s and blocked the salmon's passage. People such as myself, are recognizing the strengths of their heritage and attempting to understand what it is they can do to decolonize. Still, the work of decolonizing does not begin and end with Indigenous peoples.



Indigenous Medicine Wheel

Now, I've heard the questions that follow many times. I'm not racist, and I didn't do anything wrong, so why should I have to pay for the misdeeds of my ancestors? I'm not Indigenous, so it's not my problem or the infamous; isn't colonization a thing of the past? To be honest, I hear you; no one wants to feel shame or guilt for something they feel they didn't do. Still, that doesn't negate the role that everyone must play in decolonization.



Salmon Run: Columbia River Salmon Reintroduction Initiative

So, let's say you're on this journey or are just starting out, but you don't know where to begin. What are some practical steps you can take towards reconciliation?

The first step is discovering whose land we're on. It begins with acknowledging our history from more than one perspective. The settler perspective is important because immigrants make up 21.5% of the population. We are, after all, a multicultural nation and proud to be so. Still, the Western settler perspective is not the only perspective that matters. For a very long time, the history of Indigenous peoples has been ignored and or silenced. So, listen to your Indigenous friends, families, coworkers and community members. Allow the voices of Indigenous people in your community to be heard. Share Indigenous events, art and culture you see in the community. Attend those events yourself.

Another thing you can do is research. Check out www.wfn.ca and www.syilx.org for more information about the Syilx (Okanagan) peoples. Read articles like "You don't call him Ogo-pogo, you call him by his name, n̓xa̓xaitk'" by Kelsie Kilawna and check out indiginews.com for local Okanagan Indigenous news. Decolonizing is about recognizing one's own bias and misconceptions about Indigenous peoples. If you have questions, don't be afraid to ask them. Truly, we're all in this together.

So, say you've done your research, and you've started listening, what else can you do to begin decolonizing? Decolonizing is about coming back, back to the land, to our language and traditions. This means that part of decolonizing is honouring the land and listening to what it may have to teach us. Go on a hike, swim in the lake, plant a tomato in your garden, then spend time reflecting. We are beautiful, We are Okanagan because the land is beautiful. This is the Okanagan Nation Alliance motto, a truth greatly valued. When we care for the land, the land takes care of us. So, spend time on the land and listen to it. Take time away from your busy everyday life and enjoy everything it offers you, for there is always something the land is saying to you if only you are willing to listen.



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<https://www.statista.com/topics/2917/immigration-in-canada/#:~:text=Currently%2C%20annual%20immigration%20in%20Canada,of%20the%20total%20Canadian%20population.>

<https://www.syilx.org/about-us/>

<https://www.wfn.ca/our-community.htm>

LOCAL EVENTS



Note: Due to Covid-19, these events are subject to changes or cancel without notice

Kelowna Memorial Park Cemetery

September 7th and 21st from 5:30 to 7pm
Tours of tombstones in Kelowna's largest pioneer cemetery hosted by Bob Hayes

Soulful Sundays w/ Anna & Lori

September 7th to 12th
@ Forbidden Spirits from 4 - 6pm

Silk Scarf Workshop

September 12th, Oct. 16th, 17th, Nov 6th
2hr workshop hosted at Volcanic Hills Estate from 11am - 5pm
Max 8 per time slot, registration required

Joni Mitchell & Judy Garland Tribute

September 15th, 17th, 19th @ Creekside Theatre in Lake Country
Tickets at KelownaFringe.com

The Daily Walk

Sept 15 - 19th from 9pm - 10pm
@ Creekside Theatre
Dance-on-film project by Evolve Arts Collective
\$13 Admission

Kaliee Mcguire Concert

September 18th from 6-8pm @ The Vibrant Vine Winery

Sands of Time on a Dance Journey

Sept 15th, 17th, 19th @ 6pm, 7pm & 10pm
@ Creekside Theatre
Tickets @ kelownafringe.com

Ben Klick Concert

September 17th
Local Country Concert @ The Vibrant Vine Winery from 6-8pm

Buddha Beats Yoga

September 18th
Township 7 Winery from 10-11:30am
Yoga followed by Wine Tasting and Charcuterie

BC Thanksgiving Food Drive

September 20th-25th
Central Okanagan Food Drive from 9am - 3pm

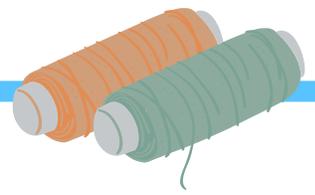
Lindsay May Concert

September 25th from 6pm - 8pm
@ The Vibrant Vine Winery
\$20 Tickets

Kelowna Scarecrow Festival

October 3rd from 12pm - 4pm
Rutland Lion's Park
Free Admission
Inflatables, facepainting, outdoor markets, crafting stations, food trucks





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Into the Woods

October 20th - 24th October 27-31
Kelowna Actors Studio from 7:30-10pm

Myra Canyon Adventure Park

October 28th, 30th, Nov 29th
Camp Hours 8:30 - 4pm with Half Days
Ages 6 - 12
Registration and Price Available on their Website

Oasis 2021 - Okanagan Art Show

November 11th from 8:30 - 11:50 pm
Art work available for purchase

Immaculata Christmas Craft Fair

November 13th from 10am - 3pm
@ Immaculata High School Gym

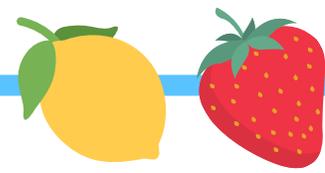
Okanagan Women's Expo

November 13th and 14th
from 10-5 on Sat and 10-4 on Sun
@ Parkinson Rec Centre

WESTBANK MUSEUM NEWS

We're excited to announce that the Museum's Facade is complete. From August 11 - 14th the Museum had its first ever Yard Sale, to raise money for museum operations and it was a huge success! We are in the process of our beautification project for the side compound and installing a mural on the North-facing wall of our museum.





RECIPE REDESIGN

Berry Icebox Cake

Ingredients:

- 1.5 cups raspberries
- 1/2 cups raspberry liqueur (or Grenadine)
- 3 tablespoons sugar
- 1.25 cups blueberries
- 1 half lemon
- 4 ounces mascarpone cheese
- 1/2 teaspoon vanilla extract
- 2 cups heavy cream
- lady fingers



Directions:

- Toss raspberries with raspberry liqueur and 1 teaspoon sugar
- Toss blueberries with lemon zest, lemon juice and 2 teaspoons sugars
- beat mascarpone cheese, sugar, and vanilla extract in large bowl to combine
- slowly stir in the heavy cream and beat on low speed and gradually increase until medium peaks form
- assemble cake by spreading whipped cream onto the bottom of an 8 by 10 inch pan. Add lady fingers. Whipped Cream and then berries. Repeat layering until mixture is completed.

The History of Radios that Turned into Refrigerators

The Grigsby-Grunow Company was established in Chicago in 1921. They started out making radios and by 1929 had produced more radios than any other company on the market. Currently, the Westbank Museum has one Majestic radio on display. Unfortunately, radios were risky business and when the industry began to slow, the Grigsby-Grunow company decided to shift gears and begin manufacturing refrigerators. In 1931, the company published the Majestic Recipe Cookbook which was used to promote the sales of Majestic Refrigerators. This cookbook was used as a baseline for the above recipe.

Icebox cakes were a popular invention of the 1920s and 30s. Due to the Icebox becoming a popular household item, Icebox cakes could be as simple or as complicated as a housewife made them. At its base, Icebox cakes included cookies and whipcream but could also include fruit, chocolate, nuts and more. The best part? The recipe was easy to make and took little time to prepare.

Try this recipe or your own version of it to have an easy fall treat.

MEDIOCRE Reviews:

The tartness of the fresh raspberries was contrasted by the sweetness of the whip cream. The delicate longevity of the fingers add much needed structure to the dessert
6.25/10 stars

I mean it was still dessert but I prefer chocolate
6/10 stars

At least it didn't have olives...
5/10 stars

It was very easy to make and very tasty. It made me want to purchase an icebox. Needed more raspberries
7/10 stars



FEATURED ARTIFACT

1896 Going Away Dress

Donated by Mr. and Mrs. Radawetz, the Going Away Dress on display was in circulation in 1896. Traditionally, Going Away Dresses were worn by brides as they left for their honeymoons. Usually, the dresses were highly practical garments that the bride could wear throughout the rest of her life. As wedding dresses were not sensible to wear on long carriage rides, Going Away Dresses provided women with a warmer, more durable alternative. If white wedding dresses represent the innocence and purity of a young woman, Going Away dresses were often symbolic of the moment a couple would embark on a new life together.

The complete history of Going Away Dresses is unknown, but the traditions are said to have started with Queen Victoria who introduced BOTH the concept of white wedding dresses and Going Away Dresses with her marriage to Prince Albert in 1840. As fashion trends come in and out of style quickly, Going Away Dresses have had many different styles and functions. During WW2 there were strict laws and regulations around clothing and fabric sales, which practically stopped the fashion trend. However, with weddings from the royal family such as Princess Diana and Kate Middleton, Going Away Dresses became once again popular. Now, Going Away Dresses have broadened to include Going Away Outfits which includes shorter white dresses, jumpsuits, and suits.



The prices of wedding dresses and Going Away Outfits varies due to wealth disparities. Fashion has always contributed to the social class system whether individuals have money or try to appear as though they do. The dress on display is from an upper-class family who had the money to purchase both outfits and whose dress is made of fine cotton. Families in middle and lower classes would often mimic dresses such as these to stay in fashion, but with cheaper fabrics and with clothing that could be mass-produced.

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Barber, Bernard, and Lyle S. Lobel. "Fashion" in *Women's Clothes and the American Social System.* Social Forces, vol. 31, no. 2, 1952, pp. 124-131.