

## FLA OHT approach for spoken Land Acknowledgement

### Overview

The Frontenac, Lennox & Addington Ontario Health Team (FLA OHT) is made up of over 300 partners working together to provide more efficient, integrated, and equitable health care to the people of the Frontenac, Lennox & Addington region.

We are working together to build a system that recognizes and offers Indigenous health practices for Indigenous People. But we know this will take time. We are committed to engaging with Indigenous Peoples and community members in a good way, using Indigenous teachings and tools in our work, incorporating the community's suggestions, and building stronger partnerships.

Continued collaboration with Indigenous communities, listening to their suggestions, and actively involving them in decision-making processes will be crucial for success.

Based on recent learnings the FLA OHT is encouraging chairs/co-chairs to move away from reading the FLA OHT's written land acknowledgment but rather acknowledge Indigenous history past and present through a personal land acknowledgment.

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*Best practice is for land acknowledgments to be individual to the self and really appreciate the time we spend on the land, showing gratitude for the little things we have in our life.*

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### Guiding questions to consider for a personal land acknowledgment

#### 1. Whose Traditional Territory am I on?

- Do I know the specific Indigenous Peoples or Nations whose traditional land I am on? (avoid generalizations and strive for accuracy)
- Do I know about their history, culture, and contributions to the region?
- Am I saying the words correctly? *Anishinaabe* (Ah- nish-ih-nah'-beg), *Haudenosaunee* (Hoe: den-o-shown-ee)

#### 2. Do I understand the significance?

- Do I understand the historical and ongoing impact of colonization on Indigenous Peoples?
- Do I understand the importance of acknowledging the land as a step towards reconciliation?

#### 3. How can I make it personal?

- How did I come to reside on this land?
- Can I share a personal reflection or connection to the land or Indigenous culture in the acknowledgment?
- How does your work or event align with Indigenous values and perspectives?
- In what ways does acknowledging the land align with the purpose and values of the event or gathering?
- Can I incorporate elements of Indigenous practices or values that resonate with the goals of the event?

- What is your relationship to the place you reside in?

#### 4. How can I express gratitude?

- How do I mention and speak about gratitude for the opportunity to live, work, or gather on Indigenous land?
- How can I consider what I've done over the last few days or experienced to express gratitude?

#### Tips to consider

1. **Keep it concise, heartfelt and authentic:** Aim for brevity to maintain sincerity and avoid sounding rehearsed.
2. **Stay flexible:** Adapt your acknowledgment based on the context and audience. Allow it to evolve as your understanding deepens.
3. **Practice and reflect:** Practice delivering the acknowledgment with sincerity and respect. Reflect on its impact and adjust as needed.

#### FLA OHT written land acknowledgement.

The written land acknowledgment was created with Indigenous community members. It is on the FLA OHT website and is on documents, where appropriate.

*“With deep respect and humility, we acknowledge that the FLA OHT is located on the traditional territories of the Anishinaabe, Haudenosaunee Huron-Wendat Nations, as well as the territories of other rural and urban Indigenous community members including Métis, Inuit, and other First Peoples from across the Turtle Island. We stand upon land that carries the footsteps of Peoples of Indigenous ancestry who have been here for thousands of years. We have an opportunity to learn from each other, improve relationships and promote respect for the past, present and future. We are thankful to share, learn, work, play and grow on these lands as we work together to build a new health-care system that will be inclusive and equal for all”.*

#### References

- Dylan Robinson, Kanonhsyonne Janice C. Hill, Armand Garnet Ruffo, Selena Couture, Lisa Cooke Ravensbergen, [Rethinking the Practice and Performance of Indigenous Land Acknowledgment](#), Canadian Theatre Review, Volume 177, Winter 2019, pp. 20-30, University of Toronto Press

#### Resources:

- [KHSC Indigenous Acknowledgement | KHSC Kingston Health Sciences Centre \(kingstonhsc.ca\)](#)
- [Terminology on Indigenous content](#), British Columbia
- Two Row Wampum Treaty - [The Story of the Two Row Wampum Belt as told by Elder William Woodworth - YouTube](#)
- Dish with One Spoon Treaty - [Dish With One Spoon LKDB - YouTube](#)
- To see what land you are on: [Native-Land.ca | Our home on native land](#)
- What is Turtle Island? [Turtle Island | The Canadian Encyclopedia](#)
- On Reconciliation: [Reconciliation \(rcaanc-cirnac.gc.ca\)](#)
- On Treaties: [Treaties | ontario.ca](#)