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Novel Essay

Over the course of two centuries, Indigenous peoples still fight for the same rights as the ones who overthrew the Indigenous communities and nations. With this, Indigenous people show resilience and healing from the effects of colonization in a few ways. Maintaining the culture is a form of resilience after it was once banned from being performed. Another way would be the family members and the community who are there to support and help heal. Self-reassurance and image is one more way to show healing from the effects of intergenerational trauma and the works of a systematic racist system. In the novel, *'From The Ashes'*, by Jesse Thistle and the movie, *'The Grizzlies'* by Miranda De Pencier, resilience and healing is presented in these media types by Indigenous people through maintaining culture, familial support, and finding acceptance in yourself and your place in the world.

Attempts of assimilation were made by settlers to rid the land of Indigenous people and that included banning any form of culture practice. In the Inuit culture, banning their ways of the culture would be fatal, as every part of their life is immersed in it. Adam and Zach, plus more from *'The Grizzlies'* are obligated to take time out of school to hunt the wildlife the way they were taught culturally. The protocols and respect of the culture is also a major factor of how the community functions. In Jesse Thistle's case, he denied his culture and it led him down a terrible path in life. His journey to rediscovery shows resilience by sharing these stories that would be otherwise lost in generations to come. Instead of feigning ignorance of who he is, Thistle inquires of it and discovers that "[He] come[s] from a long line of chiefs, political leaders, and resistance fighters" (Thistle 326), which is resilient to the assimilation that aimed to erase it. Honouring and maintaining the cultures of Indigenous people in *'From The Ashes'* and *'The Grizzlies'* shows resilience and healing of the cultures not lost to assimilation.

In both media forms, family plays a major role in healing and resilience. *'The Grizzlies'* features the lacrosse team that is formed in order to give the youth something to hope for. This is a resemblance of finding a family in a group that is not your immediate family, like a team. In the school gym, huddled in a sharing circle, Kyle states that "we are family" (De Pencier, 2018) and says, "I say we stay strong" (De Pencier, 2018) for their lost teammate Zach to the others on the team. It's a team of trust and healing that shines through the struggles that the northern community faces. Later, Coach Russ also says that the team is his family, which shows the crucial aspect of family in portraying resilience and healing. *'From The Ashes'* presents Jesse, who's choices led him to live a separate life from the rest of his immediate family. Although his brother, Jerry, had tried to reach out multiple times, it came to a point where no one had bothered to check in with him. He only truly changes when the soup lady who beckoned him back down from suicide had mentioned that "[he] missed [his grandmother and brother] and wanted to make them proud" (Thistle 289). The fact that his motivation came from his family shows healing from intergenerational trauma and addictions.

Self-reassurance and identity is featured as one more factor of resilience and healing. Adam from *'The Grizzlies'* is unable to participate freely in the first place due to his

responsibilities and traditional grandparents. They come around ultimately to help support the team travel to Toronto. His grandmother even says that "yes, tradition is important, and one of our most valuable lessons Inuit have learned is that we must adapt or we will die. We must learn how to live with the world beyond our borders" (De Pencier, 2018). In the end, he inspired his team to get a goal for Zach and he does just that. Another player, Kyle, also goes through this process of self-assurance. He didn't want to play despite Adam and Zachary joining, and he struggled with the basic skills. Russ's support and the team having his back gave him confidence and he even started the sharing circle. Rather than succumbing to the ease of drinking and ignoring everything, they learnt how to be okay with themselves and be honest with themselves and it shows resilience and healing. In Thistle's story, he was embarrassed of his culture, asking "why do you (Jerry) and Josh play Indians?...It's embarrassing" (Thistle 129). Even though he wanted to do good, he was tormented and in the wrong environment at a young age. It affected his view on the world and everyone around him. He realizes how messed up he is and starts to do good for himself. It was going to rehab, to school, and finding out who he really was and maintaining his life that shows resilience facing these struggles of addiction and trauma. His self respect he finds is the way of highlighting his healing process.

In short, the lives of Indigenous people were deeply afflicted by the colonizers, but through time Indigenous people learned to exhibit resilience and healing. The culture was an asset to keeping this resilience and helped the people heal in their ancestral way. Healing and resilience couldn't have been met without love and support from family, friends and the communities. Discovering the self respect and self esteem gave the last push to keep healing and demonstrating resilient traits. 'From The Ashes' and 'The Grizzlies', by Jesse Thistle and Miranda De Pencier respectively, have produced media styles that finely displays this resilience and healing through the struggle of being Indigenous.