

THE GIFT



Director/Cinematographer: Rachel Garrick | **Editor:** Nadine Arpin | **Illustration:** Don Ningewance |
Narration: Rachel Garrick | **Sound Recordist:** Rachel Garrick | 3 min | Canada

Synopsis: A lesson in compassion and generosity results in a lifelong gift. Set in a small Northwestern Ontario town, a father takes an opportunity to pass on important teachings to his daughter.



Director bio: Rachel Garrick is a band member of Lac Seul First Nation and resides in Hudson, a small community in Northwestern Ontario. The last film she worked on, as producer, was titled, *Jane and the Wolf*. It was screened at local, national and international film festivals and broadcasted nationally on APTN. She participated in the Docs North Film Bootcamp in Thunder Bay and is also an NSI Aboriginal Documentary 2015 alumni.

Director statement: I am so thankful to have participated in *Citizen Minutes*. It was a great opportunity to honour my father by passing on his teachings to others around compassion and kindness. I am so grateful for the talent and team that I worked with to create the film. They were so patient, understanding and generous with their talent and skills. I can only hope that this film inspires kindness and respect for others.

This film demonstrates “Mino Bimaadiziwin,” an Ojibway phrase meaning “live the good life.” Part of living a good life is to dedicate a share of your efforts to the greater good, giving assistance and showing kindness wherever needed. Traditionally, many life lessons relating to Mino Bimaadiziwin were shared through storytelling, ceremonies, teachings and hands on experience passed down from one generation to the next. The story focuses on a father taking the opportunity to teach his daughter about some of the key principles of Mino Bimaadiziwin. If you don’t have teachings to pass on, create them.

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