



**Nick Bertrand** @NickBertrand9 · Oct 23

\*THREAD\* to think on if you wonder about allyship and intervening when you see micro/macro aggressions. Let me start by saying this work is tiring at the best of times but we do it because we know change can happen. We see pockets of change taking hold, and we operate on hope.



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**Nick Bertrand** @NickBertrand9 · Oct 23

I told this story in a session a week ago and then again this weekend as a way to think about allyship and how being informed can empower one to 'step up' when called upon and how this act could make a huge difference for Indigenous people.

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**Nick Bertrand** @NickBertrand9 · Oct 23

2 Months ago I was invited by an acquaintance to join a hockey league that I had been trying 2 play in for a couple of years. "A good group of guys, no nonsense, competitive clean hockey". I was stoked he asked me 2 play as these leagues are hard to join unless you 'know somebody'

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**Nick Bertrand** @NickBertrand9 · Oct 23

Our first game was 2 weeks ago & knowing only 1 person in the league I tend 2 stay 2 myself & try & fit in as best as possible. Ya know what I mean- surface talk & the odd joke u sort of feel compelled to laugh at even though it's not really funny or pertinent 2U [#JustTrying2FitIn](#)

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**Nick Bertrand** @NickBertrand9 · Oct 23

So I get my equipment on and am getting ready to take the ice when the team lead says "Nick we ordered you size large for a jersey I hope that's okay?" And he tosses me this...in that moment my heart completely sank.



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**Nick Bertrand** @NickBertrand9 · Oct 23

It was then that my internal monologue began to think about how to navigate this situation...in my head I'm thinking "I can't wear this, this is messed up" also thinking "how can I say I don't wanna wear this, being the new guy to the team in a room of all white males..???"

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**Nick Bertrand** @NickBertrand9 · Oct 23

I was/am stuck and feeling pretty frozen over it all. Here I am thinking about my acquaintance that invited me to be a part of the league and how it would reflect on him that 'the new guy wants to join the league and start complaining about the logo on the jerseys'.

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**Nick Bertrand** @NickBertrand9 · Oct 23

This is where we need the allies, I don't want to be 'that guy' (in the eyes of them) or have to take on this conversation with the team/league...Many of you know how that conversation ends...I'm tired of the pushing back every single day and just wanna play some hockey...

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**Nick Bertrand** @NickBertrand9 · Oct 23

As I looked around the dressing room I thought to myself, perhaps after building some relationships with a few of them I can broach the conversation....but until then every week I slide this jersey on that I unknowingly paid for as part of my fees.

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**Nick Bertrand** @NickBertrand9 · Oct 23

I feel like I'm letting down myself, my kids, my people & the work I give everything so much to. This is where we need allies and people to be informed - because right now this completely sucks and just don't want to have to deal with it. It feels like this never ends. [#tired](#)

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**Nick Bertrand** @NickBertrand9 · Oct 23

Lastly, I say all this knowing we have bigger issues to tackle and that unlike many of the other issues we face - this is not life or death in the immediate sense.

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**Nick Bertrand** @NickBertrand9 · Oct 23

But as long as this stuff continues and we are viewed as less than human we can use it as a mirror on society to truly see if all the work we are doing in education is having a lateral impact on older generations. We have a long way to go.

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**Nick Bertrand**  
@NickBertrand9

I go back to hope...for those who suffered the most throughout our history, for those who fought and resisted, for those who take up this work with a never quit attitude...I hope we will get to a better place. This is one area we can use our allies. [#NotYourLogo](#)

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