

So clearly our country is racist. What can we actually do about it?

Lots of stuff, more than I can fit here:

Protest and mean it, donate to bail funds, read books and articles written by Canadians of colour about racism, advocate for total police reform, protect the POC in your own life by being vocal about your support of them, listen to the voices of people of colour when they speak, and challenge your own racial biases.

Don't be silent for that racist joke or for that unjust act. Silence is complacency.

For more information, please visit:

<https://copwatchvancouver.wordpress.com/>  
<https://blacklivesmattervancouver.com/>  
<https://www.crrf-fcrr.ca/en/>

It's always better to donate to your local grassroots organizations that are doing the real heavy lifting. Here are a few worth consideration:

The Bail Project

The Movement for Black Lives

Black Health Alliance

Raven Trust

Hogan's Alley Society

Black people in Toronto are 20X more likely than white people to be killed in an encounter with the police. From 2005 to 2015, the number of Black inmates sent to solitary confinement increased by 100.4 percent. For that same 10-year period, aboriginal admissions to solitary increased 31.1 percent. One study indicates that First Nations Peoples are harassed, punished and sometimes prevented from speaking their language with other inmates. At the same time, it is found that only 18% of First Nations inmates are released on full parole, compared with 42% of the general inmate population.

## A (VERY) brief assortment of facts and history of government discrimination, police brutality, and instances of race-based violence in Canada

Written by:  
A Concerned Caucasian

# Here, Too

It's an often perpetuated myth amongst Canadians that Canada is somehow "exempt" from racism. We aren't as "big" as the USA. We aren't as loud, aren't as many, aren't as racist. But any person of colour living in Canada can tell you that this is not the case.

I live in a city where Robert Pickton was able to do what he did. I live in a city that oh-so-generously "acknowledges" the Musqueam, Squamish, and Tsleil-Waututh as sovereign nations with no intentions to make actual reparations to give land back. I live in a city where the police force is **not** required to wear body cams. I live in a city of performative "woke-ness".

Here are a few things to chew on.

### Quick Facts:

The percentage of inmates in our prisons who are Black is 8.6 percent, despite Black Canadians accounting for only 3.5 percent of the general population.

Aboriginal people - First Nations, Métis and Inuit - comprise 3.8% of the Canadian population but now account for 23.2% of the total inmate population.

Between 2003 and 2013, the number of Black inmates in Canada's federal prisons increased every year, growing by nearly 90 percent over that period, while the number of Caucasian inmates actually declined by three percent over the same time.

Roman Andreichikov - May 1, 2004 - Tasered to death by a Vancouver cop while three officers were on top of him.  
Christopher Eklund - August, 2002 - choked to death by a Vancouver police officer.  
Benny Matson - May 12, 2002 - stomped to death by 4 Vancouver police officers.  
Jeff Berg - October 22, 2000 - beaten to death by Vancouver police officer  
David-Bruce-Thomas.  
Frank Paul - December 6, 1998 - dragged from police station while unconscious and dumped in an alley where he froze to death.

### An Incomplete List of those killed by the Vancouver Police:

Christopher Lewis Ray - October 29th, 2012 - Shot to death by Vancouver Police on the 400 block of Skeena st. in the early evening.

Paul Boyd - August 13, 2007 - Shot to death, in the head, execution style while on his hands & knees by VPD constable Lee Chipperfield.

Gerard Samuel Chenery - December 26th, 2004 - Shot to Death 12 times by a vpd constable.

Robert Wayne Bagnell - June 23, 2004 - Tasered to death by a Vancouver police officer.