



# Secwépemc Traditional Wellness Inspiration – In Time of COVID 19

Ancestors Teachings – Cultural Practices and Traditional Idea's

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## SECWÉPEMC TRADITIONAL PRACTICES DURING COVID 19

The Secwépemc Traditional Way of being and Traditional Wellness shall be front and center in our Secwépemc Health Caucus Plans. Our Ancestors had ways to keep our members safe and secure during tough times and now more than ever during COVID 19 we need to implement our Ancestors teachings and Traditional practices. In collaboration with Elders, Knowledge Keepers, Traditional Wellness Staff, Cultural Staff, Chiefs, Councilors, Health Directors, and Secwépemc Health Caucus Staff – and through team work, we have developed this document “Traditional Wellness Inspiration in Time of COVID 19 – Ancestral Teachings – Cultural Practices and Traditional Ideas.”

### PURPOSE:

The purpose in drafting this document is to encourage and provide modified solutions to our Secwépemc communities on how they can continue our traditional and cultural ways while practicing physical distancing and keeping each other safe during Covid 19. In addition, the SHC has identified the practices and workable suggestions in this document: continue to implement during COVID 19 and beyond; to assist you stay mentally, emotionally, spiritually and physically strong; to walk with courage; to keep your faith, to help you utilize your time in isolation; to learn our Secwépemc Ways of Being and to up-lift you and family during COVID 19.

**COMMUNITY CONTACTS:** In addition, You will find at the end of this document a list of community contacts that may support, assist, guide, re-direct you (to an Elders, Spiritual teacher, Knowledge Keeper) etc. in practicing and /or implementing the teachings/suggestions within this document

**NOTE:** All Traditional Practices and suggestions during Covid 19 must practice Physical Distancing (keep 6ft apart at all times). We also recommend the use of technology when possible to implement some of these practices during this time.

### A. CEREMONY – HONORING PRACTICES

NOTE: Ceremonies in mountain, sacred place and or in your home during COVID 19

1. **8000 DRUMS PROPHECY:** “When 8000 drums will sound together again. It will be the beginning of a great healing of our Mother Earth, Our Peoples and All Beings. More unity, respect, compassionate love, happiness and Peace on Earth will come.” (Otomi Toltec Prophecy, 1521).
  - When: At 7:00 pm
  - Where: where ever you are
  - What: bring out your drum / rattle and participate

2. **ESK'ETEMC DAILY HONORING:** Acknowledgement for our front line workers – be a part of our community (in distance and spirit) and drum.

- When: 7:00 pm
- Where: where ever you are
- What: bring out your drum, rattle and participate

3. **TRADITIONAL PIPE CARRIERS HONORING:**

- Join in prayer and ceremony from wherever you are in an act of support during Covid 19 in distance and spirit
- When: 7:00 pm – Sunrise and Sunset
- Where: wherever you are - if possible near water or outside if not right in your home or if possible up the mountain.
- What: prayers, songs, drumming
- It is recommended DO NOT share the smoking of a sacred pipe due to the potential of COVID 19.
- Practice patience, discipline, and respect by having your children, grandchildren and great grandchildren join in.

4. **CLEANSING CEREMONIES**

- Visiting the water – cleansing ceremony. Go to water and perform ceremony with water, praying for healing. Find a place where you can sit on grandfather/grandmother rock and pray with grandfather/grandmother rock – who are the oldest ancestors.
- Smudging /Brushing off – of self / family / home; using eagle fans; cedar or fir or juniper boughs

5. **PRAYER TREE**

- In distance and spirit start a community prayer tree for person, family, community members to hang up prayer cloths into the tree branches offering prayers of healing, hope, strength. If you do only ask for a small amount or what you can handle. Courage is what you ask for to face everything that's in front of you, family, nation all of creation.
- There is POWER in prayer for healing, love, recovery, and wellness. POWER of your Mind, Body, Heart and Spirit.

6. **FOOD OFFERINGS**

- Good time to do a food offering to the ancestors. Use traditional foods where possible and include water, the gift of life. Food offerings in fire, water, up in the mountains – placing offerings to our ancestors.
- Do Food offering to your relatives who have gone to the Spirit World, asking them for guidance and strength during this challenging time with Covid 19.

## **7. DRUMMING for ELDERS – the Vulnerable**

- Stand outside at a safe distance from the Elders house and from others (physical distancing) and drum for the ELDER and/or the vulnerable.
- This will help them to heal, encourage them to be strong and give them strength.
- Drumming at specific spots within your community (i.e.: Tk'emlúps – drum by church, by Tyee park, in the pow-wow arbor, up by the sweat lodges, etc.)
- To incorporate all the vulnerable people in our community

## **8. MEDICINE TIES/ TOBACCO TIES AND/OR FLAGS**

- Medicine, Tobacco Ties and/or Flags with tobacco, sage or whatever medicines you have access to. Pray with the tobacco ties or medicine and you can also offer these up at a sacred fire.
- Some have been using red willow – cut into small 1 piece portions to put into medicine ties.

## **9. PROTECTION**

- Place juniper, rose bush or cedar or sage over your doors to be cleaned off when going in or out of your homes.
- Boil medicines on your stove for improved respiratory health.

## **10. FASTING**

- Prepare for fasting, monitor food, water, medicine intake, Prepare your mind and spirit through prayer and meditation.
- Fasting in sacred places in our communities to offer prayers and recall our ancestors, their stories and teachings

## **11. SEVEN GRANDFATHER TEACHINGS**

- Apply the Seven Grandfathers Teachings – which teach us how to live in harmony with creation through: Bravery, Honesty, Humility, Love, Truth, Respect, and Wisdom

## **B. HARVESTING MEDICINES / GARDENS**

- 1. HARVESTING MEDICINES:** Some community members are unable to at this time access traditional medicines such as: juniper, sage, cedar, etc. With physical distancing measures in place, and if able to access these medicines, please pick extra for those who cannot.
  - When: Whenever you are able to safely harvest
  - Where: In your community/nation
  - What: harvesting medicines for those who cannot

- Distribution: Contact the band office and/or the cultural person identified in the list at the end of this document. They can arrange a safe pickup/drop off site with Covid 19 safety measures in place. Distribution first to the Elders.

### **CULTURAL TEACHING**

“Remember to do tobacco offerings for any wildlife, fish or medicines and pray to the Creator for the Sacrifice of the fish, game and medicines to keep us healthy and strong. Pray to the Creator for Mother Earth, especially the water for taking care of the fish, game and medicines so that we may have this in abundance.”

**Charlene Belleau, Esk'etemc**

## **2. MAKING MEDICINES**

- Safe remedies teas – Pray and drink the tea
- Salves
- Medicine Baths
- In distance and spirit gather smudge, sage, cedar, juniper and other sacred plants

## **3. PLAN GARDEN**

- Start to plan your garden
- Start to identify what seeds you will share once Covid 19 restrictions are lifted.
- In distance and spirit start to plan while in isolation how to build a root cellars for vegetable storage during the winter months.

## **4. MAKE MEDICINE BAGS:**

- In distance and spirit, make medicine bags out of cloth (do not use plastic)
- Sew medicine bags, Eagle Feather Holds for Sacred Eagle Feathers you may have or to use as gifts for others.

## **C. COMMUNICATION – SECWÉPEMC LANGUAGE**

- 1. SECWÉPEMC LANGUAGE – COVID 19 KEY MESSAGES:** Develop simple key messages that our traditional and spiritual leaders may find helpful when communicating about Covid-19.
  - What: Covid 19 Messages in Secwépemc
  - Who: SHC Team in conjunction with Secwépemc Language Speakers
- 2. SECWÉPEMC LANGUAGE – Learning Session**
  - Through Technology, Same time each day/week
  - Teaching different words in our language daily.

- Make sure that our regular evening prayers and drumming are all done in Secwepemctsin. (with a video to support our understanding and teaching of the prayers – post on social media and at the community).
- While in community or self-isolation with family, set aside time to teach one another. Ask Kye7e's or Xpe7e's to share a story or Secwépemc creation stories in Secwepemctsin.
- **RESOURCE:** TteS Language and Culture Team. Ted Gottfriedson –Language and Culture Department Manager email: [ted.gottfriedson@kib.ca](mailto:ted.gottfriedson@kib.ca), Gabe Archie – record and edit, Jessica Arnouse – Educator, Ted Gottfriedson – fluent speaker of Secwepemctsin.

### 3. READ OUR SECWÉPEMC AUTHORS BOOKS

- Google these authors online (thru Amazon, Indigo or Chapters) to order.
- Google these authors in your book app on your mobile and/or Ipad device.

Kúkpi7 Willie Sellars	Bev Sellars
Garry Gottfriedson	Kúkpi7 Ron Ignace – Dr. Maryanne Ignace
Dr. Mary Thomas	Arthur Manuel
Julian Brave Noise Cat	Mildred Gottfriedson
Harold Eustache	George Manuel
Phyllis Webstad (Jack)	Vera Manuel

## D. CONNECTION – TECHNOLOGY

1. **YOUTH – ELDERS CONNECT – TECHNOLOGY:** Have youth to help us connect with Elders through technology. Connect Kye7w's (grandmas) and Xpe7e's (grandpas) through FaceTime, Facebook messenger, etc.
2. **SHARING TRADITIONAL EVENTS on SOCIAL MEDIA**
  - There should be a place to share small clips, YouTube recordings
  - You Tube, Tiktok.com, Instagram, Facebook Messenger, Twitter, etc
3. **FAMILY TREE**
  - Research, Drafting of family tree
  - Connect your family with other relatives in Secwepemc communities, show how we are connected.
4. **CALL ELDERS – FAMILY**
  - Make an effort to call family members, elders, or those who may be alone
  - Create a communication tree within the family to maintain contact with each other, ensuring that all family members are connected
  - Each house should have a family member Identify in charge of communication

## E. CRAFTS

In distance and spirit, do crafts in isolation. Put together packages for each community with photocopy instructions on how to do this. Share patterns, share how to do it.

Ribbon Skirts	Ribbon Shirts	Bead Work
Regalia Making	Rattles	Drum Making
Moccasins/Gloves	Quilting	Carving
Painting	Pottery	Knitting
Crochet	Embroidery	

## F. ON the LAND PRACTICES

### SECWÉPEMC TEACHING:

“Our seasonal gatherings are the foundation of our Nation rebuilding initiative as these gatherings in the Spring, Summer, Fall and Winter, on the territory is intended to reconnect us with our land, language culture and ceremonies. Although we cannot ‘gather’ during COVID 19 we have shared some ways that individuals can still be on the land learning and practicing our ways.”

**Kúkpi7 Wayne Christian, Splatsin**

1. **USE OF TRADITIONAL CABINS:** many of our communities have community cabins that could be used by individuals and/or Families (all in one house together) who could be utilizing these cabins during COVID 19.

- Take time to plan and rebuild your cabin connecting back to your ancestors and traditional family gathering sites.

### 2. WALKING / NATURE WALK

- Go for a daily walk, pick one of the four directions and walk, pray, give gratitude
- East – Day One, South – second day, West – third day, North – Fourth Day. Walk for 20 minutes – then stop and say a prayer in that direction for the honoring of gifts.
- On Day Five walk a circle – on your left side until you’re done your circle then stop and say a prayer.

### ANCESTRAL TEACHINGS:

“We have heard at Esk’etemc that our Elders fasting was done by walking for miles and miles, praying and Fasting.” **Charlene Belleau, Esk’etemc**

### 3. SEASONAL ROUNDS:

- In our 4 seasons we chose certain ceremonies to participate in, for example: we are coming out of winter which was known as the “time of rest” so storytelling, beading, making baskets were activities/practices during this time.



- In distance and spirit, go harvesting food, roots plants; medicines
- For example SPRING - fishing of rainbow trout and river fishing
- All Seasons (Spring, Summer, Fall, Winter) there is something to harvest or prepare

## G. STORIES AND SONGS

### 1. TEACHING OF OUR STORIES AND SONGS

- Teaching through technology?
- Who will teach this?
- Tell stories to our Young Ones.
- Tell the stories behind each Secwépemc Song

### 2. SINGING OUR SECWÉPEMC SONGS: At same time each day, outside, others join in where they are. (Rock our Nation) as Rhona Bowe says...

### 3. LEARN HOW TO PLAY AN INSTRUMENT: drum, flute, guitar, etc.

### 4. STORY of your DRUM:

- Tell the story of how you dressed your drum. Tell the story of the ceremonies your drum has gone to – tell the story of the travelling to get to ceremony.

### 5. SOCIAL DISTANCING POW-WOW

- Tens of thousands joining in all over the world via technology (Facebook)
- Take time to learn how to do the following pow-wow dances: traditional, grass, fancy, jingle, Chicken, etc. (do this with your children)
- [https://www.facebook.com/nativesreact/videos/672601770234346/?hc\\_location=ufi](https://www.facebook.com/nativesreact/videos/672601770234346/?hc_location=ufi)

## H. INDIVIDUAL WELLNESS PLANS

- Bring awareness to self on how do you feel: Spiritually, Mentally, Emotionally, and Physically.
- Identifying what area needs improvement and then identifying a goal in that area to work towards.

## I. COVID 19 UPDATES

### 1. COVID 19 – UPDATES – STOLO NATION

- A nightly forum where nation members can talk to somebody and ask questions or voice concerns. What the St'olo Nation is doing for their people
- A nightly forum where they can have guest speakers as well.

## 2. COVID 19 – OKANAGAN

- On-line skype support group for people to have space to talk about their fears.

## J. NATION BUILDING INITIATIVES

It is important to note that these activities although during COVID 19 are done in isolation or with physical distancing measures in place, these initiatives all support a larger Nation Building Initiative to promote:

- **Secwepemctsin:** Our Languages need to be front and Center as in our language rest our oral history and laws.
- **Secwépemc Laws:** Our laws are embedded in our oral history, we need to raise them up and teach the next generation
- **Land and Resources:** Access our lands and resources. Access to on the land initiatives and teachings.
- **Governance:** (our families) – We need to rebuild our family systems as this is how we governed Secwepemcúlecw
- **Healing:** We need resources to heal ourselves

## K. RESOURCES

- Secwepemc Cultural Education Society – Rita Matthew - 250-318-7100
- Resource books on our languages that was produced and delivered through the Secwepemc Cultural Education Society as a resource to support our people in their learning.

## L. THANK YOU'S

The follow people have provided their time and knowledge sharing to develop document , for this – we thank you.

Vicki W. Manuel	FNHA – Project Developer / SHC Support
Charlotte Manuel	Tk'emlúps te Secwépemc Elder
Councilor Jeanette Jules	Tk'emlúps te Secwépemc - Councillor
Kúkpi7 Wayne Christian	Kukpi7 Splat'sin
Charlene Belleau	Esk'etemc Member – SHC Chair
Dave Manuel	Tk'emlúps te Secwépemc – Alcohol and Drug Councillor
Tammy LeBourdais	Whispering Pines Clinton Indian Band
Rhona Bowe	Esk'etemc Knowledge Keeper
Cecil Grinder	Tsilhqot'in Knowledge Keeper
Iris Jules	Adams Lake Indian Band
Dolly Thomas	Tk'emlúps te Secwépemc Elder
Kim Montgomery	Okanagan
Ted Gottfriedson, MA	Language and Culture Department Manager
Duanna Johnston-Virgo	Manager Mental Health and Wellness FNHA Interior Region
Maryanne	Maryann Yarama – Governance Director, Intergovernmental Political Manager
Judy Maas	Health Director - Splat'sin

## APPENDIX 1: COMMUNITY CULTURAL SUPPORT PEOPLE

In this time of COVID 19 please connect with the follow cultural contact from you community who may support, assist, guide, re-direct you (to an Elders, Spiritual teacher, Knowledge Keeper) etc. in practicing and /or implementing the teachings/ideas within this document.

COMMUNITY	ENGLISH NAME	CONTACT
Sexqelqin	Adams Lake	<b>Howard Shield Cultural Work</b> Work: 250-679-7726 Cell: 250-253-9900
Qw7ewt	Little Shuswap	<b>Contact the Band Office</b> 1-250-679-3203
Sk'atsin	Neskonlith	<b>Contact the Band Office</b> 1-250-679-3295
Kenesq't	Shuswap	<b>Mike Archie</b> <a href="mailto:language@shuswapband.net">language@shuswapband.net</a> Work: 250-395-6338 Cell: 778-526-8108
St'uxwtews	Bonaparte	<b>Keith Zabetel</b> <a href="mailto:education@bib.band">education@bib.band</a> Work: 250-457-9624
Llenlleny'ten	High Bar	<b>Kúkpi7 Roy Fletcher</b> <a href="mailto:roy@hbfn.ca">roy@hbfn.ca</a> Cell: 1-250-203-3166
Simpcw	North Thompson	<b>Charlie Fortier</b> Work: 250-672-9925 Toll Free: 1-800-678-1129 <a href="mailto:Charli.fortier@gmail.ca">Charli.fortier@gmail.ca</a>  <b>Rachael Bowser</b> <a href="mailto:Rachael.Bowser@simpcw.com">Rachael.Bowser@simpcw.com</a>
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Skitsesten	Skeetchestn	<b>Lisa McColl – Social Development Manager</b> 250-373-2493 ext 219  <b>Louella Jules – Language Coordinator</b> 250-373-2493 ext 218
Stil'qw/ Pelltiq't	Whispering Pines/Clinton	<b>Kúkpi7 Michael Lebourdais</b> 250-571-7332
Esk'etemc	Alkali Lake	<b>Freddy Johnson</b> 250-440-5651  <b>Julianna Johnson</b> *
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