

Winter 2022-2023



tokša, waniyetu!

Spring is finally here, whether it feels like it or not.

Looking back, this past winter was the first full season for the College's Traditional Practices for Wellness (TPWIC) Project. In late June of 2022, the CDC awarded Fort Peck Community College a Traditional Practices for Wellness in Indian Country (TPWIC) grant, entitled "Tending to Land-Based, Whole Health Practices for Wellness at Fort Peck." But it wasn't until October of 2022, and well into fall, that the Project officially kicked off.

As a part of that initial grant proposal, the Project's efforts are focused on highlighting the traditional ecological knowledge (TEK) that is already known and held by our community members around traditional foods and teas growing wild and being cultivated here at Fort Peck. And in just one season of gathering together, alongside our partnering organizations, it has been really inspiring to see people's willingness to share and openness to learn. We have a lot to look forward to.

Another emphasis that all TPWIC grantees are asked to focus on is reaching out to existing

community-oriented programs and events to see if there is an opportunity to partner in a way that would bolster that program's efforts while also providing more access to traditional practices for wellness. This is why you'll see some events organized only by TPWIC, but you'll also see many events, programs, and workshops where TPWIC has joined with another community-oriented organization as a partner. Our original proposal specifically named FPCC Student Services and Good Health and Wellness in Indian Country (GHWIC) Project, the Fort Peck Tribes' Tribal Community Garden, and the Fort Peck Tribal Seed Library as intended partners. That list has already expanded to include FPCC AgExtension, FPT's Tribal Elder Centers, the James E. Shanley Tribal Library, and Roosevelt County Library in Wolf Point.

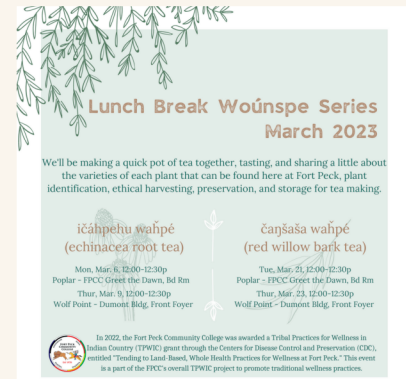
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Wahpé Woúnspe

This season, TPWIC started hosting two different 30-minute, lunch hour tea workshops per month. A small, always changing, group gathers to talk about everything from ethical harvesting practices to memories of these plants growing up. The teas highlighted can all be found growing wild right here at Fort Peck. This winter we shared: pejiyota (sage), unzínzintka (rose hip), čaničahpehu (stinging nettle), mató thaspán hu (hawthorn berry), čeyáka (wild mint), waštémna (wild bergamot), and ičáhpehu (echinacea). Originally, the two workshops were held only in Poplar, but by the end of the season (and weather permitting) each workshop was also being offered in Wolf Point at the FPCC Dumont Bldg.



Lunch Break Woúnspe Series
March 2023

We'll be making a quick pot of tea together, tasting, and sharing a little about the varieties of each plant that can be found here at Fort Peck, plant identification, ethical harvesting, preservation, and storage for tea making.

<p>ičáhpehu wahpé (echinacea root tea)</p> <p>Mon, Mar. 6, 12:00-12:30p Poplar - FPCC Great the Dawn, Bld Rm Thur, Mar. 9, 12:00-12:30p Wolf Point - Dumont Bldg, Front Foyer</p>	<p>čanšašah wahpé (red willow bark tea)</p> <p>Tue, Mar. 21, 12:00-12:30p Poplar - FPCC Great the Dawn, Bld Rm Thur, Mar. 23, 12:00-12:30p Wolf Point - Dumont Bldg, Front Foyer</p>
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In 2022, the Fort Peck Community College was awarded a Tribal Practices for Wellness in Indian Country (TPWIC) grant through the Centers for Disease Control and Prevention (CDC), entitled "Tending to Land Based, Whole Health Practices for Wellness at Fort Peck." This event is a part of the FPCC's overall TPWIC project to promote traditional wellness practices.



Wahpé Bins

Because not everyone who's interested is able to make it to TPWIC's Wahpé Woúnspe workshops in-person, TPWIC has started leaving small bins of our traditional teas attached to info/recipe cards at various public locations on the Reservation: FPCC's Student Services Dep't (WEV Bldg), FPCC's Dumont Bldg, the James E. Shanley Tribal Library, and Roosevelt County Library. Through this effort, TPWIC has been able to give out hundreds of additional teas that grow wild locally. Allowing people to bring these teas back into their homes, we've also received stories back that they've sat down, shared a pot of our traditional teas with their families, and had a great time visiting and telling stories, which makes the effort of putting them together and making sure they're available in our communities well worth it.

Wasná Workshop Series

(w/ FPCC AgExtension)

Early in our planning stages, Meg Edwards with FPCC AgExtension and I realized that we were interested in hosting a similar series of workshops and decided to team-up and co-host them together instead. The Wasná Workshop Series that we decided on included six (6) total workshops over the course of both January & February:

- (1) dry meat rack making,
- (2) dry meat cutting & drying,
- (3) berry patty making & drying,
- (4) bone broth making,
- (5) tallow rendering, and finally
- (6) wasná making

The dry meat rack making, and dry meat cutting workshops were the most popular of the series, aside from the final workshop which brought all of the elements from the previous workshops in the series together. We were able to make several variations of wasná with dried and then ground buffalo, elk, and beef meat mixed with rendered marrow tallow and either ground junberry or chokecherry patties. Throughout the series, community members shared their own memories of both wasná and the individual elements.



FPCC Ag Extension and TPWIC*

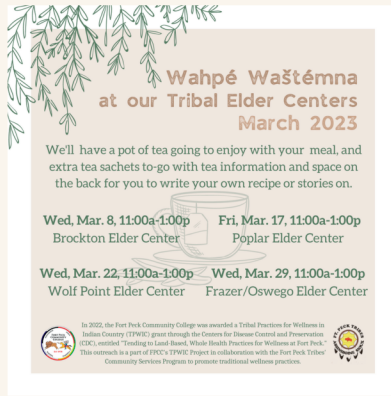
MEAT PREPARATION

LEARN TRADITIONAL WAYS OF PRESERVING BUFFALO

Jan 6 | Build a Drying Rack | 5-6pm
Jan 8 | Bapa (Dry meat) | 5-8pm
Jan 21 | Bone Broth | 5-6pm
Jan 22 | Tallow | 1-4pm
Feb 5 | Chokecherry patties | 1-4pm
Feb 19 | Wasná | 5-7pm

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ALL CLASSES ARE IN-PERSON AT FPCC OR THE THUNDERING BUFFALO WELLNESS CENTER
Email: medwards@fpcc.edu for more information.

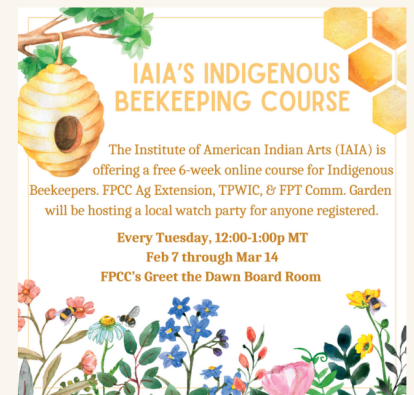


Wahpé Wastémna (w/ FPT CSP Tribal Comm. Garden)

After a couple months of Wahpé Woúnspe workshops, I approached Heather Snell with the Tribal Community Garden about traveling together to each of the Tribal Elder Centers to make and hand out teas each month. Heather had been thinking of doing something similar, so again partnering made sense. In March, we started setting up during the noon meal at one of the four sites each week, moving across the Reservation from east to west to visit each site once a month. By the end of waníyetu (winter) we had visited two of the four sites for the first time. These visits have been some of my favorite of all of our TPWIC events. I always come back with notes, ideas, and stories.

IAIA's Indigenous Beekeeping Course (w/ FPT CSP Comm. Garden & FPCC AgExt)

This winter, the Institute of American Indian Arts (IAIA) in Santa Fe, NM hosted an online Indigenous Beekeeping Course. For the course, TPWIC, FPCC AgExtension, and the FPT CSP Community Garden co-hosted a local viewing so those in our area who had registered could gather and watch the course webinars together. The thinking being that if would be more beneficial to us all if we could discuss the webinars in real-time with each other. The course was IAIA's first time hosting the online course and they intend to grow this introductory course into a more robust Indigenous Beekeeping course or series of courses.

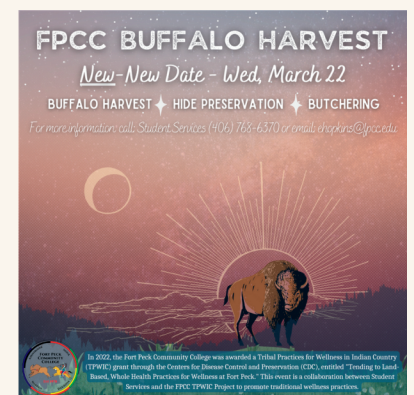


Seed Swap Series (w/ Fort Peck Tribal Seed Library & FPCC AgExtension)

The first of the Seed Swaps in TPWIC's series with the Fort Peck Tribal Seed Library, was co-hosted with FPCC AgExtension. Meg had been planning on hosting a seed swap as a part of her March Grower's Meeting, so we decided to combine the two. We also put some donated empty clear bottles to use and sent our attendees home with their own winter sowing experiments, planted with seeds from our seed swap. Generally, winter sowing can be started as early as December and January. Winter sowing in late winter, like we have done is still possible, though.

FPCC Buffalo Harvest (w/ FPCC Student Services)

FPCC had been working and building towards establishing an annual buffalo harvest before it had been awarded a TPWIC grant, but as a part of TPWIC's initial grant proposal the Project intended to be a partner in this effort. Initially, our first annual buffalo harvest was meant to take place on the winter solstice on Dec. 21, but a snowstorm that shut down not just states but entire regions meant we would need to re-schedule. Re-scheduled to early March, another winter storm pushed the harvest back to Mar. 22 and early wetu (spring). Expect a write-up of it in our Wetú (Spring) newsletter.





Looking Ahead: Wetú



"Tending to our Medicines" a mini pod series of the Buffalo Chaser Podcast

As a part of our initial grant proposal, we pitched this idea of a "mini pod series" to expand the reach of TPWIC's in-person program, while also diversifying the offerings of the Buffalo Chaser Podcast. For more information, or to listen to the trailer for the series, scan the QR code or visit the FPCC Facebook Page.



Seed Swap Series, cont. (w/ Fort Peck Tribal Seed Library)

Into the Spring, TPWIC and the Fort Peck Tribal Seed Library will continue with our Seed Swap Series. In our April Seed Swap we'll share seeds, and will also be starting seeds that should be started early, but kept indoors (unlike the winter sowing, which was placed outside). In our May Seed Swap, we'll discuss which seeds can be started outdoors, directly into the soil, and when. Each of these events is an opportunity for local gardeners to share their local knowledge with others and ask some questions of their own. Any resources shared at the Seed Swaps will also be made available at the Tribal Seed Library, located inside the Tribal Library.

One Seed, One Community Project (w/ Fort Peck Tribal Seed Library)

This winter, the Seed Library Network hosted a virtual, all-day "Seed Libraries Summit." The presentations were all practical and thoughtful, but one stuck out. The "One Seed, One Community" Project is a community-wide project that teaches and encourages the skill of seed saving in a community. One variety of seed is chosen, usually a bean, and each of the gardeners participating will plant their seeds, grow them out, and at the end of the season all of the beans are brought together. Some are saved and donated back to the seed library and then the growers decide on what to do with the rest. The Fort Peck Tribal Seed Library has a handful of traditional varieties of beans and I'd love to get a group together to choose one and see if we can help grow our Traditional Seed Collection while also growing enough to use in a community meal. Traditional foods can't usually be found in stores and so getting enough to share in a meal is sometimes difficult. This Project can increase the number of these traditional seeds available to grow in our tribal communities while also providing the opportunity to taste them.





Recipes from Waniyetu

woyátke (drink)

čanšaša

red osier dogwood, *cornus sericea*

establish a harvesting ethic & ritual of reciprocity

čanšaša is native to our Reservation, and has bright red bark. Bark is best harvested in late winter/early spring, before new growth begins. When harvesting inner bark for smoking, the outer bark can be saved for tea. When dry, place in an airtight container marked with plant info and dates harvested and stored. Condition for one week then store in a dry, cool location out of direct sunlight.

Ingredients

2 cups mni (water)
1 tsp čanšaša (red willow bark)
tuhmuga hanpí (honey) or
canhanpi (maple syrup), to taste

Method - Decoction

1. **Heat.** Bring mni (water) to a boil.
2. **Simmer.** Lower heat to a simmer, add čanšaša, either loose or in sachet, cover and simmer for 10 min.
3. **Steep & Strain.** Let steep for 20 min, remove bark. (If adding sweetener, wait until cooled enough to drink.)
4. **Sip** up to 3-4 cups a day for cold and flu relief or upset stomach. Drink warm for best benefit.

woyúte (food)

wasná

traditional wasná recipe

establish a harvesting ethic & ritual of reciprocity

Nearly every tribe living on the Northern Plains of the U.S. and Canada made some form of this same staple food. The Cree called it *pimikan*, which is what it is mostly widely known as by non-Indigenous peoples. Because water has been completely removed from each of the ingredients, the food is shelf stable and long lasting. Contemporary additions like sweeteners or undried berries usually cause the wasná to lose its ability to be shelf-stable.

Ingredients

pápa (dried meat)
wathókča kaškica (dried wild berries)
wasna (tallow)

Method

1. **Grind/Pound** dry meat and berry patties, separately until desired consistency.
2. **Warm.** Slowly reheat rendered tallow.
3. **Mix** ground meat and berries together, then slowly add tallow until mixture can retain its shape. Form a bar or ball.
4. **Store.** So long as the meat and berries were completely dried and the tallow fully rendered, store in paper bag at room temp or cooler.



Recipes from Waniyetu

thoughts, doodles, and wahpé stories



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This outreach is provided by the FPCC TPWIC Project to promote traditional wellness practices.

thoughts, doodles, and wahpé stories



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Take a Deep Dive: TPWIC Rec's



LIVE WITH THE SEASONS

HOSTED BY
VALERIE SEGREST + ELISE KROHN



focuses there as well. In the trailer, they state that there are only five episodes planned and so the last planned episode was published just a month or so ago. It will be interesting to see if they continue with more episodes. If not, what they have created is still valuable and worth a listen. Each episode focuses on how to thrive in each season. They usually also highlight a native plant to discuss and most have been plants that also live here.

Podcast Rec

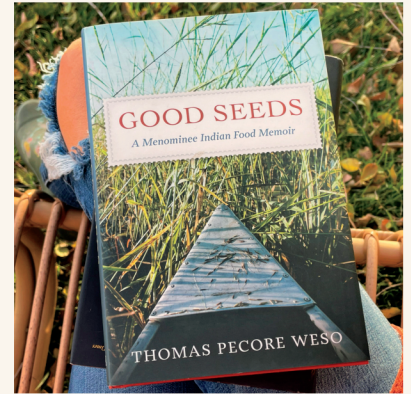
"Live with the Seasons"

is a seasonal podcast co-hosted by Valerie Segrest (Muckleshoot) and Elise Krohn. Both co-hosts are based in the Pacific Northwest (PNW), so the podcast naturally

Book Rec

"Good Seeds: A Menominee Indian Food Memoir"

by Thomas Pecore West (Menominee) is the type of story that I wish every family had. What we ate, when, how, and why. I love listening to people



talk about the foods they had growing up and all the stories that surround those experiences. Our foods are so important, and so central, to the people we become. The author also shares what he has learned about these foods since that time, which is equally as valuable in terms of context and understanding. The recipes shared are classic, personal, and honest. It's a quick read, but not a single page is wasted.



Kid's Book Rec

"The First Blade of Sweetgrass"

by Suzanne Greenlaw (Maliseet) and Gabriel Frey (Passamaquoddy) is the story of a child's first trip identifying and harvesting sweetgrass with their grandmother,

I love this book for its universal lessons of patience and attentiveness, as well as its introduction to the ethical harvesting practice of being mindful to not over-harvest. I think there are lessons for the adults as well though. None of us learn to identify plants on our first attempt, but if we have patience with ourselves we'll get there. I also love that these two parents wanted a story for their daughters and when they couldn't find it, they created it themselves.

Film Rec

"Gather"

is a 2020 feature-length documentary film and is a 2022 winner of a James Beard Foundation Media Award for Best Documentary. Available to stream on Netflix,



"Gather" highlights efforts being made in tribal communities from the Southwest, Pacific Northwest, and Northern Great Plains and Northeast. From starting cafes featuring from-scratch traditional meals, fighting for salmon and buffalo, and helping people recognize the foods and medicines in their own backyards. I think each community could have easily taken up their own feature-length documentary.



Upcoming Opportunities with TPWIC

Wahpé Woúnspe. TPWIC's lunch hour tea workshops will continue throughout the spring and summer seasons, but will likely slow down to one workshop a month, to accommodate the busier gathering and gardening seasons. There are some spring & summer specific teas that TPWIC would like to highlight, though.

Wahpe Wastémna. Sharing tea with our elders will not slow down during the Spring & Summer. Although our partner, the Tribal Community Garden, may drop-out due to the high demands of the gardens during the summer, TPWIC plans to continue to offer local, traditional teas throughout the seasons.

Plant Walks. We held our first plant walk late in the fall of 2022 and will begin hosting them again, likely monthly, in either April or May (weather permitting).



Call for Guest Speakers: Traditional Plant Knowledge

TPWIC would love to create an opportunity for anyone with traditional

plant knowledge be able to share what they are comfortable sharing. We could work together to develop a format that is comfortable and accessible. If you have an interest in sharing, please reach out to SAzure@fpcc.edu.

Call for Guest Speakers: Traditional Star Knowledge

TPWIC would love to create an opportunity for anyone with traditional

star knowledge to be able to share what they are comfortable sharing. We could work on developing a format that is comfortable and accessible; If you have an interest in sharing, please reach out to SAzure@fpcc.edu.



TPWIC Summer Interns

This summer, TPWIC will be opening two summer intern positions. Interns will work half-time, 20 hrs/wk and should be

comfortable working outdoors in all weather conditions. Would be great for college students. If interestd, keep an eye on the FPCC Facebook Page for the announcement, or reach out to Sam Azure at SAzure@fpcc.edu to be notified when the positions have officially opened.

Call for Fort Peck Artists

The FPCC TPWIC Project will be looking for Fort Peck tribal member artists for upcoming projects. If you are interested in creating pieces related to specific

plants, traditional foods, etc., please contact Sam Azure at SAzure@fpcc.edu for more information. An updated list of interested artists will be kept on file to contact as new opportunities become available, so please feel free to send some of your most recent work as well.

