



Winter 2023-24



tanyán yahí, waníyetu

TPWIC has been looking forward to this season of storytelling and sharing for a while and it has finally arrived! Two of the main goals of CDC TPWIC Programs are to increase people's sense of cultural connectedness and their sense of social connectedness and live, in-person storytelling has the ability to do both. With these themes in mind, we'll be focusing on launching a few new programs this season: our Indigenous Sky Watchers group, and the first year of our Storyteller in Residence and Artist in Residence programs.

As the nights got longer, TPWIC introduced our wintertime Silent Book Club, which creates a space for those who enjoy reading to read in community together, both virtually and in-person, getting us through the cold season.

This past season, the FPCC Facebook Page also created a new Facebook Group, specifically for the TPWIC Project. Having our own space for the Project has allowed us to share more of our own content, without overwhelming the College's Page. We're also able to share more of what we know of being offered virtually and in-person by other programs that have a focus

similar to TPWIC's. Info on these other events can be found in the comments of our monthly flyers, which ends up looking something like an online bulletin board. This practice has allowed TPWIC to showcase what other programs are offering without overcrowding our main feed. So you can open our Group Page and know right away what events TPWIC has coming up, where to look to find similar events and programming.

In addition to our indoor activities, TPWIC also has a number of new outdoor activities planned with our partners (some new, some not so new), so keep an eye out for those this season as well!

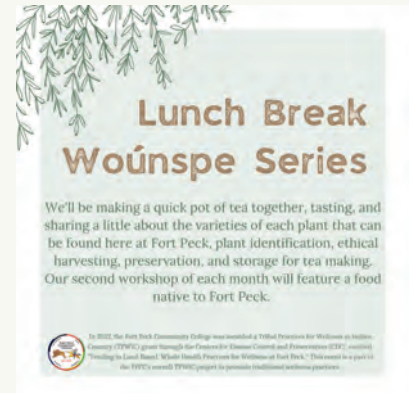
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Season Recap: Ptanyétu (Autumn), monthly offerings

Lunch Break Woúnspe Series

This season, TPWIC continued hosting our 30-minute, monthly lunch-hour workshops. This season's workshops focused on wild-harvested foods that were commonly made into soups. A small, always changing group gathers to talk about everything from ethical harvesting practices to memories of these plants and foods growing up. Most of the foods highlighted can be found growing wild here at Fort Peck or throughout our traditional homelands. Our fall soups included: waštúŋkala waháŋpi (dried corn soup) in September, bapá waháŋpi (dried meat soup) in October, psin waháŋpi (wild rice soup) in November, and boulettes soup for our Turtle Mountain relatives in December.



dried corn
soup



wild rice
soup



dried meat
soup



boulettes
soup



Community Wahpé Bins

Because not everyone who may be interested in our Lunch Break Woúnspe workshops is able to join us in-person, TPWIC also leaves small bins of our teas (attached to info/recipe cards) at various public locations across the Reservation: **FPCC's Student Services Dep't** (WEV Bldg), **FPCC's Dumont Bldg** (WP), our **Fort Peck Tribal Seed Library** (located in FPCC Tribal Library), and **Roosevelt County Library** (WP). Through this effort, TPWIC has been able to share hundreds of additional teas that grow wild locally here at Fort Peck. Just this December, TPWIC has also been allowed to offer our teas at the **Mission**, a local shelter here in Poplar, that the Fort Peck Tribes' HPDP Program has worked to reopen. If there are any other public locations that would like to offer teas, please reach out!

Wahpé Waštémna, at Tribal Elder Ctrs (w/ FPT Comm. Servies & Tribal Community Garden)

This Fall, TPWIC continued its partnership with the **FPT's Community Services Program** continued our partnership to bring more traditional teas to our Tribal Elder Centers across the Reservation each month. This season we are still offering rose hip tea, hawthorn berry tea, and nettle tea, but have added sweetgrass tea and sage tea as well. The conversations we're able to have during these outings remain a favorite of ours and as a result these meals have become a sort of staple of our programming. If you or your loved ones recieve lunch through our Tribal Elder Centers, encourage them do dine-in!



Season Recap: Ptanyétu(Autumn), *seasonal offerings*

“Rock Your Mocs” Fall Walking Club



In the late summer, TPWIC and Student Services revived the FPCC Walking Club and were able to stick with it all semester! For the most part we were able to stay outdoors but by Finals Week, we were regularly walking indoors, doing laps around the Greet the Dawn Auditorium. We've partnered with the **FPCC GHWIC Project** as a free, indoor option for the participants in their **Diabetes Prevention Program** to get points for staying active. We also revived our **Annual 5k Turkey Trot & Walk** on a beautiful, but chilly morning. We had runners and walkers of all ages participate and were also joined by our **Poplar H.S. wrestlers** and their coaches.



Silent Book Club, Virtual & In-Person



Once the weather cooled, organizing a local chapter of Silent Book Club was a natural fit as we transition to spending more time indoors again. Silent Book Clubs offer the social connection of a book club, with no pressure to finish a particular book. The idea is to gather for a dedicated time, read whatever you'd like, and chat for a bit before or after. Initially, just the virtual gatherings were planned, but an in-person gathering was added when **Olivia Holstine** began volunteering her evenings, allowing the **Tribal Library** to extend its hours. Thankful for a little something to help us through the winter lull.



New Cultural ArtSpace coming to Tatanka Tibi Bldg

There's a Cultral ArtSpace in the works for FPCC's Main Campus in Poplar. The TPWIC Project will be working to help get the space functioning, with the accessibility and flexibility to host the College's various cultural workshops.



Spooky Storytelling (w/TRIO Student Support Services)

The evening before Halloween, TRIO Student Support Services and TPWIC co-hosted a Spooky Storytelling event that brought storytellers together from across the Reservation to share their spookiest local stories.



Season Recap:

Ptanyétu (Autumn), seasonal offerings



2nd Annual Buffalo Harvest (w/ FPCC Student Services)



For our annual buffalo harvest this year, FPCC Student Services and TPWIC worked to further develop what we were able to offer the community in terms of facilitating learning and community sharing both leading up to the harvest and in the days that followed, as we were worked to process the meat, organs, and bones for consumption, and also how to preserve the hide and other parts for use in cultural arts.

PTE OYATE IWOGDAKAPI THURSDAY, NOVEMBER 9, 2023 5 pm - 6:30 pm | Zoom Video Conferencing

RESPECTED LAKOTA ELDERS ETHLEEN IRON CLOUD TWO DOGS AND RICK TWO DOGS SHARE KNOWLEDGE ABOUT THE SACRED RELATIONSHIP BETWEEN THE BUFFALO NATION AND THE DAKOTA/LAKOTA/NAKOTA PEOPLE. CULTURAL ETIQUETTE AND AN OVERVIEW OF CULTURALLY HARVESTING BUFFALO WILL BE PROVIDED. THIS EVENT IS OPEN TO THE CAMPUS COMMUNITY, AND ESPECIALLY FOR YOUNG MEN AND THEIR FAMILIES TO HELP REINFORCE CULTURAL RESPONSIBILITIES.

For more information contact Elijah Hopkins at ehopkins@fpcc.edu

P'te Oyáte Iwogdakapi

(w/ Rick Two Dogs & Ethleen Iron Cloud)

One of the most important aspects of our annual harvest is to continue sharing in our relearning process of how to care for our buffalo and take care in the harvest. Thanks to **Rick** and **Ethleen** for sharing in their knowledge as well.



Take a Hike Day

FRIDAY
NOV 17
1:00-4:00 P

Suzanne Turnbull with the P'te Group will be our guide for a short hike to see this



Take a Hike: Buffalo Trail

(w/P'te Group's Suzann Turnbull)

Participants were guided on our hike by our guide, **Suzann Turnbull**, with the **Fort Peck P'te Group**. We were updated on the progress made on completing the Buffalo Trail this past summer and what's in the works next.



FPCC BUFFALO HARVEST SUNDAY, NOVEMBER 19, 2023

BUFFALO HARVEST | HIDE PRESERVATION | BUTCHERING

In 2022, Fort Peck Community College was awarded the 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 collaboration between Student Services and the FPCC TPWIC Project to promote traditional wellness practices.

For more info call: Student Services (406) 768-6370 or email: ehopkins@fpcc.edu

Buffalo Harvest & Butchering

(w/Fort Peck Tribes, Buffalo Ranch)

Over 20 community members young and old were able to join us at **Turtle Mound Buffalo Ranch** early on a Sunday morning to help as we prayed for, harvested, and began the process of caring for our buffalo so nothing went to waste.



HIDE TANNING WORKSHOP

NOVEMBER 19 - 21, 2023

FREE OF CHARGE. ALL MATERIALS AND TOOLS PROVIDED.
Seating and Supplies are Limited. For more information and to register contact Elijah Hopkins @

Hide Processing

(w/ Hawk Windchief)

With the guidance of our guest presenter **Hawk Windchief**, community members were able to take the first steps in tanning the hide of our buffalo over the two days following the harvest. Work will continue throughout the winter.



Wopida Unkeniciyapi

JOIN US FOR A MEAL TO EXPRESS OUR GRATITUDE AND APPRECIATION TO THE BUFFALO NATION.

TIME: 12 PM
WHERE: THURSDAY, DECEMBER 21
WHERE: STUDENT SERVICES, WEY BUILDING

SPONSORED BY STUDENT SERVICES & TPWIC



Community Wopida Meal

At the winter solstice, a community wopida unkeničiyapi meal, a meal to say thanks. was prepared by FPCC Student Services and TPWIC. We shared corn soup with buffalo meat, buffalo roast sandwiches, wojápi, and oven bread. We also gave away items collected throughout the year.

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Season Recap: Recipes from Ptanyétu (Autumn)



unzínzintka wahpé

wild rose hip, *rosa woodsii* & *arkansana*

establish a harvesting ethic & ritual of reciprocity

Unzínzintka grows throughout our Reservation along hillsides, roadside ditches, and coulees. Individual leaves, petals, buds, and hips can be harvested at various times throughout the seasons. Set out to dry in an airy, shaded location. When dry, remove, place in an airtight container to condition for one week. Mark with plant info and the dates harvested and stored. Store in a dry, cool location out of direct sunlight.

Ingredients

2 cups mni (water)
1 tbsp unzínzintka (rose hip), dried
tuhmuga hanpí (honey) or
canhanpi (maple syrup), to taste (optional)



Method - Infusion

1. **Heat.** Bring water to a boil.
2. **Infuse.** Pour into an 8-12 oz. cup, add unzínzintka hips in tea sachet or loose.
3. **Steep.** Cover and let rest for 10-15 min. (If adding sweetener, wait until cooled enough to drink before adding.)
4. **Filter.** If infusing without sachet, slowly pour through a clean coffee filter.
5. **Enjoy.** Sip up to 2-4 cups a day warm or refrigerate to drink cool later.



wóyatke (drink)



bapá wahánpi

dry meat soup

establish a harvesting ethic & ritual of reciprocity

The term dried meat can refer to any meat that has been air dried or dehydrate, such as buffalo, deer, elk, moose, etc. Once you're ready to make your dry meat soup, there are many different ways and additional ingredients that might be added. Tinsina (prairie turnip) can be substituted for potatoes, or added in addition to it. The recipe provided here is a basic recipe that can be used to get you started.

Ingredients

1 cup bapá (dry meat)
3 cups bdo (potatoe), diced
1 cup dried corn, tinsina, (wild) onion (opt.)
salt (or salt pork), to taste



Method

1. **Rehydrate** any dried vegetables overnight in a 1:2 veggie to water ratio..
2. **Simmer** dried meat in water until soft may take up to 3-4 hours.
3. **Add** potatoes, any rehydrated veggies, and optional salt pork; simmer until cooked through.
4. **Enjoy** warm.

wóyute (food)

Season Recap:

Recipes from Ptanyétu (Autumn)

thoughts, doodles, and wahpé stories



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thoughts, doodles, and wahánpí stories



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TPWIC this Waniyetu (Winter)

"Rock your Mocs" Winter Walking Club (w/FPCC Student Services & FPCC's GHWIC Project)

We'll be continuing our partnership with Students Services to keep us moving through the winter months. We've mostly moved our walks indoors, walking laps around the Greet the Dawn Auditorium when it's available. We've also partnered with the **FPCC GHWIC Project's Diabetes Prevention** group to be available to their participants as well. To join, just sign-in at the door!



Medicine Walking: Winter Snowshoeing (w/Wild Montana & FPCC Student Services)

Snowshoeing has been a traditional form of travel for many northern tribes and Dakota bands, as snow could sometimes be too deep for horses to travel. For this upcoming season, TPWIC has partnered with **Wild Montana**, a Montana non-profit that will be joining us for an initial "Beginner Snowshoeing" outing, and is providing a limited number of snowshoes to use during the event. TPWIC is excited for this collaboration, to continue to offer local snowshoe outings, and is hoping to organize traditional snowshoe-making workshops in the future.

Winter Plant Walks: Identifying Bare Trees

We're hopeful that good weather and ground conditions will allow for us to host a couple plant walks to practice identifying various trees at a time when trees are their most difficult to identify: when they have no leaves, but when their barks are best for teas and medicines: in the cold of winter. Specifically, we'll look to identify eastern cottonwoods, white poplars, box elder maple, red osier dogwood (red willow), willow, and chokecherry. Afterwards, a workshop will be offered to demonstrate how process barks for teas and a syrup for winter coughs.



Indigenous Sky Watchers of Fort Peck

On the evening of the Winter Solstice, TPWIC was joined by our guest speaker **Debra Granbois** to host our first gathering of our Indigenous Sky Watchers of Fort Peck group. It was initially described as strictly a star knowledge gathering, but we quickly realized that our discussions of star knowledge naturally expanded to include the sun and moon as well. We changed the name to fit. We were so happy with the turnout of our first gathering, especially that so many youth came with their adults to learn together. If you or someone you know enjoys observing our northern skies, please join us!

Storyteller & Artist in Residence Programs (w/FPCC Student Services)

In partnership with FPCC Student Services, we will be working to host what we hope to be the first year of many wintertime "Storyteller in Residence" and year-long "Artists in Residence" programs. Residencies are an opportunity for our cultural artists to focus and further develop their own craft while creating a space for sharing in the community. More info about our first Storyteller in Residence, **Alexx Eagleman James**, will be available soon, and information about our first Artist in Residence, **Jessa Growing Thunder**, will be available later this season.

Waníyetu (Winter) Activity Scavenger Hunt

* Mark each item with the date you observed it & a drawing, or use auntie's bingo dabber.*

| moon/stars | adventures | trees & barks | events |
|---|--|--|--|
| čhaŋkápopapi wí (popping trees moon) dec 12 - jan 11 | čhaŋwóslohaŋ sled | čaŋšáša red willow | niyá šóta visible breath in cold |
| witehi wi (hard times moon) jan 11 - feb 9 | psaháŋpa snowshoe | čhoŋwáŋziča sandbar willow | wiačeičiti sun dog |
| tuy wiŋ (blue woman) big dipper, orientation | čhágata hokhúwa ice fish | čhoŋwáŋziča taŋká peachleaf willow | wáhiŋhe falling snow |
| wičata wi (raccoon moon) feb 9 - mar 10 | huŋkakaŋ tell a winter story | čaŋpá chokecherry | wičáhpi okhícamna meteor shower |
| ištawičayazan wi (sore eyes moon) mar 10 - apr 8 | wičáhpiha a clear, starlit night | čaŋšúška box elder maple | haŋwákana northern lights |

Take a Deep Dive: TPWIC Rec's for Waniyétu (Winter)



Kids Book Rec Sky Sisters

written by Jan Bourdeau Caboose (Nishnawbe Ojibway) and has based this story on her own childhood experience growing up in Northern Ontario and her relationship with her older sister. In the story, two Ojibway sisters set out across the frozen north country outside their door to experience the northern lights. A book to remind us all to enjoy the dark of night as well.

Kids Series Spirit Rangers

is a children's a television series, streaming on Netflix Jr., written by an exclusively Indigenous writer's room, and voice acted exclusively by Indigenous voice actors.



The Skycedar siblings are Chumash, and live in and protect a national park in California. The series also features contemporary Indigenous peoples, like real life NASA engineer Aaron Yazzie (Diné) and others.



Young Reader Rec How the Morning & Evening Stars Came to Be

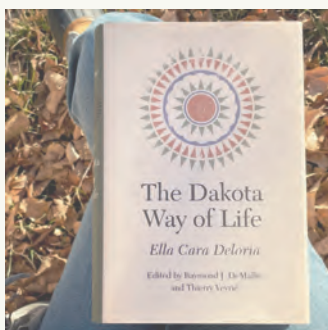
by Jerome Fourstar (Assiniboine, Fort Peck), and Richard Blue Talk (Assiniboine, Fort Peck), is a middle-grade collection of three Assiniboine stories. Perfect for young readers to practice their own storytelling skills during the upcoming winter months. Just read a story out loud a few times, then try retelling the story to others without the text.

Podcast Rec Coffee With My Ma

hosted by Kanieehtiio Horn (Mohawk) and featuring stories of the host's "Ma," Kahentinetha Horn, life well-lived as an activist, model, storyteller. Fitting perfectly in line with the wintertime



storytelling tradition, this podcast is a great reminder to ask those in our own lives to share their own lived experiences. It doesn't have to be in a podcast, or even recorded, but the act of sharing can benefit us all.

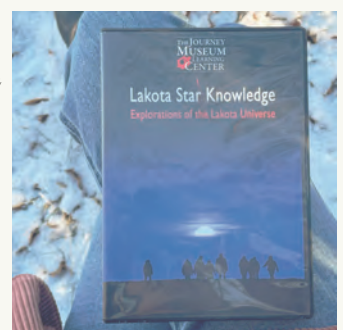


Book Rec The Dakota Way of Life

by Ella Cara Deloria (Yankton Dakota) is yet another manuscript written decades ago by a Dakota author which went unpublished in their own lifetime, only to be published posthumously, in 2022. During her research and field work, Deloria found herself here at Fort Peck, in the home of Basil and Blanch Red Door of the Chelsea community. A longer read, but worth the time.

Film/Series Rec Lakota Star Knowledge

Explorations of the Lakota Universe is a film produced by the Journey Museum in Rapid City, S.D. and featuring Craig Howe (Oglala). The DVD is harder to come by,



but he also has spoken at several recorded events on this topic and the Journey Museum features 4 separate lectures on Western Skies & Lakota Star Knowledge on their YouTube page, which features clips from this film.

Our TPWIC Creation Story

In 2022, Fort Peck Community College applied for and was awarded a five-year Tribal Practices for Wellness in Indian Country grant from the U.S. Center for Disease Control and Prevention (CDC) as a part of their Healthy Tribes initiative. This grant is considered a sister-grant to the Good Health and Wellness in Indian Country (GHWIC) grant, of which the College is also a current recipient.

The goal of our Project, “Tending to Land-Based, Whole Health Practices for Wellness at Fort Peck,” is to promote traditional forms of wellness through the incorporation of our traditional foods and teas back into more of our everyday lives, while also encouraging and modeling practices for physical and mental wellness by getting out for regular plant walks to become more knowledgeable of our lands and medicine walks to connect and learn from the world around us. Additionally, our Project aims to help our community become more knowledgeable and aware of the various cycles of the natural world around us through basic knowledge of the interconnectedness between our lands, plants, stars, and moon cycles.

In 2023, FPCC’s TPWIC Project was also awarded a “Changing Native Food Economies” grant from First Nations Development Institute to encourage and promote a sustainable economy surrounding our locally-grown and ethically-harvested traditional foods here at Fort Peck. This additional funding has bolstered our summer growers and makers markets, as well as our ability to purchase additional foods, teas, and seeds that have been locally grown and gathered for our workshops and community meals.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Join the Conversation



Join our “FPCC Traditional Practices for Wellness” Facebook Group to stay up-to-date on TPWIC events.

TPWIC’s Zine Projects traditional plants, foods, & sky knowledge



To help get us ready for some of our upcoming storytelling and star knowledge workshops this season, we’ve set up a box at Student Services (WEV Bldg) where old magazines, newspapers, and books can be dropped off to get us stocked-up on materials.