tanyana yahí, wetú

Spring is such an exciting time of year for TPWIC: getting ready for planting, planting, getting to finally see green plants again, and getting back outdoors more regularly for some fresh air.

TPWIC is thankful to have a corner of the FPCC Community Garden set aside for us again by the Ag Department for our traditional foods garden. Last growing season we focused on Assiniboine Flint Corn and various beans and squashes. We'll do much the same, but will also add some sunflower varieties. This year we'll be growing one of our traditional Dakota corn varieties in our corner of the Garden, but will still grow a variety of squashes and beans.

We'll also be focusing more on observing the lifecycles of some of our native plants more closely and learning the best practices for encouraging more abundant and sustainable growth in some of our favorite traditional wild foods.

One thing we learned from last growing season is that there is always more to do than we have time to get done. That's why this year, we are opening up two summer intern positions with TPWIC. We'll have one intern focusing on our traditional foods garden here on FPCC's main campus in Poplar, and one intern who will be able to focus more on our traditional plants and programming.

This season also marks the start of our first Artist in Residence where we are hosting Jessa Rae, Juanita, and Joyce Growing Thunder in our Growing Thunder Dress Project. Participants will be creating a women's traditional dress alongside the Growing Thunders. Thanks so much to each of them for continuing to keep Fort Peck at the forefront of their minds as they create and share their craft with us!

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Spring 2024

Season Recap: Waniyetu (Winter), monthly offerings

Lunch Break Wounspe Series

This season, TPWIC continued hosting our 30-minute, monthly lunch-hour workshops. This season’s workshops focused on wild-harvested teas that are harvested during these cold winter months. 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 winter offerings included: finishing our boulettes soup workshop in December, ceyáka wahpé (wild mint tea) and wasná in January, čhoňwánjìča (willow bark tea) in February, and čharpá wahpé (chokecherry bark tea) in March.

Community Wahpé Bins

Because not everyone who may be interested in our Lunch Break Wounspe 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: FPCCs Student Services Dept (WEV Bldg), FPCCs 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. For a short time this season, TPWIC was also able to offer our teas at the Mission, a local shelter that had been open here in Poplar. 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. Servcs & Tribal Community Garden)

This winter, 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 receive lunch through our Tribal Elder Centers, encourage them to dine-in!
Season Recap: Waniyetu (Winter), seasonal offerings

Medicine Walks: Walking Club
We’re two full seasons into our walking club! This season was mostly indoor walking, but we challenged ourselves to walk outdoors at least once every month. There were some really nice days outdoors, even through our coldest of months. We’ve partnered with FPCC GHWIC Project as a free, indoor option for the participants in their Diabetes Prevention Program. Walking, fresh air, and sunshine are all medicine.

Beginner Snowshoeing
(w/Wild Montana)
When we began planning for our Beginner Snowshoeing workshop with Wild Montana, we had thought that our best chance of having a good amount of snow would be in mid-February. We guessed wrong, and unfortunately had to cancel our event. In the back of our mind, we had thought we might be able to snowshoe on the ice since it’s a good flat surface, but even the river was mostly melted. We’ll try again next winter!

Mid-Winter Plant Walk
(w/FPCC Ag Dept)
This year, we had our first winter plant walk, in partnership with the FPCC Ag Dept. In the end, TPWIC is so thankful to Jonnie Huerta with the Ag Dept for being willing to lead this Plant Walk on her own, as I had fallen sick. Despite that, the weather was beautiful and Jonnie was able to identify several of our local, native tree species by their branches and leaf buds.

Dehydration Station
Throughout the winter season, our Dehydration Station has been open each business day to community members wanting to try their hand at dehydrating. Located upstairs in the War Eagle Vision Bldg for now, our Dehydration Station will be moving into the Tatanka Tibi Bldg this season for easier, more convenient access for community members.

Seed Swap & Seed Library Opens
(w/FP Triblal Seed Library)
On Sun, Mar 17, we hosted our Annual Seed Swap with the Fort Peck Tribal Seed Library right before it officially opened the following Monday for the 2024 growing season. Seeds are available first come, first serve. We just ask that you fill out the form so we have a better idea of which seeds our community is most interested in growing.
Season Recap: Waniyetu (Winter), seasonal offerings

2024 Storyteller in Residence
Alexx Eagleman-James

When it came time to plan the wintertime storytelling, we began with the belief that each family should have at least one storyteller, so how do we support that craft in our community. From there, the aim was to offer something that would encourage members of our community to engage with the art of storytelling on two levels. First, to offer a Storyteller in Residence position to someone who is not yet an experienced, public storyteller, but who has an interest in working on gaining the knowledge and skills needed to become one someday. Second, to offer stories in a way that could help build our capacity as listeners to understand and retain the main takeaway, sequence of events, and enough detail to begin practicing to retell the story in our own voice.

We’re so thankful that Alexx Eagleman-James agreed to take on this unique format. Each workshop, Alexx chose a short 5-10 minute story to share. She would first speak a little about the source of each story then shared a sentence or two in Dakota, before translating it into English before continuing on. After each short story, the remaining time of each workshop was devoted to offering some time and space for people to begin the process of solidifying the key points of the story as they remember it. At the end, listeners were encouraged to further aid their memory by re-telling the story when they got home and throughout the following weeks.

More than anything, our winter storytelling workshops focused on trying to further develop our skills for listening, comprehending, and the eventual retelling of a story, because each of our families needs at least one storyteller.

Silent Book Club, Virtual & In-Person
This season our virtual gatherings welcomed our neighboring tribal colleges on Fort Belknap (Aaniin Nakoda College) and Northern Cheyenne (Chief Dull Knife College). Our in-person gatherings continued at the Tribal Library thanks to volunteer Alex Lee, and then finished the season out at Friesen’s Greenhouse. Offering a bit of social connection through our most isolating season, we plan to continue our virtual gatherings once a week.

Weekly Indigenous & Lit Round-up
Each week throughout the winter months, TPWIC shared a round-up of virtual and in-person events in our Facebook group. Some were local, some regional, all were related to indigenous stories and storytellers, and focused on encouraging the art of storytelling in its various forms. A fun post to put together each week and a chance for TPWIC to highlight some of the great work being done to keep us all culturally connected and socially engaged despite the weather.
Season Recap:
Waniyetu (Winter), seasonal offerings

Wasná: Winter Workshop Series

This year, our Wasná series looked a little different than last year’s, and it’s TPWIC and our guest presenters’ hope that it continues to change and grow each year as we’re able to gather, harvest, butcher, and process more of our traditional foods. We weren’t able to fit in a bone broth and tallow workshop this winter, but still had great tallow from Heather’s workshop last winter we were able to use to bring all of our ingredients togethe at our last workshop in March.

**Jul – drying wild berries**
This past summer we were able to harvest fresh juneberries and dry them in both our open-air screen dehydrators outside and our Dehydration Station indoors. Both methods worked well and the dried berries from both methods have stored well through the seasons since. Unlike chokecherries, juneberries can be and are usually dried whole. TPWIC also hosted a workshop on how to construct an easy outdoor screen dehydrator and then demonstrated how to use it in our workshops throughout the summer season.

**Jan – pápa, dry meat**
We were so fortunate this year to be able to demonstrate cutting meat with roasts from our buffalo harvest from the fall. We were able to compare the finished dry meat from the buffalo with some of the beef dry meat from last year’s workshop and the difference was so striking. Again, last season TPWIC hosted a workshop on how to construct an easy, counter-top drying rack for air drying foods and meat. These are skills workshops and this one offers the chance to learn cutting techniques from various perspectives.

**Feb – pasdáyapi, hominy (w/ Heather Snell)**
This past summer, TPWIC had the opportunity to use an entire corner of the FPCC Community Garden to grow a crop of Assiniboine Flint Corn, solely for the purpose of being able to use this traditional, and locally-grown variety in our nixtamil workshop with Heather over the winter months. Heather did an awesome job walking us all through the process, which we share with her permission in our regular seasonal recipes section of this newsletter.

**Mar – wasná & corn wasná (w/ Debra Granbois)**
With all of our ingredients ready, we made various versions of wasná in our final workshop. We roasted and ground our dried meat. We ground and then roasted our Assiniboine Flint hominy, and ground our berries. With our wasná (tallow) from last year’s workshop that was still good and shelf stable, we began mixing our ingredients to taste. We didn’t add sugar, but let the sweetness of the berries shine through with the savory of the dried meat and ground hominy.

This series really gets to the heart of all of our TPWIC programming. It requires foraging and sun-drying our wild berries, planting and stewarding our traditional corn, harvesting, preserving, and processing it, and harvesting from our tribal buffalo herd to process our meat and tallow. In the end, we bring it all together, sharing skills and stories along the way.
Season Recap: Waniyetu (Winter), seasonal offerings

Preparing our Traditional Seeds for Spring

We've just finished one growing season's programming with the end of our Winter Series: Wasná, and are simultaneously opening another season of growing by preparing our seeds. One of the goals, both of our TPWIC grant and our First Nations grant, is to assist our local Tribal Seed Library to be able to offer locally-adapted seeds to our community, with an emphasis on our traditional food varieties. For the most part, these are varieties that our Dakota and Nakoda relatives would have traded for with some of the more sedentary tribes and bands throughout the region, but we also had a handful of our own varieties that we grew and cared for.

Our 2023 Traditional Seed + Food Growers focused on growing out beans from our neighboring Nuetta, Hidatsa, and Sahnish tribes and Assiniboine and Dakota corn varieties. Our growers shared enough bean seeds back to the Tribal Seed Library to provide dozens packets each of Arikara Yellow, Hidatsa Shield, Hidatsa Red, Mandan Black, and Mandan White beans and enough Assiniboine Flint and Dakota Blue Flour corn seeds to also provide 30 seed packets each towards the Tribes’ Tribal Elder Seed bundles given out each spring by the Tribes’ Community Services Dept and Tribal Garden.

The work of tracking down traditional seeds and growing them out here year after year under our natural growing conditions (so, not starting seeds early indoors, not growing under protective covering, not excessively watering, etc.) keeps our seeds acclimated to our area and means they remain accessible and easy to grow in the average local garden.

For the upcoming 2024 Traditional Seed + Food Growers group, we’ll have one additional Dakota corn variety being grown out, the Tribal Community Garden will be growing out our Dakota Blue Flour corn, and the FPCC Community Garden will be helping to grow out some of our bean varieties.

Regional Working Group on Traditional Seeds + Foods
(w/ partners in Ft. Belknap, Ft. Berthold & Northern Cheyenne)

This winter, TPWIC gathered virtually with partners from our neighboring reservation communities of Fort Belknap, Fort Berthold, and Northern Cheyenne to discuss the creation of a regional working group focused on rekindling some of our relationships as they relate to traditional seed and food varieties. To kick things off, TPWIC was able to share some of our locally grown Assiniboine corn with our Nakóda relatives over in Fort Belknap.

Traditional Seed + Food Growers Collective
sign-up for 2024 growing season

In late winter, TPWIC hosted the first gathering of our Fort Peck Traditional Seed + Food Growers Collective for the 2024 growing season. We encourage anyone living on or near Fort Peck and interested in learning how to grow some of our traditional foods to join. We provide seeds, can help with growing plans, and will check in throughout the growing season. At the end of the season, growers are free to keep what they grow, sell it at market, or sell it back to TPWIC for use in future workshops.
Season Recap: Recipes from Waniyetu (Winter)

ceyáka wahpê

wild mint, mentha canadensisa

establish a harvesting ethic & ritual of reciprocation

Ceyáka grows in habitats that are going to sustain water throughout the year, so our lowland wetland areas. Individual leaves or whole stems can be harvested, but make sure to leave the roots in the soil. Set out to dry in an airy, shaded location. When dry, remove plant into an air tight container to condition for one week. Mark with the date harvested and store. Store in a dry, cool location out of direct sunlight.

Ingredients
- 2 cups mini (water)
- 1 tbsp ceyáka wahpê (mint leaf), dried
- tuhmugâ hanpî (honey) or canjhanpî (maple syrup), to taste (optional)

Method

1. Heat. Bring water to a boil
2. Infuse. Pour into an 8-12 oz. cup, add ceyáka in tea sachet or loose.
3. Steep. Cover and let rest for 5-10 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 refrigerator to drink cool later.

wóyatke (drink)

wóyute (food)

corn wasnâ

corn wasnâ recipe

establish a harvesting ethic & ritual of reciprocation

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 pimkon, 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 wasnâ to lose its ability to be shelf stable.

Ingredients
- pasdâyapi (nixtatalized corn, dried)
- wathókca kaśkica (wild berries, dried)
- wasnâ (tallow, rendered)

Method

1. Grind/Pound dry pasdâyapi and berries, separately until desired consistency
2. Warm. Slowly reheat rendered tallow
3. Mix ground pasdâyapi and berries, then slowly add tallow until mixture can retain its shape. Form a bar or ball
4. Store. So long as the corn and berries were completely dried and the tallow fully rendered, store in paper bag at room temp, or cooler in fridge or freezer.
Season Recap: Recipes from Waniyetu (Winter)

In 2022, the Fort Peck Community College was awarded a Tribal Practices for Wellness in Indian Country (TPWIC) grant through the CDC, entitled "Tending to Land-Based, Whole Health Practices for Wellness at Fort Peck." This event is hosted by the FPCC TPWIC Project to promote traditional wellness practices.

thoughts, doodles, and wahâŋpi stories

thoughts, doodles, and wahâŋpi stories

In 2022, the Fort Peck Community College was awarded a Tribal Practices for Wellness in Indian Country (TPWIC) grant through the CDC, entitled "Tending to Land-Based, Whole Health Practices for Wellness at Fort Peck." This event is hosted by the FPCC TPWIC Project to promote traditional wellness practices.
TPWIC this Wetú (Spring)

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

Now that we’ve made it through the winter months, making time for our outdoor walks doesn’t take as much convincing. To join the Walking Club just sign-in at the door of the Greet the Dawn to mark your walks each day. Because of the warmer weather we’ll see in the later weeks of spring, we’re planning on moving our gathering time from mid-afternoon to early morning.

Plant Walks: First Foods of Spring

There are so many local native foods that are only available for short windows in the spring. Our box elder maple sap only runs when the night time and day-time temperatures are just right in spring, wild asparagus spears only have a couple weeks before they hit their growth spurt, wild greens become too bitter as they get older, and the above-ground foliage of biscuitroots and wild onions are unrecognizable or die back after their short spring growing season. So join us as we get out early so we don’t miss these short-season plants and better learn how to help them thrive.

Indigenous Sky Watchers: Solar Eclipse

TPWIC and our Indigenous Sky Watchers group will be hosting a watch party for the partial solar eclipse at the War Eagle Vision Bldg on FPCC’s main campus in Poplar. Eclipse glasses will be available from the Science Department and an ongoing eclipse art demonstration will go on throughout the eclipse. We will not see another total solar eclipse in the United States until 2044, so make sure to get out and experience this one. Tribes from all over acknowledge an eclipse in many different ways, if you have a story about eclipses you’d like to share we’d love to hear it!

Artist in Residence: Growing Thunder Dress Project (w/FPCC Student Services)

In partnership with FPCC Student Services, three generations of Fort Peck Assiniboine & Sioux bead and quill workers: Jessa Rae Growing Thunder, her mother Juanita, and grandmother Joyce will be visiting us the week of Mar 25 for the first of three working sessions that will take place here throughout the year. The Growing Thunder women’s collective works reside in various public collections, including the Smithsonian’s National Museum of the American Indian (DC), Metropolitan Museum of Art (“the Met,” New York City), Joslyn Art Museum (Omaha, NE), and have now been commissioned by the Denver Art Museum to complete a woman’s traditional dress for their permanent collection. It is this dress that they’ll be completing alongside our project participants throughout the upcoming year. In addition to the three working sessions, project participants will also have the opportunity to meet virtually with Jessa, Juanita, and Joyce each month between the in-person sessions. Keep an eye on our TPWIC Facebook group for updates.
TPWIC this Wetú (Spring)

Traveling Tribal Seed Library returns
(w/FP Comm Services & Tribal Comm Garden)

Taking our Traveling Tribal Seed Library with us to the Tribal Elder Centers was the best way to find out firsthand what seeds people were looking for specifically for their gardens. That feedback helped shape what donations we requested this year around. Also looking forward to visiting and hearing more about what people are growing now and what is remembered about local gardens.

TPWIC Summer Garden Intern

This Spring (early May) TPWIC will again open our Summer Garden Intern position. This internship will be a part-time (20 hrs/wk) opportunity that will require our intern to work from 8:00a until 12:00p, Monday through Friday. Our Garden Intern will be working outdoors each day as the work needs to be done before the full heat of the day hits. We'll have a garden meeting in the garden several mornings each week to coordinate on the work that needs to be done, but anyone interested needs to be able to work independently, and be willing to learn!

TPWIC Summer Intern

This Spring (early May) TPWIC will also be looking for an additional summer intern whose work can focus on helping with our summer programming, doing a deep-dive into one or more of our traditional wild plants, or some combination of the two. This intern opportunity can be a mostly indoor or mostly outdoor opportunity. This internship will be a part-time (20 hrs/wk) opportunity that will require our intern to work from 8:00a until 12:00p, M-F.

2nd FPCC Food Sov. Conf.
(w/ FPCC GHWIC & the Tribes’ Lang & Culture Dep’t)

On Thur, Apr 11 and Fri, Apr 12, the FPCC Good Health and Wellness (GHWIC) Project is hosting their second Food Sovereignty Conference at the Greet the Dawn Auditorium. The first conference, hosted in 2021 was really well received and this year the Fort Peck Tribes’ Language & Culture Dept and TPWIC have been brought on as co-hosts. The agenda has expanded from a single day to a now two-day gathering. Free t-shirts will be given out to those who register in advance, through the QR Code below.

While co-hosting the conference, TPWIC will also be set up with a table for the Fort Peck Tribal Seed Library, so stop by for seeds or with your garden questions. Conference attendees will also have the opportunity to sign-up to grow with our Traditional Seed + Food Growers Collective will also be able to take their Collective seeds home.
# Wetú (Spring) Activity Scavenger Hunt

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

<table>
<thead>
<tr>
<th>moon/stars</th>
<th>adventures</th>
<th>spring foods</th>
<th>events</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ištawičayazan wi</strong></td>
<td><strong>hokúwapi</strong></td>
<td><strong>waḥpé tḥothó</strong></td>
<td><strong>wité</strong></td>
</tr>
<tr>
<td>(sore eyes moon)</td>
<td>fishing</td>
<td>wild spinach</td>
<td>solar eclipse</td>
</tr>
<tr>
<td>mar 10 – apr 8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>mağa okáda wi</strong></td>
<td><strong>wožupi</strong></td>
<td><strong>šahiyelatḥathiypsila hú</strong></td>
<td><strong>wakiya ahdi</strong></td>
</tr>
<tr>
<td>(geese egg laying moon)</td>
<td>plant a seed/garden</td>
<td>big seed biscuit root</td>
<td>thunders returning</td>
</tr>
<tr>
<td>apr 8 – may 7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>tuŋ wiŋ</strong> (blue woman)</td>
<td><strong>maní</strong></td>
<td><strong>tippsina</strong></td>
<td><strong>maŋažu</strong></td>
</tr>
<tr>
<td>big dipper, orientation</td>
<td>walk/hike</td>
<td>prairie turnip</td>
<td>rain</td>
</tr>
<tr>
<td><strong>wožupi wi</strong></td>
<td><strong>wóyute mnayápí</strong></td>
<td><strong>pšin sičamna</strong></td>
<td><strong>wakáŋhdi</strong></td>
</tr>
<tr>
<td>(planting moon)</td>
<td>gathering spring foods</td>
<td>wild onion</td>
<td>lightning</td>
</tr>
<tr>
<td>may 7 – jun 6</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>tipsiyla itkaŋća wi</strong></td>
<td><strong>wicaŋhpi iyute</strong></td>
<td><strong>čaŋšúska</strong></td>
<td><strong>zitka dowanpi</strong></td>
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<td>(turnips mature moon)</td>
<td>star gazing</td>
<td>box elder maple sap</td>
<td>bird song</td>
</tr>
<tr>
<td>jun 6 – jul 5</td>
<td></td>
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</tr>
</tbody>
</table>
Plant our seeds, sing their songs

What is your favorite sound of spring?

What color is a meadow lark?

What is the first green plant you notice growing on our prairie?

shape of Apr 8 eclipse

date of full moon

date of full moon

date of full moon

date of full moon

### Kids Book Rec
**The Racoon & the Bee Tree**
written by Ohiyesa, Charles Eastman (Wahpeton Dakota) and his wife Elaine Goodale Eastman and illustrated by Susan Turnbull, is what Ohiyesa referred to as a campfire story, meant to be listened to intently so that it could be retold by its listeners. This story was originally published by the Eastmans in 1909.

### Youth Podcast
**Young & Indigenous: Plants!**
is a podcast written, directed and produced by Indigenous Lummi youth in Washington. Recently, the podcast has been hosting a new series: PLANTS! a podcast series dedicated to sharing indigenous plant knowledge and values. “Come learn and grow with us on this journey, as we delve further into the world of PLANTS!”

### Young Adult Rec
**Sheine Lende**
by Darcie Little Badger (Lipan Apache) is a prequel to Little Badger’s first YA novel, Elatose. This story follows Shane, a young Lipan tracker-in-training alongside her mother Lorenza in a fictional 1970s setting. Little Badger’s young characters are strong, smart, independent, kind, generous, and open, creating a world where the characters are able to share their stories with each other and us as readers.

### Podcast Rec
**Rooted Wisdom**
hosted by the Indigenous Food & Agriculture Initiative, which is based out of the Univ. of Arkansas School of Law. This podcast is brand new with just a handful of episodes out so far. With a focus on Indigenous cuisine, the healing power of native plants, and the importance of preserving culture, Rooted Wisdom offers insights, stories, and discoveries that leave listeners inspired and connected to tribal agriculture.

### Book Rec
**The Seedkeeper**
by Diane Wilson (Dakota, Rosebud Sioux Tribe) is a fictional story set in present-day Minnesota highlighting generations of Dakota women who have protected their families, their traditions, and a precious cache of seeds through generations of hardship and loss. Through war and the insidious traumas of boarding schools.

### Film/Series Rec
**Singing Back the Buffalo**
As a little girl, Indigenous filmmaker Tasha Hubbard would imagine herds of buffalo roaming the prairie landscape in which she lived. In this film, we meet Indigenous visionaries, leaders, scientists, and communities who are restoring the buffalo to the land, including our local herd, buffalo program, and P’té Group.
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.

Join the Conversation

Join our “TPCC 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.