

The background of the entire page is an aerial photograph of a mountainous landscape. In the foreground, a winding road curves through green hills towards a large, irregularly shaped lake. The middle ground shows more rolling hills and a valley. In the background, a range of mountains stretches across the horizon under a clear sky. The image is overlaid with semi-transparent geometric shapes in shades of red, purple, and blue.

Indigenous Food Sovereignty & Community Wellbeing Amidst a Pandemic

PARTICIPANTS GUIDE

Emútca ne7élye, me7 qweqwelút-kt
“Sit down and let’s talk”

Project Description:

The research project is an intra-active review of the social and economic consequences of COVID-19 and the ways our Lakes Secwepemc/Indigenous teachings and values related to Indigenous food sovereignty and land-based wellness interfaced with the medical response to the pandemic in both contentious or complementary ways.

We are seeking guidance from a Council of Grandmothers and Mothers and are recruiting individual/cohorts who would be willing to engage with the research questions in one of two culture camps (June or August) and a total of two community meetings before March 2025.

Who is organizing this project? Why?

Yecwiminte re Qelmucw - "Taking Care of our People"

This research project builds on the work initiated by the *Cwelcwelt Kuc "We are Well" Community of Covid Care Committee* - a voluntary group of women from the Lakes Secwepemc who activated a network of community Covid care in response to the state of emergency declared by the Switsmalph Elders on Neskonlith IR #3 in January 2020.

The Secwepemc Chapter of the Working Group on Indigenous Food Sovereignty, led by Dawn Morrison, provides input and direction to ensure the approach is responsive to the community's ethics and culture.

The research aims to learn more about ways to support our people's prevention, recovery, and care during the next pandemic and promote traditional land and relationship-based approaches to wellness.



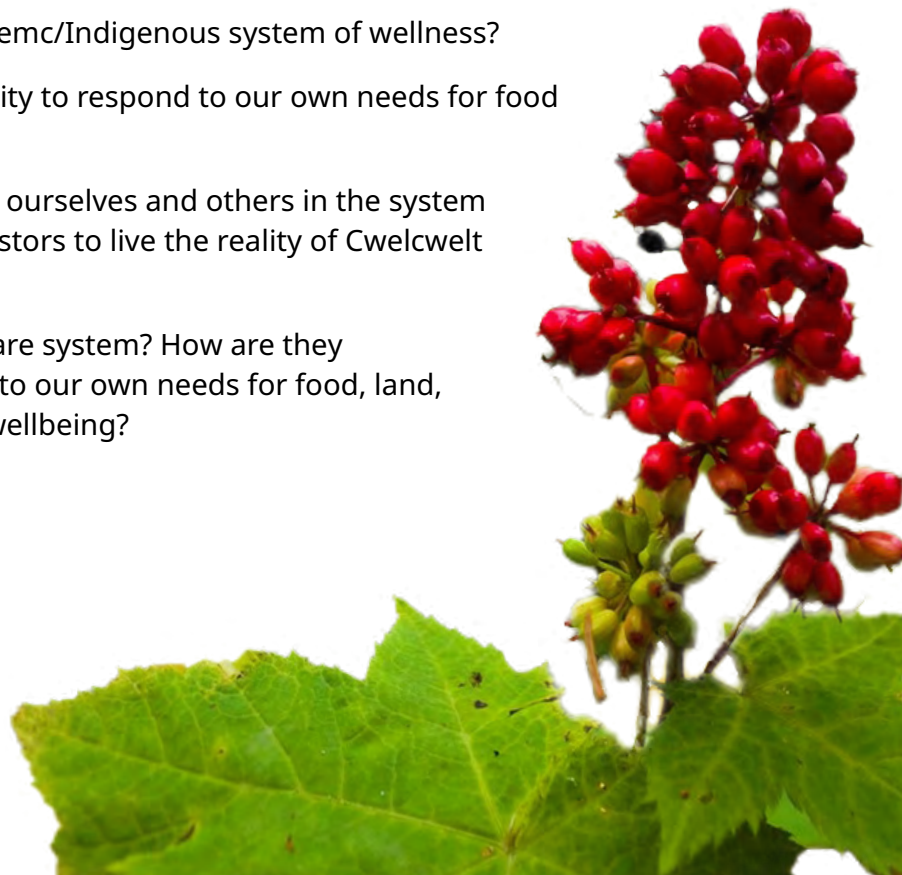
Research Methodolog:

Our research team will apply the ***Third Eye Seeing Methodology*** developed by the Project Lead, Dawn Morrison (Secwepemc). This Indigenous methodology appreciates and builds upon Indigenous ways of knowing and being, including ceremony, ritual, introspection, contemplation, and transformative/coyote pedagogy. The methodology uses the metaphor of the life cycle of wild salmon to guide us in a land-based, genocide-informed approach to transcending 'wicked systemic/coyote problems'.

Participants will be expected to give 100% participation in at least one of the two culture camps where we will launch the research in ceremony, and discuss the following research questions. Participation will also include two community meetings to give feedback on the research findings.

Transformative Research Questions:

- ◆ How can we activate our ancestral knowledge, wisdom, values that enabled our ancestors to live in health and wellbeing?
- ◆ What are the values embodied in our Secwepemc/Indigenous systems of wellness?
- ◆ Who are the actors in our Secwepemc/Indigenous system of wellness?
- ◆ How do the actors impact our ability to respond to our own needs for food and healthcare
- ◆ How should we be accountable to ourselves and others in the system of wellness that enabled our ancestors to live the reality of Cwelcwelt Kuc "We are Well"?
- ◆ Who are the actors in the healthcare system? How are they impacting our agency to respond to our own needs for food, land, health, and social and economic wellbeing?



Project Team



Dawn Morrison

Secwepemc, Working Group on
Indigenous Food Sovereignty



Dr. Lisa Bourque Bearskin

Nehiyaw, Indigenous Nursing.
University of Victoria



Larissa Deneault Setse7

BSc - Mid-Level Research Associate



Luiza Salek

Junior Level Research Associate



Ricardo Segovia

Senior Level Research Associate

Council of Grandmothers & Mothers (Advisory)

Anonymous

Investigators - Co-applicants and Collaborators



Dr. Jeff Corntassel
University of Victoria



Dr. Alannah Young
University of British Columbia



Dr. Hannah Wittman
University of British Columbia



Dr. Janice Dick Billy
Secwepemc Language Teacher



Kathleen Yung
First Nations Health Authority



Janelle Hatch
BC Centre for Disease Control



Shawn Billy
Knowledge User



Julie John
Knowledge User





Call to Participate

Indigenous Food Sovereignty & Community Wellbeing Amidst a Pandemic

Our research team is seeking Kwseltkten (Family) of the Lakes Secwepemc community to engage in our Culture Camp cohort June 21st to June 23rd, 2024 at Cwelcwelt Kuc “We are well” Garden

If interested, please contact Larissa Deneault at larissa.deneault@wgifs.org or 250-819-2294 before Friday, June 14th at 4:30 pm. We will discuss your eligibility based on the following criteria:

All participants must meet the following criteria:

- ✓ Be a member of the Lakes Secwepemc extended family networks and community.
- ✓ Have a primary motivation to improve the holistic health and wellbeing of our Lakes Secwepemc community.
- ✓ Show a willingness to engage deeply on relevant issues, concerns, situations, and strategies.
- ✓ Have experience in one or more of the Relevant Areas of Focus listed below.
- ✓ Be willing and able to commit to 100% participation in the Culture Camp activities taking place between June 21st to June 23rd, 2024

We aim for balanced representation of the following areas of focus:

- ◆ Subsistence Harvester (hunter, fisher, farmer, or gatherer)
- ◆ Caregiver/ Parent/ Granparent
- ◆ Health Care Provider
- ◆ Language/ Culture Teacher
- ◆ Social and Economic Development
- ◆ Elder/ Youth
- ◆ Researcher/ Advocacy

You can choose to participate in one of our culture camps on June 21st - 23rd OR August (date TBD)



Schedule of Activities

Community Meetings:

Early August - Synthesis of research findings from Culture Camp #1

February 2025 - Synthesis of research findings from both Culture Camp #1 & 2

Culture Camps

June 21 - 23, 2024

August (date to be determined)

Research is Ceremony

Observing Cultural & Spiritual Protocols

Observing cultural and spiritual protocols is important for setting the spiritual intention and asking for guidance from Tqeltkuk7pi and our Third Eye (inner knowing).

Instructions/Protocols for participating in the ceremony

1. Harvest and bathe with sacred herbs for four days before the ceremony, (Daily bathing begins June 17th). Sacred herbs can include a combination of one or more wild rose, juniper (tree variety), cedar, sweetgrass, sage.
2. Preparing traditional food offerings.
3. Bring your pipes. (2 public pipes will be smoked, Grandmother's teachings and COVID-19 protocols will be observed.
4. Learn to trust our own inner knowing and personal practices.
5. Work from our hearts.
6. Clarify intentions.

The spiritual intention of the ceremony on June 21st is to launch our research project and ask Tqeltkuk7pi to show us what we need to know to activate the ancestral knowledge, wisdom and values, and guide us in embodying a healthy practice of embracing the contradictions underlying the healthcare system more broadly.

