



# Ama Smawal: Learning from Our Elders

Indigenous Youth Wellness Program #4 Feedback Surveys Fall 2024

## Youth and Young Adult Traditional Wellness Survey Feedback



**13** surveys gathered

**Who in your community would like to teach you, share wisdom, experiences and knowledge about connection to land, ceremony, culture, and being Indigenous?**

Youth and young adults offered the names of 5 Elders to teach about:

- Language fluency
- Fishing
- Pine needle basket making
- Drum making
- Hunting
- Canning



**What is happening in your community that supports traditional health and wellness?**

Activities surrounding mental health and wellness



Culture Crafts Night, Drumming, language

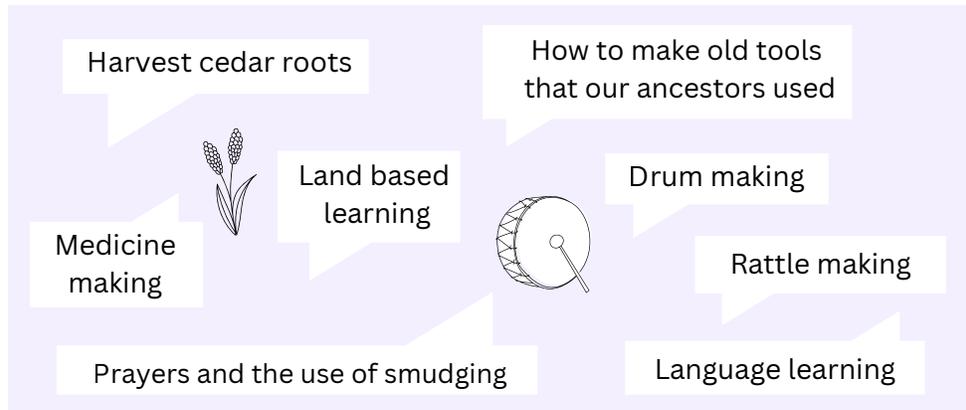
Medicine Walks and Drumming Circles, Sundances, pow wows

There is a lot of fishing going on right now



Not much right now

**What traditional teachings would you like to learn about for connection to land, ceremony, culture and being Indigenous?**



**What do you want to learn about?**

**Interest**

What do you want to learn about?	Interest
Language	92%
Beading, drum making, hide tanning, fishing net instruction	92%
Traditional food gathering, preparation, and storage	83%
Plants and medicines	83%
Harvesting wild game, hunting camp, hunting protocols and getting started	83%
Mental wellness	83%
Emotional wellness	83%
How we identify as Indigenous Peoples, family, knowing your roots	83%
Gardening	83%
Traditional exercise and games	75%
Medicine Wheel Teachings	75%
Indigenous Ceremonies: Sweat lodge, Smudging, Water Ceremony	67%
Spiritual Wellness	67%
Red River Cart Teachings	67%
Traditional dance, jiggging, cultural movement	67%
Mountain or Vision Quests	58%
Citizenship, Kinship, Geanealogy	58%
Métis Sash, infinity symbol	58%



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## Youth and Young Adult Activity Survey



These reflections are from the Learning from Our Elders program which included tours of Xwisten pithouse site and traditional fishing grounds with a sockeye filleting and drying demonstration; storytelling and St'a'timc language lesson; pitcooking, fish head and cornbread tasting with drumming, and singing; vegetable processing and salsa canning, and a family tree lesson.

### What was the activity you participated in?

Pit house tour and fish cutting 

Fishing tour 

Canning and veggie prep and family tree 

Stories and pit cooking and drumming

Salsa making and family tree

Xwisten tour/pithouse 

The oven pit or under ground cooking

Salsa canning

### What did you like best about the activity?

How we work together

Learning about the pithouses

Walking 

Everything

Food. Being with everyone

Stories 

The teacher

Learning how to cook underground 

Trying the fish heads

 Making salsa and learning about chromosomes and family

Food walking

Food 

Chopping onions!

Cutting the peppers

### What would you change for the next activity?

More hands on activities 

More walking and snacks

Nothing 

Food and time 

Cook meat 

Less walking

Better time management/organization

**21** surveys gathered

### Anything else to say?

*"This was so much FUN!!!"*

*"It was grand. Let's rock hunt."*

*"More food for amount of people"*

*"more stories"*

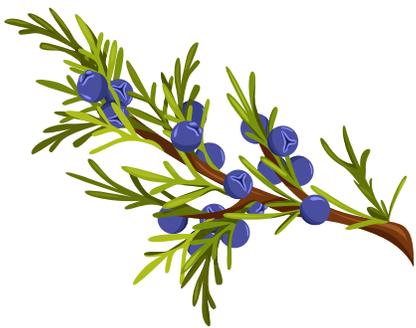
*"Thank you"*



## Elder Facilitator Feedback and Recommendations

**6** surveys gathered

### What was the activity you led?



Discussion on St'at'imc way of Life, traditions, and history; sharing circle facilitation

Pitcook, drumming, storytelling

Tour guide. Fishing Rock Trail. Pit House Site. Demo Dry Salmon.

Family tree and genealogy lesson

S7istken tour, St'at'imc words, ilhen prayer, fishing phrases

Salsa making and canning in the oven

### What worked well when leading the activity?

Everyone knew and heard the words before

Questions and answers

I like to share my knowledge

The pit was dug up by young man. the rock were prepared by M.K. assistant.

Weather

All the preparations were done by the youth



### What did not work well and what would help to improve or support in leading the activity?

To participate from beginning to end

No fish in river to see. No fisherman on river.

Keeping younger children interested- meant for older students

More prep time

Not everyone was walking together

Due to food safety regulations, LFCS decided no meat would be prepared for the pit cooking. Feedback was received that traditional practices should not be changed due to colonial rules or liabilities.

### Additional Thoughts

*"It was awesome. Thank you ... for the ts'wan demonstration!"*

*"We definitely could use more time, for transporting people to and from events."*

*"All was good!"*

*"They were awesome!"*