

KI'ESHGITABAANING  
CULTURAL AND  
HEALING LODGE

**Anishinaabe Elders  
from Treaty 3  
sharing our knowledge  
with wisdom and kindness**





## **MISSION STATEMENT**

*"We, the Elders of Ki'eshgitabanning Cultural and Healing Lodge (Lake of the Woods, Treaty 3) have committed to sharing our knowledge and wisdom. We teach, promote and encourage our people to be proud and take ownership of the Anishinaabe ceremonies and sacred items, creating the foundation for healing."*

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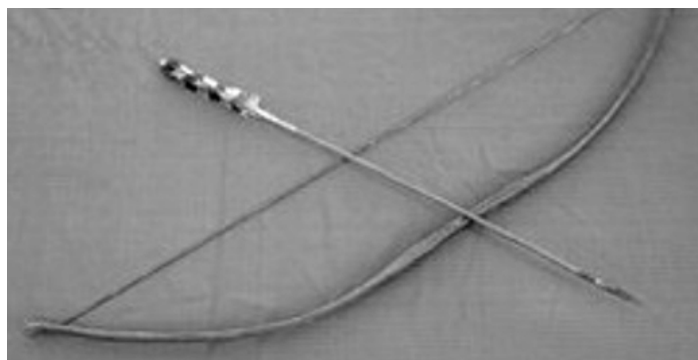
### *Inquire about our other workshops*

- School Visits
- Addictions Workshop
- Snowshoe Making
- Bow and Arrows Making
- Wild Rice Harvesting and Preparation
- Ribbon Shirt Making
- Moccasin Making
- Traditional Story Telling (Winter)



### *Ask us about other popular programs*

- **Video and Audio Recordings - Elders Stories**  
Ki'eshgitabaaning Cultural and Healing Lodge practices the preservation of our language, history, and songs. This is why we offer video retention of elders and audio with subtitles of language translations.
- **Family Drumming and Singing Lessons**  
Private traditional drumming and singing lessons with lifelong singer and elders. Learn how to make and use a hand drum. Lessons provided in a sacred manner, in a private setting.
- **Preservation of Elders Songs**  
Professional recordings of audio, preserved on CD or mp3 flash drive.
- **Guided Fishing and Pictograph Tours, Lake of the Woods**  
Come for a full days guided fishing and lake tour adventure on Lake of the Woods with professional guide Alo White. Learn the history of the lake and it's original people, catch your lunch and more to take home.



*Please contact Ki'eshgitabaaning for rates and additional information.*



# Traditional Handdrum Making Workshop

**DURATION:** 3 DAYS

**PARTICIPANTS:** Limited to 15 People

**PURPOSE:** To learn about the history of handdrums, the history of songs and how the handdrum heals us. The group listens to various songs and learns about their meanings.

**ABOUT THE WORKSOP:** Participants are shown the components of a handdrum and drumstick and will make a personal healing handdrum. They will learn about feasting and what it means.

You will learn drumming techniques, finding your voice and work together to create one special song that you will be presenting after opening ceremonies on the third day. You will learn personal healing methods with your handdrum, sing as a group and sing solo.

**OUTCOME:** This is a very special workshop geared for all people. It is recommended that people who attend, stay for the entire workshop. Once completed, people now have an understanding of the history of the handdrum, history of the different types of drums, knowledge and trust to feast handdrums, and understand the elements and components of drumming and singing.

Participants will have the skill and artistic ability to hold the handdrum and sing with courage, honour and pride in a group or individually.

**COST:**

ASK FOR DETAILS  
All Inclusive



# Traditional Turtle Rattle Making Workshop

**DURATION:** 2 DAYS

**PARTICIPANTS:** Limited to 15 People

**PURPOSE:** To learn about Anishinaabe Miikinaak teachings fostering the ancient traditional methods of the Anishinaabe as it relates to one's life and community.

Participants will gain knowledge, personal healing, spiritual strength and the coping mechanism's used by the Anishinaabe for hundreds of years.

**ABOUT THE WORKSHOP:** This unique workshop is fast paced but gentle in personal healing. This workshop is great for team building.

**OUTCOME:** Participants will have participated and created their own Turtle Rattle while learning and gaining historical insight to ancient traditional healing methods.

**COST:**

ASK FOR DETAILS

All Inclusive





# Traditional Pipemaking Workshop

**DURATION:** 3 DAYS

**PARTICIPANTS:** Limited to 15 People

**INTRODUCTION:** A personal healing pipe has been carried from time immemorial by Anishinaabe people. The sacred healing pipe was almost obliterated by the government, church and non-native beliefs. Residential school did a number on our people.

**OUR MISSION IS TO UNDO THE DAMAGE.**

The personal healing pipe is making a comeback within the last 30 years.

Anishinaabe people are learning about this sacred item as part of who they are. The personal healing pipe is inclusive for all people. Helping everyone willing to learn is our passion.

**PURPOSE:** The workshop takes people back in time through pre-contact, and what was once a main item in sacred bundles. Through ancient story telling the bridge to reclaim the personal healing pipe is connected.

**ABOUT THE WORKSHOP:** The participants will take it upon themselves to make their own personal healing pipe. Once completed a traditional feasting is shown and is conducted by the participants.

Sacred laws about the personal healing pipe are shared and taught. Ways to spiritually connect with the personal healing pipe is explained in great detail through story telling and examples.

Along with teachings on history and personal healing, team building is required which will challenge the participants.

**OUTCOME:** A popular workshop for team building and fun learning. Participants will have participated and created their own personal healing pipe.

**COST:**

ASK FOR DETAILS  
All Inclusive



# Traditional Grief and Abandonment Workshop (TGA)

**DURATION:** 2 DAYS

**PARTICIPANTS:** 18 and up. 15 to 20 people.

**INTRODUCTION:** A long time ago, when a family went through a loss, they would have the medicine man come and spend time with them. The family would share, express and learn how to cope with the loss. This family sharing brought the family closer together. This is one of the many traditional ways that have been lost.

TGA has revived this ancient effective model by using the traditional methods used by traditional Midewiin people from generations past. You don't have to be Midewiin to learn.

Abandonment issues come from the residential school. A dark time for families.

**PURPOSE:** To help people who are suffering from grief and abandonment. To learn from knowledgeable elder women who were raised and grew up the traditional way and will share with participants the teachings of women. For the men to come together and learn about the roles and responsibilities of being a man.

**ABOUT THE WORKSHOP:** TGA will help with all aspects of abandonment. Many people who have TGA issues will often turn to alcohol and/or drugs as a soothing way to forget. Others will turn to addictions to cope. TGA workshops will help the participant with traditional and spiritual ways to be healthy.

**FACILITATOR:** The TGA Workshop and men's teachings are facilitated by traditional knowledge keeper of the Anishinaabe way, and life long traditional singer, Alo White, (Mide'kiwenzi) 6 doorway Midewiin, Phishou.

## WOMEN ELDERS:

Elder Jeanette Skead, Midewiin, Knowledge and Language Keeper.  
Elder Sally Skead Midewiin, Knowledge and Language Keeper.  
Elder Carla Whitefeather, Midewiin, Helper of Ceremonies.  
Elder Sandra Copenace, MideQwe, Helper of Ceremonies, life long jingle dress dancer, Language Keeper.

**OUTCOME:** Participants will have the traditional tools necessary to cope with grief and/or abandonment and live a healthy life. The women will gain knowledge of their roles and responsibilities which will be past down to their daughters and the men will gain knowledge and insight into the traditional roles and responsibilities of men.

## COST:

ASK FOR DETAILS  
All Inclusive





# Tikinagan Workshop

**DURATION:** 3 TO 4 DAYS

**PARTICIPANTS:** Limited to 15 people.

**INTRODUCTION:** The Anishinaabe Tikinagan has always been the mainstay of taking care of healthy babies. A baby was placed in the Tikinagan from first born to until toddler. It is a belief that as the baby grew up, he/she will be a hard worker with impeccable strength and wisdom. The baby was placed inside the Tikinagan while the mother worked in her lodge and went about her daily chores. In times of travelling on the lake by canoe, the family would place the baby inside the Tikinagan and place it on the front, there by keeping a close eye. The Tikinagan was crafted by expert wood craftsman all by hand, using cedar wood and/or ash.

**HISTORY:** I grew up helping my parents make Tikinagans, they were the only ones in Whitefish Bay doing this. I felt at that time I needed to learn. Me, my sisters and brothers were in Tikinagans when we were young. And we have carried this tradition to our children and their children as well. We still have a few Tikinagans in my family which are being passed around.

**PURPOSE:** To promote and share in the teachings, construction and history of the Tikinagan, so that this ancient custom of Anishinaabe people is not lost. Teaching are shared along with woman elder knowledge keepers who have experience with the Tikinagan.

**ABOUT THE WORKSHOP:** We will prepare all materials needed about one month prior to actual workshop. However, participants will make all components from scratch, prepping wood, shaving, chiseling and sewing. They will get hands on experience working with tools, wood and leather.

**OUTCOME:** Participants will have created a family heirloom Traditional Tikinagan.

**COST:**

ASK FOR DETAILS  
All Inclusive





# Traditional Medicine Workshop

**DURATION:** 2 DAYS

**PARTICIPANTS:** Limited to 12 people.

**INTRODUCTION:** From time immemorial, generation to generation the knowledge of traditional medicines have been passed from our family.

We have been taught how to identify, extract, process and administer in a sacred manner. There are many different traditional medicine's we work with. Some with ancient Anishinaabe words that there is no English translation.

**PURPOSE:** As elders, knowledge keepers and medicine people, we are willing to share with everyone. Time is against us. As we all know when an elder passes away, they take a lot of knowledge with them. We can come to your community to help you understand and have a greater appreciation of traditional medicines.

**ABOUT THE WORKSHOP:** The Elders share their knowledge and wisdom as you learn about traditional medicines and their uses. Learn extraction, preparation and traditional methods of uses.

**OUTCOME:** Participants will have gained a deep respect and understanding of traditional medicines. Participants will work, feel and smell the traditional medicines.

**COST:**

ASK FOR DETAILS  
All Inclusive



# Fasting and Vision Quest Workshop

**DURATION:** 4 DAYS

**PARTICIPANTS:** Limited to 12 people.

**INTRODUCTION:** In ancient times Anishinaabe people would go onto the land to seek the vision quest through fasting or simply the person would sit in a lodge undisturbed until he or she was ready to come out. A feast was immediately held in honor and recognition of his/her accomplishment and to say “ miigwetch “ to the Gishamunitou for all the spirit visitors.

Time has evolved where we at Ki'eshgitabaaning Healing Lodge have been helping people and organizations experience this amazing personal spiritual journey.

**PURPOSE:** Working in a fast paced environment and dealing with people brings about a lot of stress. By taking a time out to reflect on ones life helps the person be a better role model and worker. The personal healing fast helps the individual rejuvenate from fatigue and burnout and gains strength to go back and help people.

When a person commits to a fast, he/she will sit in the fasting lodges for as long as it takes. Some people announce prior how many sun-ups they want to see before finishing the fast or state they are fasting 4 days.

**OUTCOME:** The person will feel refreshed and clarity about ones life and spirituality.

**COST:**

ASK FOR DETAILS

All Inclusive





# KI'ESHGITABAANING Cultural and Healing Lodge Workshop Series

**DURATION:** 7 DAYS

**PARTICIPANTS:** Limited to 10 people.

## CULTURE WEEK HOUSEBOAT TRIP

A truly unique experience of reconnection to spiritual self, mother earth and ceremony.

We invite you to a 7 Day personal healing and cultural journey on Lake of the Woods with traditional elders on a fully equipped houseboat complete with all the amenities.

**PURPOSE:** To help people connect with Anishinaabe spirituality by helping them connect with the land, water, animals, plants and ceremonies.

**ABOUT THE WORKSHOP:** The activities listed below are available and are optional. You will indicate which activities your organization or First Nation want included at time of booking.

- Visit ancient pictographs and listen as the elders tell the original stories passed down from generation to generation.
- Visit places which are sacred and hidden to the outside world.
- Every evening will consist of a campfire with traditional storytelling and traditional singing and dancing.
- Experience a traditional Sweat Lodge ceremony.
- Anishinaabemowin Day in a workshop setting.
- Experience the sacred Cheesikaan.
- Men teachings throughout the week
- Women teachings throughout the week
- Medicine gathering and preparation.
- Day fishing with professional guides and learning how to prepare and cook your catch.
- Managers and staff meetings on private island.
- Staff retreats
- Board of Directors meetings on private island.
- Chief and Council meetings on private island.
- Youth ages 14 and up, learning and fun!
- Learn team building and team work.
- All meals are provided.



# KI'ESHGITABAANING Cultural and Healing Lodge Workshop Series

**OUTCOME:** To gain knowledge and insight into the traditional Anishinaabe way of life on beautiful Lake of the Woods. Each journey is uniquely geared for personal healing and wellness. Great and amazing for individuals, youth and elders, managers, staff and organizations that work with indigenous people and First Nations.

**WHAT TO BRING:** Once booked, a complete list on what to bring is provided.

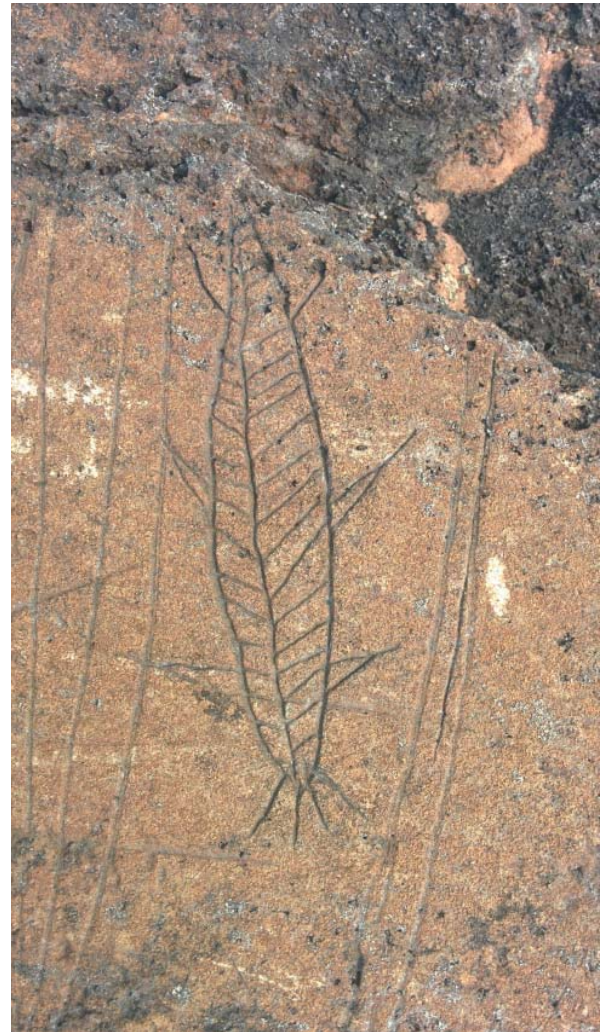
Email for more information.

Workshop experience is limited to ten participants for each journey, However, we have access to another houseboat if more than ten people for an additional cost.

**COST:**

ASK FOR DETAILS

All Inclusive





## TESTIMONIALS

Would this workshop benefit others in your community or work?

*"Yes, traditions need to be passed down." - G.Kent*

Which workshops have been most beneficial in your personal or work life?

*"After taking the Grief and Abandonment workshop, I have used the teachings I learned in my personal daily life." - D.Henry*

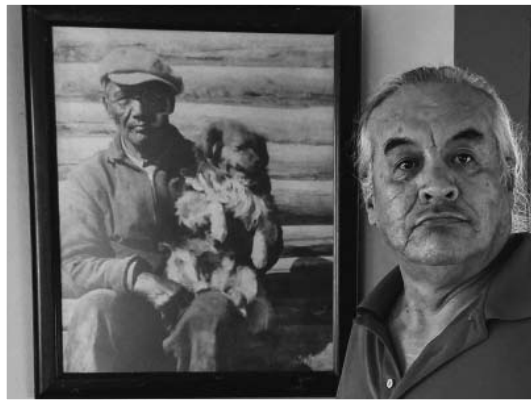
*"I use my rattle at work, I leave it open in case my clients ask about it and need my help" - J.Tom*

Would you recommend any of these workshops to other people?

*"Yes! I highly recommend the workshops, I love the teachings" - J.Mandamin*









## *Anishinaabe Sacred Items and Ceremonies*



***“ This is who we are”  
Late Elder- Treaty 3***

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