

## Starting date: July 8<sup>th</sup>,2023

Once we leave for the walk, we do not really know when we will arrive at a certain location, the only thing we know is that we are leaving on July 8<sup>th</sup> and we will arrive in Matane on August 5<sup>th</sup>.

Places listed below are the place where we plan to stop for a ceremony, there maybe other places that will be added as we move forward. We cannot tell you when we will arrive at those places, please follow us on our Facebook page

<https://www.facebook.com/groups/863741123975472>

### Planned Ceremonies:

- July 8<sup>th</sup> 2023: Starting point: 1 Donald Street (corner River Rd North) The Bridge Public House, we will be on the trail on the left side of the bridge Ceremony 10h AM
- Kanestate, Mohawk community
- Visitation-de-l'île-Dupas, Metis community
- Lanoraie we will be on the 138 to St-Ignace de Loyola then we take the ferry to Sorel Tracy then we will walk on the 132 till our final destination
- Odanak, Abenaki community
- Cacouna Malecite community
- August 5<sup>th</sup> 2023 around noon: arrival and convergence of the Water ceremony, Matane Qc (Motel Riotel)

We are like the Water & we go with the flow.

### Words that you may hear during the walk:

- Nibi: Water
- Aki Ikwe: Mother Earth
- Turtle Island: North America
- Anishinabe: human being from Turtle Island,
- migwetch: thank you
- Nasema: tobacco, our most sacred medicine (more teachings about nasema along the way)
- Moontime: mensing cycle, menstruation
- Ceremony: Sacred way to put down our intentions & show our gratitude
- Walking Staff: The staff is the protection of the walkers and a spiritual guide. This walk uses the Turtle staff (sakawon Mikinak)
- Touch down: when we retire the Water for the night or before a ceremony or special meal; the copper Water pail connects with the Grandmother (special Stone) and tobacco is offered for the grandmother to protect the space.
- Nin tòdam Nibi Ondji: I do it for the Water: words that we say when the Water is passed

Nibi Wabo: Water song to convey love to the Water:

Nibi Wabo Endayan, Aki miskwi Nibi wabo  
The Water that I carry is the blood of Mother Earth

For the next generations Water walk 2023

The Water walk is a ceremony, it is not a protest, we walk in a ceremonial way from the time we lift the pail until the Water is retired for the night. We walk to create a relationship with our sister the Water and to learn more about ourselves during this journey. As women it is important to connect with the Water and show our gratitude as Water is life.

If you wish to join us on our journey, you need to commit to a minimum of 2 full days minimum. It is better if there is 2 of you and you need an automatic vehicle, we do not accept manual cars in the walk for many different reasons.

Tobacco offering protocol: when you join the walk a tobacco offering should be given to the lead walker as a gesture of respect asking to join the walk and to receive the teachings.

We are walking the Sibi Kitchi Gami (St-Lawrence River) and part of the Kitchissippi (Ottawa River)

The Great Lakes and the St-Lawrence River, together, are considered the world's largest freshwater lake system & hold around 21% of the world's supply of surface fresh Water; 84% of North America's surface fresh Water. It provides Water to more than 30 million people in Quebec, Ontario & 8 states

## **PROTOCOLS**

When we are walking for the Water, we are in ceremony; we sing, we offer our thanks to the Water, we ask that Water stays clean for all future generations, we do not engage in a conversation. We keep focus.

Water never stops, Water always moves forward; we follow that rhythm, we do not stop or look back, we always look forward like the Water until we touch down.

We carry nasema/tobacco with us at all times to offer to the Water, any flowing streams or rivers we cross. The staff carrier offers tobacco and honor any dead animals we may see on our path.

This is a ceremony; we ask that women wear long skirts at all times & men wear long pants to connect and show respect to our Mother Earth.

Women on their Moontime do not carry the Water during this time, as they are already in ceremony. Men carry the staff, but if there is no male in attendance, then women can carry the staff.

We ask that if you are in your Moontime to take care of yourself and stay home but if you are already walking and you start your Moontime, you are to inform the lead walker immediately. She will either ask you to rest in one of the vehicles or ask you if you wish to carry the staff. You do not carry the Water while in your Moontime. More teachings are given during the walk regarding this.

Water Walk is a Water ceremony, all are welcome to participate & join us.

No protest signs, as we are in ceremony, we keep low profile and stay focus on why we are here and Water should always be your main focus.

No dogs, No bikes, no strollers, no drugs and no alcohol. There is no smoking during the walk. If you are a smoker, we ask that you smoke at the end of the day only and not in any of the vehicles.

What you will need for the walk:

If you plan to come for the whole walk, please put your stuff in a bin rather than bags

- one automatic vehicle
- Tobacco for offerings
- A refillable Water bottle, no purchased non-refillable plastic Water bottle is allowed
- A light backpack
- Bring 2 pairs of walking shoes, 10 pairs of good socks (I recommend diabetes socks)
- rain gear (raincoat and boots)
- We are walking in July and going East, so be prepared: natural sunscreen, sunglasses and hat
- Flashlight
- Snacks, healthy food (it will be provided during the walk but you can also bring your own)
- First aid: blister bandages
- Sleeping bundle (sleeping bag, pillow, foldable floor mattress or a cot)
- Personal items: Be responsible, bring your own towel, shampoo etc. (our hosts should not have to supply these items)
- Be financially self-sustaining: gas, hotel room & meals may have to be provided by yourself for yourself, depending on donations received. But be ready to do your part.
- Be prepared to camp and/or share sleeping quarters with others

The Water Walk organisers are not responsible for you, come prepared.

Please note that the Water walk is not:

- About you
- an easy journey
- For social chatting, carelessly talking nor gossiping
- a contest or competition, exercise, work-out or a game of “I can handle it”
- A protest, activist action or social event
- A vacation
- A performance piece

Please be respectful at all time, some of us have been walking for more that 20 years and protocols are already in place and not up for discussion. If there is something you do not feel comfortable with, you will have a chance to speak up as we have a sharing circle every night after the walk.