

"Follow the Call of the Drum"

4-Day Workshop



Hosted by All Nations Hope Network
Funded by Feast Centre for Indigenous STBBI Research



Feast Centre for Indigenous STBBI Research

Drum teachings led by Elder Betty McKenna



Elder Betty McKenna is Anishinaabe, born in Opaswayuk (The Pas), Manitoba, and her family reserve is Sapotaweyak. She follows the traditions of her people, speaks her traditional language, conducts numerous ceremonies and gathers medicines. Elder Betty is an author of several peer reviewed publications and editor of the book, "Listening to The Beat of Our Drum." She is very passionate about Indigenous health, education, and returning people to their traditional practices and languages, which shows in her work history. She serves on many research projects and is a lecturer at the First Nations University of Canada and Luther College in Regina. She is Resident Elder of the MacKenzie Art Gallery, CAAN (Communities, Alliances & Networks), Canadian Virtual Hospice, and Regina Public Schools. Elder Betty currently serves as Guiding Elder to RESOLVE Research and Education for Solutions to Violence and Abuse, Institute of Indigenous People's Health-Canadian Institute of Health Research (IIPH), and IGNITE Adult Learning Corporation. She has been recognized for her work and received numerous awards over the years. These include: The Excellence in Health Award, The Wakamow Valley Award of Distinction for Conservation of Prairie Plants, and The Sovereigns Award for Volunteers.

The hand drum has always been a part of Indigenous communities for generations prior to European colonization. Events that involve drumming bring people together and celebrate Indigenous cultural identity. The drumbeat is a sacred and essential part of Indigenous songs and dances because it is considered the heartbeat of Mother Earth.



Workshop took place
Sept 27-30th, 2021
at the Sacred Site





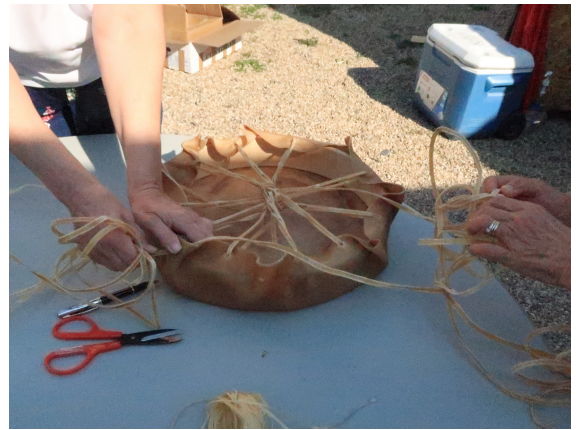
Elder Betty taught about the origin of the drum and its relation to culture, health, and wellness. She incorporated oral teachings and cultural ideologies of Indigenous health.

Craftsmanship of the drum included tracing, cutting, and soaking the rawhide, then fastening the drum together. Drumsticks were also made to accompany the drum.













On the workshop's final day, the hand drums were rubbed with bear grease and blessed by Elder Betty, and as a group we learned hand drum songs that can be played and sung at one's home fire and cultural ceremonies in the future.



"Waterlife"(front view) mixed media on maple/cedar paddle—
Paddle made by Wesley Smith—
Six Nations of the Grand River
Painted by Lindsey Lickers



"Waterlife"(back view) mixed media on maple/cedar paddle—
Paddle made by Wesley Smith—
Six Nations of the Grand River
Painted by Lindsey Lickers

WATER SONG

Wichita do ya do ya
do ya

Wichita do ya do ya
heh

Wichita do ya do ya
do ya

Wichita do ya do ya
heh

Wacha tonaya hey ya
hey ya

Wacha tonaya hey ya
hey

Wacha tonaya hey ya
hey ya

Each verse is sung at a different tempo to represent all water, whether it be a fast-moving stream or a steadily flowing river.

Water is used to start all ceremonies, and this song is used to honour that water.