

Water Walkers need to know 2011

April 21, 2011 at 4:57pm

Mother Earth Water Walk... if you wanna....

What Participants Need to Know

Only the women carry the water, pregnant women do not need to carry the water as they are already carrying water and bringing life forward. Women on their moontime...can participate by helping with laundry, lodging, finding lunch spots, helping with children, etc Men carry the Eagle staff helping with that balance of Life, they are protectors to women in life and during the WaterWalk. Women carry the Water through remote areas, their help, protection is much appreciated. (... and they keep their eye on Josephine who likes to sneak off walking with both the Water and Staff...) LOL All women must wear long skirts. Men wear long pants and ribbon shirts, (if possible)

Every one must carry their own tobacco pouch, with LOTS of tobacco... tobacco is to be offered at each water sighting. Natural Tobacco as much as possible. Share and contribute to smudge. The water songs have to be sung continually LISTEN to Water Song : http://motherearthwaterwalk.com/index.php?option=com_content&view=article&id=133&Itemid=140 LISTEN + DOWNLOAD: http://www.emptyglassforwater.ca/nyk/?page_id=359

No bottled water... bring a suitable drinking bottle container that you can refill Everyone is responsible for their own health, safety. Every one walking must send contact information Joanne Robertson fddlhead@soonet.ca, your emergency tel. # for each participant, know if u have drivers license, health problems if any, what are the dates you commit to walk. That is important for the Water Walk to know so we can organize.

Everyone is responsible for their own expenses i.e. van, gasoline, cell phone, camera, radio phones, shared accommodations-motel and meals when needed, snacks, blackberry, cellphone or laptop connection, passport or identity cards (some of you will be crossing US/CAN borders), blister bandages,

Promote the "I support the Mother Earth Water Walkers, Once Step at a Time" PENNY DRIVE, poster available on www.motherearthwaterwalk.com website

We recommend at least 2 pairs of walking shoes, and rain gear or snow boots ;) (all weather gear, lots of dry socks!)... two pairs of shoes in case one gets wet... or two pairs of shoes, one for morning, and one bigger pair for the afternoon when your feet are swollen :) Moleskin – band aids, helps keeps blisters down.... rotate shoes throughout the day to help keep blisters down too. Shower curtain or water proof fabric to wrap around your skirt on rainy days.

The Sacred Walk: "It's ALL about the Water!!!!" Josephine "The Spirit of the Water must be forever in the minds of the walkers..." Josephine "don't dwell on the negative, our message must always be about caring for the environment" Josephine Rise and start walking before dawn, stop walking at dusk... strenuous, prepare yourself! The Water always moves forward... never goes backwards... it must continue to 'flow forward' all day. We do not stop with the pail, we always keep moving forward. Pipe + song every 4th day. Respect that you will be in someone else's territory.

Walkers become family, each as to look after themselves, while working as a family. Van must contain at least 2 orange emergency vests, and water cooler... re: vans (2 or 3) leapfrogging, the more vehicles the longer the rest... too long a rest isn't good. No alcohol and drugs. OHIP does not cover you while you are in the states... so please keep this in mind when you do your planning... what I'm saying is... make sure you have adequate health insurance coverage for all the states and/or provinces you will be walking through... unless you are very wealthy :).

Miigwetch! Woliwon! Joanne, Josephine, Dawnis, Sharon, Madeleine Top of Form See More

By: Madeleine Huntjens

PS those that are not walking work on fund raising for the gas for the vehicles. Work on the Motels along the routes, help with the PR, get pictures, share them, give encouragement. Remember this is a walk for everyone...We need the women to carry the water..we need the men to carry the eagle staff...this is critical. To few volunteer...we need you...we need our youth...to help us. One person can make a difference to someones feet and back...even a few hours of walking helps. We need traditonal tobacco if you can donate some. Fund Raise in your home town...and get the Environmental people out to share information about your water. Megwetch.



Mother Earth Water Walkers after the first day of the walk 23 miles!!! Who will the next staff carrier be???? Hello Tina, Hello Josephine. Notice the bright red...good to be visible for the traffic!!! Lovely copper bucket full of medicine water, mide waboo....nibii!!! Headed toward Olympia, Washington!!!

Madeleine Huntjens and her husband. They are the West Direction organizers. Please help us. 506 466-1977

