Participants Info and what to bring.

ABIINOOJI AKI CULTURAL HEALING CENTER, 8794 N.TREPANIA ROAD.
HAYWARD, WI 54843. TELEPHONE 715 634-5806

Welcome, we are excited to have you at our Summit, wrapping up 14 years of work and 10 years of gatherings. We hope you will have a learning and healing experience. To that end, we want to make sure you are free of distractions and are as comfortable as possible. So we have put together a list of things you may want to bring, what you will encounter, and general guidelines we want everyone to follow.

COVID PROTOCOL
We are asking those who feel ill or have symptoms to wear masks and social distance as much as possible. IF you are able, please bring a small bottle of hand sanitizer for you to carry with you to use as needed. There will be a washing table by the porta potties to wash hands, drying towels to use once and toss in basket and disinfectant wipes to wipe down the door handle and anything you would touch.

GROUNDS / CAMPING: There will be camping areas around the grounds, try not to put your camp up near the teaching lodge. There is no water or electricity on the Cultural Healing Center Grounds. The Honor the Earth Pow-wow Grounds (1 block south) is open for camping and has electricity and water hook up/faucet on site. Bring your own camping needs and all that you will require.

FOOD: keep inside your vehicle so bears and other animals can't smell it.
CAMP FIRES: we'll have reservation regs about camp fires when you get here.
CHAIRS: bring your own to use at camp or while in the lodge.
Weather: expect warm days and cool evenings, though this can change at anytime. We have been experiencing the occasional smoke filled skies around us due to Canadian wild fires. Please bring inhalers/medicines if you have lung sensitivities or issues.

DISH BUNDLE: Bring your own eating utensils, towels, cups to use while here for lunches and feast. We'll a place for you to wash your dishes after each meal. We do not use forks or knives during our lunches or feast.

CLOTHING/ATTIRE: Women dress for outdoor settings, please **do not** wear high heels, any dressy silks, shorts, short skirt, and halter/spaghetti string tops. Ankle length skirts and tee shirts/cotton blouses are required dress. If you don't have any or forget your skirt we can provide one for you to use.

MEN'S CLOTHING: Please dress appropriately. No short shorts or walking in and around the lodge with no shirt on. You will be asked to carry the food into the lodge for lunches and feast, tend fire, reposition chairs, tables, sit by the fire, rearrange tarps and other stuff guys can do for the women. So be ready. Bring rain gear and heavy duty work gloves.

CHILDREN AND YOUTH: We do not have child care or anyone available to watch your child while you are in teachings, healing, and other activities. We strongly encourage you to leave your child at home so that you can receive all the teachings, healings and information that will help you with your own personal growth, dreams and desires.

SMOKING: smoking is allowed in designated area only. SMOKERS: please clean up after yourself. No cigarette butts on the ground, if "butt cans" are full, please empty in the trash. Be respectful of others and of Mother Earth. There will be NO SMOKING allowed in the teaching lodge.

VALUABLES: AAI and/or WWIICWS is not responsible for any personal items that may be broken, stolen or missing. Keep your valuables in a locked place or leave them at home.

INJURIES: AAI and/or WWIICWS is not responsible for any accidents or injuries that occur on property/grounds. If you are unable to walk safely on the grounds, we'll provide someone to assist you (as best we can) while you are here with us.

Please refrain from using inappropriate language while visiting here with us.

MEALS: We will provide noon lunch Thursday-Saturday. There will be an opening feast on Wednesday and another feast on Sunday. When we do our feasts, we will bring the food to the Teaching Lodge. There will be a container set out for scraps and left-overs after each meal we serve or that you cook for yourself. Please ask for the scrap dish if you don't see one. We will designate the place for the scrap dish.

We will have porta-potties. Organized for women only, men only, and women on their moon time only. We ask that you wipe down the door handle and anything you touch with the supplied disinfectant after each use.

WATER: Bring your own water, and drinking vessel. During our program we will be blessing the water and offering it to you so have a small cup or glass with you in the lodge. It is good to have a cup/glass included in your feast bundle. We will also have a copper kettle filled with water in the Teaching Lodge for all to use.

For supplies, there is a small grocery store about a 3 minute drive from the Center and a convenience store and dollar store by the casino about 7 minutes away.

SHOWERS: We will have more information at the registration desk.

LODGE AND CEREMONIAL PROTOCOL:
The lodge faces East to West, enter and exit at the Eastern doorway. We will move in a clockwise direction at all times. As you approach the Lodge, do so in a clockwise direction before you enter the East doorway. Once inside the lodge, you must always walk in a clockwise direction with the Sacred fire being in the middle of the clock.

Once a teaching starts it is disrespectful to leave so go to the bathroom during the breaks. It is not good to talk or visit each other during teachings and ceremony.

Never step over any Sacred article and never touch any Sacred item without asking permission.

ABSOLUTELY NO PICTURES inside the lodge. Please take your photos outside the lodge around the grounds.
CELL PHONES: please have your cell phone off or on silence when in the teaching lodge. Make any calls up by the parking lot away from the teaching lodge.
Recording or taking notes is not allowed.

MOON TIME
Women who are on their Moontime are at a powerful time in their cycle which can interfere with the strength of the medicines and Sacred articles. So to honor women on their Moon time, we have built a Moon Lodge next to the Teaching Lodge. You will be able to hear the teachings/speakers from there. You will also be given special women's teachings. Women on their moon do not need to participate in any ceremonies, they are in the middle of their own unique purification ritual. Please let us know if there is anything we can do for you or if you need anything. We will serve you food, drinks, and make you as much a part of the ritual and ceremonies as we can. Someone will be there to help you at all times, answer questions, get things you need etc.,

CEREMONY
We will be making healing ceremonies available for all participants. We do have high participation numbers and not everyone can do all healing ceremonies. We do encourage you to stay for the evening healing to support those who are participating in the healing ceremony.
For all ceremonies, once a ceremony starts, the door of the teaching lodge will be closed. If you have to exit while in ceremony the doorman will assist you. So get your duties done while you can. If there are medical issues please let us know that and we'll take care of you.

It is protocol to bring a gift for your healing. It's not a gift with a person in mind, it is a gift for the Spirit, gratitude for the healing you receive/desire.

Recording or Photos of any ceremony is **not allowed**.

SWEATLODGE PROTOCOLS:
We will not be opening the Sweatlodge ceremony for this Summit.

Take off your watches. You'll be operating on "Indian Time" or "when the Spirit moves us' meaning that we have a schedule to follow, but we are also guided by Spirit so we are not always on the schedule as listed. For the most part, we will do everything we have scheduled but not necessarily at the scheduled time.

The Women and Water Indigenous International Clean Water Summit is an intensive 4 day cultural/spiritual immersion of uniquely presented age-old teachings and

rituals that can unify/bond individuals together. You will feel welcomed and cared for as well as experiencing cultural living and speaking. We start at 6:30 am and, on the days of healing, we can go well past midnight. By opening your heart, mind, body, and spirit to these ways and teachings we hope that you will gain something you can use to lead a better life for yourself, your family, for the water and the world.

Miigwech! (Thank You)

Things to bring

PREPARE FOR COOLER TEMPS/COLD EVENINGS

Flashlight / headlamp
Bug spray/essential oils/first aid kit, allergy medicine, sunscreen

Tobacco
Gifts for healing ceremonies and teachers
Folding camp chair
Feast bundle - Utensils, Plates/bowls (Paper plates or bowls are discouraged- no styrofoam).

Water and Water container / cup (Single use plastic water bottles are discouraged)
Hand Sanitizer
Napkins/paper towels

Long Skirt - women
Rain coat w hood/Umbrella
Sweater / warm jacket
Extra blanket for evenings in the Teaching Lodge or ceremony

For those camping:
Tent / pop up / camper and all camping necessities
Tarp for rain
Towels for shower
Soaps
AGAIN …. Bug spray/essential oils, first aid kit, allergy medicine, sunscreen